

The magazine for Long Stratton & Wacton



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June 2026

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
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Wacton Village Hall - Booking Information

Attractive and welcoming community space available for hire: hall £12/hr or meeting room £8.00/hr. To book go to wactonvillagehall.co.uk
Email: bookings@wactonvillagehall.co.uk
Licenced bar available through Wacton Social Club. Contact stevemaz51@outlook.com

Church Contacts

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

St Michael's Rev Becki Bensusan (01508) 813900

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

All Saints' Rev John Madinda (01953) 789240

Congregational Church June Braddock (01508) 470701

Church Parish Office

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

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

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

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

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

For general enquiries Email: office@longstrattontowncouncil.info

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Reflection

So, those of you who know me will know that I am a useless gardener. I love a nice garden to walk about and enjoy. I admire anyone who can keep up the work needed in a garden in weather that is anything other than a light breeze on a glorious spring day. But I do love a gardening analogy! As the summer hits, though some parts of my garden will flourish all by themselves, other parts of my garden will suffer without the necessary treatment and care. At the very least, as the rain lessens the grass will stop looking half as green as we all imagine it should. So, as summer comes I realise that my efforts are seriously lacking.

Of course, this makes me consider the way we each of us has a responsibility for creation care. The Anglican churches in Long Stratton and Tharston have taken up our Eco Church commitment to consider the ways we live as individuals and corporately together, and over this next year we're looking at ways to soften our impact on the environment and the wider global community. We'd love to know some of your ideas and thoughts too on how you're doing this and hopefully there will be opportunities that allow us to do this together too.

But this also makes me wonder about how my efforts for my own life are doing too. When I think about all I expect myself to be able to do and achieve, as well as all those things 'I'll get round to', I begin to wonder how well I've been taking care of myself in order to do all this. God gives us the example of rest and work alongside each other, and the early church give us the example of reliance on one another: sharing and caring. But better still, Jesus speaks of the life of the Holy Spirit living in us; giving strength and comfort and enabling us to do more than we could ever have imagined. How am I making sure I prioritise these things?

The Bible suggests that, with a pattern of resting, sharing and being open to The Spirit of God in us, we can be and do so much more than we ever thought possible. How are your efforts in these things? Do you prioritise things that enable some rest, whatever that looks like for you? Do you know what it is to care and, importantly, be cared for in your life? Have you asked God for His Spirit to strengthen you and lead you in life? If not, maybe today is a good day to try.

We'd love to see you at any of the local churches if you'd like company on this journey. There are details in this magazine for finding us or getting in touch. I pray that you know for yourself the words of Psalm 29:11 "The Lord gives strength to his people and blesses them with peace."

Rev Becki B



Messy Church News

Hi everyone. We are here again to share about what we've been up to in Messy Church. At the end of April we had a great session where we considered the story of the Good Samaritan. Some of us knew this story well and so it was easy to do a storyboard comic putting the different parts of the story in order. It was so funny to have the children join in with acting out the story. They really got stuck in! They put a different spin on it as we thought about a modern version. It all centred on the one who helped. The craft time gave us the opportunity to think about how and why we can be kind and helpful to others, with a memory verse hidden behind a plaster and our own first aid kit with medicine bottles of ideas. It was good for us to notice how we can share love and kindness, as Jesus would want us to, in our lives. To help us remember this we made heart-shaped jam or spread sandwiches too. We also used cut-outs to help us wonder together about who our neighbours are, and when it came to the prayers, we included all sorts of people: those we don't know, those who are difficult to get along with, and those we know and love. We sang a song together called Ask, Seek, Knock that reminded us of God's love and care for us and when we had our picnic tea, sharing a talking together, this helped us remember that we are made one in Jesus. There was a lot of laughter and kindness shown by everyone. Thank you to all who were a part of it!



Our next session is on **Saturday 27th June**, see the poster for details. This session will be a little different as we do our summer picnic and games session. Bring your own teddy and picnic and join in the games. We'd love to see you there. You can let us know you're coming or turn up on the day. If you want to be in touch with the team for any reason, then please feel free to email us on strattonmessychurch@gmail.com

Saturday 27th June 2026
Unfortunately this has been postponed due to unforeseen circumstances.

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in Concert at St Mary's Church

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- Weekly members outings throughout the year
- Group hires for not-for-profit organisations



Borderhoppa Outings for June 2026

Mon 1st – Great Yarmouth - £20.00

Mon 8th – The Factory Shop / Lidl & Harleston Town - Dial-a-Ride

Thurs 11th – Stonham Barns - £15.00

Mon 15th – The Four Horseshoes, Thornham – Dial-a-Ride

Thurs 18th – Southwold - £20.00

Mon 22nd – Waitrose Café & Wymondham Garden Centre - £15.00

Mon 29th – Stowmarket - £15.00

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BIKE ACTIVE NORFOLK

By the time you read this BikeActive Norfolk's, Long Stratton Taxi Service(LSBATS) will have had its official opening on May the 8th. Head of the Long Stratton Town Council and great BikeActive Norfolk supporter ,Kelly Lumness will cut the ribbon and Jenny Kirk and BBC Look East are due to be present

But even as I write this in the first week of May , we have already given out six rides to service users, with two of the towns care homes already involved in taking up on our service. We are limited to how many sessions we can offer in a week , as we only have so many volunteers, as this is a voluntary service, If you want to see it improve, please feel free to volunteer a couple of hours a week with us to help. Feel free to contact me if you would like to use the service or volunteer to help with the service. Bookings can also be made via the LongStratton.BikeActive.Taxi website

Our next BikeActive Junior session is at the Long Stratton pavilion, multi-use games area, NR15 2XR at 1300hrs on Wednesday the 27th of May 2026. There will be two forty-minute sessions at 1300 and 1340hrs. So, if you are the parent or carer of a child with any disability, who thinks the child may enjoy a cycling session on our many adapted cycles , then take a look at BikeActiveNorfolk.org and look on the Junior side of the site. A view of the gallery will highlight what we do and booking is straight forward from the site

Our adult group will run from Topcroft Sports and Social Club, NR35 2BL alternate Fridays from the 22nd of May. And alternate Monday's at Tivetshall from the 11th of May. Booking is from the website, BikeActiveNorfolk.org.

So, if you have a disability, but would like to get out for a group ride in the countryside, take a look at all the specialist adapted cycles we have to get people out cycling, in the BIKES section of the website, and come and join us through Summer 2026

Jez Briggs, Chair, BikeActive Norfolk, 07716103072

Tharston & District W.I. Invite you to join them in celebrating their 60th Birthday at a:

Retro 60's Night

Saturday 6th June 2026 at 7:30pm

Forncett Village Hall

Tickets £12 a head

60's fancy Dress (prize for the best dressed)

60's sing a long Karaoke and 60's party food. Bring your own drink

contact Gill 07754214964 or

Gaby 01593 788263 for Tickets

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

Summer Solstice event.

We are hosting our summer event this year on Saturday 20th June 2026 on Manor Road Playing Field from 1pm – 5pm. We have got some great entertainment starting with James D party time and finishing off with live music. There will be stalls, games, back by popular demand a climbing wall, more attractions, food vendors, a bar and much more for you to enjoy. We are looking for stallholders and volunteers for the event, if you would be interested in having a stall or volunteering, please get in touch with us: office@longstrattontowncouncil.gov.uk or 01508 530524. *Speeding*

We are receiving lots of complaints regarding speeding down the Norwich Road now that the bypass has opened. We have invested in additional SAM2 machines which will record speeds, time of vehicle movement and the volume of vehicle movement. The team at the Council analyse the data and have seen patterns emerging.

This information is on the Council's website, and it is shared with the police, it is dangerous and using the data we will be asking the police to carry out more speed checks in the Town.

The Full Council meetings are held in the Pavilion community room. Anyone is welcome to attend the meetings but whilst members of the public cannot participate a short period of time is given for members of the public to air their views on matters directly related to the Town Council. We ask that all members of the public who attend remain respectful and only speak when invited to do so by the Chairman, to ensure the meeting runs smoothly for all.

All councillors are volunteers who give up their time to be at the meetings.

The next meeting will be on Monday 8th June 2026 at 7pm.

LONG STRATTON & DISTRICT WI

Our speaker for April illustrated his talk with film of many gardens around East Anglia. It was soon obvious his other hobby was photography. There was no pressure to buy but he also brought along a large collection of plants and tools.

At the beginning of May Sue and Lorna took the 9 blankets and parcel of hearts we had been working on, out to the Norfolk & Norwich Hospital. Many hospitals throughout the country have special arrangements for end-of-life care that will make patients' stay in hospitals more homely. An ex-member, Marianne, crocheted an edging for one large blanket and many of the members added crocheted or knitted edging to theirs. We hope they will bring some comfort at a difficult time for them and their families.



Late April was the time for the Norfolk Federation of W.I.s to hold their annual meeting. Members from all over the county gathered at The Theatre Royal and were welcomed by the Lord Mayor of Norwich. As always, the stage was beautifully decorated with flower arrangements, some of which later became raffle prizes. After singing Jerusalem the usual annual meeting business was conducted, then speakers from Leeway and Break updated us on the work they do.

The afternoon speaker was the author Joanne Harris who spoke about her family life and how she began writing stories.

To end the day prizes were presented, the raffle was drawn and we sang the National Anthem, remembering to sing Long Live the King.

We have come to the time of the year when the Resolution for 2026/7 will be chosen. This is a national initiative which we all vote on. Last year there was great concern about the shortage of dentists and the W.I. nationally called on the government to act. One outcome was that members of Long Stratton & District W.I. donated a quantity of dental products to the local Food Bank.



Our next meeting is a flower arranging demonstration on **Wednesday 17th June at 7.30pm in Long Stratton Village Hall.**

If you need further information, please **telephone 01508 531154**, or just come along on the night. You will be made very welcome.

2ND LONG STRATTON BROWNIES



During the Summer term the Brownies are working on their Skills for the Future theme and skill builder Live Smart stage 2 badge.

We have looked at How to cross roads safely and one evening we were able to practise crossing the old A140 Ipswich Road outside our meeting place. With the Long Stratton Bypass taking most of the traffic now this was the first time we have been able to just practise crossing skills. We have also practised buying items with the correct money (using real coins). Another night the Brownies used screwdrivers and screws and hammer and nails to join two pieces of wood together and looked at various DIY tools that may be used around the home.

We also send out an invitation to all current and previous members of Guiding and to all in our community to join our celebration of 50 years of Girlguiding in Long Stratton on Wednesday 15 July. 50 years of our Brownie Pack, 20 of Rainbows and 10 Rangers and including all our Guides especially those who have been in the other Units. Do call in and see us between 5-8pm, activities for all and food and drink available to purchase.

An ideal time to join our guiding units, we have a few spaces available for girls from 5 years old to adult, and especially Brownies aged 7-10 years, please register on <https://www.girlguiding.org.uk/information-for-parents/register-a-child>.

Brownies Guiders



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LONG STRATTON LIONS CLUB

I am going to talk rubbish again. South Norfolk litter picking initiative is now with us and we Lions always take part. It gives me a chance to see how well we are doing with keeping the town clear of rubbish. I am happy to say we who live here have greatly improved in keeping the town clear of it in recent years, but those who use the facilities of the town have not.

The take aways in the town offer a chance of a quick snack to those visiting, which they eat in their cars throwing the wrappers out of the windows as they leave the town. The most common pieces of rubbish are drinks cans and bottles. They are everywhere on our verges. Even the By-Pass has become a new dumping ground. Luckily, it is not only us fighting the litter bugs: we have many good people living in Long Stratton who we see collecting rubbish too. To them 'Well done and thank you'

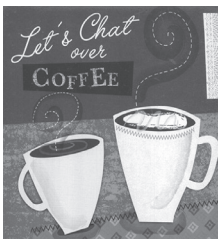
Lastly, I will use this opportunity to say thank you to the many residents and businesses who over the last 40 years have supported us. We are no longer that large club that used to organise and run the carnival, but with your help we are still able to meet such needs that we become aware of in and around the local area.

Lion Secretary Roy

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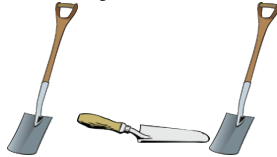
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This month, I have opted to discuss diabetes. Diabetes is a long-term (chronic) condition caused by too much glucose (sugar) in the blood. It is also known as diabetes mellitus.

Type 1 Diabetes occurs when the body produces no insulin. Insulin is a hormone that lowers the level of glucose (a type of sugar) in the blood. It is often referred to as insulin-dependent diabetes. It is also sometimes known as juvenile diabetes, or early-onset diabetes, because it usually develops before the age of 40, often in the teenage years.

Type 2 Diabetes occurs when not enough insulin is produced by the body for it to function properly, or when the body's cells do not react to insulin. This is called insulin resistance. Type 2 Diabetes is far more common than Type 1 Diabetes.

At present there is no routine screening for diabetes as there is no current evidence to support it as a regular national screening test. There are certain risk factors that can lead to Type 2 Diabetes and it is important to be aware of these factors and the symptoms that may suggest Type 2 Diabetes.

Risk factors:

1. Obesity and inactivity
2. Family history of Type 2 Diabetes
3. Ethnicity. People of Asian, African, and Afro-Caribbean ethnicity are 2–4 times more likely to develop type 2 Diabetes than white people.
4. Women with a history of gestational diabetes (this occurs in the pregnancy period).
5. Polycystic Ovary Syndrome
6. Metabolic Syndrome. Insulin resistance is commonly associated with the metabolic syndrome, defined as a combination of raised blood pressure, dyslipidaemia, fatty liver disease and central obesity
7. Certain medication like long term steroids, statin and some water tablets
8. Low fibre diet.

Symptoms that may suggest Type 2 Diabetes:

Symptoms such as increased thirst, increased frequency of passing urine (micturition), blurred vision, unexplained weight loss, recurrent infections, and tiredness. Note: these may be mild or absent. Signs such as acanthosis nigricans (a skin condition causing dark pigmentation of skin folds, typically the armpit, groin, and neck), which suggests insulin resistance.

Prevention is always the best option. Eat sensibly, drink water abundantly, ensure safe drinking of alcohol and adequate exercise. As a reminder to our patients that we monitor for their Diabetes, please book your annual blood test in your month of birth, this will then be followed by a review with one of our diabetic nurses.

You can find really useful information about the condition and seasonal recipes on the **Diabetic UK website** <https://www.diabetes.org.uk/>.

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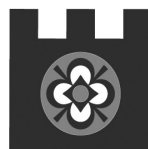
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M	T	W	T
1 Local Walk - see page 38	2 Community Sing Wacton Village Hall 1900 Lets chat see p14 Pilates - Hempnall Village Hall see p29 Coffee Morning Wacton Village Hall 10.30am	3 Chatter& Natter Long Stratton Leisure Centre 1300-1500 Wacton Parish Council Meeting 18:00pm	4 Pilates - Wacton see
8 LSTC Meeting Pavillion Community Room Manor Road 19:00	9 Community Sing Wacton Village Hall 1900 Lets chat see p14 Pilates - Hempnall Village Hall see p29	10 Chatter& Natter Long Stratton Leisure Centre 1300-1500 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	11 Pilates - Wacton see <i>Lunch Club 12</i> <i>Long S</i> <i>Congregation</i> <i>Call 0796871</i> Tharston& Wacton V 7:30
15	15 Community Sing Wacton Village Hall 1900 Lets chat see p14 Pilates - Hempnall Village Hall see p29 Coffee Morning Wacton Village Hall 10.30am	17 Chatter& Natter Long Stratton Leisure Centre 1300-1500 Long Stratton & District W.I LS Village Hall 7:30pm	18 Pilates - Wacton see
22	23 Community Sing Wacton Village Hall 1900 Lets Chat St Mary's Church 10:00am to 12:oopm see p14 Pilates - Hempnall Village Hall see p29	24 Chatter& Natter Long Stratton Leisure Centre 1300-1500 Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406 Cup of Hope	25 Pilates - Wacton see
29	30 Community Sing Wacton Village Hall 1900 Lets Chat St Mary's Church 10:00am to 12:oopm Pilates - Hempnall Village Hall see p29		

	F	S	S
on Village Hall p31	5 Wacton Social Club open 7.00pm - 11.00pm with Bingo	6 Retro 60's Night Forncett Village Hall 7:30pm contact Gill 07754214964 or Gaby 01593 788263 for tickets. see p8	7 Hope church Service St Mary's Academy 10:30am. See p19
h Village Hall p31 2:00 - 2:00pm Stratton al Church Hall 6698 to book District W.I. illage Hall 0pm	12 Tuck shop Long Stratton Community Centre 3:00pm - 5:00pm	13 Wacton Church Coffee Morning 1030am.	14
on Village Hall p31 k	19 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	20 Plant Sale 32 Manor Park Gardens 9am to 3pm see p22	21 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall Hope church St Mary's Junior Academy 10:30am see p19
on Village Hall p31	26	27 Messy Church Stratton St Mary's Church 4:00pm - 5:30pm see p6	28
			L

HARLESTON CHORAL SOCIETY

On Saturday 27th June at 7PM 2026, Harleston Choral Society will be holding their summer concert at Harleston Sancroft Academy, Wilderness Lane, Harleston, IP20 9DD. Enjoy an evening of Puccini, Schubert and Bruckner, with tickets at only £15 on the door; this includes a soft drink or glass of wine.

We have worked hard to put on a polished and professional performance, so we do hope you will come along to see for yourselves – especially those who may not have heard us before.

If you are interested in joining the choir, the Autumn term starts on 7th September 2026. Rehearsals are at London Road Church, Harleston IP209BH on Monday nights 7.30pm – 9.30pm. For further details visit our new website: www.harlestonchoralsoc.org.uk

PLANTS FOR SALE

Following on from the plant sale at 32 Manor Park Gardens, Long Stratton, I'm very pleased and proud to announce a total of £1005.00 was raised. Every penny will go to the East Anglian Air Ambulance Charity. Thank you to the entire community for helping to make this event a success. My next plant sale will take place on the 30th of May, 9am to 3pm, weather permitting. Thank you.
Keith.

Dates for Plant Sales .

9am to 3pm. 32 Manor Park Gardens, Long Stratton.
The dates for the following months are:-
20th of June.
25th of July.
22nd of August.
All, 9am to 3pm.
All weather permitting.

Every penny raised will go to the East Anglian Air Ambulance Charity.
Keith

LONG STRATTON HIGH SCHOOL

Long Stratton High School Praised in Landmark Ofsted Inspection

Long Stratton High School is celebrating a highly successful recent Ofsted inspection, being the first secondary school in Norfolk to be inspected under the new national framework. Three key areas: how the school is run (Leadership), how it teaches its pupils (Curriculum and Teaching), and the results its students accomplish (Achievement) — were all rated at a “Strong Standard.” The remaining areas, including how the school supports all children, were also rated positively, with no areas that “Need Attention”.

What did the inspectors say?

A warm, welcoming community where pupils are respected and well cared for...

Pupils flourish academically...classrooms buzz with learning.

Teachers are experts at what they do.

The school's values, constructed in partnership with pupils, thread through all aspects of school life.

Teachers expertly use what they know about pupils' special education needs and/or disabilities to put in place effective adaptations to support pupils' learning.

Headteacher Alexander Lewis paid tribute to everyone involved: "We are delighted with this glowing report. Our staff are inspirational, caring and highly skilled, going above and beyond every day to support our young people. I am incredibly proud of all our students who make our school the special place it is."

The school's academic performance already places it in the top 8.1% of schools nationally, yet the focus remains firmly on helping every single child to do their very best, to become model citizens, and for our community to be proud of their local school.

Carolyn Daniels
Community Liaison Lead

BEN GOLDSBOROUGH MP

A new independent creative space has opened in Long Stratton, and I wanted to take the opportunity to wish the team every success as they launch what looks to be a fantastic addition to The Street.

The new Art Angles Art Collective officially opened on Friday 1st May, with doors open from 10:30am to 4:30pm for its launch event. The space features work from a range of artists and makers, including paintings, textiles, handmade crafts, jewellery, pottery and other unique creations. The collective provides a great opportunity for local creativity to be showcased and is a welcome addition to the town centre.

I always find it particularly encouraging to see independent businesses creating not just a shop, but a space where people can come together, meet the makers, and experience something different from what is often available on the high street. That is exactly the kind of thing I want to see more of, as it helps to keep our town centres distinctive and full of character.

Small businesses like the Art Angles Art Collective play an important role in our local economy. They are built from the ground up by local people with a real passion for what they do, helping to generate footfall, support surrounding businesses, and keep our high streets and town centres thriving. Just as importantly, they provide a platform for independent makers and artists whose work might otherwise never be showcased.

I have always believed that supporting small businesses is about more than just shopping locally. It is about backing the people who take a risk to turn an idea into reality; investing their own time, savings and energy into building something new for their community.

Opening a new business is no small feat, so I want to recognise and applaud the effort, determination and ambition it takes to bring a project like this to life. I know many Long Stratton residents will join me in wishing the team behind Art Angles every success as they welcome their first visitors and begin this exciting new chapter.

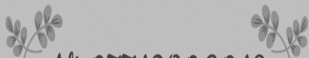
I look forward to seeing the gallery develop in the months ahead and hope it becomes a valued part of the community for many years to come. So, if you have an interest in art, are looking for a unique gift, or simply want to browse some creative locally made products, I encourage you to pop into Art Angles on The Street and see what they have to offer.

Ben Goldsborough MP

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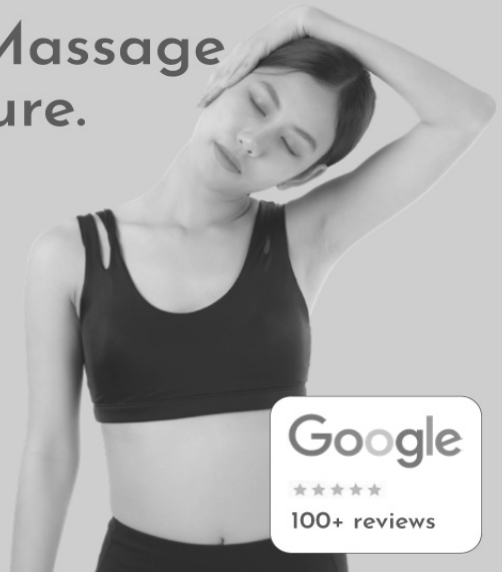


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Local Walk

May 4th - Bank Holiday, and the may blossom was indeed out in abundance. Someone quipped, "May the Fourth be with you!" Several walkers were engaged with family but there were still 7 of us to enjoy this delightful walk near Shotesham. We parked on Heath Road in Howe CP and followed the road west until a sharp bend to north where we found a footpath. There was no fingerpost – who is it that delights in removing these useful signs? – but it was obvious from a plank bridge and a trodden way across a field. This footpath actually had its own name - Howe Lane - and must have been nearly a mile long. We were rather dismayed and puzzled to notice large piles of branches piled up on the far side of ditch along most of its length where hedges and trees had been cut down. Why? Preparation for solar panels was one suggestion – but there were also a few saplings planted here and there, so maybe not. We would love to know the answer. There were few flowers here though a solitary early purple orchid was noticed, and towards the end of the path there were bluebells and cowslips. Alice said when she researched this walk she saw a snake which made off at top speed. At Corporation Plantation we turned left along a road then left again at a footpath crossing a field, then took the right at a fork with wonderful wide-open views. Reaching a road at last we turned left then right into Market Lane but almost immediately right again onto a most delightful footpath with a high bank on one side and a ditch on the other and everywhere were flowers: pink bluebells, buttercups, stitchwort, herb robert, alkanet, red campion. It was a joy to walk down. The path led over a footbridge into a meadow, a sea of yellow buttercups and cowslips with a sprinkling of purple bugle; there was also a large pond but we were too early for the water-lilies. This was Stubbs Green – we had passed this lovely area last June, but from a different direction. We angled left at a junction of paths and walked beside a hedge with abundant bird song to cheer us, passing a sign which told us the good news that a footpath had been reclaimed but with the bad news that a bridge was needed across a beck and asking walkers to report this to the council (lots of voices needed). However, our route was not in that direction and we carried on South beside a wood. Then back on Market Lane for a few yards before turning left onto a footpath going quite steeply uphill which needed a bit more effort. Eventually we came to a pond with yellow irises, then there we were, back on the road with the two cars only a few steps away. Thank you so much, Alice, for researching the twists and turns of this super walk.

Bonnie

Do join us on the 1st of June for our next walk. We meet near the toilets on the Co-op carpark at 10.00.

LONG STRATTON LIBRARY

What's On at Long Stratton Library: Everyone's welcome to join us at one of our free fun drop-in sessions.

Monday

Just A Cuppa, 11-12.30pm Join us for a free hot drink and a friendly chat.

Tuesday

Bounce & Rhyme, 2pm. Free fun sessions with music and stories for children aged 0-5 years and their carers. Come join our volunteer Cathy, make friends and have fun, followed by Stay and Play, a fun toy-based session.

Lego Club, 3.45-4.45pm, term time only. Come play Lego and Duplo (children under 8 must be supervised by an adult at all times)

Thursday

Knit, Stitch & Natter, 2-4pm. Come along and meet this friendly drop-in group where you can knit and sew for charity.

Thank you to everyone who has come along and enjoyed our popular author events, helping raise money for the library and supporting local writers and authors. The events are now on pause over the summer, but we have some exciting big names pencilled in for later this year. We'll advertise new dates here and in the library at Long Stratton as soon as we have them!

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CHURCH SERVICES: June

7th	9am	BCP Holy Communion - Stratton, St Michael
	9:30	Morning Prayer - Wacton
	11am	Morning Worship - Stratton, St Mary
14th	9:45am	Family Communion - Tharston, St Mary
	11am	All-Age Communion - Stratton, St Mary
21st	9am	BCP Holy Communion - Stratton, St Michael
	11am	All-Age Worship - Stratton, St Mary
27th	4pm	Messy Church - Stratton, St Mary
28th	9:30am	Holy Communion - Wacton
	11am	Holy Communion - Stratton, St Mary

Congregational Church

7th June at 10:45am – Family Service incl. Holy Communion - Rev Malcolm Simpkin

14th June at 10:45am – Family Service - Lee Saunders

21st June at 9:45am – Community Family Breakfast

21st June at 10:45am – Family Service - Rev Malcolm Simpkin

28th June at 9:45am - Prayer Meeting

28th June at 10:45am - Family Service - Rev Michael Womack

Hope Church

7th June -10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY

21st June -10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY

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