

The Sexton's Wheel

Issue 244

The magazine for Long Stratton & Wacton



May 2024

Long Stratton Village Hall - Booking Information



The hall can be booked as follows:

Via our facebook page, search Long Stratton Village Hall

Via our website www.longstrattonvillagehall.org.uk

Email us at longstrattonvillagehall@outlook.com

Call Kirsty Dye on 07986942804 and leave a message

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

Church Contacts

St Mary's Steve Dugdale - (01508) 530717

St Michael's Rosemary Bennett - (01508) 530296

All Saints' Angie Baldwin (01508) 536639

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 the team vicar: Revd. John Madinda on 01953 789240.

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.



Welcome to the May edition of the Sexton's Wheel, bumper issue this month with plenty to look at. As I write this the sun is shining gloriously, definitely time to dust off the deckchair.

The Sexton's Wheel Team

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I wish...

I find myself saying this mostly when I see someone artistic who has a wonderful imagination and the ability to convert it into a stunning creation.

I'm often forced to watch programmes such as The Great British Sewing Bee, or The Great British Throw Down (a pottery competition) or Interior Design Master. OK it's not completely true I could do something else but it is fascinating watching creative and skilled people develop and produce amazing objects and then see if the judges agree with my views.

Recently I watched the divine Dame Judi Dench reciting Sonnet 29 by William Shakespeare from memory when asked to do an impromptu performance on the Graham Norton Show. Wow I thought.

In all these cases I find myself saying 'I wish... I could do that.'

But of course wishing it will not make it so. And even if I try my very best I would probably be voted out in week one of any of the above competitions or similar practical and creative arts.

I wonder if you do the same, thinking 'I wish...' ?

We could get depressed by not being able to do what we wish we could. However, to do so would be to ignore our own talents. We may not all be gifted in the arts, or sport, or commerce, or maybe even life, but we do all have talents that are important and needed. So much of the fabric of our lives depends upon talents used humbly and unnoticed by the majority. Our families, communities and friendships depend upon people selflessly and unrecognised, using their time, energy and gifts, to bind them together.

This is true of churches too. While the priest or minister has an important leadership role to play, those that organise the regular meeting/events, count the money, make the tea, visit the sick, arrange the flowers, clean the church and halls, fill the pews and do the 100 different jobs needed matter just as much.

James 1:17 tells us that our talents are God given.

Matthew 25:14-30 tells the Parable of the Talents which says if we use our talents they will be multiplied but if not we will lose even those. Probably explains why my golf is so poor now.

Seriously, we and our talents are all needed no matter how unimportant we may think our contribution may be. Next time we see someone and think 'I wish...' let's think about the gifts we have, the difference they make and how we may use them well.

God bless you all.

Pastor Malcolm Simpkin - Long Stratton Congregational Church



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2nd Long Stratton Brownies



2nd Long Stratton Brownies Pack Holiday
Hallowtree, Ipswich 6-10 April 2024
Extracts from the diary entries of the Brownies,

When we arrived on Saturday we got settled in. We ate lunch and then went grass sledging (the best). For tea we had spaghetti Bolognese. We all have a Little Miss name and our groups are their colours: pink, yellow, green and orange. The first night was hard. I slept bad but on Sunday I slept better (as did everyone thank goodness).

We woke up at 6am. For breakfast I had frosties and for afters two croissants. Our group are healthies today and our duty was cleaning the toilets. I was a little sleepy on Sunday. We are doing the Local History Interest badge and we found out some facts about Hallowtree and lots of other people (including me) were really interested.

There was something which was very tricky yesterday, we did an obstacle course. It was the best and everyone had a go. A few of us faced our fears, like mine is heights. It was very fun and tiring. After we went to the campfire and sang songs.

We went back for lunch it was a roast, earlier we had peeled the potatoes and carrots. It was very nice and my fav meal. My fav dessert was chocolate pudding (Saturday tea). After duties we had rest time.

For evening activity I did hammer beads (Hama) and I made a cat with a blue background. We also wrote a postcard home. Teatime was bread and spread then cake. I had chocolate spread on my bread. My group did some prayers and songs to everyone because we were Orderlies. I really had a fun day on Sunday and I almost forgot story time was 'very calm time'.

Today is Monday and last night I got a lot more sleep. In the morning we had spaghetti with tomato sauce on toast. It was delicious.

Today we did archery and I hit the balloon and the yellow ring on the board. I hit the red and that's the ring before yellow. It was the best ever!!!

I was a cook today so I prepare meals, wash the dishes after dinner, ring the bell and finally choose a grace.

We did a walk and went across the bridge that we used to go to Hallowtree (over the A14). We went to a place called 'Protect the skylark' (part of Orwell Countrypark). We also went up a big hill to see flags. There were 12, one for each Brownie, that we stood by to take a picture and then some of us ran down the hill and we went back to Hallowtree.

At teatime I was surprised that my jar of Biscoff was completely EMPTY! (Brownies bring a spread to share and some very popular.) But I am really sleepy so we are going to sleep soon.

Cont on p9

BIKE ACTIVE NORFOLK

BikeActive Norfolk Junior ran two very successful , two hour sessions on the multi use games area at Manor Road playing field on the multi use games area over the Easter, Norfolk school holidays

Our sessions saw eighteen ride experiences enjoyed by twelve different clients . Lots of fun and happy , smiling faces as well as tired volunteers, who pedalled our rear steer tandems and tandem trikes and wheelchair tandem trikes with some of our clients. Most our clients enjoyed using our trikes, quad cycle and go kart, doing many laps of the games area

Our next session will be the 29th of May 2024, two one hour sessions between 1300hrs and 1500hrs Please see our website , ***BikeActiveNorfolk.org*** for further details

If anyone knows of a child or young person who may enjoy our sessions, please take a look.

If anyone wants to give something back to our community by helping run these sessions, we are always on the look out for volunteers. There is no need to cycle or be a cyclist, just get in contact.

Jez Briggs

Chair, BikeActive Norfolk
phone: 07716103072



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Borderhoppa Outings for May 2024

Thurs 9th – Attleborough Town & Lunch at The Stag – Fare £15.00

Mon 13th – Bressingham Garden Centre – Fare £8.00

Thurs 16th – Beccles – Fare £15.00

Mon 20th – Lunch at The Dove Inn, Alburgh – Fare £8.00

Thurs 30th – Southwold – Fare £20.00

***To book or for more information please call 01379 854800
or visit our website www.borderhoppa.org***

Cont from p7

Tuesday we had bacon rolls for breakfast after our cereal. I was a Waitress, I had to sweep the floor and clean the tables with my group. Then we got ready for Inspection and then we had activities. Today was super cool as well because we did bracelets.

I did some skipping and I got a high score of 50 and no one beat me. I think skipping and bracelets are the best thing we did today.

I tried a caramel spread because that's what we had for tea (bread and spreads) but I didn't know if I liked it or not because of its unique flavour.

My favourite part of the day is when we sat in the quiet room and got read stories while also having a nighttime drink.

Washing up was probably my fav part of the holiday and we did it after tea.

I liked the food and I enjoyed cleaning the toilets.

I love all of the food.

Today I woke up at 7.30am. Then we brushed our teeth and washed our faces. At 8.30am we went for breakfast. It was cereal and then we had pancakes with lemon and sugar or syrup. It was delicious. Everyone did their duties before inspection and then we went back to the dining room to decorate some Mr Men cookies with food colourings. Sadly we are leaving. I had sooo much fun!

Our favourite comment was: 'This was the best Pack Holiday for sleep'!

Little Miss Busy thanks all the adults who gave up their time to assist on our Pack Holiday (and especially Miss Greedy for the lovely food), Mr Tall for leading the archery session and also Jessica and Eve for their help especially during duties. All the Brownies gained their Local History interest badge and Know Myself Theme award. Everyone received a lovely Hallowtree Activity Centre badge showing the Orwell Bridge. Well done to Bella, Elsie and Olivia for gaining their Brownie Bronze award and Amelia and Scarlett for their Brownie Silver award.

Brownie Leaders



LONG STRATTON & DISTRICT WI

Our members met together for a fish and chip supper at the beginning of our March meeting. This was our annual meeting and was followed by social time. Now we are all set for the year ahead.

Apart from our own meeting, the main event in March was the annual meeting of the Norfolk Federation of Women's Institutes at the Theatre Royal in Norwich. Members from all over the county were welcomed by the Federation Chairman. The Mayor of Norwich, accompanied by the Mayoress, also gave a short welcoming speech. As usual our delegate reported back to Long Stratton Institute's members on the day's events.

The morning speaker was Mr. Stephen Maunder from Norfolk Trading Standards who told us about the latest scams. He urged people not to just dismiss such telephone calls but to report them. Rightly they should be called attempted frauds.

After a break for lunch our afternoon speaker, Janet Street-Porter gave an amusing talk about her life and various careers. She has recently moved to Norfolk and was enjoying the flat terrain after many years in the Lake District. The audience had the opportunity to ask her questions but she was very careful not to divulge personal information.

As always the meeting began with singing Jerusalem and ended with the National Anthem, now God Save the King. During the day everyone had the opportunity to visit many W.I. stalls set up in the Theatre and get information on forthcoming events.



Here in Long Stratton we meet on the third Wednesday of the month in Long Stratton Village Hall. Our next meeting will be on Wednesday 15th May when Helen Murray will give a talk entitled "Newhaven Court – love, tragedy, heroism and intrigue." Why not come along at 7.30.pm and find out what it is all about.

For further information telephone 01508 531154.



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LONG STRATTON LIONS

During the Easter holidays, Roy and I were privileged to be invited to open the first session of BikeActive's new Junior Section at Manor Road Playing Field, as two years ago Long Stratton Lions had given the organisation a donation to help the start-up. The weather was cold and windy so we had not intended to stay long – but it was so interesting and the children were having such a wonderful time that we ended up staying for the whole session. The many



friendly volunteers showed us the huge range of bicycles, adapted for every age and ability and disability. Some were for two riders, with a volunteer adult taking the strain. Roy had a try-out on a giant



tricycle and had to be persuaded to dismount. Adult sessions on quiet roads have been established for some time. Do look at their website (just google BikeActive Norfolk) where there is loads of information and see if this activity would benefit you, your child, or someone you know. We were so impressed.

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Healthy weight and healthy living

The pandemic was a time that brought about many changes in the way we lived, interacted and communicated. There were numerous changes that occurred in every sector of life. One such change was a reflection on our eating habits, the realisation of the devastating effect of covid on people especially if they were overweight or obese and the importance at looking at our community and seeing what could be done to help people struggling with weight issues.

A policy paper published in 2020 'Tackling Obesity: empowering adults and children to live healthier lives' can be accessed through the gov.uk website. This paper starts with a rather sombre introduction: Tackling obesity is one of the greatest long-term health challenges this country faces. Today, around two-thirds (63% of adults are above a healthy weight, and of these half are living with obesity. We have 1 in 3 children leaving primary school who are already overweight or living with obesity with 1 in 5 living with obesity.

What are the implications of Obesity?

1. reduced life expectancy.
2. It is a risk factor for a range of chronic diseases, including cardiovascular disease, type 2 diabetes, high blood pressure
3. at least 12 types of cancer
4. liver and respiratory disease
5. it can impact on mental health

It is never too late to make changes to our lifestyle by eating healthier, exercising like a brisk walk every day for 30 minutes and ensuring adequate hydration with water.

What is available to help us:

1. Download the free NHS weight loss plan (through Apple store and Google play)
2. Healthy eating plans. The link below gives us some fresh ideas.
<https://www.nhs.uk/better-health/lose-weight/healthy-eating-when-trying-to-lose-weight/>
3. The NHS Digital weight management programme. The link below gives you information about this programme.
<https://www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/>
4. Active NoW. This programme based in South Norfolk aims to support patients into exercise.
<https://www.southnorfolkandbroadland.gov.uk/communities/active-now>

Let us act now to ensure healthier lives and healthier weights. Let us inspire others around us and thereby ensure a healthier community and a healthier country.

Long Stratton Town Council

Pavilion, Manor Road Playing Fields, Manor Road,

Long Stratton, NR15 2XR

Clerk: Mrs B Buck

Tel: 01508 530524 office@longstrattontowntowncouncil.gov.uk

Summer community event

On Saturday 6th July we are holding another community event in the afternoon on the Manor Road playing fields and are really excited to bring everyone together again! We are still looking for stall holders who would like a pitch of any kind and volunteers to help out throughout the day, even just for a short while we would really appreciate your help.

If you would like more information please contact the office on 01508 530524, e-mail office@longstrattontowntowncouncil.gov.uk or pop in to the Pavilion for a chat.

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 two meeting dates are: Monday 13th May at 7pm and Monday 10th June at 7pm.

Becky Buck, Town Clerk



DIGGERS & DIBBLERS GARDENING CLUB

Tues 7th May 7.30pm Forncett Village Hall

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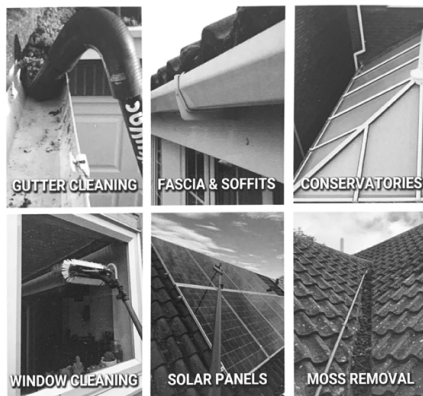
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Susan can be contacted to book an appointment on 01508 530926. Mobile 07546716038.

email: susanmarrowsmith@talktalk.net

M	T	W	
		1 Wacton Parish Council Annual Meeting Wacton Village Hall 6.00pm see p24	2 Pilates - Wacton see p24
6 Local Walk - see page 38 Pilates - Hempnall Village Hall see p22	7 Coffee Morning Wacton Village Hall 10.30am Let's Chat St Mary's Church 10:00am - 12:00pm see p28	18 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	9 Pilates - Wacton see p24 Lunch Club Long Stratton Congregation Call 079687 Tharston & District Wacton Village Hall 7:30pm
13 Pilates - Hempnall Village Hall see p22 LSTC Meeting Pavillion community Room Manor Rd 19:00	14 Diggers & Dibblers Forncett Village Hall 7:30pm Let's Chat St Mary's Church 10:00am - 12:00pm see p28	15 Long Stratton & District W.I LS Village Hall 1930	16 Pilates - Wacton see p24
20 Pilates - Hempnall Village Hall see p22	21 Coffee Morning Wacton Village Hall 10.30am Let's Chat St Mary's Church 10:00am - 12:00pm see p28	22 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	23 Pilates - Wacton see p24
27 Pilates - Hempnall Village Hall see p22	28 Let's Chat St Mary's Church 10:00am - 12:00pm see p28	29	30

T	F	S	S
on Village Hall e p122	3 Wacton Social Club open 7.00pm - 11.00pm with Bingo	4	5 Messy Church St Mary's Church 16:00 - 17:30 see p28
/Wacton Village all see p22 12:00 - 2:00pm Stratton onal Church Hall 716698 to book & District W.I. Village Hall 30pm	10	11 Wacton Church Coffee Morning 1030am.	12
Wacton Village Hall e p22	17 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	18	19 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall Hope Church Wacton Village Hall 15:30 .
Wacton Village Hall e p22	24	25 <i>Vintage Tea Party</i> 14:30 see page 14	26
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Wacton Parish Council,
Village Hall, Hall Lane, Wacton, NR15 2UH
Clerk: Mr Alan Arber
Telephone: 07813190516 Email: wactonparish@yahoo.com

ANNUAL MEETING OF THE PARISH

The annual meeting of the parish will take place on May 1st 2024, starting promptly at 5:30pm. All parishioners of Wacton are cordially invited.

WOODLAND PROJECT

The bridge is in a bad way and temporary repairs have been done, as it's in need of urgent repair soon, the area may be closed to parishioners until repairs are made.

BOOK EXCHANGE

Works have started with internal painting and damp proofing.

FOOTPATH WARDEN and COUNCILLORS

We have space for 3 more councillors to build up our team.

We are also in need of a footpath warden, so if you are a keen walker, with or without a dog. Wacton has a number of footpaths, bridle paths and restricted byways to walk. Please contact the clerk for more details.

NEXT MEETING

The next meeting will be on Wednesday 1st May 2024 after the Annual Meeting of the Parish concludes at 6pm

Meeting dates for 2024

June 5th

July 3rd

No Meeting in August

September 4th

October 2nd

November 6th

December 4th

All meetings times and dates are subject to change.

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HARLESTON CHORAL SOCIETY

Our Summer Term began on 8 April, but it's not too late to join us as we rehearse Saint-Saëns Requiem and Dvořák Mass in D Major for our Summer Concert on 29 June 2024. No auditions, and music is provided free. Practices are on Monday evenings 7.30 pm- 9.30 pm, in The London Road Church, Harleston IP20 9BH. Parking available in The Original Factory Shop (TOFS), almost opposite the church. Come and sing with us, especially if you're a potential tenor, alto or bass.

Further details about the choir are in the Location and Contact and About Us sections of the website, or from Stella Brownsea at heidihouse@btinternet.com



HARLESTON & DISTRICT U3A

Harleston & District u3a - our monthly talk, on Wednesday 15 May at 2.00 pm in St John's Church, Harleston IP20 9AZ will be given by Rachel Allum-Sindall of Onward Enterprises, the local community enterprise which offers training and job opportunities to local people, as well as raising funds through drama, eg The Emperor's New Clothes (at The Sancroft Academy, Harleston).



Rachel came into the family business in 1991 as a Company Director, with her parents. After the death of her father Rachel has taken on the role of Managing Director, overseeing both the units (Thetford and Harleston). She provides a wealth of experience from both the Industrial sector and Social Care sector.

Visitors welcome, admission £3.00 including refreshments.

Further information about this and all Harleston & District u3a's activities is on our website www.u3asites.org.uk/harleston or by contacting Kim Poulton on 01379 788149.



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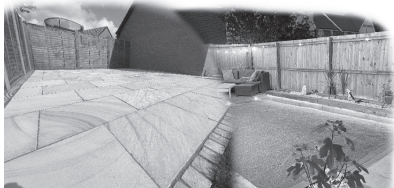
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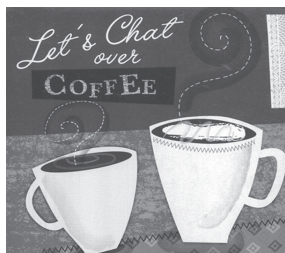
The Next Messy Church is on **Sunday 5th May**
1600 - 1730 in **St Mary's Church**, with all the usual activities.



Just come along and join the fun!

Children must be accompanied by an adult.

For more information contact strattonmessychurch@gmail.com
or Long Stratton Messy Church on facebook.



LET'S CHAT

Let's Chat in St Mary's Church 10:00 to 12:00 every Tuesday. Why not come down for a gossip where Janet and the team will be there to welcome you with tea, coffee and homemade cake.

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BURSTON WOODS AND FIELDS

Easter Monday found 11 of us gathered in the playground car park by the school. We set off on Diss Road turning left at the crossroads down a quiet road where we admired a Canadian-style timber-framed house which had been built by the father of one of our group! A thrush was singing. Ahead of us the 10.30 train from Norwich thundered past but we turned onto a wide green path before reaching the line. Rape to the side of the field was in full flower, really early this year. Just before entering a wood, we noticed lots of bees and hoverflies on the verge including a handsome red-tailed bumble bee and in the wood we heard a chiffchaff and the distinctive yaffle of a woodpecker. Several amongst us are very knowledgeable about wild life and the great thing is, it makes you notice things you otherwise would not. We walked beside a clear-running stream then over a little well-made bridge. After the wood the field was roped into large squares such as often contain horses but today they were empty. On reaching a road, we turned right and soon right again, to walk back along the far side of the wood. The nettles on one side were still tiny but will be a problem in a month or two. We saw two hares racing across a field and sighted a horse and rider in hi-viz silhouetted on the skyline. Someone saw a Chinese water deer. We managed to get round a fallen tree and turned uphill, finally reaching a road. We crossed over and entered a charming path with hedges on both sides. After a bit we met the horse and rider who waited for us to clear the path as the horse was nervous. This brought us close to a fence where we were surprised to spot a rhea grazing in the distance – too far away to take a printable photo unfortunately. You'll just have to take my word for it! Looking up we saw 3 buzzards circling and a glider disappearing into the distance. The next bridge we came to was in a sad state; the footpath signpost had collapsed and the boards would soon be too rotten to support human weight. A note was made to inform Highways - who are responsible for footpaths as well as roads. We then came to a field of rape where the farmer had cut a 2 metre wide path. Not all farmers are so conscientious so that was very pleasing to see. Now we turned onto a quiet track and made fast progress, eventually passing old cottages with banks of primroses and daisies. Islands of bright yellow kingcups flourished in a small stream. The last mile back to Burston was on Mill Road, passing the extensive buildings of the mill and an interesting sign (see photo). It was really warm by now and those of us who had dressed for typical English weather found ourselves carrying coats and scarves. Back in the village we went to see the small church, unfortunately locked, and the famous Strike School before returning to our cars. We saw (and heard) so much on this delightful Spring walk. Many thanks to Steve and Chris for devising it.



Bonnie

Do join us for our next walk on Monday May 6. Meet on the car park near the toilets

LONG STRATTON LIBRARY

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Saturday: 8am-4pm (staffed 11am-4pm)

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Ryan Watts, Library Manager - Diss, Harleston & Long Stratton Libraries
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CHURCH SERVICES - May

5th May - 09:30am - Morning Prayer - Wacton
11:00am - All Age Worship - St Mary's

9th May - 11:00am - Ascension Day Holy Communion - St Mary's

12th May - 09:00am - Morning Prayer - St Michael's
11:00am - Holy Communion - St Mary's

19th May - 0930 - Holy Communion - Wacton
11:00am - Morning Worship - St Mary's

26th May - 09:00am - Holy Communion - St Michael's
11:00am - All Age Holy Communion - St Mary's

CONGREGATIONAL CHURCH

5th May at 10:45am – Family Service incl. Holy Communion – Pastor Malcolm Simpkin

12th May at 10:45am – Family Service – Colin Basham

19th May at 9:45am – Community Family Breakfast
10:45am – Family Service – Joy Southam

26th May at 9:45am – Monthly Prayer Meeting
10:45am – Family Service – David Moore

Hope Church

19th May 3:30pm - Service for all ages - separate childrens service - Wacton Village Hall.

From the Parish Registers

THE SEXTON'S WHEEL

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or send to the **Parish Office** 8 Flowerpot Lane, Long Stratton, Norwich NR15 2TS using the form below.

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Images: Any pictures you may have to accompany editorial would be welcome. Please send these as jpgs not embedded in a word document.

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