

The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton



**to everyone in
Long Stratton
and Wacton**

January 2019

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Church Contacts

St Mary's / St Michael's & All Saints'

Revd. Heather Wilcox 01508 530238
rev.heather@btconnect.com

Parish Administrator

Linda Mills 01508 530238
linda.parishadmin@btconnect.com

Methodist Church

Tony Coleman 01508 530699

Congregational Church

June Braddock 01508 470701

Church Parish Office

The Parish Office is open 8.30 - 12.30 Monday to Thursday, but you can still contact us at the Rectory outside these times. Callers are always welcome.

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team please contact the Parish Office (530238).

Long Stratton Parish Council, The Street, Long Stratton

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

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

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



First of all a happy new year to all our readers. Also a big thank you to everyone who contribute to the magazine and to all those involved in getting the magazine on your doormats. Without you the magazine would not exist.

January is usually a quiet month but we have a concert on the 5th January [see page 6] and a quiz evening on the 26th [see page 12]. There is of course all the usual weekly and monthly events. Let's chat on a Tuesday will not be happening during January and February.

We omitted in the December issue to say congratulations to Grace Toll for having her drawing selected for our colour front cover - well done Grace. On page 16 we have pictures of the three runner-up drawings.

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'Your busiest time of the year'

As I write this message, Mary and Joseph, a knitted set of figures are travelling around the village, seeking refuge with friendly hosts. As a church, as a people we are journeying through Advent, a season pregnant with expectant hope, just as Mary is pregnant with the Christ child, the hope of the world.

As you read this message of course, the baby Jesus may still be in the manger of the nativity set, or indeed may already be safely stowed back in the loft ready for another year.

Christmas is so quickly followed by New Year, with resolutions made and the New Year beckoning with a fresh new start.

As I write this message, St. Mary's church is bedecked with Christmas Trees and I can only imagine, how many people will come and visit the church over the coming weeks for the Christmas Tree Festival, concerts, Junior School Carol Service, Christingle and Christmas Day services. But experience tells me, the church at this time of year is a vibrant place with people coming and going for the different services and activities.

It is a time when I often get stopped in my tracks by people saying 'I guess you're gearing up for your busiest time of the year.' And whilst I could never claim Christmas isn't a busy time of year, I would also point out the church is busy most of the year. There is rarely a time I could honestly say I am not busy, that the church is not busy doing something.

But perhaps it appears the church is only really active when it comes to festivals, Christmas and Easter, the rest of the time, it just plods along, there, but not particularly relevant to our day-to-day lives. I would argue of course, the church, Jesus is relevant to every aspect of our lives, and cannot be confined to occasional observance when the festivals come.

CS Lewis wrote in his book Mere Christianity, "Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important." Words, I think bear some reflection as we begin this New Year.

I would encourage you today to reflect on what Jesus means in your life, is Jesus important to you, then as you make your New Year resolutions, perhaps one of them should be to get to know him more, to see that the Church, and that Jesus is there for us, not just at Christmas or Easter, but every day of the year.

May God bless you in 2019
Rev Heather

2018 SHOE BOX APPEAL

Maurice and Sylvia Manning would like to thank everyone who filled a shoe box for this year's annual Samaritan's Purse appeal.



Thanks to the Brownies for their contribution.

A Twelfth Night concert

A Medieval Christmas a celebration in music and words

performed by

Hexachordia

www.hexachordia.com



St Mary's Church, Long Stratton

Saturday 5th January at 7.30pm

Tickets £6 (concessions £5, under 12s free)

Available from Heather Wilcox or Linda Mills

01508 530238 / rev.heather@btconnect.com

or from the Parish Office, The Rectory, Long Stratton

A MEDIEVAL CHRISTMAS

A Medieval Christmas takes you on a musical journey from the onset of winter through Christmas and into the hope of the new year to come. The Medieval and Renaissance music that accompanies this journey comes mainly from England with a sprinkling of pieces from further across Europe.

Interspersed with readings related to the experience of winter and the Nativity, Christmas celebrations and old traditions, Hexachordia captures in music and words the joy that is to be found at this time of the year.

The Hexachordia trio (www.hexachordia.com) offers a fresh approach to early music. They recreate the instrumental flexibility that was a key feature in music-making at the time. The ability to play a number of different musical instruments along with the possession of a good singing voice was essential for professional musicians. Each of them, therefore, specialises in a range of instruments of this period, allowing them to perform a wide range of ensemble music in different instrumental and vocal combinations.

LONG STRATTON MEDICAL PARTNERSHIP

As the trees are taken down and the decorations returned to the loft, it is time again to make New Year resolutions. This can be the perfect time to commit to some healthy lifestyle choices and recover from the excesses of the festive season. If this is your aim then some of the links below may help.

Smoking can have a devastating impact on health, being implicated in a range of cancers and other diseases. For help in your quest to stop smoking support is available from Smokefree Norfolk at www.smokefreenorfolk.nhs.uk or call 0800 085 4113.

Government advice is that an adult drinks no more than 14 units of alcohol per week with at least 2-3 alcohol free days. Drinkaware is an independent charity who can offer confidential advice see www.drinkaware.co.uk, they even offer a phone app to track and calculate units.

Sport can be for everyone and there is always something you can enjoy whatever your interest. Try a new fitness club or group. Take a healthy walk; if you would like to join a group of walkers see <https://www.activenorfolk.org/walking-for-health>. If the solo thing is more your style what about the Couch-to-5k, to help you there are podcasts available at <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>, maybe aim for a park run before spring is out – see <http://www.parkrun.org.uk/>.

And for advice on healthy eating visit <https://www.nhs.uk/live-well/eat-well/> and for fun ideas to help your children stay healthy visit <https://www.nhs.uk/change4life>.

Whatever your resolution make it simple and achievable.

**Wishing you a Happy & Healthy New Year from everyone at
Long Stratton Medical Partnership.**

Barn Dance

With live music from Bacon Butty Ceilidh Band

Saturday 23rd February - 7.00pm

St. Mary's Junior school, Long Stratton

Ticket price includes Pulled Pork Supper
(Vegetarian alternative will be available)

Bring your own drinks

£8 Adults, £4 children (under 16), Family £20

*Tickets available from the Parish office at the Rectory
or ring 01508 530238/email linda.parishadmin@btconnect.com*

Raising money for St. Mary's Church, Long Stratton



Next film showing

Christopher Robin

Long Stratton Village Hall

Monday 19th January - 1pm

In this heart-warming live action adventure 'Disney's Christopher Robin' the young boy who loved embarking on adventures in the Hundred Acre Wood with a band of spirited and loveable stuffed animals, has grown up and lost his way. Now it is up to his childhood friends to venture into our world and help Christopher Robin remember the loving and playful boy who is still inside.

Tickets £5 which includes Refreshments

To pre-book ring Heather (01508) 530238 or
rev.heather@btconnect.com

Films to look forward to over the next few months:

Mon 18th February – King of Thieves

Mon 18th March – Mamma Mia 2

Mon 15th April – Bohemian Rhapsody

St Mary's Church, 3rd Annual Christmas Tree Festival

Between 8th – 13th December, St. Mary's Church, hosted its 3rd annual Christmas Tree Festival.

This year 34 trees were beautifully displayed in the church, with representation from lots of local community groups and businesses.

As each day came and went the votes were counted, however at the time of going to press the final figures were not in and so I cannot here reveal which were the winning trees, although the three front runners were the Let's Chat tree, The reading group tree 'Well Read' and Manor Field Infant school tree.

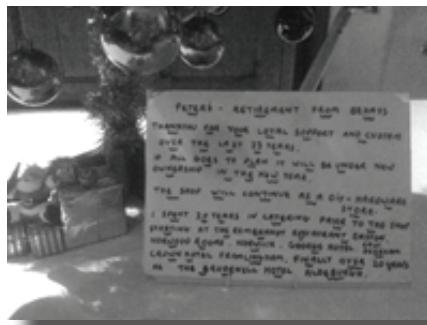


Another very popular tree was from Bekays, with Peters retirement message. He will be sadly missed, but hopefully will soon be enjoying a well-earned retirement and Bekays will continue to be the great DIY Hardware store it has always been under Peter's excellent ownership.

As well as having visitors all day long, enjoying the trees and marvellous refreshments, Craig Catchpole gave a wonderful concert, singing music from the musicals and all the Christmas favourites.

Our thanks go to Craig for his generous support to the church and for a wonderful evening and for everyone who made this, once again, such an enjoyable few days.

We look forward to doing it all again later this year. It is always great to see new groups entering trees, so if you have never been asked before, please get in touch, your tree would be very welcome in 2019.



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Long Stratton Parish Council

The Street, Long Stratton, Norwich NR15 2AH

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

Tel: 01508 530524 Email: clerk@longstrattoncouncil.info

www.longstrattoncouncil.info



This May will not only see Long Stratton become a Town but will see the Council growing in size from 11 members to 13 members.

Being a Councillor is a volunteering and a rewarding role, making decisions through a democratic process for the better of the community. Some of the decisions and work that the Council have made in the last 12 months include the overall design of the Pavilion project, forming the content of the Neighbourhood Plan which will directly impact the Parish potentially forever, deciding on making a bid for a SAM2 (speed automated machine) which will not only monitor speed in the village but also the vehicle movements.

The upcoming work for the next 12 months include, the conclusion of the Pavilion project, the referendum of the neighbourhood plan, the start of exciting new projects to benefit the community to be decided by you as a Councillor, as well as more routine functions that the Council as a corporate body undertakes.

The Council meets on the 2nd Monday of every month at the Methodist Church on Manor Road at 7pm, so do come along. Please do not hesitate to contact me on the details above if you wish to discuss the role of Councillor in more detail.

Budget and Precept

The Council has recently set the precept level for 2019/20 and I am pleased to confirm that there has been a small increase of 2.2% per Band D property in line with inflation. If you would like some more information and see the budget for the upcoming financial year then please either contact me or have a look at the website: www.longstrattoncouncil.info

Finally I hope you all had a fabulous Christmas and the Council and I wish you a Happy New Year.



A huge thank you to everyone who contributed towards the Community Christmas Day Lunch.

A fantastic time was had by all 😊

We look forward to doing it all again this year



QUIZ EVENING

Sat 26th January
6.15 for 6.30 start

Long Stratton Village Hall

**TEAMS OF
UP TO 6**

**JACKET
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**ADULT £5.50
CHILD £2**

Call Heather or Linda on 01508 530238 to book your table
Or email linda.parishadmin@btconnect.com

This evening promises to be a hoot!

In aid of St. Mary's Church



LONG STRATTON GUIDING

2nd Long Stratton Brownies

We had a very busy Brownie sleepover in

November at
Winfarthing
Village Hall.



The Brownies learnt lots of first aid over the weekend including practising CPR on a baby, child and adult mannequin. Our thanks to Robert who came to teach us. They also tried out various scenarios and games to understand what goes on when you need to get help from the rescue services.



Christingle

We held our Girlguiding Christingle service for all the Rainbows, Brownies, Guides and Rangers in the Congregational Church in early December. We thank Steve for leading our service, a total of £65 was raised for the Children's Society. It was lovely to see so many parents join us, and the girls holding their lighted Christingles, singing 'Away in a Manger' around the church was very special.

The Brownies would like to wish all readers A HAPPY NEW YEAR.

Brown Owl

TOTE BAG AND TEA CLOTHS ARE STILL AVAILABLE TO BUY FOR ONLY £5 EACH

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



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LOCAL WALK ..DECEMBER

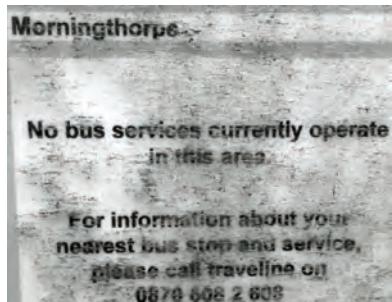


It started bright and fine as we set out on a shorter local walk from Long Stratton.



We set off up Star Lane across the field, which wasn't too muddy, to Morningthorpe - always one of my favourite short after work, summer walks.

I had never noticed before the bus stop that never has a bus! That is the beauty of walking with a group, everyone has their own interesting things to spot. Past the very nice round towered Morningthorpe Church, seeing the old seed heads of the poisonous giant hogweed, so tall they stood out against the now darkening skies.



By the time we arrived back in Long Stratton for a very welcome bowl of soup, it was tipping it down. While the others got the walkers Christmas tree ready for the Tree Festival at St Mary's, I had to get back down the main road, only to get totally drenched by passing lorries throwing bath fulls of water at me from the overflowing drains!

Still, after a complete change of clothes, I reflected on how good it is to get out in the fresh air in good company.



Gerry

We walk every first Monday of the month, so why not come and join us on Monday 7th January. The walk is about 2 hours long. We meet at 10am at the Co op car park.

DECEMBER FRONT COVER

It was a difficult decision to decide the winner to have on the front cover of the December issue. Well done to Grace for making the cover.

As there was no space to print the three runners-up in December we have included them in this issue.

Thank you to all the children from the Junior School who sent in an entry. We had fun looking through them.



Amelia Jocelyn-Brown Year 5



Esther Davidson Year 3



Gracie Year 5

LONG STRATTON & DISTRICT WI

November was the month for our annual general meeting which was well attended. We have a hard working President and committee and members heard reports from the officers. As always we were amazed at the number and variety of activities members take part in during the year.

Now speakers have been booked for 2019 and we look forward to talks on all sorts of subjects from fashion to furniture as well as meeting up with other institutes, lunches, quizzes, competitions, etc. 2019 will be a special year as it is the centenary of the Norfolk Federation of WIs and lots of special events have been organised by the Norwich HQ.

Members don't have to enter the monthly competition at our meetings but it is always interesting to look at the entries. For November the competition was for a decorated spoon and, of course, some were hand made. One had hair and a face, another had used red poppies reminding us of the recent Remembrance Day celebrations. Lady Godiva graced one spoon and another commemorated "Liberty 1886." Who could have expected to see a replica anointing spoon which had been presented to children in a village somewhere in Britain to commemorate the coronation of Queen Elizabeth II. Most of the royal coronation regalia was destroyed in the 17th century and the anointing spoon is the only object to survive. The remainder was melted down when the Commonwealth took over in 1649.



In early December most of our members enjoyed a Christmas lunch together at the Sugar Beat on a very wet and blustery day.

As mentioned previously our members have been busy knitting angels which they used to decorate our tree in St. Mary's Church for the Christmas Tree Festival. They will now go to the Rector for her Christmas project for the village. Indeed you may already have found one!

We meet on the third Wednesday of the month at 7.30pm in Long Stratton Village Hall. Our speaker on 16th January will tell us about the work of the East Coast Truckers who work to provide extra fun and outings for special children.

HERE IS A GOOD IDEA: Make a new year's resolution to have more fun yourself and come along to one of our meetings. Just turn up and you can be sure of a friendly welcome.

Further information from the Secretary Mrs. Shirley Housden, Tel 01508 531154.



WACTON

COFFEE MORNINGS

Happy New Year to all our friends at the Coffee Mornings. We look forward to seeing you all during 2019.

February 5th and 19th.

*Best wishes to you all
Caroline and Rita*

For further information contact Caroline Squires on 01508 530111.

SINGING IN WACTON

The group meets every Tuesday evening in the village hall from 7 pm until 8.30 pm.
Further details from teacher Louise Barton (07765 920390) or Rita Day (01508 218407).
The first session of 2019 will be **Tuesday 8th January**.

WACTON FOOTCARE

The first session of 2019 will take place in the village hall on **Monday 14th January**. For further information or to cancel an appointment please contact either Clare (Footcare specialist) - 07785 295358 or Rita -01508 218407 for an informal chat.

CHURCH NEWS

A big thank you to everyone who helped decorate the church for Christmas, as usual it looked fantastic. The Carols by Candlelight service was again well attended and again thanks to those who provided the mulled wine and refreshments.

There will be no Craft 'n Chat in January, it will return again in the spring when the weather has warmed up!

JANUARY CHURCH SERVICES

Sunday 6th 9.30am Holy Communion Sunday 20th 9.30am Holy Communion

There are Church services available at St Mary's and St Michael's - please see page 40

VILLAGE NEWS

WACTON SOCIAL CLUB

Wacton Social Club is on the 1st and 3rd Fridays of each month. New members very welcome. Doors open 7.00 pm - 11.00pm. Food served on the 3rd Friday of each month.

Dates for January are the 4th and 18th.

The Wacton Social Club would like to thank everyone for supporting the Fireworks Event. Despite the dreadful weather the event was a great success (our 3rd year). In particular we would like to thank Rob from Anglian Demolitions, Dez of Norwich Fireworks and Flash FX, Mrs Taylor for the field usage, Johnny, Linda, Tina, John and Linda for the food, Dave and Sandy for the Bar, Elaine for First Aid and Ruby and Kate for collecting the donations. Also Mr Paul Lewis for his kind donation.

We hope to see you all again and with friends at next years event.

There has been another successful children's party which took place on Saturday 8th December. We also had some live music on Friday 21st December.

Dates for your diary

Friday 18th January Bingo Night

Friday 15th February Quiz with Fish & Chips - teams of six, if possible
To book tickets contact Johnny Johnson 01508 531021,
Brian Beadle 07960 714188 or Mark Hardwick 01508 530815

For more information contact Mark Hardwick on 530815/ronniehardwick@hotmail.co.uk.

IT'S PANTO TIME AGAIN AT PULHAM MARKET

Following the success of Pulham Players pantomime last year we are pleased to announce that this year's production will be '**'Camelot the Panto'**' - a fantastic family pantomime written by Ben Crocker.

The fun begins at 7-30pm at Pulham Market Memorial Hall on **Thursday the 10th of January 2019 to Saturday the 12th of January 2019**, with a matinee performance on Saturday the 12th at 2-30pm.

Ticket prices are £8 for the Thursday evening and Saturday matinee performances and £9 for the Friday and Saturday evening performances.

To book your tickets please call Sandra on 01379 676769 or tickets@pulhamplayers.com

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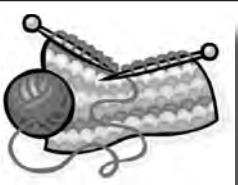
WEEKLY EVENTS

MONDAY ACTIVITIES	VENUE	TIME
Craft Group see page 21	Library	11.00 am to 12.30 pm
Tai-Chi	Wacton Village Hall	6.00 pm to 7.30 pm
Bell Ringing Practice	St Mary's Church	7.30 pm to 9 pm

TUESDAY ACTIVITIES	VENUE	TIME
Let's Chat	St Mary's Church	Will be back in March
Lunch & activities	Day Centre - re-open 8th January	10 am to 3 pm
Stratton Community Choir	Mayfields Care Home	7.30 pm
Singing in Wacton	Wacton Village Hall	7 pm to 8.30 pm
Youth Cafe [Year 6 onwards]	Methodist Church term time only	7.15 pm to 9 pm

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

THURSDAY ACTIVITIES	VENUE	TIME
Pilates	Wacton Village Hall Jo Douglas 01508 530261 greenacresfarm@tinyworld.co.uk	9.30 am Mixed ability
Lunch & activities	Day Centre - re- open 10th January	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 11.30 am
Short Mat Bowls	Coronation Hall, Great Moulton -	2 pm - see above



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AT LONG STRATTON LIBRARY
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EVERY MONDAY 11 to 12.30**

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New to knitting ,or wish to brush up on old skills?

Just come along. – Wool and needles supplied

For more details ring Susan 07546716038, or ask at the library

The Sexton's Wheel

M	T	W	T
	1 Methodist Church Lunch <i>see page 37</i>	2 Wacton Parish Council meeting 7.30pm Wacton Village Hall	3
7 Local Walk - <i>see page 15</i>	8 Coffee Morning Wacton Village Hall 10.30am <i>see page 18</i> Sunflower Cafe, Mayfields 10am - 01508 535500 Diggers & Dibblers Gardening Club - Fornett <i>see page ??</i>	9 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	10 Tharston W Wacto <i>see pa</i> Panto at Pulh <i>see pa</i>
14 Long Stratton Parish Council 7pm Methodist Church St George's Dementia Support Group 10am - <i>see page 42</i>	15	16 Long Stratton & District WI 7.30pm Village Hall <i>see page 17</i>	17
21 Film Afternoon 'Christopher Robin' Long Stratton VH <i>see page 8</i>	22 Coffee Morning Wacton Village Hall 10.30am <i>see page 18</i> Newton Flotman Evening Cinema - <i>see page 42</i>	23 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	24
28 St George's Dementia Support Group 10am - <i>see page 42</i>	29	30 Tharston Historical Society 7.15pm Picton Farm <i>see page 31</i>	31

January 2019

	F	S	S
	4 Wacton Social Club <i>see page 19</i>	5 A Twelfth Night Concert A Medieval Christmas St Mary's Church 7.30pm <i>see page 6</i>	6
I 7.30pm n VH ge 31 ham Market ge 19	11 Panto at Pulham Market <i>see page 19</i>	12 Panto at Pulham Market <i>see page 19</i>	13
	18 Wacton Social Club Bingo Night <i>see page 19</i>	19	20 Community breakfast at the Congregational Church 9.45am <i>see page 25</i> Week of Prayer for Christian Unity - 3pm Congregational Church <i>see page 25</i>
	25	26 Messy Church - St Mary's Junior School 9am - <i>see page 33</i> Quiz Evening with Jacket Potato Supper - 6.15pm <i>see page 12</i>	27
	1st February	2	3

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ST MARY'S CHURCH CHRISTINGLE SERVICE & The Children's Society

Every Christmas St Mary's Church supports The Children's Society through its collection at the Christingle Service on Christmas Eve and through people having collection boxes throughout the year. People also make a one-off donation at this time of year and if you wish to support the good work of the Children's Society it is not too late. All donations can be sent to Linda Mills at The Rectory, 8 Flowerpot Lane, Long Stratton [01508 530238]. There are some special envelopes available if you are a tax payer which will enable The Children's Society to claim Gift Aid on your donation. Church Parish Office is open Monday to Thursday 8.30am to 12.30pm.



We would once again like to thank The Chip Inn for kindly donating the oranges for our Christingle Service in December, it was very much appreciated.

WEEK OF PRAYER FOR CHRISTIAN UNITY 2019



**SUNDAY 20TH JANUARY - 3PM
CONGREGATIONAL CHURCH**

Join us as we gather to worship together,
celebrating our Christian Unity

Resources this year have been prepared by Christians from Indonesia, the largest country in South East Asia.

Indonesians have lived by the principle of 'gotong royong' which is to live in 'solidarity and by collaboration', regarding all Indonesians as brothers and sisters.

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LONG STRATTON THURSDAY CLUB

We started our twelfth year of the Thursday Club in September by welcoming two new members onto our committee. Sadly, we lost several of our members last year so our numbers for the last few meetings have been slightly down. We do still have a good number of members and visitors at each meeting to ensure an enjoyable afternoon.

At our September meeting we had an interesting and informative talk by Sue from Health and Wellbeing about the work they do with people suffering from PTSD. They originally started to give help and support to people from the armed services but recently they have expanded and now offer help to people from other walks of life.

In October we welcomed Fayre Maiden Jewellery who told us about the health benefits of their range of magnetic products. They also brought samples of their ranges and had many items for sale to members.

We welcomed several visitors to our November meeting to hear an illustrated talk from Peter Metcalf and one of his colleagues from U3A, who have made a study of the railway that used to run between Tivetshall and Beccles.

We entered a tree in the Church Christmas Tree Festival and we had a Christmas party at our December meeting.

Our meetings last about two hours and as well as a speaker we have a raffle and quiz plus tea and cake and time to chat.

Our next meeting, in the Village Hall will be on **Thursday 14th February** at 2 pm when Annie Chapman will tell us all about The Ladies Tractor Run.

For further information please contact the Secretary Marianne Miller on 01508 536987.

LETTER OF APPRECIATION

As you have just completed the last Sexton's Wheel for 2018 I would like to thank you for the very informative nature of the newsletter.

While my family and I have been here over 20 years I have worked away so have not always known what is going on. I am back in Norfolk now and this really does keep me abreast of what is happening.

Sean Morgan

Note from the editorial team: Many thanks for the kind comments they are much appreciated. If anyone out there has any ideas for the magazine we would love to hear from you - maybe new articles. Or indeed if you would like to contribute on a regular basis we would love to hear from you, perhaps a quiz page or gardening page?

WEA Hempnall

Spring 2019

CHINA STATION

Tutor: Mark Felton,
historian

Aim: To explore British
military history from the Opium Wars to the handover of Hong Kong.

Venue: Nelson Suite, Hempnall Village Hall, Bungay Road, Hempnall NR15 2NG

Date: Starts Wednesday 23rd January 2019, 2.30-4.30pm, seven weekly meetings
(not 20th Feb)

Fee: £55.00 (fee waived for those on benefits)

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MANOR FIELD INFANT & NURSERY SCHOOL

We are looking forward to a busy and exciting Spring term at Manor Field. Each half term, we focus on one of the '6 C's'. This term our whole school theme is 'Communicate'.



In each year group our learning is centred on 'Core Stories'. This half term, the children in Nursery will be learning about the stories 'Stickman' by Julia Donaldson and '10 Little Dinosaurs' by Mike Brownlow. In Reception, children will be finding out about The Polar Regions through the story; 'How Big Is A Million' by Anna Milbourne. The focus in Year one will be on 'Anna Hibiscus' by Atinuke, a story about a little girl and tales of her family life in Africa. 'Lila And The Secret Of Rain', by David Conway and Jude Daly will be the Year 2 core story this half term.

LONG STRATTON YOUTH CAFE

Come along and join us at Youth Cafe on Tuesday nights 7.15-9pm at the Methodist Church Long Stratton. From year 6 upwards welcome.

We are always looking for volunteers to help out so if you're interested please come in and have a chat with us.

We would like to wish you all a happy New Year. ***Matt, Wil, Tina, Joanna and Doug***

DIGGERS & DIBBLERS GARDENING CLUB

Tuesday 8 January 2019 Forncett Village Hall 7.30pm

House Plants. Richard Ravencroft

Richard is making a return visit to us after his popular talk on Trees in 2017. His talk will cover all aspects of houseplant choice, care and propagation.

Non-members are very welcome.

For further information contact Ally Rae -01953 788544 or allysonrae@btinternet.com

THE VOICE PROJECT PRESENTS.....

A Midwinter candlelight concert from the The Voice Project Choir

**Saturday 9th February
St Mary's Church, Bungay**

Tickets on sale from 4th January - www.voiceproject.co.uk

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THARSTON & DISTRICT WI

As usual many members enjoy additional activities as well as our monthly meeting. Some went to County Office to the craft and Christmas sale and may have purchased gift items as well the ‘unfinished’ craft items available – will they get them done?

We joined with others in our group of local WI’s to commemorate the end of WW1 with an evening at Denton. Each WI read a roll of honour of those lost from their village during the conflict. The Dentones entertained with a variety of songs: thankfully the words were supplied so we could all join in. A delicious hot supper was provided and all remarked on a most enjoyable evening.

November is our AGM and after six years in office we needed new ‘leaders’. Most committee members will carry on but with a shuffle of tasks. I will now take a back seat and offer support to our new president. In December we had a craft afternoon and made woven ‘hearts’ to hang on the Christmas tree. Gunvor Gapp demonstrated several quite intricate paper decorations and we all made an attempt, some more successful than others. Gunvor made it very interesting by telling of the traditions from her native Denmark.

The Jolly Farmers hosted our traditional Christmas meal and the majority of members attended. We all enjoyed a very tasty meal and much conversation. Only a week later we enjoyed our own Christmas party with a meal and entertainment. Food seems to play a large part in our activities!

In January we will have a ‘Bollywood Dance workshop’ so maybe we can work off some of those additional calories!

We meet in Wacton Village Hall on the second Thursday each month at 7.30. Meetings usually have a speaker, sales table, bookstall and always cake and conversation.

Visitors are welcome so come and visit for a friendly evening. Our meeting in January is on the 10th, with Mrs Judith Muncilla giving a talk on ‘Looking at the lighter side of life’

For further information contact Heather Jeary - h.jeary@gmail.com

LONG STRATTON DAY CENTRE

I Would like to thank our local businesses who supported our day centre on Thursday 6th December with raffle prizes. Thank you to every one else who was involved.

We made £245 which was amazing, this will be used to purchase a new bingo machine for our day centre.

We are still looking for Voluntary helpers on a Tuesday and Thursday, if you could spare an hour or two helping with kitchen duties, chatting to our elderly members or serving tea & coffee our registered charity would benefit greatly. Please contact Marilyn on 01508 535901 for further information.

Marilyn



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THARSTON HISTORICAL SOCIETY

We are a local history group who meet bi-monthly with the aim of encouraging an interest in the history of Tharston and its immediate surroundings. Our next meeting will be held at Picton Farm Meeting Room in Tharston on **Wednesday 30th January**, 7:15pm with refreshments for a 7:30pm start. This is another general meeting and will contain updates on the 'Tharston Family Tree', and possibly details of someone's visit to the Peninsular Wars sites. If anyone has anything of local interest they would like to bring to the meeting they are most welcome to do so but please let us know.

One of our ongoing projects is the creation of a 'family tree' of Tharston. There are many links between local families, including many from Long Stratton and Wacton, and we are trying to put together a tree and then to add further information about the people. We are still looking for anyone who has any photos, stories, information or documents about anyone who appeared on a Tharston National Census (1841 to 1911), was included in the 1939 Registration or has an entry in any Tharston Parish Register (even recent events) and we would really like to hear from you; you can make contact through the website, details below.

Anyone interested in the local history of Tharston or nearby will be most welcome at the meeting. We have a website, <http://www.tharston-history-society.com/>, which has details about us and our activities. Please make contact (<http://www.tharston-history-society.com/feedback/>) if you would like to join us on 30th as we would like to have some idea of numbers.

Come and join us for.....

The next **Messy Church** is on **Saturday 26th January**
from 9am until 10.45am and will be at **St Mary's Junior School**



The morning begins with bacon butties and muffins before craft activities,
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All children must be accompanied by an adult.

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East of England Co-op Funeral Services scoops Outstanding Dementia Care Innovation accolade in the National Dementia Care Awards 2018

East of England Co-op Funeral Services has won the Outstanding Dementia Care Innovation category in the National Dementia Care Awards 2018, which recognises the vital role of innovation in developing high quality services for people living with dementia. Dealing with the loss of a loved one is often not easy, and when someone is living with dementia it can become more challenging for them, their families and professionals too.

To enable better support for families through the arrangement and funeral of a loved one, the East of England Co-op Funeral Services has undertaken bespoke dementia-friendly training, the first comprehensive training of its kind and unique to the funeral services industry.

The training was developed and co-facilitated by Sharon Harkin, Dementia Champion at the East of England Co-op and Danuta Lipinska, Specialist in Ageing and Dementia Care, with input from East of England Co-op Funeral Services teams.

Danuta Lipinska said: "It was a delight and an encouragement to see and hear large numbers of compassionate, enthusiastic, open hearted and open-minded women and men who are passionate about their work. With an impressive range of existing humanitarian and specific funeral skills, we had a very positive interaction and enthusiastic engagement."

Andrew Dawes of the East of England Co-op Funeral Services, said: "To be awarded with this accolade is a true testament to our compassionate and dedicated teams, who go above and beyond to support those in our care."

The East of England Co-op was previously named the Large Dementia-Friendly Organisation of the Year in 2016, in recognition of its work towards becoming the leading dementia-friendly retailer in the region, including training over 90% of their workforce to be Dementia Friends.

All of its funeral branches across the region have signed up to the Fair Funeral Pledge and offer one-to-one support with experienced bereavement counsellors providing the support people need in a safe, confidential environment

The East of England Co-op Funeral Services was presented with its National Dementia Care Award by the former Labour Party politician, Hazel Blears at the high-profile Gala Night, attended by over 450 guests.



Left to right: Host Hazel Blears, Danuta Lipinska, specialist in Aging & Dementia Care, Sharon Hawkin, East of England Co op Dementia champion and Andrew Knight of Care UK

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

Regular Events:

Monday 11-12 Knit and Natter

A weekly drop-in for those who knit (or those who are interested in learning how to). If you are a knitter and are interested in helping others learn or if you would like to learn a new skill then please come along. Coffee and tea available.

Monday 11-1 Just a Cuppa

Fancy making some new friends, or just to have a good old chat? Then come along to this FREE drop-in session. Have a good old fashion chatter with a cup of tea and biscuit

Thursday 4:45-7pm Stitchers and Knitters

Are you a natty knitter, a crafty quilter, or a snazzy sewer? Even if you haven't picked up those needles for a while or want to learn, come along and join us for crafting and a chat.

Let's Chat Coffee Group

We will not be meeting during the cold months of January and February, we will be back in March. For more information contact Janet Roberts on 530121.



LONG STRATTON METHODIST CHURCH

There will be no lunch in January - back in February

Coffee mornings every Thursday - 10am to 11.30am - everyone welcome

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CHURCH SERVICES - JANUARY

St Mary's Church

6th	11.00 am	All Age Worship and Baptism
13th	9.50 am	Ten2Ten Service
13th	11.00 am	Holy Communion
20th	11.00 am	Morning Worship
20th	3.00 pm	Week of Prayer for Christian Unity service at the Congregational Church
27th	11.00 am	All Age Holy Communion
27th	7.00 pm	Soul Shapers

St Michael's Church

6th	No Service	
13th	8.30 am	Holy Communion
20th	3.00 pm	Evening Prayer
20th	3.00 pm	Week of Prayer for Christian Unity service at the Congregational Church
27th	8.30 am	Holy Communion

All Saints' Church

6th	9.30 am	Holy Communion
13th	No Service	
20th	9.30 am	Holy Communion
20th	3.00 pm	Week of Prayer for Christian Unity service at the Congregational Church
27th	No Service	

Congregational Church

6th	10.45 am	Family Service with Holy Communion	David Dodd
13th	10.45 am	Family Service	Keith Scarff
20th	9.45 am	Family Breakfast	
20th	10.45 am	Family Service	Joe Hart
20th	3.00 pm	Week of Prayer for Christian Unity service	
27th	10.45 am	Family Service	Steve Adcock

Methodist Church

6th	No Service		
13th	3.00 pm	Communion Service	Revd Matthew Olanrewaju
20th	No Service		
27th	No Service		

LONG STRATTON CHILDREN'S CENTRE

Please find below the list of events for December, if you have any questions do not hesitate to contact us.

Date	Activity	Time	Venue
Monday 14th, 21st & 28th	Little Explorers - 0-5 years <i>Enhance your child's overall development which will include sensory, messy play, story time and singing</i>	10.00-11.00 am	LS Children's Centre
Tuesday 22nd & 29th	Story Garden - 0-5 years <i>Outdoor gardening and story group</i>	1.30-2.30 pm	LS Children's Centre
Wednesday 2nd, 9th, 16th, 23rd & 30th	Feeding Group <i>UNICEF trained staff will be available to observe and support you through breast feeding, as well as providing guidance on formula feeding and introducing solids</i>	10.00-11.30 am	LS Children's Centre
Wednesday 30th	Introduction to solid foods <i>support around feeding and weaning</i>	10.00-11.00 am	LS Children's Centre
Thursday 17th & 31st	Bounce and Rhyme - 0-5 years	1.30-2.30 pm	LS Library
Friday	Nurture Group <i>Babies under 6 months & their parents who have spent time on the Neonatal Intensive care unit</i>	Please ring for details - 01508 536399 536399/01953 713896/451196	LS Children's Centre

For further information please call 01508 536399

Sometimes we have to make changes to our programme. Please check our Facebook page for up-to-date details.

You can find us on Manor Road next door to Manor Fields.

Community Breakfast

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

Sunday 20th January things to eat.

Eggy bread and bacon rolls very popular!

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

For more information contact June on 01508 470701

EVENTS OUTSIDE LONG STRATTON & WACTON

Harleston Choral Society - Our Spring Term begins on **Monday 7 January 2019** at 7.00 pm in The Church at London Road, Harleston, when we begin rehearsing for our Summer Concert next June, An Evening with Henry Purcell – come and join us, there are no auditions and music is provided free! More information on the HCS website www.harlestonchoralsoc.org.uk, or from our Chair jo.curry@sky.com

St George's Dementia Support Group - 14th & 28th January - 10am to 12noon - St George's Hall, Long Lane, Upper Stoke Holy Cross NR14 8ND - further details 01508 493661/492938.

Harleston Cinema -

Newton Flotman Cinema Evening - Tuesday 15th January

Mamma Mia 2 - Here We Go Again (cert.PG)

Newton Flotman Village Centre, Grove Way, Newton Flotman – Bar opens at 6:00pm, film starts at 7:00pm – Adult ticket £4.50, Concessionary ticket £3.50, Family ticket (2 adults & 2 children) £15.00, On the door £5.00 – Contact Christopher Remer on 01508 471580 or christopher.remer42@gmail.com to book.

Long Stratton Village Hall - Booking information



The hall can be booked as follows:

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



Wacton Village Hall - Booking information

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

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: 07518 207494

or send to the Rectory, 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 all editorial is the 10th 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

Deadline 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: Linda Mills 07518 207494 [Mon to Thurs 8.30am to 12.30pm]
thesextonswheel@googlemail.com

DISTRIBUTION OF MAGAZINES: Ann Lorne 01508 530987

EVENT	<hr/>
DATE	<hr/>
TIME	<hr/>
PLACE	<hr/>
BRIEF DETAILS	<hr/>
CONTACT	<hr/>

A New Year ahead

**Alex, Rachel, Chloe and Lene wish you
a very happy 2019**

We look forward to leading you home



Your local, independent Estate Agent

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