

The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton

The Mayfields Summer Fete

Saturday 11th August 2018

2pm-4pm

BBQ

Raffle

Games

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Church Contacts

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



As I write this we are still in the middle of our long heat wave and I think we will all be glad to see some cooler weather!

One event taking place in August is Mayfields Summer Fete, so please do go along and support them - see front cover.

There are all the usual monthly events taking place so make sure you check out the centre calendar.

On page 17 you will see we have three 'thank you's' - it is always good to be able to report on events which have taken place.

Coming up in September is the Community FunDay on the 1st - see page 6, Norfolk Churches Annual Bike Ride - see page 33 and the 5th Long Stratton Bake Off & Produce Show - see page 5. September looks like being a busy month!

The Sexton's Wheel Team

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Ringling for Peace

Armistice 100



RINGING REMEMBERS WW1

Have you ever rung church bells, or would you like to try?

1,400 bell ringers were killed in the First World War. In Britain there are some 5,500 towers with ringable bells, and the Central Council of Church Bell Ringers wants every one of these to be rung on 11th November, in memory of those fallen ringers. To achieve this, there are plans afoot to recruit 1,400 new ringers to replace those lost.

When the bells rang out on the 11th November 1918 they announced the end of the most catastrophic war the world had yet seen. At the time, bells were at the heart of the community, marking events of great significance and communicating to people long before modern technology connected us. Bellringing has always had a much wider function than its role in the church, but most of us today are not aware of its broad and inclusive service.

Ringling is an art as well as a skill, a mental exercise and good for focus and fitness, open to adults and children alike. Complete beginners are welcome, or if you have learned in the past now is a good time to refresh those skills, which are never ever really lost.

St Mary's church holds practice evenings on Mondays, 7.30 to 9.00, you will be made very welcome. Or you can email: bells@big-ideas.org

NOT LONG NOW!

**ARE YOU READY FOR THE 5TH ANNUAL LONG STRATTON
BAKE OFF AND PRODUCE SHOW?**

Saturday 22nd September

Long Stratton Village Hall - 2-4pm

A programme of categories, which includes the entry form, was sent out with the July edition. If you wish for an entry form please contact us.

Check out the list and see what you can grow to show or start making and practising.

If you wish for more forms please e-mail longstrattonvillagehall@outlook.com or ring Heather on 01508 530238.

Although it is called 'Bake off and Produce Show' there are also categories for flowers, handicraft, photography and a children's section.

It would be good to see some entries from the allotment holders!



Long Stratton
COMMUNITY FUNDAY
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Live music

Bacon Butty
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2-4pm

Lee Vasey Band
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..... **And lots more**

To book a stall/stand ring Heather on 01508 530238
or rev.heather@btconnect.com

Saturday 1st September

2 - 8pm

Long Stratton High School Playing Field

St. Mary's Church Flower Festival

For four days between 7th – 10th July, St. Mary's Church was a mass of colour, with flower arrangements celebrating all the major festivals from Christmas to Easter, Advent to Christ the King. The doors were flung wide and people came from as far as York and Bangor to see the spectacle (to be honest it may not be the only reason they came to Norfolk) and of course many came from Long Stratton and the surrounding villages too.

Just over £1000 was raised across the Flower Festival weekend, which included a wonderful concert with Craig Catchpole, who had us all enthralled.

My grateful thanks go to all the flower arrangers, cake bakers, welcomers and tea and coffee servers, without whom nothing could have happened. And of course a special thank you to Craig Catchpole for entertaining us on Saturday night. We look forward to another concert soon.

Next year's theme is already decided, 'Quilts and Flowers'. So we will be on the lookout for all the quilters in the village. If you would like to get involved please get in touch with me (Heather – 01508 530238).

The provisional date at the moment is June 22nd – 25th and of course before that we shall be having our annual Christmas Tree Festival. It's not too early to let us know you would like to display in church this year, promoting your group or organisation (Christmas Tree Festival 8th – 14th December).



Coffee Morning at All Saints' Church Wacton Saturday 11th August - 10.30 - 12.00

**Bric-a-brac
Raffle**



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Everyone welcome wherever you live
Next coffee morning will be on Saturday 8th September

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NEWS FROM LONG STRATTON LIBRARY

Mischief makers, the Summer Reading Challenge 2018 has started, please keep your eyes peeled for the launch details in the library. This year we're getting more parents involved with a chance for children to challenge their parents!

If you are aged between 13 and 16 and are interested in volunteering for the Summer Reading Challenge please get in touch and see how you can help out.

Regular events:

Craft group is every Monday 10.30-12.00 – open to all

Stitchers and Knitters every Thursday 5.15pm – 7.00pm – open to all

Book Group on the 4th Thursday of the month at 6.30pm – open to all

Young people's Jobclub every other Tuesday of the Month 10.00am - 12.00pm - 19-25 year olds

All Norfolk libraries will be closed on the 27th August 2018 - Summer bank holiday.

***Children in action are unable to offer a Bounce and Rhyme time session.*

*If you think you can help, we can offer training and support, please contact us for details on 01508 530797***

For library opening times and more information on all our events and services visit: www.norfolk.gov.uk/libraries, or call 0344 8008006

Library Hours

Monday:	8am to 7pm	Tuesday:	8am to 7pm
Wednesday:	8am to 7pm	Thursday:	8am to 7pm
Friday:	8am to 7pm	Saturday:	8am to 4pm
Sunday:	10am to 4pm		

These are the new hours where all you need to do to come in is use your library card once it is set up. Please see staff for further details.

Staffed Hours

Monday:	11am to 7pm	Tuesday:	1pm to 7pm
Wednesday:	Open Access	Thursday:	1pm to 7pm
Friday:	Open Access	Saturday:	11am to 4pm
Sunday:	Open Access		

Messy Church is on its summer break and will return again on **Saturday 29th September.**

If you are new to the village and would like to find out more please ring Heather Wilcox at The Rectory on

01508 530238



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LOCAL WALK.... JULY

I had been told that because of the hot weather the walk this month would be a bit shorter- around 3 miles. This meant that I could join the group again for the first time this year, an outing for my dodgy knees!



Eight of us met in the car park at 10am and set off in two cars to Great Moulton to meet with Ann and Clare and her dog. They were our leaders. It was a good turnout on a beautiful sunny day with a refreshing breeze.

Heading off on the main Wacton/Great Moulton road we passed a telephone box on the left and turned left into a shady waymarked path just perfect for walking in this temperature.

After that my directions get a bit hazy - I had a lot of chatting and catching up to do! Suffice to say we walked a variety of paths from shady tunnels, across field paths, quiet lanes and farm tracks. No horses this month but we saw some magnificent-looking sheep with curly horns.



A beautiful pink flower was identified, as Common Centaury - it can't be that common, I've never seen it before! One of the group had brought her secateurs which she put to good use clearing the stray brambles across the path and footpath sign. Another stop of interest was the 'shoe' tree with some casting envious glances at the walking boots nailed to it. We were a little concerned for the safety of standing beneath the high-slung Roller Blades blowing in

the fresh wind!

Although it's high summer there were already signs of autumn to come, with blackberries, hazelnuts and apples all beginning to form in the hedgerows.

Before we knew it we were back to the road again with a short trip back to the cars. A lovely circular walk with all sorts of possible variations, judging by the footpath signs we passed.

Do join us next month- August 6th. We meet at 10 am by the toilets in the car park in Long Stratton on the first Monday of the month. We're usually back by 12.30. It's a great way to explore our local countryside.

Barbara



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Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

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The pavilion project has been ongoing for a number of years. It started with a public consultation which identified that a new pavilion was a village asset that was highly desirable by the parishioners of Long Stratton. Since then the Council have been working behind the scenes looking at how to deliver a new pavilion.

Working closely with South Norfolk District Council and the football foundation a design for the pavilion was established which would support Long Stratton Football Club but would also provide a community space for the whole of Long Stratton. This would support other sporting and non-sporting groups and would also see modernised, clean and much needed public loos. South Norfolk District Council agreed to support the community pavilion by gifting a grant of £150,000 towards the new build. The Parish Council have also sourced additional funding streams.

At the end of July, beginning of August some of you will be aware that the existing pavilion, toilets and out buildings, which were all closed on the grounds of Health & Safety, have all been demolished, the site has been made safe and we are anticipating the new build will commence in the autumn.

If you would like any more information please do not hesitate to contact the Clerk, or visit the website www.longstrattoncouncil.info

On another note, there has recently been an increase in the amount of glass bottles that have been left on the playing field, the skate park, MUGA and children's play areas. This could potentially be very dangerous and therefore please can we ask for everyone to remain vigilant.

The Neighbourhood Plan is now taking shape, the plan will provide some control to the residents of Long Stratton in how their neighbourhood grows. The Neighbourhood Plan is different from the recent planning application for 1800+ homes and a bypass which rests with South Norfolk District Council, however the neighbourhood plan will be effective for any future development that will occur in Long Stratton. For more information please contact the Clerk.

During the summer holidays the office opening times will be as follows:

Monday – Closed	Tuesday – By appointment only
Wednesday – 12pm – 3pm	Thursday – By appointment only
Friday – 10am – 1pm	

Please be aware that these times are subject to change and therefore we would always recommend calling the office first.

The next Council meeting will be **September 10th** at 7pm in the Methodist Church on Manor Road.

THE MEN WHO DIED SERVING THEIR COUNTRY IN THE FIRST WORLD WAR

BY JUDITH BAKER

This month we look at the next four men on the memorial who died for their country this month - John Goddard, Arthur William John Gooch, Frederick William Godderham and Louis Grimble.

JOHN GODDARD

John was born in 1879 in Long Stratton. His parents were John and Eliza and he had four siblings. In 1881 the family lived on Wood Green.

By 1891 the family had moved to Star Lane, Stratton St Michael's, but sadly his father had died and his mother worked as a char woman to support her family. In 1901 John had become a bricklayer and was still living in Star Lane.

John married a lady called Annie and they had a daughter Florence born in 1906 and a son Leslie born 1909 and the family lived in The Street, Long Stratton.

John was 36 when the war started which was older than the average soldiers. He served in the Norfolk Regiment, but like many men he was then put into another regiment. John was a private in the 1st Battalion of the Essex Regiment, his service number was 20957.

John was killed in action on Saturday 14th April 1917 in Flanders, France, aged 37. He has no known grave.

He is commemorated on the Arras Memorial Cemetery, Pas de Calais, France and is remembered on the Roll of Honour in St Mary's Church.

ARTHUR WILLIAM JOHN GOOCH

Arthur was born in June 1893 in Reeze [Reys, Reese's, Rhys or Rhee's - which ever spelling you like - its been all of these over the years!] Green, Stratton St Michael.

His parents were John and Catherine - Arthur's mother was born in London - his dad was a road repairer and he had a sister Marian who was born in 1907.

Arthur worked as a brick maker - there were brick yards in Brick Kiln Lane, St Michael's.

Arthur enlisted on August 30th and was a private in the Norfolk Regiment.

He was killed in action on Tuesday October 2nd 1917 and was buried in Maroc British Cemetery, Nord, France.

He is remembered on the Roll of Honour in St Mary's Church.

FREDERICK WILLIAM GOODERHAM

Frederick was born in Long Stratton in 1889, his father was Robert and he worked as an agricultural labourer at Hall Farm. The family lived in Hall Lane in the first cottage in the photo.



His mother was Annie and he had a sister Elsie and a brother Arthur Reginald.

In 1911 Frederick was lodging with a family in Pensthorpe, near Fakenham and he was working as a groom.

On December 9th 1915 he enlisted in the Queens Royal West Surrey Regiment as a Private.

Frederick fought overseas and was injured on July 3rd 1918, he was discharged from service as being no longer physically fit for war service. On September 3rd 1918 he had his right leg amputated.



He was awarded the Silver War Badge, which soldiers who could no longer fight wore on their lapel to tell people they had served their country and were not conscientious objectors.

Sadly on December 5th 1918 Frederick died in City Isolation Hospital, Bagthorpe, Nottinghamshire of influenza and broncho pneumonia. His brother Reginald was the person who registered his death.

He is remembered on the Roll of Honour in St Mary's Church.

LOUIS GRIMBLE

Louis was the third son of Humphrey and Sarah Grimble who had the grocers' shop in The Street, Long Stratton.

He was born in June 1883. There were eight boys in the family.

By 1911 Louis was married to Annie Rose and living at Norlow Road, Loddon and working as a coal and corn merchant clerk. He had a baby daughter Eleanor Rose.

Louis enlisted in Acton, London and served in the Royal Fusilliers [City of London Regiment].

Louis fought in Flanders, France and was killed in action on Saturday 10th April 1915, aged 25.

He is remembered with Honour on the Ypres Menin Gate Memorial and also on the Roll of Honour in St Mary's Church.

His wife later remarried and lived in Stoke On Trent

[If anyone has further information to add to any of my articles I would love to hear from you. I can be contacted through The Sexton's Wheel e-mail address - thesextonswheel@googlemail.com]



LONG STRATTON & DISTRICT WI

We had previously considered the WI's national resolution to lobby the government to recognise that mental health matters as much as physical health. Our delegate took our votes to the national AGM and came back to our June meeting to tell us the country-wide results and all about her time at the meeting in Cardiff. 98% voted in favour.

Members then had an interesting evening learning a new skill, making cards with an iris folding design. Tea and cake helped the concentration and there were some good results.

The next morning a group visited Wymondham Heritage Museum to see the widely advertised exhibition of the work done by women in WW1. There was lots to see and we also learnt about Robert Kett, local agriculture and what it was like to work in a Victorian brush factory. Some even explored the cellars to understand why Wymondham became a model for prisons across the world. It was a lovely sunny day and we gathered for lunch in the shady garden of the Green Dragon, a 14th century medieval pub near the famous Abbey.

June was the month of our South Norfolk Group meeting and we got together with other local WIs at Denton to hear Rachel Duffield sing popular songs from 1940s. It was a pleasant evening and refreshments, of course, were served.



Two of our members joined a Norfolk Federation outing to the Kaleidoscope of Life flower festival at Ely Cathedral. There were thousands of visitors and so many flowers to see, it took all day to get around the historic building. It was a spectacular event in a magnificent setting. Over 50,000 blooms were used in the floral displays under the direction of the festival's creative director, a Chelsea Gold Medal winner.

Our members were kept busy baking and making for our stall at South Norfolk on Show. This year we decided to offer good quality, freshly made, cakes, rolls, sandwiches, sausage rolls, pizza slices and lots of other goodies for visitors. If you enjoyed our food look out for us again next year.

Some of our members visited the Norfolk Show. Every year there is a competition for members to enter and the results are on display. This year it was connected to fairgrounds and the circus. The picture shows a merry-go-round and the dodgems. Amazing to see what people can achieve. This year only one of our members was able to help with WI catering at the show but for 2018 the WI marquee was larger and more prominent.



Our next meeting will be on Wednesday 15th August at 7.30.pm at the Methodist Church in Manor Road, Long Stratton. It will be a summer party - A Night at the Races. Visitors are welcome and further information can be obtained from Mrs Shirley Housden on 01508 531154.



ST MICHAEL'S CHURCH FETE

Money raised at this year's fete was £338. The PCC would like to thank everyone for helping on the day, those who provided things for the stalls and most importantly everyone who came on the day. Not forgetting Steve up the tower sending the teddy bears down the zip line! A good time was had by all.

ALL SAINTS' CHURCH CONCERT

At the end of June we welcomed the New Buckenham Silver Band to the Church for a concert. The evening also included a guest appearance from 'Wacton Creative Singers' and solo performance by Louise Barton. Thank you to the performers, those who attended and for those who prepared the refreshments. A sum of £260 was raised.



A big thank you to all who supported Christian Aid this year, our total figure raised was £849.61 which was an increase on 2017.

Our thanks to the Co op for once again allowing us to have a stall for two days to collect money. Also to EPIC for baking and selling cakes in Church, to those who attended the coffee morning and people who sent in the Christian Aid envelopes.

This year the money will be used to built safe homes for the people of Haiti to protect them from the storms.

WACTON

PARISH COUNCIL

Wacton Parish Council welcomes a new member – Nicholas Allan has joined the team. Nick has lived in the village for three years with his partner and children.

Anglian Water have now installed the new pumps in the pump house that has previously helped cause the flooding issues in Wash Lane. If anyone has any further issues with this area, could they please report it to Anglian Water and let the Parish Council know for any follow up.

There is currently an exercise underway to establish the ownership of land over which public rights of way pass. This will make future resolution of any issues much easier.

The Parish Council are aware of the current issues regarding dog fouling in particular areas. The issue has been reported to the relevant authorities for further action. This is not something the Parish Council can address on its own and we ask everyone to be aware of the issue and the consequences to the people using the areas affected, especially children.

There is no meeting in August, so the next time the Parish Council will gather will be 5th September at 7.30pm. Have a good, safe and enjoyable summer.

The Village Hall, Wacton, Norwich. NR15 2UH

Chairman: Calvin Goreham

Clerk: Alan Arber - wactonparish@yahoo.com

WACTON SOCIAL CLUB

The Social Club is open on the 1st and 3rd Fridays of each month, dates for August are the 3rd and 17th. Food is served on the 3rd Friday.

On 18th August on the green there will be a Ceilidh with Bar and BBQ. It is anticipated it will start at 7.00pm. For more information contact Mark Hardwick on 01508 530815/ronniehardwick@hotmail.co.uk.

COFFEE MORNINGS

These are held in the village hall on the first and third Tuesday of each month from 10.30 am - everyone welcome. Dates for August are the 7th and the 21st. For further information contact Caroline Squires on 01508 530111.

WACTON FOOTCARE

Our footcare specialist, Clare, has had an accident while in Spain. We do not know when she will be available for the next Wacton Footcare sessions.

We will keep villagers informed of her progress via Sextons Wheel and the next dates when the Footcare will resume. For further information call Rita on 01508 218407.

VILLAGE NEWS

CHURCH NEWS

'Craft & Chat' takes place on **Thursday 9th & 23rd August** from 10.30am to 12noon. Why not bring along your knitting, crochet, cross-stitch or other crafty projects and have a chat over a tea/coffee. See page 29 for details.



Our **August** Saturday monthly coffee morning is on the **11th** from 10.30am. Look forward to seeing you there. For more information see page 7.

The concert held in June was well supported and £260 was raised - see page 17.

AUGUST CHURCH SERVICES

Sunday 5th	9.30 am	Holy Communion/Baptism	Sunday 12th	No service
Sunday 19th	9.30 am	Holy Communion	Sunday 26th	No service

SINGING IN WACTON

We have a **CREATIVE SINGING GROUP** taking place in Wacton village hall every Tuesday evening from 7 pm until 8.30 pm.

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Further details from teacher Louise Barton (07765 920390) or Rita Day (01508 218407).



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WEEKLY EVENTS

MONDAY ACTIVITIES	VENUE	TIME
Craft Group	Library	10.30 am to 12 noon
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	10.15 am
Lunch & activities	Day Centre	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 during term time	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 Intermediate 10.30 am Beginners
Lunch & activities	Day Centre	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 11.30 am
Short Mat Bowls	Coronation Hall, Great Moulton - see above	2 pm
Knitters & Crafters evening	Library	5.15 pm to 7.15 pm

The Sexton's Wheel

M	T	W	T
		1	2 Long Stratton Reading Gro Tudor Hous
6 Local Walk - <i>see page 11</i>	7 Coffee Morning Wacton Village Hall 10.30am <i>see page 18</i> East of England Co op Bereavement Support Group Contact Rebecca - 01473 231460 10.30am Long Stratton Village Hall Methodist Church Lunch <i>see page 42</i>	8 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	9 Craft & Chat - Church 10.30am Tharston W Wacton <i>see pag</i>
13 St George's Dementia Support Group 10am - <i>see page 42</i>	14 Sunflower Cafe, Mayfields 10am - 01508 535500 Diabetes UK Wymondham <i>see page 39</i> Diggers & Dibblers 7.30 pm Forncett Village Hall <i>see page 39</i>	15 Long Stratton & District WI 7.30pm Village Hall <i>see page 16</i>	16
20 Film Afternoon 'The Greatest Showman' Long Stratton VH <i>see page 19</i>	21 Coffee Morning Wacton Village Hall 10.30am <i>see page 18</i>	22 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	23 Craft & Chat - Church 10.30am Book Club 6.3 Library - se
27 BANK HOLIDAY	28	29	30

August 2018

	F	S	S
n Parents up - 9am - Bakery	3 Wacton Social Club <i>see page 18</i>	4	5
- All Saints' - <i>see page 29</i> 7.30pm in VH <i>page 24</i>	10	11 All Saints' Church coffee morning in Church - 10.30am <i>see page 7</i> Mayfields Summer Fete 2 - 4 pm <i>see front cover</i>	12 Ten2Ten Service at St Mary's
	17	18 Wacton Social Club Ceilidh on the Green' <i>'see page 18</i>	19 Community breakfast at the Congregational Church 9.45am <i>see page 39</i>
- All Saints' - <i>see page 29</i> 10pm at the <i>page 9</i>	24 Family BBQ Charity Fun Evening for Dementia Care at The Sugarbeat 4pm <i>see page 37</i>	25	26
	31	1 SEPTEMBER Long Stratton Community Fun Day - <i>see page 6</i>	2

THARSTON & DISTRICT WI

For our summer social event we held a 'pudding and plonk' evening and it is fair to say that much of each was consumed! A picture quiz on popular brands of household items proved quite tricky for some although it did get everyone chatting.

Summer is fete season and our stall at the Forncett fetes and also at South Norfolk on Show allows us to chat with friends old and new, as well as raise funds for our social events. Different preserves and cakes are always popular whilst a hunt through the bric-a-brac enables browsers to find treasure!



In July we travelled to London to visit the Houses of Parliament. Once through security we met our local MP Richard Bacon in Westminster Hall, then off on our tour. We followed the route taken by the Queen for the state opening of Parliament, from her robing room through to the House of Lords. Some amazing rooms with much gold leaf decoration that quite took our breath away. We then had free time for sight seeing or to enjoy some leisurely refreshment before the journey home.



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

Heather Jeary



SHELTON WITH HARDWICK COMMUNITY SCHOOL & HEMPSTALL PRIMARY SCHOOL FEDERATION



I can't believe we have reached the end of an academic year already! This year, both schools have had beautiful leverets in the Go Go Hares Adventure in Norwich. Both leverets were stunning, and we look forward to having them back in schools next term.

Most of our eldest children, from both our schools, enjoyed an incredible residential trip to Hindleap Warren in Sussex. The children enjoyed climbing, abseiling, high rope and low rope work as well as possibly the muddiest assault course ever followed by caving! All the children challenged themselves and achieved greatly, and our Year 6 children are ready for pastures new at High School. We will miss them, but wish them every success!

Shelton's Formula Goblin race car was amazing in all three races this season and we have found some superb younger drivers who could give Lewis Hamilton a run for his money in future years! Hempnall's Year 6 netball team came 5th in the whole of Norfolk at the County finals this term and were truly amazing! There were strong performances also in tennis, tri-golf, swimming, cross country running from both schools and Hempnall's very own dance troupe won a dance competition and performed at the Opening Ceremony of the Norfolk School Games brilliantly!

We have fund raised for our schools, but also for many charities – Children in Need, supporting one of our governors in work in building a school in one of Brazil's notorious favelas, the Marine Conservation Society and The People's Trust for British Wildlife. The last two were inspired and organised by passionate pupils who want to make a difference! Yes, we value learning and progress in the curriculum, but I am thrilled that we clearly are encouraging caring and daring citizens – badly needed in this world!

As we close this academic year a big thank you to my wonderful and talented pupils, their families and of course my extremely hard working staff. I am immensely proud of both of my schools. Shelton with Hardwick Community School and Hempnall Primary Schools are certainly outstanding in every sense of the word to me!

Laura Jestico, Executive Headteacher

LONG STRATTON VILLAGE HALL UPDATE

The hall will be closed for the week of the **13th August** whilst we replace the ceiling in the main hall as well as the lighting and electrics.

We are very excited to be making further improvements to the hall and look forward to sharing these with more users over the coming months.

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To whom it may concern

The weather. What gives? I know you're very important and everything and you are supposed to vary per season but honestly? Really? Why do you change so much?

Fickler than an 8 year old in a sweetshop, you indecisively throw our little island about. Never content with one wind direction to carry a singular type of weather to us we are under a tyranny of gales of snow one week, scorching sun the very next. Even now as I compose this letter of complaint, a grey sky is promised to continue raining for the next two days, despite the fact this time last week we reached record temperatures of 25 degrees... in April!

Look at what you've done this year alone. We're a fragile nation- the English- and physically and mentally the interchangeability of your whims is driving us into a frenzy. Not a day goes by without a flurry of moans, groans and grumbles all down to you. Considering we've been somehow coping since the beginning of time in this insufferable relationship, this year you've been particularly inconsiderate.

Look at what you've done to us throughout history. The inconstancy you provide has helped to shape our nation; along with tea, dogs and scones there is no denying that commenting upon the weather is one of the most British things to do. It's an obsession, a nationwide pandemic that's virus is as much a part of us as our most basic genetics.

Look at how you manipulate us. The amount of the volatility hurled at us makes us: sensitive, awkward and unable to cope properly with either extreme of weather type. It seems like we're your least favourite nation.

So really, what gives? The more we adapt, the more we adapt to a singular condition, the more we adapt a solitary condition in the hopes it will stay constant, the more you play with us. Just plain rude.

*Not so kind regards,
Lizz, y10*

Craft and Chat All Saints' Church, Wacton

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It is 'A Matter of Change'

In changing matters, matters change

The word change seems to always bring shock waves when it is mentioned, this is because change has been connected to expecting the unexpected. In our world today it is often involving big projects, using plenty of resources, human, financial and material. Change can be linked to an individual person, to a community or to a wider world, and the bigger it gets the more controversial and scary it gets. However, one thing which is frequently forgotten is that change is far more normal than having no change, and that life is in constant change from the micro level to the macro level, from the tiny microscopic level to the expansive telescopic level. Each of these changes has some impact especially when change is unplanned and unpredictable.

Thinking about change

Child growth and development, people movements, the weather and climates, relationships, time, ideas and perspectives all change, sometimes for the good and sometimes for the worse. Life itself is a series of changes and at the heart of human development is change.

Change can bring discomfort and tension because it moves people to the unknown, taking a person from a situation which is familiar to situations which need new adaptations. This can emerge in a casual conversation or in a serious meeting, whether with a child at home or in a public meeting or an international conference it is all to do with change and how we deal with change. In many cases there will be different opinions on whether to adapt to a change or not, and on when and how to go about it, and what results are to be aspired to following such changes.

Change has outcomes. The forces behind change are meant to facilitate certain outcomes. It is at this point that certain interventions are needed as regulatory means for reaching those outcomes which can be seen as achievement or failure, with underlying moral or ethical imperatives. Change stirs up emotions such as fear, anger, anxiety, frustration, apathy etc.

In a day there are multiple changes happening at the same time and we try to juggle our decisions and set priorities on what challenges one spends time on and the matter of the timing of events. So our time bound activities, which are characterised by change, are known and set forth by the timeless God who does not change.

Growing up, making new friends, going to college, finding a new job, losing a job or friend, moving house, getting married, having a baby, losing a loved one, all these changes take a great part of the things we all encounter through the year. It is all about change.

Change is an inevitable consequence of what life is all about. Change is from one thing to another, one state of being to another. It affects all ages, all genders, all professions, all creatures, all of nature is caught in the state of constant change. Change can bring peace and harmony or it can bring violence chaos and animosity. In itself change is neutral we just need to learn how to cope with it.

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Once again St Mary's Church will be supporting this event to raise money for our Church and for the Norfolk Churches Trust.

You do not have to be part of a group, you can just go off on your own. If you don't ride a bike why not go off for a walk instead, or for those less able take the car. We will also be looking for people to sit in St Mary's to greet visitors on the day, and you can get sponsored for this too.

For those wishing to take part there are some sponsorship forms in St Mary's Church or from the Church Parish Office. A list of those churches which will be open is available on the Norfolk Churches Trust website.

The Norfolk Churches Cycle ride sees participants visit the many participating churches throughout Norfolk where they receive welcome and confirmation of their attendance before continuing their journey.

Cyclists, walkers and drivers are able to visit as many or as few churches as they wish and see the incredible architecture and history the church supports and that this event helps fund.

If you wish to take part please contact Chrissy Briggs on 01508 536724 or you can call in to the Church Parish Office to collect a sponsor form or to sign up to sit in Church.

Message from Judith Naunton, Methodist Church

As I write this we are having a glorious spell of summer weather, full of exciting sporting events as sportsmen and women compete on football pitches, tennis courts, athletic tracks and the roads in France. Perhaps they will even inspire more people to give sport a go.

On Saturday 8th September I will once again set out on my own tour of the delightful lanes of South Norfolk and North Suffolk, visiting many interesting churches on my way. It is always an enjoyable day whatever the weather!

I will be raising money for the Methodist Church again. Should you wish to sponsor me I can be contacted on 01508 536771.

Many thanks, Judith Naunton.

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LONG STRATTON MEDICAL PARTNERSHIP

Urology is the area of medicine relating to kidneys, bladders, prostates and the male reproductive system. August is Urology Awareness Month in the UK, with the aim being to raise awareness and reduce some of the stigma around urological disease. Urological disease affects women too. You can read more about the diseases involved at www.theurologyfoundation.org where they have some excellent information leaflets.

It can be difficult or embarrassing to consult a doctor about personal health problems but we would encourage you to book an appointment if you have urological problems such as blood in your urine, problems passing urine or with incontinence, erectile dysfunction or testicular lumps.

Health Information Day

Following on from our hugely successful Diabetes evening back in April our Patient Participation Group has put an enormous amount of effort into organising the next event with us to focus on “Mental Health and Wellbeing.” This event will be held at Long Stratton High School on **Saturday September 15th** and will be opened at 10 am by a local mental health ambassador.

The hall will be full of information stands to show you what support is available locally for all age groups. As the benefits of singing in a choir are both physical and psychological, we have performances from local choirs and students from the school throughout the morning until the end of the event at 2pm, you might even want to join in a singing workshop on the day yourself!

Please watch out for more news as the event gets closer and we would love to see you there.

Dr Lara Douglass

LONG STRATTON GUIDING

2nd Long Stratton Brownies

On a very warm June evening the Brownies enjoyed our traditional ‘Chip Walk’ from our meeting place along public footpaths via Hall Lane to the Street. This also raised some money for ‘Water Aid’ in respect of their 2018 Walk for Water campaign.

At the end of term the Brownies all received their ‘Right to Work Together’ badge . On our last night we held a very enjoyable joint evening with the Rainbows including food, drink and lots of games outside [+ water!].

We are looking forward to visiting the Long Stratton Guides and Scouts at ‘NORJAM’, the international camp being held on the Royal Norfolk Showground in August. ***Brown Owl***



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LONG STRATTON CHILDREN'S CENTRE

Here is the list of events for August which all take place at The Children's Centre.

Date	Activity	Time
Monday 6th	Little Explorers Move & Groove - 0-5 years	10.00-11.00 am
Monday 13th	Little Explorers Story & Fun with Crafts - 0-5 years	10.00-11.00 am
Monday 20th	Little Explorers Fun Sensory/Messy Play - 0-5 years	10.00-11.00 am
Tuesday 7th, 14th, 21st & 28th	Story Garden - outdoor gardening & story group - 0-5 years	1.30-2.30 pm
Wednesday 1st, 8th, 15th & 29th	Long Stratton Feeding Group - please contact us for further information	10.00-11.30 am
Wednesday 29th	Introduction to solid foods. Support around feeding and weaning	10.00-11.00 am
Friday 10th	Long Stratton Health led ONE Stop - 0 - 5 years	10.00-11.00 am

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 Field School.

Celebrating 'Annie'

Family BBQ Charity Fun Evening to support Dementia Care

Friday 24th August - 4 - 10pm

The Sugarbeat Eating House, Swainsthorpe

Live music - Prize Raffle - Face Painting - Games

Admission £5 per person - kids under 10 free

BBQ Food & Drink can be purchased on the night

For more info or to book contact Nicola on 07747 536537

Tickets also available from the bar at The Sugarbeat



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Community Breakfast
at Long Stratton Congregational Church Hall
[behind the Chapel on Ipswich Road]
Sunday 19th August at 9.45 am

A warm welcome and good 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

Diabetes UK Wymondham

Wymondham Diabetes Group was formed to support those living with all types of diabetes, their families, carers and friends in the South Norfolk area.

We meet every two months at the Fairland Church Wymondham NR18 0AW, from 2pm to 4pm.

All are welcome with an informal and friendly atmosphere to meet and share and discuss information with other diabetics.

We have a variety of excellent speakers both specialists and 'fun'. Our next meeting is on Tuesday 14th August and we will be Tai Chi with Sally Leich.

All are welcome to come along, no charge. Teas/coffees are available and a raffle.

For further information email wymdiabetes@gmail.com or phone 01953 607494.

DIGGERS & DIBBLERS GARDENING CLUB - 14TH AUGUST

*Fornsett Village Hall 7.30pm - Short talks by members on 'My Shed'
will follow a short AGM*

We have so much we can learn from each other. In previous years this has been a fascinating evening with a wonderful mixture of experiences, insights and inspiration... and a lot of laughs.

This year it's 'My Shed' – tell us anything about a space which is special to you in whatever way. It may be an actual shed, a garage, greenhouse or conservatory, an out-building or a small area of the garden which you have developed in a particular way. Perhaps it's a shed you've seen somewhere else and fallen in love with. What makes it special for you?

Why not have a go! Short talks of 5-10 minutes with or without images – lots of help and encouragement available. Please contact Ally Rae – allysonrae@btinternet.com
Non-members are very welcome.

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

CHURCH SERVICES - AUGUST

St Mary's Church

5th	11.00 am	All Age Worship
12th	9.50 am	Ten2Ten Service
12th	11.00 am	Holy Communion
19th	11.00 am	Morning Worship with Baptism
26th	11.00 am	All Age Holy Communion

St Michael's Church

5th	No Service	
12th	8.30 am	Holy Communion
26th	8.30 am	Holy Communion

All Saints' Church

5th	9.30 am	Holy Communion with Baptism
12th	No Service	
19th	9.30 am	Holy Communion
26th	No Service	
29th	10.30 am	United Service at St Michael's

Congregational Church

5th	10.45 am	Family Service with Holy Communion	Rev Stella Wallace
12th	10.45 am	Family Service	Bruce Thorn
19th	9.45 am	Family Breakfast	
19th	10.45 am	Family Service	Susan Fiddy
26th	10.45 am	Family Service	Louise Wright

Methodist Church

5th	No Service		
12th	3.00 pm	Communion Service	Revd Matthew Olanrewaju
19th	No Service		
26th	10.30 am	Morning Service	Mr W Twist

From the Parish Registers

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

Thelma Aldous	Aged 91	Waveney Crematorium
Caryl Vincent	Aged 73	St Mary's Church

LONG STRATTON THURSDAY CLUB

Long Stratton Thursday Club will not be meeting in August. Next meeting will be on **Thursday 13th September** in the Village Hall at 2pm.

For further information please contact the Secretary Margaret Coleman on 01508 530699.

WEA HEMPSTALL - Autumn 2018

Art History in 100 Paintings



Tutor: Fiona Fitzgerald, ceramicist and lecturer in art history and appreciation

Aim: To teach some of the vocabulary of art history and enable students to assess and discuss the historic and stylistic importance of pictures encountered in galleries

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

Date: Starts Wednesday **3rd October 2.30pm to 4.30pm**, seven meetings (not 24th October)

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

Contact: On-line at www.wea.org.uk, by telephone at 0300 303 3464, or for more information call 01508 499495

The Workers' Educational Association is a charity registered in England and Wales (number 1112775) and in Scotland (number SCO39239) and a company limited by guarantee registered in England and Wales (number 2806901). Registered office: 4 Luke St, London EC2A.

Let's Chat Coffee Group

We meet Tuesday mornings 10.15 am at St Mary's Church to catch up with friends - old and new!



A warm welcome is extended to anyone who wishes to come along and join us.

For more information contact Janet Roberts on 530121.

Looking forward to seeing you.

Janet

LONG STRATTON METHODIST CHURCH

Monthly lunch is on Tuesday 7th August - 12.30pm

Please call 01508 530518 to book - all welcome.

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

EVENTS OUTSIDE LONG STRATTON & WACTON

St George's Dementia Support Group - 13th August - 10am to 12noon - St George's Hall, Long Lane, Upper Stoke Holy Cross NR14 8ND - further details 01508 493661/492938 .

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 new 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 Peter Reason on **01508 536774** or email wacton.vh@outlook.com

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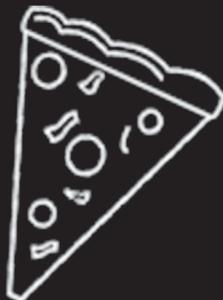
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