

The Sexton's Wheel Issue 253

The magazine for Long Stratton & Wacton

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need IS



February 2025

Long Stratton Village Hall - Booking Information



The hall can be booked as follows:

Via our facebook page, search Long Stratton Village Hall

Via our website www.longstrattonvillagehall.org.uk

Email us at longstrattonvillagehall@outlook.com

Call Kirsty Dye on 07986942804 and leave a message

Hire rates from as little as £7.50 per hour.



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

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

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

Church Contacts

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

St Michael's Rosemary Bennett - (01508) 530296

All Saints' Rev John Madinda (01953) 789240

Congregational Church June Braddock (01508) 470701

Church Parish Office

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

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

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

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

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

For general enquiries Email: office@longstrattontowncouncil.info

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



As I write this the temperature outside is below freezing, Brrr!
Please keep yourselves warm and safe and look out for elderly
neighbours who might be affected by the cold.

The Sexton's Wheel Team

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What is Love?

Later on this month (the 14th) we will be celebrating Valentine's Day. I say 'we' but my wife and I decided early on in our relationship that we should show our love for one another every day and not just on Valentine's Day. The said day is where we can (could/ should) send a card or gift to the one we love. I have to admit that in my younger days I did send and yes, miracle upon miracle, I did receive the odd Valentine's card declaring undying and unquestioning love to or from my girlfriend of the day. Maybe you can remember the codes used. HOLLAND, ITALY, SWALK and BOLTOP. For those who can't remember or maybe never used them they mean, Hope Our Love Lasts And Never Dies, I Trust And Love You, Sealed With A Loving Kiss and Better On Lips Than On Paper. The last one written beside a kiss (x). Maybe in these days of social media the writing of such things has changed.

One thing that has not changed is Love itself but, what is Love? A chap named W E Vine wrote in his dictionary that "Love can only be known by the action it prompts". To me this is another way of saying "action speaks louder than words." We can easily say "I Love You" but not truly show it in the way we act towards that person. In the bible we read that "God is Love" and that "God so loved the world". Jesus himself said "greater love has no man that this that he lay down his life for his friends". What do we find when we put these statements to the test of "action v words"? Again, we read in the bible that "Christ showed his love towards us in that while we were still sinners, He died for us"! This says that God is one who truly demonstrates His words by His actions.

I mentioned those days of declaring deep undying love to a girlfriend, that didn't last. I mentioned girls that declared that same to me, that didn't last. I heard that God loved me over sixty years ago and I know that it's still true today. Gods love is everlasting.

As we approach Valentine's Day think of the true love that is shown by God and Jesus. May God Bless you all.

Steve Adcock
St Mary's Church

SAVE THE DATE

29th March

St Mary's Quiz night
Long Stratton Village Hall
1830 for 1900 start
Teams of six, £7per person.
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I was reminded by our ever-capable Administrator Dawn that it was that time of the month to write an article for the parish magazines. She also suggested a relevant topic for the month of February – healthy eating. This is such a relevant topic at any point in time. We hear so much about obesity and the related co-morbidities, childhood obesity and the impact for the future, the implications for the NHS and the economic implications.

We hear and read about healthy eating and once every so often, a refresher is important. This may help us reflect on our eating habits and make necessary changes with the aim of prevention of several illnesses and improving our physical and mental health.

Health professionals employ the phrase ‘healthy eating’ frequently. Healthy eating involves eating a balanced diet. Our current healthy eating model in the UK is called the Eatwell guide. There is a scientific basis to this guide, and it looks at the balance of food and drinks needed in our diet. It recommends the amounts of nutrients needed for a healthy state of the body.

I am adding a couple of links which discuss the Eatwell guide in detail:

1. <https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/>
2. <https://www.nutrition.org.uk/creating-a-healthy-diet/a-healthy-balanced-diet/>

I want to add a paragraph about the 5 a day concept. It encourages us to add different types and colours of fruit and vegetables to our diet. This also has a scientific basis. The NHS website gives us 5 reasons to include 5 a day in our diet:

1. Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C, vitamin A and potassium.
2. They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.
3. They can help to reduce your risk of heart disease, stroke and some types of cancer
4. Fruit and vegetables contribute to a healthy, balanced diet.
5. Fruit and vegetables taste delicious and there's so much variety to choose from.

One does not have to wait for another New Year to make a resolution. Let this February 2025 resolution be about looking after ourselves. The community benefits, the country benefits, the world benefits from individuals who can make the change.

Stay Safe

Mini Nelson

2nd Long Stratton Brownies

We started the 2025 Spring term with our usual Brownie New Year Party. We played traditional games such as musical chairs, musical statues and pass the parcel with a few additional Brownie 'add ons' for a Girl Guiding theme. We also enjoyed some snacks and a drink.

This term we will be working on the purple Be Well theme and our skill builder stage 2 Feel Good and many Unit Meeting Activities (UMAs) on the same theme. A very useful theme but also lots of fun. And we congratulate Anya, Eliana, Ella, Evie-Mae, Molly, Violet and now Nicola on completing the Skills for the Future theme following a Parliament themed evening.

Some of our Brownies have now moved up to Guides and whilst we are sure they will enjoy even more fun it does mean we have a few places available at Brownies for any girls aged 7-10. ***Please register on <https://www.girlguiding.org.uk/information-for-parents/register-a-child>, or please telephone Brown Owl, Josie on 01508 531100***

Girl guiding is a girl-only space to build confidence, learn new skills, enjoy crafts, games, residential holidays and sleepovers and have fun! We have a packed programme with something for every girl. .

Brownie Guiders



LONG STRATTON & DISTRICT WI

December is always a busy month for everyone. For that reason, we met a week earlier than usual. This year, instead of a party we invited Joan Hocking, a local trained soprano, to entertain us with a programme of Christmas themed music. It was an excellent evening and members enjoyed some seasonal refreshments whilst hearing about the origins of well-known songs. It was very professional and quite a treat.

Another well attended event was our Christmas Lunch. For several years we have booked this at Netherton House and, as always, the food and service were excellent. We were all sorry to hear recently that they are closing down.

As mentioned in last month's magazine, we took part in the town's Christmas festival where we had a stall in St. Mary's Church.

Now, here we are in 2025 and by the time you read this we will have had our January meeting. We have a new programme for the coming year with lots of interesting speakers and activities. If you would like to try one of our meetings, just come along to Long Stratton Village Hall at 7.30.pm on the third Wednesday of the Month.

For further information telephone 01508 531154.



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We thought we would share a Foodbank shift with you.

At St Mary's Church in Long Stratton we are open between 12:30 and 2:30 every Friday. We have a rotation of 3 teams of 4 or 5 volunteers and we often switch around to cover each other. We are at the end of a system which starts with your donations, and which only works because of your generosity, so "Thank you".

In order to be ready for 12:30 we arrive about midday and go through a set of processes. These are easy – we must take everything we need out of the walk-in cupboard and put out what we think we are going to use on the tables.

When we put out the signs at 12:25 we are open for business.

We don't know who or how many people are coming to see us. If the world was working properly, we would see nobody, because there would be no need for anybody to collect a food parcel.

When people arrive, we ask for a voucher number. Voucher numbers are given out by organisations who can offer more help than just a box of food.

Food boxes are delivered to us fortnightly by the warehouse team at the Waveney Foodbank and we give people the correct size box to accompany their voucher. We have a table covered with extra food and extras, like laundry products, toothpaste, nappies and pet food.

And then we sit and wait and drink tea. On a good day there is cake, on a bad day we forget the milk.

We must sort out the cupboard and put away the deliveries.

But before we start, we have to set up our data recording system which is linked to the Waveney Foodbank. In effect this is our stock checking system.

We must record everything on a tablet and as you can imagine in an old building with thick stone walls, there is poor wi-fi signal. We have a hub which we connect to the power supply and plug in the tablet. We then follow the ritual of trying to log-in. On a good day it can be done in 2 minutes including 2 stage validation on the phone.

On a bad day we commit one of the team to continuous muttering, and table slapping, and sometimes chuntering. At that point the rest of us hide in the cupboard and count trolleys. And then we find that the system has been upgraded remotely and nothing works anyway.

But our basic job is to help people. We don't know why they are there, but we do know that they have asked a stranger for help. We try to make everything as stress free as possible, but we know they don't want to be there, so if they don't want to smile back at us, we understand.

At 2:25 we start to put everything away and collect the signs in. All that's left to do is place the order for the next delivery.

ALL SAINTS' WACTON RESTORATION UPDATE

We were delighted that our initial application to the National Heritage Lottery Fund for the extensive work required on the church was successful. We have to pass three application stages in order to secure Lottery funding – 'The Expression of Interest', the 'Development Phase' and the 'Delivery Phase'. We are now planning to submit the next stage of our application (the Development Stage) at the end of February. We should learn the outcome by the end of June. Please don't expect to see any work on the church yet – the Lottery is handing out large sums of money and unsurprisingly the application process is protracted and very thorough. We produce an emailed newsletter to inform people of what is happening and updating on progress. If you would like to be added to our mailing list please email wactonchurch@gmail.com. In addition, a copy of the latest newsletter is available in the church for everyone to see.

NEW GARDENING CLUB

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

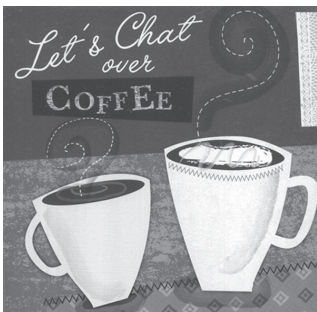
Any gardening subject you wish to discuss, whether you agree or disagree, your view will be welcome. No membership or fee required. Each meeting will be the first Saturday of each month from 10am-11am.

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

I would welcome your reply via my email account, notenoughkeiths@gmail.com just to give me an approximate idea of numbers attending.

THANK YOU

A big thank you to the **Chip Inn** for providing Oranges for the children to make Christingles for the Christingle service at St Mary's Church on Christmas Eve. The collection for the service is donated to the Childrens Society.



LET'S CHAT

Let's Chat will be starting up again on **11th March 2025**, 1000 - 1200 in St Mary's Church where Janet and the team will be there to welcome you again with Tea, Coffee and homemade cakes.

All are Welcome



Messy Church News

Hello from all your Messy Church team. At the time of writing, we're looking forward to our January Messy Church session on Unity. (More about that in next month's article.)

For our Christmas Eve gathering we spent some time making Christingles together. We made more than enough for the service so thank you for all the help. During this special festive session, we had breakfast butties that went down very well. Everyone enjoyed having some extra sweets as we had plenty left over from our Christingles. We heard about the symbols used in the Christingle, and we talked about Jesus as the light of the world and about His love that reaches into all circumstances no matter how dark they may seem. It was also good to celebrate birthdays together again. It made for a very joyful occasion.

In February we will be thinking about the story of a farmer. What can we learn from different types of soil? Come along and find out. We really look forward to getting to know you and seeing some of you again. Messy Church is held on the 4th Saturday of each month at 4pm at St Mary's Church on Ipswich Road. See the poster for details and if you want to get in touch just send us an email at strattonmessychurch@gmail.com



Please join us for the

WACTON SPRING QUIZ

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Gym area and play area

We've had reports of dogs being in the gym area and in the play area on the Manor Road playing fields recently. Please could we remind dog owners to not go in either of these places with dogs on or off the lead. Thank you.

Community room for hire

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

Upcoming Full Council meeting dates

The Full Council meetings are held in the Pavilion community room. Anyone is welcome to attend the meetings but whilst members of the public cannot participate, a short period of time is given for members of the public to air their views on matters directly related to the Town Council.

The next meeting will be on Monday 10th February 2025 at 7pm.

DIGGERS & DIBBLERS

Diggers and Dibblers Gardening Club.

Tuesday 11th February 7.30pm Forncett Village Hall

Luci Skinner will be speaking about Propagation.

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- Thurs 6th – Diss Pound Stretcher & John Doe - £8.00
- Mon 10th – Taverham Nursery Centre - £18.00
- Mon 17th – The Range & Lunch at The Copper Beech - £18.00
- Thurs 20th – Lunch at The White Hart, Roydon - £8.00
- Mon 24th – Cherry Lane Garden Centre - £8.00

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HOWARDS

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10 LSTC Meeting Pavillion Community Room Manor Road 19:00 see p15	11 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24	12 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	13 Pilates - Wacton V see p24 Tharston& Distr Wacton Villag 7:30pm
17	18 Coffee Morning Wacton Village Hall 10.30am Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24	19 Stratton & District W.I LS Village Hall 1930	20 Lunch Club 12:00 Long Stratt Congregational Ch Call 07968716698 Pilates - Wacton V see p24
24	25 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24	26 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	27 Pilates - Wacton V see p2

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HARLESTON CHORAL SOCIETY

We're now well into our 25th anniversary year, singing Carl Orff Carmina Burana, which will be the highlight of the year at our Summer Concert on 28 June, with the choir of Harleston Sancroft Academy. It's never too late to join us, we're a friendly community choir, we welcome everybody (especially potential Tenors), whether or not they've sung in a choir before, and there are no auditions. We meet for practices on Monday evenings from 7.30 pm – 9.30 pm, in The London Road Church, Harleston IP20 9BH. Free parking is available in The Original Factory Shop (TOFS) car park almost opposite. We have lots of events to celebrate twenty-five years of wonderful music and we hope that you'll enjoy them with us.



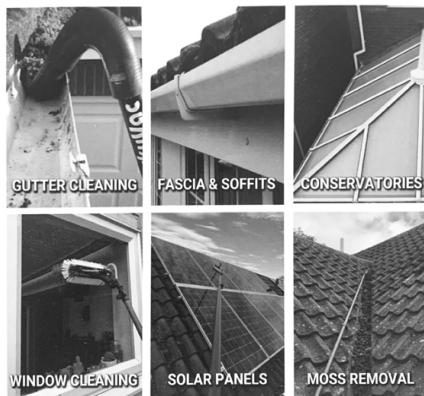
See the Home Page and the About Us and Location and Contact sections of our **website www.harlestonchoral.org.uk** for more information about HCS (and our 25th anniversary), or from **Caroline Rodbourne, caroline@rodbourne.org.uk 01986 782545** or **Jo Curry, jo.curry@sky.com 07768544005**

HARLESTON & DISTRICT U3A

Harleston & District u3a would like to invite you to the second of our 2025 monthly talks – *Fleeing the Red Terror* - on 19 February at 2.00 pm, in St John's Church, Harleston. Ron French, a Beccles u3a member, will be talking about the flight of a wealthy young family from the depredation of Lenin's campaign of political repression and executions in Soviet Russia, carried out by the Bolsheviks.



Visitors welcome, admission £3.00 including refreshments. Further information about this and all Harleston & District u3a's activities is on our website **www.harleston.u3asite.uk** or **contact Kim Poulton on 01986 788149.**



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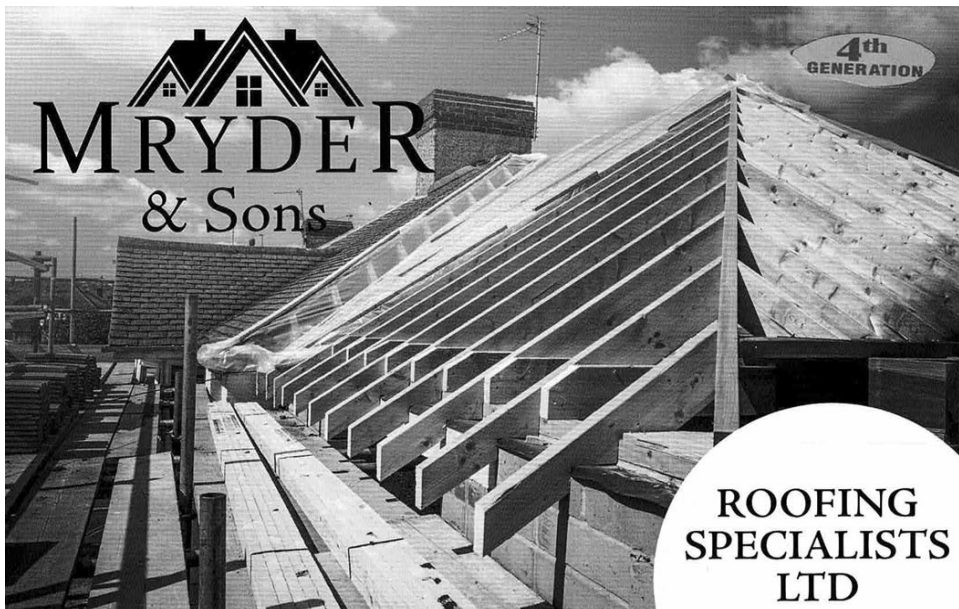


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Local walks – New Year's Walk

Damp, grey and windy. The first walk in the new year started in the lay-by near the Old Vineyard Coffee Shop on Overwood Lane near Aslacton. The bad weather forecast and rain the night before had not put off seven of us and our kind leader had decided to spare us the muddy fields and stick to quiet country lanes instead.

We set off in the drizzle along Low Common with roadside daffodil spires beginning to emerge from the rotting leaves. We continued looking for signs of new growth along the wayside but were distracted by the water flowing from the fields over the road and after passing a friendly dog walker with happy labradors we saw the River Tas cascading over a ford. A pedestrian bridge kept feet dry above the torrent while one of us waded in and attempted to clear sticks and debris from under the ford.



Gusty winds blew an umbrella inside out and so we continued with hoods up and drips on the end of our noses. There was a lot to talk about while we walked and we caught up on how Christmas and New Year celebrations had gone in our respective households.

Old farmhouses, a renovated tithe barn and a magnificent thatched cottage glistened in the rain and we paused to admire the architecture and wonder at their history.

Wind whipped up when we left the cover of the trees and headed up the slope in the direction of Forngett End. At the bottom of the hill another ford was covered by water at Brock's Watering. It was shallow enough to wade through if you had Wellies on otherwise there was another pedestrian bridge.

We disagreed as to whether it was fox or rabbit holes that had been burrowed into the sandy banks under the roadside trees here. Rooks patrolled the short wheatfields and a flock of Fieldfares fled in the distance. A covey of nearby partridges was startled and took off across the fields. We had made very good time when we got to the crossroads with Mill Lane and it was suggested we carry on for another mile but most were keen to get out of the cold so instead we started back down Overwood Lane to the cars. The temperature really did read 2 degrees in the car on the way home. It made a nice cup of tea after a brisk walk even more enjoyable.

Thank you to Bonnie for leading our walk today.

Please join us if you like a leisurely walk of about four miles. We meet at 10am on the first Monday of the month by the public toilets in Long Stratton.

Wacton Parish Council
Village Hall
Hall Lane, Wacton NR15 2UH
Clerk: Mr Alan Arber
Telephone: 07813 190516
Email: clerk@wacton-pc.gov.uk

ANNUAL BUDGET

The council had held its annual budget meeting and agreed an increase of 51p per week over last year's precept. This was felt to be acceptable as the council had not raised the precept for the last 4 years.

COMMUNITY PAYBACK

The council has been approached by the Community Payback Coordinator as to whether any projects in the village would benefit from their help. Further discussions will be held to sort out any details and requirements.

TRAFFIC SAM MACHINE

Data from the traffic SAM machine, it was noted that the average speed through the village was 32.4mph and that the average number of vehicles travelling through was 555 per day in one direction only.

MARCH MEETING

There will be no March meeting due to staff holidays.

The next council meeting will be held on **5th February 2025 at 6pm**

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CHURCH SERVICES - February

2nd February – 9am - Holy Communion (BCP) at Stratton, St Michael
9.30am - Morning Prayer - Wacton
11am - Morning Worship at Stratton, St Mary

9th February – 9:45am Morning Worship at Tharston, St Mary
11am All-Age Communion at Stratton, St Mary

16th February – 9am - Holy Communion (BCP) at Stratton, St Michael
9.30am - Holy Communion - Wacton
11am - All-Age Worship at Stratton, St Mary

22nd February – 4pm Messy Church at Stratton, St Mary

23rd February – 11am Holy Communion at Stratton, St Mary

CONGREGATIONAL CHURCH

2nd February - 10:45am – Family Service incl. Holy Communion - Rev Malcolm Simpkin

9th February - 10:45am – Family Service – Rev Ian Jones

16th February - 9:45am – Community Family Breakfast
10:45am – Family Service – Joy Southam

23rd February - 9:45am - Prayer Meeting
10:45am - Family Service - Rev Malcolm Simpkin

Hope Church

2nd February- 10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY
see p22

16th February - 10:30am - Service for all ages - St Mary's Junior Academy NR15 2UY
see p 22

FROM THE PARISH REGISTER

Our condolences go to family and friends of:

Nicola King - St Mary's Church - 8th January

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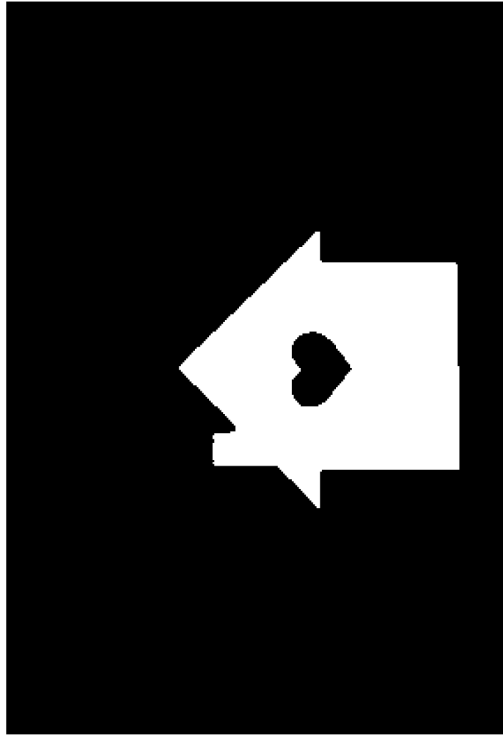
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