

The Sexton's Wheel Issue 209

The magazine for Long Stratton & Wacton



Here Comes Summer

June 2021

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

The meeting room has seating for 22, suitable for small functions. The main hall has a semi-sprung floor with capacity for 80 seated or 120 standing. There is a fully equipped kitchen and a full complement of tables and chairs. All areas are accessible for wheelchairs, there is a baby changing station. Hourly rates are £6 and £10 respectively or £13 for the hire of the whole hall. Christine Goreham 01508 530823 or Wacton.VH@outlook.com

Church Contacts

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

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

Congregational Church

June Braddock 01508 470701

Church Parish Office

The Parish Office is situated at the Rectory, 8 Flowerpot Lane is currently not staffed, but we are available for enquiries at anytime. Please ring the doorbell (by the front door) or ring 01508 530238 for all enquiries.

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 (01508 530238).

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

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

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

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.



Well, Summer is on the way and we are all out of lock down, let's just hope for some good weather so we can get the BBQ out and socialise again.

The Sexton's Wheel Team

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Left, right or straight down the middle...

‘You are free to choose, but the choices you make today will determine what you will have, be, and do in the tomorrows of your life.’ Anon

Life is full of choices, as soon as we get out of bed in the morning the decisions start; what will we wear, what shall we have for breakfast, what shall we do, where shall we go... decisions, decisions, decisions. For the past year, many decisions have been taken out of our hands as we have not always been able to do the things we might like to have done. But as we emerge from this latest and hopefully last lockdown, hopefully more and more decisions will open up for us.

Some decisions in life seem fairly trivial, what will we wear or eat today, is not going to do much to determine our future, other decisions however will determine the tomorrows of our lives.

As we go through life we have to make decisions on important matters. Many people, over the last few months, will have had to help their children make decisions about what GCSE subjects to take. Although we faced this decision making process for our children several years ago now, I remember the time well, these were decisions that had the potential to begin to shape the future course of their lives.

Even more of us in the past few weeks have had to make a decision in the local elections, as members of a democratic society, we had to decide, where our ‘X’ would be firmly placed on the ballot paper. The decisions we made on the 6th May played their own individual roles in determining the governing of this council, whether or not the people we voted for came into power or not.

So where do we go to get help when making some of the big decisions in life? For our children, they talked to us, we had the opportunity to speak to their teachers, and they talked to their friends. In the council elections, we spent time reading the sparse literature that came through our doors, we listened to the debates as they took place in the media, we did our best to find out about all the candidates and their parties so we could make an informed decision.

As a Christian I also believe that I can go to God in prayer and ask him for help in making important decisions in life, certainly when helping children in their decisions, prayer was important and in the end the decisions came easily.

God loves us, He knows us and He wants to help us to make the right decisions in our lives. As it says in Proverbs 4:11 ‘I will guide you in wisdom and lead you along straight paths. God,s guidance is the best guidance we could possibly ask for. May we seek God’s guidance in our lives so that we may grow in wisdom and be led along a straight path.

Rev'd Heather Wilcox



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Scouts

1st Long Stratton



We're back!... Our Beavers, Cubs, Scouts, Explorers & Volunteers are all really enjoying being back together face to face at our outdoor summer sessions.

At Beavers, we have welcomed some new young people and it is great to see them settling in well. We've begun working towards the Gardener's Badge with the Beavers planting some sunflower seeds and vegetable seeds for them to look after and grow at home. They have also played a memory game involving various gardening tools, decorated some lovely bug themed garden stakes for their pots at home, and explored the differences in nature across the seasons.

At Cubs, we welcomed everyone back with a campfire & toasting marshmallows to make & eat s'mores (toasted marshmallows sandwiched between chocolate digestive biscuits). Some of our Cubs have been working towards their Navigation Stage 2 Badge; which has included learning about compass points, map co-ordinates & map symbols through various games & challenges.

Some of the other Cubs have also been working on their Gardener's Badge, which has seen them planting a variety of flowers & vegetables to take care of & grow at home, including sunflowers, cape gooseberries, broad beans, peas & tomatoes. They have been learning more about different types of gardening equipment as well as different hazards you might find in the garden & how to stay safe.

We are looking to find some young people aged 14 - 18 years old who might be interested in volunteering with us. This would involve helping out once weekly or fortnightly alongside our adult volunteers with one of the younger sections - Beavers, Cubs or Scouts.

Volunteering is #GoodForYou and has lots of benefits such as building confidence & self-esteem, and giving a positive sense of wellbeing & fulfilment. Perhaps you are looking for something to go on your CV or University application, want to give something back to your local community or are simply looking for a new challenge.

If you are interested in finding out more, please either message us via our Facebook Page - www.facebook.com/1stlongstrattonscoutgroup or email pta.thurston@tiscali.co.uk



Peter, Group Scout Leader



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2nd Long Stratton Brownies

Our face to face outdoor meetings are going well and it was lovely to enrol Eleanor & Olivia into our Brownie Pack, and to give our Brownies, who had met on our Zoom meetings in the Spring term, the badges they had earned.

During April, we celebrated the Queen's 95th Birthday – we played games using various objects that had a picture of the Queen on them. The Brownies seemed to enjoy making the 'Edible Crowns' to take home best.

This term, we are working on our Purple Skill Builder – Feel Good – Stage 2 Badge.

We have explored routines that help us get a good night's sleep with the help of our teddies! We have found out about the various muscles in the body, and played some new games using some different muscles to what we usually use.

Now we are back to face to face meetings, we have some spaces available for girls aged 7-10 who would like to join brownies. Brownies learn new skills, take on challenges and have fun together with friends. Please contact **Brown Owl (Josie)** on tel **01508 531100** or register your interest at **www.girlguiding.org.uk**

... Brown Owl



LONG STRATTON YOUTH CAFE

Youth Cafe remains closed until further notice, we hope to open again as soon as its safe to do so.

Matt, Will, Tina, Doug and Joanna





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Long Stratton Town Council

Pavillion, Manor Road Playing Fields, Manor Road,
Long Stratton, NR15 2XR

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck
Tel:01508 530524 clerk@longstrattoncouncil.info



Swan Lane Toilets

I would like to take this opportunity to clarify my statement in the last edition of Sextons Wheel which led many to believe that the delay in getting the toilets reopened was due to the legal change in South Norfolk's legal team. South Norfolk's legal team was in place by the end of January and an attempt to contact Long Stratton Town Council was made. Unfortunately, I was on long term sick leave recuperating following an operation, and other Council staff had to hit the ground running to ensure essential services were still delivered, which meant that contact from South Norfolk's legal team slipped through the net. In addition to this Long Stratton Town Council had informed South Norfolk District Council in November 2020 that they required a site visit to ensure the refurbishment had been carried out to a satisfactory level. This was essential as ensuring the toilets are refurbished to a good standard means that ongoing maintenance should remain minimal and thus protecting the public purse. This site visit has now taken place. Long Stratton Town Council have instructed their solicitors who are liaising with South Norfolk's solicitors. In summary, there were faults for both South Norfolk and Long Stratton leading to the delay, and I would like to take this opportunity to apologise. It is our aim to get the toilets open in the next few weeks, I would like to thank you for your ongoing patience.

Annual Parish Council Meeting.

Was held last night in the Pavilion, legislation that allowed the Council to meet remotely came to an end on May 6th, 2021, therefore the Council must meet in person. This was challenging as Covid19 is still prevalent and social distancing and health and safety measures had to be put in place. As members of the public, you are entitled to attend any ordinary meeting and the majority of committee meetings. However, until June 21st, 2021, when restrictions are anticipated to be lifted, please can I ask you to notify me first to ensure social distancing can prevail. I am pleased to announce that Councillor Kevin Worsley was voted in as Chairman for 2021-2022 and Councillor Mark Gladding was voted in as Vice-Chairman. If you would like to speak to Councillor Worsley or Councillor Gladding in any way please do not hesitate to contact me and I will pass your details on.

We are recruiting!!

Finally, now that the Government has given us the provisional date on June 21st, 2021, for the ease of most restrictions we will be opening the Pavilion for hire and as such are looking to recruit a caretaker, £9 per hour on a 0-hour contract initially, to be reviewed after 6 months. If you are interested in this role, please contact me by **phone or email, 01508 530524 or becky.buck@longstrattoncouncil.gov.uk**



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LONG STRATTON & DISTRICT WI

If the Prime Minister's Road Map goes according to plan and if all other factors are working in our favour, it is hoped to hold a meeting in June. This page is being written at the beginning of May and, as we all know, circumstances can change very quickly. So fingers crossed! Meanwhile some of our members have been able to get together on a country walk led by two members who are very knowledgeable about the area, footpaths and flora and fauna. Risk assessments were produced, social distancing and other Covid rules were adhered to.

We walked up Star Lane and kept going along the footpath, keeping mainly to footpaths across fields all the way to Wood Green, past Mayfield Farm and returning to our starting point. We found a huge clump of cowslips near Wood Green farm, saw a field with a variety of cows grazing, travelled through blossoming yellow rape and paused to enjoy a pond. The birds were singing, the trees were bursting forth and it was good to get out into the countryside, as well as meet up of course.

Every year Norfolk W.I. members go on a walk where they are sponsored to raise funds for Associated Countrywomen of the World (ACWW) whose aim is to help women in developing countries and our members were pleased to support that cause with the above walk.

Our members are now having the Norfolk W.I. News magazine delivered and the fact that the printers are now back in production is yet another small step back to normality. Throughout Lockdown it has been available online.

During the month members have been kept up to date via emails, a Newsletter and telephone calls and now we are getting about more there is contact through socially distanced meetings when shopping or walking in the village.

For further information about our meetings please telephone the Secretary on **01508 531154**.

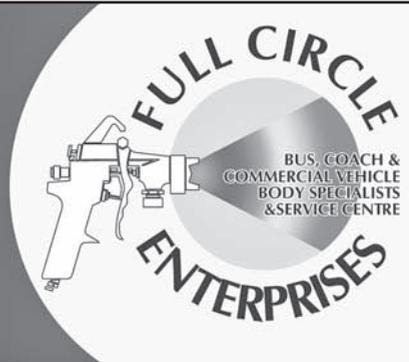


THANKS

We would like to thank friends for their messages, concerns and offers of help after our head on road traffic accident in March. We really appreciate the support as we continue to recover from our injuries. Also our heartfelt thanks to the receptionists and to Dr Lara Douglass at Long Stratton surgery for their kindness and care in arranging appointments and telephone calls.

Calvin and Christine Goreham

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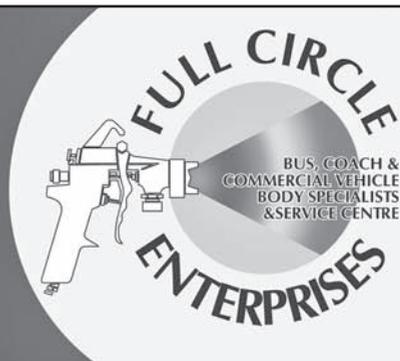
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- ✓ Get to know the flood warning codes and what they mean at www.gov.uk/check-flood-risk
- ✓ Consider whether to buy flood protection equipment to protect your home
- ✓ Make sure your mobile is fully charged before possible loss of power
- ✓ Put together your Grab Bag and prepare your Household Emergency Plan
- ✓ Listen to your local radio for up to date information and weather updates

Remember make sure that you take some action when you receive a flood warning message. It is a free resource so make sure you use the luxury of time!

Insurance

- ✓ Are you adequately covered for flood risks?
- ✓ Do you have 'new' for 'old' cover?
- ✓ Are your home contents correctly valued?
- ✓ Is your vehicle/caravan covered for flood damage?
- ✓ Keep details of insurance documents in your Emergency Kit
- ✓ Take photos of your valuables and store them in your emergency kit with your important documents
- ✓ If you suffer damage due to flooding, take photos of damaged items to help support any insurance claim



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- ✓ How will you receive flood warnings?
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<ul style="list-style-type: none"> • Ditches and balancing ponds on Borough owned land 	<ul style="list-style-type: none"> • Category One Responder to local and national emergencies • Providing temporary accommodation in an emergency
Norfolk Resilience Forum www.norfolkprepared.gov.uk	
<ul style="list-style-type: none"> • Brings together Category One and Two responders, plus supporting agencies to plan for, respond to and recover from to emergencies in Norfolk 	<ul style="list-style-type: none"> • Publishes the Community Risk Register for Norfolk • Provides emergency preparedness advice
Anglian Water www.anglianwater.co.uk	
<ul style="list-style-type: none"> • Flooding from public foul, combined and surface water sewers • Flooding from burst water supply pipes • Ditches and balancing ponds on AW owned land 	<ul style="list-style-type: none"> • Category Two responder to local and national emergencies • Mains Water
Internal Drainage Boards (IDB's)	
<ul style="list-style-type: none"> • Provision of flood defences and water level management in low lying area 	<ul style="list-style-type: none"> • Maintenance and protection of key watercourses
Parish Councils	
<ul style="list-style-type: none"> • Advising agencies of local flood issues • Implement relevant parts of their emergency plan until more help arrives 	<ul style="list-style-type: none"> • Ditches on parish council owned land
Private householders and land owners	
<ul style="list-style-type: none"> • Land drainage on their own property • Watercourses where they are the riparian owner 	<ul style="list-style-type: none"> • Protection their own property from flooding • Repairing flood damage to their own property



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HELPFUL CONTACTS AND LINKS

Organisation	Contact
Emergency Services	999
Police (non-emergencies)	101
NHS (non-emergencies)	111 - 111.nhs.uk
Environment Agency Floodline	0345 988 1188 www.gov.uk/check-flood-risk
Norfolk County Council (Highways)	Office Hours – 0344 800 8020 (follow options for Highways) Out of Hours – 0344 800 8009 www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem
District Local Authorities:	
Breckland District Council:	Office hours - 01362 656 870 Out of hours - 01522 872 246 www.breckland.gov.uk
Broadland District Council:	01603 431 133 www.broadland.gov.uk
Borough Council of Kings Lynn & West Norfolk:	01553 616 200 www.west-norfolk.gov.uk
Great Yarmouth Borough Council:	01493 856 100 www.great-yarmouth.gov.uk
Norfolk County Council:	www.norfolk.gov.uk
Norwich City Council:	0344 980 3333 www.norwich.gov.uk
North Norfolk District Council:	01263 513 811 www.north-norfolk.gov.uk
South Norfolk Council:	01508 533 701 www.south-norfolk.gov.uk
Report a power cut	105
Report a gas leak	0800 111 999
Report a flood	www.norfolk.gov.uk/safety/floods/report-a-flood
Report a leak Essex & Suffolk Water Customers	Essex & Suffolk Water customers: 0800 526 337 Anglian Water customers: 0800 771 881
Report flooding from sewers	03457 145 145
Met Office	www.metoffice.gov.uk/public/weather
Environment Agency	www.gov.uk/browse/environment-countryside/flooding-extreme-weather
Norfolk Prepared - Grab Bag and Household Emergency Plans	www.norfolkprepared.gov.uk/preparing-your-home/
Know your Flood Risk	www.knowyourfloodrisk.co.uk/flood-advice-guidance
National Flood Forum	www.nationalfloodforum.org.uk/
FloodRe	www.floodre.co.uk/
Association of British Insurers	www.abi.org.uk/Information/Consumers
Association of Drainage Authorities	www.ada.org

Men on Wacton's Roll of Honour

by Robert Maidstone

This month we look at:

GEORGE EDWARDS

Royal Engineers

The Wacton Roll of Honour contains the name 'George Edwards RE' and there was a George Edwards aged 17 in the 1911 Census son of Charles and Elizabeth Edwards. Charles was born in Long Stratton and after his marriage moved about a bit, returning to Wacton Common in 1909. On the Census return he states he had been married 27 years, and had 8 children, 7 of which were still alive. I can find births for the seven living children but there is no George. The nearest I can get is Cecil George born to Charles and Elizabeth in Runhall in 1894.

Just to complicate things there is another Cecil George Edwards born in 1893 to another Edwards family. I can find records of Cecil George in the West Yorkshire Regiment and death in 1973 but not two sets with that name.

There appear to be several George Edwards serving in the Royal Engineers but I can find no reference to either Runhall or Wacton.

Charles and Elizabeth left Wacton in 1920.

CHARLES DANIEL EDWARDS

Private 19424 Norfolk Regiment

Charles Daniel was the eldest son of Charles and Elizabeth Edwards and was born in Gissing in 1885. The family moved to Long Stratton, Barford, Runhall and Hackford. Charles junior married Anna Maria Fox in 1905 in Norwich, first living at Eaton then moving to Wacton in 1908/9 at the same time as his parents. Charles, like his father, was a horseman looking after the farmers horses.

Charles and Anna Maria had five children in Wacton between 1908 and 1915. Only medal cards appear to exist recording him as Private 19424 of the Norfolk Regiment.

The birth of their sixth child was registered in the Norwich district in 1917 but Charles jnr was on the Register of Electors for 1918 at Wacton as an absent voter. By 1920 they were living at Little Ellingham.

ALBERT COOK

Coldstream Guards, Labour Corps

Albert was the eldest son of John and May Cook of Metfield and was born in 1870. Between 1881 and 1891 his family moved from Metfield to Hardwick Road Starston where Albert worked on the farm

On 25th November 1892 he enlisted in the Coldstream Guards and following a period of home service his Battalion left for South Africa via Gibraltar, arriving in Gibraltar on 10th March 1899, and South Africa at the end of October.

Shortly after his arrival in South Africa he was in the Battle of Belmont on 23rd November and Modden River on 28th November, for which he received two clasps on the Queens South Africa Medal. Later he gained a further four clasps - Driefontein, Johannesburg, Diamond Hill and Belfast.

The First Battalion of the Coldstream Guards remained in South Africa for the duration of the Boer war. He also received the Kings South Africa Medal with two clasps for 1901 and 1902.

Albert departed for England on 20th July 1902 and following a period of home service was discharged on 25th November 1905.

In June 1907 Albert married Anna Maria Elven, a local girl from Hempnall and they moved to Forncett St Peter by 1911 where he was employed as a gardener. On the outbreak of war he re-enlisted in the Labour Corps on 5th May giving his home address as Wacton. By 8th June he was in France supporting the supply chain. During his tour of duty he spent three months in various hospitals suffering from the effect of a shell wound and having been gassed.

Surviving his second war Albert returned to Church Road Wacton where his wife had been living. It appears they soon moved to Aslacton where they both spent the rest of their lives.

[If anyone has further information about any of these men, or would like details of the family I can be contacted at robertwmaidstone@gmail.com]

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TUES-FRI 09.00-17.00

SAT 09.00-13.30



1. WE ARE OPERATING A LOCKED DOOR POLICY BY APPOINTMENT ONLY TO REGULATE NUMBERS IN THE PRACTICE
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3. STAFF ARE COVID TESTED 2x WEEKLY AND CHANGE INTO SCRUBS ON ARRIVAL TO AVOID CROSS CONTAMINATION
4. PATIENT TEMPERATURES ARE CHECKED ON ARRIVAL
5. LONGER APPOINTMENTS FOR CLEANING INBETWEEN
6. HAND SANITISER & SCREENS WITHIN THE PRACTICE



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Borderhoppa are pleased to say that we are continuing to help people to reach the vaccination centres for people who have an appointment but do not have a family member or friend who is able to transport them to their appointment.

We are also still providing our door to door dial-a-ride service for essential journeys in our area whilst maintaining social distancing on our buses. Passengers will need to continue to wear face masks when travelling.

It has been a long time since our members have been able to enjoy the weekly outings with us, but we are happy to announce that we are hoping to start these again in July 2021, fingers crossed! If you would like to receive a copy of our outings leaflet please contact the office and we'll post one to you as soon as it is finalised.

For all enquiries please call our **office 01379 854800**

or email adminborderhoppa@btconnect.com and we'll do our best to help.

LITTER PICKERS

The Great British Spring Clean, 28 May - 13 June, is promoted by Keep Britain Tidy. With that in mind and to get started now, I have set up a Facebook group called Long Stratton Litter Pickers. Unfortunately I am unable to organise group events as I would need Public Liability and Personal Injury Insurance, so all litter picking is undertaken as individuals and at your own risk, but I do have a Risk Assessment for your guidance. I have a limited amount of equipment that I can loan to you or perhaps you could purchase your own from the internet.

Litter picking is super easy, fun, completely addictive and many volunteers agree that it helps improve their mood. Please join the Long Stratton Litter Pickers Facebook page and share your litter picking conquests with photos and details of where you have collected. Check out the Keep Britain Tidy website for inspiration, you might even like to pledge the amount of time you spend litter picking to help The Great British Spring Clean reach their target of picking 1 million miles of litter.

Let's all work together to make our beautiful corner of the world a cleaner place.

If you have any questions please email Elaine: LSLitterpickers@btinternet.com

The next **Messy Church** is on **Saturday 26th June**
from 9am until 10.45am

The above Messy Church will be held in St Mary's church



Long Stratton Messy Church



You can find out more by phoning Heather Wilcox at The Rectory 530238

Activity Programme

April to September 2021

Free online activity programme for 0 to 5s in Norfolk



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



Early Childhood and Family Service

e Live Online Groups



Baby Days Live Online

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

Toddler Days Live Online

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

Baby Massage Live Online

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



Register at

tinurl.com/ECFSevents

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

If you would like to join but need help with technology, or you don't have a suitable device, please [contact us](#) on 0344 800 8020 to see how we can help.

Need extra help or someone to talk to?

We are here to help with things like:

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



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



Online form:

www.tinurl.com/ECFSHelp

Email:

ecfs-families@actionforchildren.org.uk



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

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



Musical Monday with Magic Acorns

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



Monday

1.30pm

Let's Get Talking!

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

Tuesday

11.00am

Children's Wellbeing

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

Wednesday

1.30pm

Fun and Learning

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



Thursday

11.00am

Cookalong

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

Friday

1.30pm

Other activities for 0 to 5s and their families

Norfolk Libraries for Families

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



Norfolk Family Learning

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



Norfolk Community Directory

Search for activities and services run by volunteers or other organisations in your local community. Visit communitydirectory.norfolk.gov.uk



0344 800 8020 | www.norfolk.gov.uk/earlychildhood | ecfs-families@actionforchildren.org.uk

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



Courses offered by the Early Childhood and Family Service



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

Solihull Parenting Course

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

Baby Massage

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

Freedom Course

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

Triple P

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

Circle of Security

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

Our partners



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

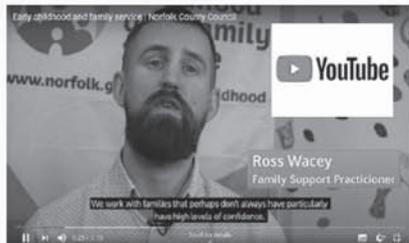
How to contact us

You can get more information on the service by visiting www.norfolk.gov.uk/earlychildhood

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



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

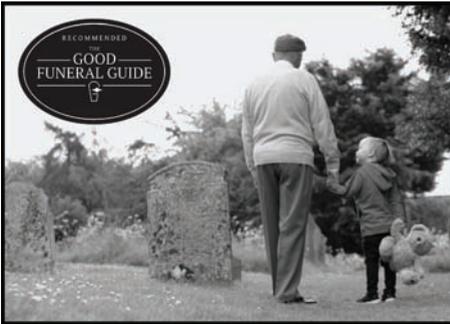


See our video on YouTube to find out more

Useful contacts

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

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



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LONG STRATTON MEDICAL PARTNERSHIP

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY
Tel: 01508 530781

The pandemic rages on with many of you watching the news from India. The rest of the world is helping in various ways to help India combat the present situation as it has implications for the rest of the world. The vaccination roll out programme continues successfully in our country. As the country slowly releases the restrictions and we move towards normalising life, let us hope that the rest of the world also achieves a similar state. If restrictions have to remain longer it is important that we understand the reasons and respond in a disciplined manner to keep our country safe.

This week, I write about the crisis in the NHS. The first article in the BMJ (British Medical Journal) of the 8th of May has the glaring headline ‘GPs are at breaking point,’ leaders warn. The article discussed the intense workload facing doctors and staff. NHS Digital - the platform that designs, develops and operates the national IT and data services that support clinicians at work, help patients get the best care, and use data to improve health and care – have published figures that we don’t find surprising as we have felt the pressure in the last 12 months of our working career. The figures showed that practices in England delivered almost five million more appointments in March than the month before and nearly three million more than in March 2019. This does not include a large proportion of the vaccine programme undertaken by practices. The BMA’s (British Medical Association) tracker survey of GPs and hospital doctors showed that half of the respondents said they planned to work fewer hours in the next 12 months, a quarter said they were ‘more likely’ to take a career break, a fifth said they were planning to leave the NHS for another career and around a third said they were considering early retirement. Around 4240 doctors participated in this survey.

A typical day in our practice is now a twelve hour working day with practically 15 – 20 minutes break sometime in the middle of the day, when we insist that all doctors meet for coffee as it is the one time in those twelve hours that I might see a colleague working with me in the same corridor. Lunch in front of the computer has become a norm for me. I initially thought it was my inefficiency causing me to work such long hours until I read the open letter sent out by Ivy Grove Surgery in Derbyshire to its patients. It was a 16 page letter outlining the huge demand it was facing and the resulting risk of staff burnout. It had noted a doubling of demand over recent months with some patients submitting several requests a day. This letter caused a stir among patients and fellow GPs. I did indeed feel better knowing that it was not my inefficiency causing me to feel overwhelmed. NHS England and the Government are aware of our difficult situation and we are hoping to find that there will be some intelligent planning for the future. This should not put you off contacting us for appropriate physical and mental health problems. We want to do our best for our patients. It is important that everyone is aware of the considerable strain the NHS is facing and work with us to ensure best practice.

Wishing you all a lovely summer! Take care.
Dr Mini Nelson

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LS THURSDAY CLUB

Dear all members,

Fifteen months have now passed since we last met. Nobody would have thought then, that we would only now, hopefully be returning to some kind of normality. I gather that some members were wondering if the Thursday club would start again, well we hope to resume again Thursday 9th September 2021 @2pm in the village hall. Obviously this date is subject to co-vid rules at that time. I look forward to seeing you all again (Details in August magazine)

In the meantime we thought that it would be nice to meet locally for a cup of tea, cake and chat on Thursday July 22nd at 2.30pm. If members could let me know if they would like to attend as soon as possible (at the latest July 2nd)then I can book a venue.

My mobile is **07884244359**.

Enjoy the summer as we wait to meet again.

Our meetings are held on the 2nd Thursday of the month in Long Stratton village hall at 2pm. New members are always welcome.

Shirley Warne.

WACTON FOOTCARE

The next Footcare Session will take place on Monday 7th June.and Clare will confirm appointments with everyone beforehand.

The usual contact tel. no's are ---

Clare --- 07785 295358

Rita --- 01508 218407

For further information or to cancel your appointment please call Rita on the above. number.

WACTON COFFEE MORNINGS

Hello everyone,

We are hoping to re-start our Coffee Mornings on Tuesday 6th July from 10.30am till 12.00am, providing the restrictions are lifted at the end of June as planned.

We have booked the main hall so that we will not be crowded in the small room. I do hope that many of you will be able to come as it will be great to meet up with everyone again.

Meanwhile, keep safe and well and get in touch if you would like a chat.

Caroline (01508 530111) and Rita (01508 218407)

Outline of our village past

Founded by the Romans

The semi-barbarous Iceni and the civilised Roman invaders lived together for about twenty years in a state of uneasy tension. Then Boadicea, incensed by what she thought was a Roman deceit over a property deal, gathered her tribe and in 61AD went rampaging through the forest southwards to burn and destroy Colchester.

It was the most devastating revolt that the Romans ever had to deal with in their 350 years of administration of the island, but in the end Roman discipline was victorious over head-strong British self-confidence. No punishment was necessary for the Iceni. Almost every man capable of bearing arms was slaughtered in the final battle which stamped out the revolt. It only remained for the Romans to destroy a few farmsteads and deport a few people, and then they were able to settle down in East Anglia to their normal method of consolidation, by gradually imbuing the native savages with civilisation.

Stratum

They built a road straight through the forest, and at the end of it a small town, Venta Icenorum, near Arminghall. The road had stopping posts every 10 miles or so, and the last one before the end of the road was given the name Stratum. The remains of Stratum are relatively few. If you go along Swan Lane, you will see in the field that slopes down from the North a small depression surrounded by trees. Here in 1773, six feet below the surface, were discovered the highest concentration of remains that the village has so far yielded. Several urns, a hearth about four yards square having upon it ashes and burnt earth about three inches deep, two imperfect copper coins, and numerous other coins and antiquities. With unerring judgement, the South Norfolk District Council selected for their new council offices the very site favoured by the first builders and founders of this village.

Widely Scattered

Less than 20 years ago a small subsidiary site was discovered, just south of the water tower, beside the road to Pulham. While preparing the foundations for a bungalow, excavators came across several second or third century shards (fragments of broken pottery). Rumour has it that more are lying around. Finally, an odd shard was dredged up out of the river Tas on our northern boundary in 1948. The discoveries are fairly widely scattered, by themselves they are not able to tell us much. It remains to be worked out whether Stratum had a large or a small population, and whether the users of the pottery were Romans, or native Britons whom the Romans had successfully trained in civilised ways.

LONG STRATTON LIBRARY

Long Stratton Library is open

We look forward to welcoming you back! You can:

- follow our one-way system to browse the shelves
- pre-order a selection of up to 10 books for adults for free through Select and Collect. Use the online form at norfolk.spydus.co.uk or call **01603 774777**
- collect reservations
- borrow our Grab and Go selection book bags
- book one 60-minute session per day on a computer. To book a session or if you need any help using our computers, call 01603 774777
- collect Tricky Period products and Toiletries To Go
- return items through the drop box or self-service kiosks
- download the FREE Spydus app to check out books on your smartphone
- download eBooks, audio books, newspapers and magazines by visiting **www.norfolk.gov.uk/libraries**

We've made some changes to keep you safe, so

- there is no 'Open Library' access
- please bring your library card with you or join in the library or online
- we may ask for details from you to help with Test and Trace
- you will need to wear a face covering in the library
- we have a one-way system for social distancing
- hand sanitiser is available for use on the way in and out of the library
- surfaces and computers will be regularly wiped down
- returned books will be quarantined for 72 hours
- sorry, there are no newspapers, magazines or seats in the library and the toilet is not available.

We've made some changes to our opening hours:

- Monday: 10-1
- Tuesday: CLOSED
- Wednesday: CLOSED
- Thursday: 2-6
- Friday: CLOSED
- Saturday: 10-1
- Sunday: CLOSED

Ryan Watts, Library Manager - Diss, Harleston and Long Stratton Libraries
Norfolk Library and Information Service

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LOCAL WALKS

It was typical uncertain Bank Holiday weather as we gathered for our May walk, but, ready for anything, we set off up Swan Lane to join the footpath at the corner just past the surgery. It was nice to leave the road at last and we enjoyed the cowslips and some pretty blue borage.



Crossing the road at the top we continued down the path beside Ciudad Rodrigo Farm. The top crossbar of the stile was broken off but we managed to scramble across. In the next field were some horses - who took no notice of us - and two goats, one of whom was very friendly until she found we had nothing in our pockets of interest. After crossing a wide field, we came to a charming wooded path with a kink to the right in the middle by a looming pylon. Some trees were in leaf but others showed only the beginnings of bud: after much discussion our combined brains STILL could not decide what they were; we'll just have to go back in a couple of weeks when the leaves are out. The path emerged on Bustard's Green passing a huge collection of old cars, and after turning left, we came to a footpath leading down to the railway and the Tas Valley. This was an interesting section, but it would add a mile to the walk so decision time. Luckily, we were all agreed to carry on so down we went. We passed a caravan and a half-built house where we were greeted by a friendly dog, then crossed the plank bridge into a field that led down to the railway, just in time to see the London train flash past. The stiles at the crossing were of a very superior sort, more like stepladders, and were really easy to use. At the far side we found ourselves crossing the Tank Museum through its assault course, then took the downhill path to the Tas Valley. Standing on the wide grassy shelf, we took in the fantastic view: St Peter's church to the left, St Mary's to the right, and the wild valley below us with its pretty wooden bridges crossing the Tas and marshy areas. Then uphill to the railway again, this time going underneath it through a tunnel, then up a straight path through crop back to Bustard's Green. Again we had a choice: up through Hill Farm or the longer but prettier way further down the road. You've guessed it. of course, and we were rewarded by the sight of a fine newish house with lots of beautiful blossom trees in the garden, and then a picturesque thatched cottage with a pretty garden where we turned right on the footpath back to Chequers Road. Here we split into two contingents; a couple who lived on Flowerpot Lane went straight home, while the rest of us made our way through the housing estate and playing field back to the car park. But first, we had one last treat: as we crossed the final field, a skylark flew out of the grass in full song and we all watched him rising up until he was lost to sight.

We meet on the first Monday of the month near the toilets on the Co-op car park at 10.00 so the next walk will be on June 7th. Newcomers are welcome.

Bonnie

HELP! Volunteer Grass Cutter Required

To maintain St Mary's churchyard. All expenses are covered.
If you are interested or would like more information, please
get in touch with **Heather** on **01508 530238/rev.heather@
btconnect.com**



CHURCH SERVICES - June

6th June

9.30am - Holy Communion - Wacton
11.00am - All Age Worship - Stratton St. Mary

13th June

11.00am - Holy Communion - Stratton St. Mary
6.30pm - Evening Prayer - Stratton St. Michael

20th June

11.00am - Morning Prayer - Stratton St. Mary
6.30pm - Evening Service - Wacton

27th June

8.30am - Holy Communion - Stratton St. Michael
11.00am - All Age Holy Communion - Stratton St. Mary

Congregational Church Services

Sunday 6th June at 10:45am – Family Service incl. Holy Communion – Rev. Ian Jones
Sunday 13th June at 10:45am – Family Service – Rev. Pat Atkinson
Sunday 20th June at 10:45am – Family Service – Dr. Rolfe King
Sunday 27th June at 10:45am – Family Service – Mr. Keith Scarff

From the Parish Registers

Funerals

We offer our deepest sympathy to the family and friends of:

Jeanne Sutton - Memorial Service - 11th May 2021 (RIP March 2020)

Elizabeth Royall - St. Mary's - funeral/burial - 20th May

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 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 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
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