

The magazine for Long Stratton & Wacton

Long Stratton Town Council's

Community Christmas Event!

Come along and have fun at the annual community Christmas event where there will be stalls, food outlets, children's funfair, tombola, a bar, live music and of course Father Christmas and his elves!



Swan Lane car park and the Fire Station
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December 2022

Long Stratton Village Hall - Booking Information



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Via our website www.longstrattonvillagehall.org.uk

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

Church Contacts

St Mary's Chrissy Briggs - (01508) 536724

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

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As we approach Christmas time, let's just pause a while and spare a thought for those less fortunate than ourselves, those in poverty, those who are sick, those in war torn contries, those under oppression, those suffering from famine and drought and pray that all will come right for them.

We wish you all a happy, joyous and peaceful Christmas and a prosperous New Year.

The Sexton's Wheel Team

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Gifts, Gifts, Gifts

Here we are in December, looking back on a challenging, concerning, and chaotic year. As we look at the storms, floods and fires we cannot ignore that we are contributing to the climate problems around the world. We see many grappling with the loss of homes, possessions and loved ones. We see the wars in Ukraine, Syria, Yemen, and many more that are under reported, leading to many people killed, displaced and lives devastated. We see the chaos of the world economy with rising prices, broken supply chains and people struggling to feed, heat, clothe their families. At the time of writing, 1 in 30 people in the UK has Covid, hospitals are straining to cope with Covid and flu and some countries still have lockdowns to contain the illness. In the UK this year we've had four chancellors, three PMs and two monarchs which has contributed to the uncertainty and added to our economic woes. Add but still only one heavenly King and you could sing it to the twelve days of Christmas.

Against this background we approach Christmas with all its busy-ness: decorating the house and tree with tinsel and lights (electricity bills permitting); ordering and preparing the food and drink to celebrate; writing copious cards we send to say we are still thinking of those we may not have seen for a while; struggling to buy the perfect gift for our family and special friends then wrapping and delivering them; completing the many other tasks on our list, until we collapse in a heap on the day after Boxing Day, avoiding both the scales and the credit card bills.

I hope among all the busy-ness you have some time to think of the story of the birth of the King of love, Jesus, who was born into this world in a humble stable, to remind us of God's love for us, and the need to care for each other. The gifts he was given by the Magi were thoughtfully chosen: gold for a king of heaven and earth; frankincense for a holy priest of love; and myrrh for love that would even die for our sakes. I know we will think carefully about the gifts we give to our loved ones to show them we know them and care for them. Perhaps this year, with so many in need in our local communities and beyond, we can think carefully of how we might widen our gift giving to those beyond our normal circle. I have witnessed great examples of people looking for ways of doing something extra this year. One friend collected and took parcels to Romania for Ukrainian refugees who had fled the war. Another friend is part of a refugee charity helping those who are trying to settle in Norwich having had to leave Syria. I know people who regularly collect for and staff the foodbank. I've read about several neighbours who formed a club where they visit each other's homes on rotation which provides company for each other and reduces the heating and food bills. The fellowship at my own church are setting up a 'warm space' at the Methodist Church on Manor Road which I'm hoping will be well used and provide similar benefits.

Cont on p7



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Cont from p5

What extra gift(s) can you give this season of goodwill? Maybe you could wrap one more present and give it to someone who is on their own. Or you could visit them on Christmas day for a coffee and mince pies. While I know this may be difficult when all you want to do is snuggle in at home, it can be so worthwhile. Or perhaps you could invite them around to join your family for some or all the Christmas celebration at your home. Again, this can be so rewarding as it can bring an added dimension of fun to the festivities. At Christmas my Dad was fond of donating to the Salvation Army when their brass band came to play outside our house, returning their kindness to his family from many years before. My wife's Dad gave to the RNLI as he had been a fisherman and understood the value of those brave souls who crewed the lifeboats. What charity is close to your heart that would welcome a donation at Christmas? Alternatively, you could volunteer your time to support a charity. Charities such as Crisis do great work particularly over Christmas.

Whatever you decide, I wish you all a very blessed Christmas, filled with love, peace and joy – and of course enjoying all the gifts of this special time of year.

Pastor Malcolm Simpkin – Long Stratton Congregational Church.

The first term back is actually heading towards Christmas at a fast pace. The Guides and Leaders have had a very fun, interesting few weeks. As a Unit we have welcomed quite a large number of new Guides, this is very exciting and we hope they enjoy their time with us.



With so many new Guides, we have spent some time introducing ourselves and played games to help everyone learn all the names. With so many new members and as a reminder to the current Guides we had a session dedicated to the Guide Promise. It was a fun activity, but very messy as we made the Promise out of Alphabetti Spaghetti!! The Promise also included the new change of 'King' instead of 'Queen'.

Much of the first half of the term has seen everyone participate in Skills Builders which will help all the Guides to achieve a First Aid badge. One night we bandaged a water bottle which was filled with water and punctured to see if we could stem the flow of the water (replacement for blood) and then each other. When we looked at conditions which can occur in extreme heat and cold, the Guides made a 3D scene to get the other patrols to guess what the condition was, and what the symptoms were that might be present.

In half-term a group of 15 Guides spent the night at the Eaton Vale Activity Centre and participated in activities, which included; crate stacking, cave bus, canoeing, climbing, archery and shooting. It was a great night and thankfully remained dry. The Dinner and Breakfast provided by the venue was excellent and kept everyone's energy levels up.



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Other activities undertaken have seen the Guides set a brazil nut alight and then dip apple into the heated toffee sugar, as well as photo orienteering.

As this is being written, we are in November and the Guides will join their fellow members and the Scouting groups for the Remembrance Day parade. Then as we head towards Christmas our attention will turn to making decorations for the Christmas Tree event in St Mary's Church and having even more fun.

The Guide Leaders

2nd Long Stratton Brownies Sleepover

Comments from the girls who attended our first sleepover for three years.

Yesterday we got to the start of the camp. So we did some games and songs. It was so fun. It was great we had sausages and chips for tea.

We made up our beds with blankets and our sleeping bags, it was tricky. Then we went to bed, good night, bye bye! It was literally impossible to sleep (they dropped off quickly in fact though a few woke early.)



In the morning we woke up and had breakfast and it was bacon rolls and cereal, it was good. The game outside was really fun and interesting (orienteering). Then we made penguin book marks. Afterwards we all helped make a fruit salad and then we prepared our own sandwich for lunch. We ate the fruit salad after our sandwich and crisps.

It was my first sleepover and I was most excited. We had a lot of fun and made friends. I enjoyed the stories and playing penguin bingo and we learnt a lot of facts about penguins. We had a busy time and made a lot of crafts. I liked having dinner, breakfast and lunch with my friends. I did not like sleeping on the floor. It was warm on the sleepover. I will really miss it here.

All the crafts and activities were inspired by penguins and the Brownies gained their Penguin Challenge Badge and also took home a penguin chocolate bar!



Many thanks to Brown Owl and Rabbit who helped me organise and run the event.

Tawny Owl





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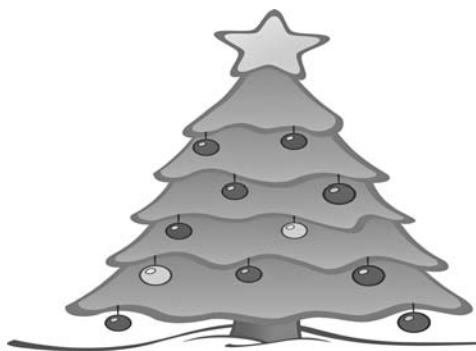
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Proceeds in aid of St Mary's Church restoration fund

Christmas Tree Festival



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Proceeds in aid of St Mary's Church restoration fund

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As we enter a time of potential change in the market over the winter I can guide you through with a careful hand. Being local and working in this market for nearly 30 years you can be sure you are getting the right advice from day one.

We can't give away all our secrets here but please call Janette to get a really up to date idea of things- prices are changing all the time and you may be amazed!

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forward
to a new
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G ★ ★ ★ ★ ★

Highly recommend Janette & her team at Howards, great service, great communication and nothing is too much trouble.

Janette was always very professional, kept to her word & showed lots of kindness & compassion during our sale.

RG

We started our journey in the hunt of a new property & relocation from Essex, and on finding a property that we fell in love with from the first viewing with Janette just before Christmas.

It was not a easy process our end on sale of property, but both Janette and Cheyenne worked non stop in supporting our purchase and managing the communications though out, and on 14th June 2022 our dream come true and we finally moved in.

CB

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LONG STRATTON & DISTRICT WI

The National Federation of Women's Institutes was formed in 1915 to give women a voice and encourage them to take part in the life of their communities. Branches sprang up all over the country, mainly in rural areas. 1927 was the start of Long Stratton Women's Institute and this October we celebrated our 95th year with a party, meal and entertainment. Some past Presidents attended and many guests from nearby institutes. All our members worked together to make the occasion a memorable and enjoyable evening for everyone.

The photograph shows the present President and two former Presidents cutting the celebratory cake which was baked and decorated by two committee members.

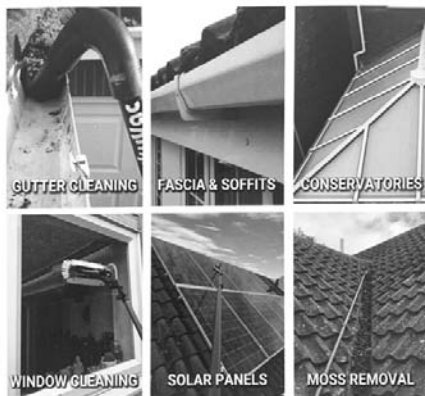
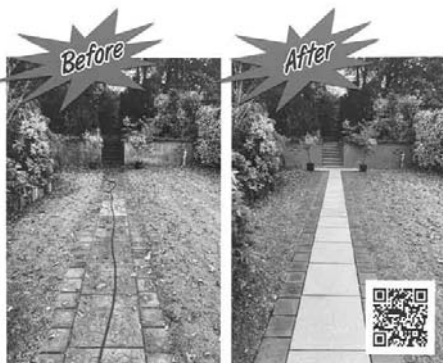


The rest of October found us planning ahead and November onwards there will be the opportunity for members to lunch out together, and meet up for a chat. We will be at the town's Christmas event, we are decorating a tree for St. Mary's church Christmas Tree



festival, we have our Christmas party meeting in December and our institute's Christmas lunch is booked. Do look out for us.

Our December meeting is a week earlier than usual to avoid the Christmas rush of preparations. Visitors interested in joining us are welcome to come along for a small fee. The December meeting will be at 7.30 in Long Stratton Village Hall on Wednesday 14th December.



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Christmas event 2022!

We are excited to be putting on another community Christmas event again this year. It will be on Friday 2nd December 2022 from 4pm until 8pm on the Co-op car park off Swan Lane and also over at the Fire Station grounds. There will be stalls, children's funfair, food outlets, live music, a bar, tombola and of course Santa and his elves will be there too!

Defibrillator

Along with the defibrillator which is on the wall outside the Town Council's Pavilion, another one is currently being installed on the front of the local Police Station off the A140. At the time of writing we have been advised that it will be available for use at the end of November.

Community Emergency Response Volunteers

Would you like to help your community during time of need?

Long Stratton Town Council are creating a Community Emergency Volunteer Team that can be called upon during times where volunteers are needed to support the community. This could include times of flooding, power outages, heavy snowfall etc. Volunteer roles may include checking on neighbours, distributing food, water, blankets, shovelling snow or delivering sandbags.

No experience is needed, just a willingness to help.

If you are over 18 and would like to join the volunteer list or would simply like some more information, please email office@longstrattontowncouncil.gov.uk or call 01508 530524.

Community room for hire

The community room at the Pavilion is available to hire during the day, evenings, and weekends. It has kitchen facilities and free parking available. If you would like to make a booking or would like to come and view the facilities, please call the office on 01508 530524.

Meetings

All the Town Council's meeting dates and times can be found on the website at www.longstrattoncouncil.info

Long Stratton Medical Partnership

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY.

Tel: 01508 530781

As our thoughts turn to the festive period I thought it might be good to reflect on 2022 at LSMP.

Firstly I would like to pay tribute to the whole team here at the Surgery.

- Have we got everything right? – NO.
- Have we been able to provide the service that we so desperately want to provide to you, our patients? – NO – not consistently, and not to the level we want.
- Have there been mistakes made – YES – and from each one we have reflected and learnt from it, and tried very hard not to ever repeat it.
- Have the team worked above and beyond, gone out of their way to do their absolute best, worked through isolations, sickness, serious personal difficulties with bereavements and family issues – YES

I am proud of every single one of our team for keeping going when they could so easily have voted with their feet and left the NHS. Most importantly – we care – we care so much that when things do go wrong – or we read negative posts on social media when sat at home with our families – it hurts. We too are human beings. We too have issues with our morale. We too feel overwhelmed by the sheer volume of demand that is pouring down on us. We too go home in the evening and have sleepless nights thinking about that person who was upset, shouted at us, sometimes made us cry at work when our hands are tied by the system or the lack of appointments. Do we want to ask “Is it an emergency for today?” – NO we don’t – but if there is no other way – what do we do? I have got to say that this year has been the toughest of my 5 years in post for many reasons, far harder than the two COVID years, because this year has been about trying to get back to some semblance of normality, while facing the highest levels of demand ever.

I really don’t want this to sound negative, because it is not, but I would just like to tap into some of that festive spirit out there to say – do you know what, there is a huge population out there who really do appreciate what we have done, and are trying to do. I would like to celebrate the fact that our overwhelming positive feedback on Friends & Family responses makes us feel valued by the majority. We have a real unity at Long Stratton Medical Partnership that I have never seen or found in any other workplace. That unity is led by our GP Partners and it permeates throughout the whole team, and I, for one, am proud to say that LSMP does its level best to provide a Primary Care service to you, our patients.

Cont on p19

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Cont from p17

Looking forward into 2023 I am positive that our development plans will start to alleviate some of our problems. We are having a new extension built giving 7 extra clinical rooms – space to expand as Long Stratton and surrounding district develops. The car park will be extended, our existing rooms will be retrofitted and brought up to new standards. It will be an exciting year, but I do need to add the caveat that during the build there will be some disruption. We will keep it to a minimum, and try hard not to have impact on our clinical capacity but working around a building site will be interesting to say the least. Please bear with us, we are building for the future, and learning from our past. I want us to have a fantastic building and service provision for you all going forward into 2024! We would like to wish all our patients a very happy and healthy Christmas & New Year! Please feel free to come down and join us on Wednesday 21st December from around 2pm when we will have members of the Salvation Army in with us again bringing some traditional festive cheer.

Keith Burnett Practice Manager

Warm Welcome Space Wednesdays 10am-2pm

We are opening the doors of the Methodist Church on Manor Road as a Warm Welcome Space on Wednesdays until the end of March. Anyone who would like to spend a bit of time with us is very welcome to just turn up. We will be providing hot drinks and biscuits plus soup and a roll. We would love to see you to have a chat, and we are also going to be providing some games and magazines.

These are just our ideas though. Anyone who comes along is welcome to help us shape the activities according to what people would like.

Everyone welcome

Sue Simpkin

Marjorie celebrates her 100th birthday at The Mayfields

Residents, family and staff at Castlemeadow Care's The Mayfields celebrated the 100th birthday of Marjorie Smethurst on 27th October.

Marjorie has lived at The Mayfields on Swan Lane in Long Stratton for just over a year. She was joined for her birthday by some of her family, including some who flew in from the USA to share her celebrations. Marjorie's special day started with some entertainment from her favourite – Elvis; and was followed by a garden party afternoon tea. She was presented with a cake, presents and flowers as well as a special card from the new King Charles III and his Queen Consort.



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Appointment of a new Rector

It is over 12 months since Rev. Heather Wilcox left Long Stratton and an advertisement to recruit her replacement has not yet been published. The delay has been caused by the need to fundamentally reorganise the parish groupings (benefices) that each priest looks after throughout the Diocese of Norwich. Like businesses and households, finances in the church are very difficult. A parish priest receives a stipend (salary) of £28,361, but the total cost after taking into account National Insurance (£2,899), pension contributions (£7,431), housing (£11,383) and training and support costs (£5,435) rises to £55,509 per year. Diocesan income reduces this figure to £46,910. In addition, every parish needs to contribute towards "central" costs which include the training of new clergy and the provision of church schools as well as administration and support costs. This increases the total cost per clergy post to £67,064 per year. This is paid for by each parish being allocated a share (the Parish Share) of these costs. The Parish Share allocated to our churches is £25,834 (St. Mary's), £7,500 (St. Michael's) and £6,100 (Wacton). Heather was also the Rector of 5 other parishes in the benefice (Aslacton, Bunwell, Carleton Rode, Great Moulton and Tibenham) and shared her ministry with Rev. John Madinda whose post is part time (50%). Therefore, the total cost of ministry in our benefice of 8 parishes is $1.5 \times £67,064 = £100,596$. The Parish Share allocated to us was £84,000 and therefore we were being subsidised by other parishes elsewhere in the Diocese, which is how the system works if everyone pays their Parish Share in full.

Unfortunately, many parishes have been unable to pay their allocated Parish Share in full for many years. The 3 churches in Long Stratton and Wacton paid a total of £22,600 in 2021 (57.3% of the amount allocated). Consequently, there needs to be a reorganisation of benefice boundaries so that each clergy will need to look after a larger area. The area under consideration is the Deanery of Depwade which includes parishes around Brooke (5 parishes), Hempnall (8), Tasburgh (6), Long Stratton (8 – see above) and the Upper Tas Valley (8). It is proposed that this is reduced from 6 full time + 2 part-time clergy to 4 full time clergy + 1 unpaid clergy (who will have a house provided in return for duties given).

All affected parishes are being consulted about this and responses to the following 3 questions are invited by 10th December:-

1. Are there any particular principles you think that we should bear in mind?
2. Given the need for change, are there any preferences which you wish to express?
3. Do you want to make any other comments?

Although the reduction in clergy is undesirable and will make the ministry of the church more difficult for both clergy and volunteers, the financial situation unfortunately makes it inevitable.

Cont on p23



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Cont from p21

All Parochial Church Councils will be making a response, but individuals can also do so by e-mailing graham.cossey@dioceseofnorwich.org including your name, parish and whether you are responding as an individual or on behalf of a PCC. It would be interesting to gauge the amount and type of responses submitted. If you are happy to do so, please copy in steve.dugdale@googlemail.com (although there is no compulsion to do so). The Diocese will decide on new parish groupings in January 2023 and it is expected that the post can then be advertised shortly afterwards.

An information board with a map and information about the proposed reorganisation is available in St. Mary's church. A key is available from Cheshunt Hair Studio.

Despite the difficulties, most of the usual special Christmas services are going ahead as normal. Please see details on page 42.

Steve Dugdale and Chrissy Briggs (churchwardens, St. Mary's church)

Time to move on from Old Mill & Millgates Medical Practice

After 15 years working as a Phlebotomist at Old Mill & Millgates Medical Practice I have decided it's time to move on and try something new. I couldn't leave though without saying a big thank you to all the wonderful people I have met & come to know throughout my time at the practice.

My new role will continue to see me working in Norfolk so I'm sure I will see some of you around in due course.

In the meantime, bye for now, take care & hope to see you again soon.

Kind regards

Elizabeth



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THURSDAY CLUB

In July members of the Thursday club met for lunch at the Foundry cafe. We then voted to wind up the club. Sadly our numbers had dwindled significantly and no one could be found to take on committee jobs which had become vacant.

The Club was founded in 2007 by a group of residents when the over sixties club closed. The club flourished and had many activities, interesting talks, outings, parties and a very famous pantomime!

These would always be followed by delicious cakes, tea/coffee, quizzes and a raffle. The club provided a happy time for senior citizens to get together. It will be missed.

There were some funds left in the Bank, and these have been divided between four charities, The British Heart Foundation, Parkinsons UK, The Alzheimer's Society and Diabetes UK.

Harleston & District u3a wishes all our followers a very happy Christmas, and a healthy and peaceful new year. We'll be resuming our monthly talks on Wednesday 18 January at 2.00 pm, in St John's Church, Harleston (speaker tbc) and look forward to seeing you then. If you're not already a u3a member, do think about making it a new year resolution to join us and reap the many benefits we have to offer, for a membership fee of just £14 pa! For further information please visit our website: u3asites.org.uk/harleston or by contacting Kim Poulton on 01986 788149.

Come and join us for....

The next Messy Church is on **Saturday 17th December 9 - 10.45am at St Mary's Church**. Starting with Breakfast at 9am, followed by a story, crafts, and activities for everyone, and finishing with a short time of worship.

For more information contact Megan on **07956 715383**.

Just come along and join the fun!

Children must be accompanied by an adult.



LET'S CHAT

Why not come along for a good old chat at St Mary's Church every Tuesday, 10.00am - 12.00pm.

Janet and the team will be there to welcome you all with tea, coffee and homemade cake. And as usual:

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Everyone at Borderhoppa would like to wish all of our passengers and supporters a very merry Christmas and a happy new year.

We have lots of great outings booked for 2023, pub lunches, trips to garden centres, the seaside and much more. Our 2023 outings leaflet will be available from early December. If you would like a copy, please contact us on **01379 854800** or email **adminborderhoppa@btconnect.com**.

We look forward to seeing you in 2023!

Harleston Choral Society, your local non-auditioning friendly community choir, would like to wish all our supporters a very happy Christmas and a healthy and peaceful new year. Our Spring Term begins on 9 January 2023 and we would love you to come and sing with us on a Monday evening, when we practise from 7.30 – 9.30 pm in The London Road Church in Harleston, under the direction of our Music Director, Justin Bindley, and our accompanist Karen Smith. We'll be rehearsing for our Summer Concert on 1 July next year, singing Haydn Stabat Mater and Mozart Opera Choruses, Arias and Ensembles. For further information about HCS please visit our website **www.harlestonchoralsoc.org.uk** or from **Stella Brownsea**, our Chair, at **heidihouse@btinternet.com** or **John Awty** on **07477 919987**

A TASTE OF HOPE

December 4th @ 3:30pm

A service for all ages

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Activity Programme

April to September 2021

Free online activity programme for 0 to 5s in Norfolk



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



Early Childhood and Family Service



Live Online Groups

Baby Days Live Online

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

Toddler Days Live Online

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

Baby Massage Live Online

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

Register at

tinurl.com/ECFSevents

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

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



Need extra help or someone to talk to?

We are here to help with things like:

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



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



Online form:

www.tinurl.com/ECFSHelp

Email:

ecfs-families@actionforchildren.org.uk



New videos or themed activity posts every day at facebook.com/EarlyChildhoodFamilyService

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



Musical Monday with Magic Acorns

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



Monday

1.30pm

Let's Get Talking!

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

Tuesday

11.00am

Children's Wellbeing

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

Wednesday

1.30pm

Fun and Learning

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



Thursday

11.00am

Cookalong

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

Friday

1.30pm

Other activities for 0 to 5s and their families

Norfolk Libraries for Families

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



Norfolk Family Learning

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



Norfolk Community Directory

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



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

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Courses offered by the Early Childhood and Family Service



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

Solihull Parenting Course

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

Baby Massage

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

Freedom Course

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

Triple P

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

Circle of Security

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

Our partners



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

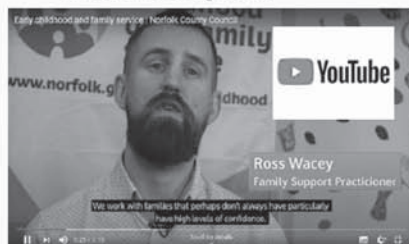
How to contact us

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

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



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



See our video on YouTube to find out more

Useful contacts

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

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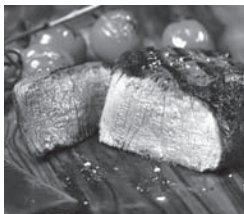
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WACTON FOOTCARE

The next session of Footcare will take place on Tuesday 13th December. If anyone is considering a 1st appointment for Footcare please call either of the numbers below for further information or to book an appointment.

The contact numbers are ---

Clare --- (Footcare Specialist) --- 07785 295358

Rita --- (for further information or to cancel an appointment) --- 01508 218407

WACTON COFFEE MORNINGS

Our coffee morning will be held on 6th December at 10.30 am as usual, but on 20th December we will be having our annual Christmas 'bring and share' lunch starting at the later time of 12 noon. We look forward to seeing everyone there.

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WACTON CHURCH COFFEE MORNINGS

Wacton Church holds a coffee morning every month (the second Saturday of each month) at 10.30 am,

The next coffee morning will be on Saturday 10th December 2022!!

All are welcome



WACTON SOCIAL CLUB

Wacton Social Club are starting their club nights again at Wacton Village Hall on the first and third Friday of each month. We are having our club night on the 2nd December and we will be open again on the 23rd December. Doors are open 7pm – 11pm.

Looking forward to seeing familiar and new faces. All are welcome.

For information about becoming a member or upcoming events please contact:

Katie Anderson on 07577446589 / wacton.social.club00@gmail.com

Please check out our Facebook page for more coming events.

Wacton Churches

Most churches have stood in their villages long before deeds were developed, and were deemed not to belong to the local Manor but to the inhabitants of the village, jointly and severally.

When written title deeds were developed the names of the owners were written on the deed, but it soon becomes obvious that it is not practical for all inhabitants to be listed, and that every time someone moved in or out of the village the document would need to be rewritten. The lawyers found a solution to this by deeming the church and churchyard and other real property, if any, was held in trust by named trustees on behalf of the local inhabitants. But still each time the trustees changed, a new document was needed with the new names, so the practice of using a perpetual body to be the trustees developed. At that time the perpetual body was the church wardens of the parish.

The church wardens manage the church property on behalf of the inhabitants. The inhabitants were responsible for the maintenance and the money was raised by the church rate, donations and gifts.

However not all church wardens took their responsibility seriously and parish property was sold off to their, rather than the parish, benefit, so the Government set up the Church Commissioners who were responsible overseeing the sale of church land and stand as a Statutory Trustee.

Cont on p39



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SJP1202 V1 (04/20)

Cont from p37

Although Statutory trustees are deemed to hold the deeds for the parish property, they have no rights to the property or to sell it but they are bound by the decisions of the managing bodies.

Originally the Rector lived in a property either held by the Lord of the Manor, known as the patronage, or sometimes in property given to the parish and held in trust by the church wardens. However many Lords of the Manor sold the patronage when they became short of cash, eventually the patronage was transferred to the Diocese. Whilst many Rectors had a private income they were also entitled to the tithes and use of rents from the glebe lands. Glebe lands were usually bits of land left to the church. The last glebe lands belonging to Wacton were sold in 1956

As the Bishop and Diocese are responsible for the religious activities of each parish church, they pay the Rector, but not for the upkeep of the buildings or land. The Parochial Church council was set up as a joint body of the church wardens and members of the congregation. The Diocese asks each Parochial Church Council for an annual contribution for the expenses of providing the services of the Rector, known as the 'Parish Share'.

ALL SAINTS CHURCH WACTON UPDATE

Following the temporary closure of Wacton church, members of the PCC had a further meeting with the architect and structural surveyor to seek clarification regarding aspects of their reports.

The church is going to need substantial restoration work in the near future, but the excellent news is that the architect and surveyor agreed that the church could be re-opened.

The surveyor is returning in January to ascertain whether the cracks have worsened and if there has been further movement. The roof of the church has spread, creating pressure on the walls, which in turn have been affected. There is a possibility that it will be necessary to erect scaffolding in the church to alleviate the roof pressure, but if the surveyor thinks there has been little movement since his last inspection the scaffolding will not be needed immediately.

The PCC is delighted that the church can be re-opened and that we can once again hold events there.

There will be a candlelit evening of carols and Christmas music in the church on Sunday, 18th December at 6.30pm – please make a note in your diaries!

We will also be recommencing regular coffee mornings in the church from 10.30 on the second Saturday of the month – the next one will be on Saturday, 10th December.

Do please come along and support these events in aid of the restoration of our beautiful historic church.

Too wet to walk? No!

The first Sunday in November saw the heaviest rain for months. Would anyone turn up to walk on the Monday? Yes. We gathered in Long Stratton car park well prepared for any conditions, though our various weather apps were giving different verdicts about the day ahead. This time we didn't have far to drive (though as some walkers come from Harleston, Wymondham and beyond only half the group felt they were on home ground.)

Those of us who already knew Tyrrel's Wood, while we loved the ancient woodland, we associated it with getting lost and getting muddy. Thanks to Liz's expert guidance we suffered neither. On entering the wood from the car park we turned right and followed round the edge of the wood with open countryside on our right. The path was thick with richly coloured fallen leaves from oak and hornbeam. Surprisingly the view through the woods was not of autumn colours but of fresh green. There were also fresh nettles beside the path and, though the blackberries had finished there were fresh leaves on the brambles. Perhaps the trees had sprouted fresh leaves after the drought and hadn't noticed that autumn had come. Presumably, once there has been a frost, new autumn colours may be seen.

Eventually the path led away from the fields and we came to a sign for Boudicca Way. Gradually the woodland thinned out and we found our first really muddy patches as we emerged at the top of Parker's Lane. The second stage of our walk was a round tour of Wood Green. Again there were some unseasonal surprises including tiny buttercups still flowering brightly. We had expected to have to pass a water logged area but in spite of all yesterday's rain it was dry and the ponds had more bull rushes (beautiful) than water. There was more autumn colour on the common than in the woods, including bright rose hips, bryony and guelder rose. Parasol mushrooms under the bushes were big enough to spot from the path so we all went over to have a closer look. You can



see the size of them from the photo. The more we looked the more we noticed including tiny round heads emerging through the long grass.

There were different kinds of fungi to see as we retraced our tracks back into Tyrrel's Wood. Our return journey took us round the other side of the wood. There were tree roots and bridges to negotiate. We were nearly back at the car park when we came across two parallel tree trunks across the path. Fortunately nobody took a photo as we helped each other across this double obstacle in a rather undignified way!



Did it rain? Well we did find that our coats were quite wet when we reached the end but the drizzle had been light and we were sheltered in the wood. It was a really interesting walk combining two circular routes one of woodland and one of common land, both fascinating environments in easy reach of Long Stratton.

The next walk will be on December 4th. Meet at 10 near the Long Stratton toilets. Everyone welcome.

LONG STRATTON LIBRARY

Open Libraries is available at Diss, Harleston and Long Stratton Libraries, among many others around Norfolk. For further details, call in to a branch during staffed hours or call the Electronic Library team on 01603 774777.

Lego Club has returned - Monday (ages 4-7) 3.45-4.45pm, Tuesday (ages 6-11) 3.45-4.45pm – term time only

This autumn and winter, Tricky Period, Toiletries to Go and Keep Warm and Go bags are available from all Norfolk Libraries, along with free hot drinks available all day during staffed hours.

Starting on 2nd November, we will be holding a Creative Writing group in the Library from 5.30-7pm - bring your project along and work on it in a friendly environment.

Opening hours:

Monday: 8am-7pm (staffed 11am-7pm)

Tuesday: 8am-7pm (staffed 1-7pm)

Wednesday: 8am-7pm

Thursday: 8am-7pm (staffed 1-7pm)

Friday: 8am-7pm

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

Sunday: 10am-4pm

Ryan Watts, Library Manager - Diss, Harleston & Long Stratton Libraries
Norfolk County Council Library & Information Service



Norfolk
County Council

St Mary's Church yard Tidy Up

About 30 people turned up to help tidy up the Church and Churchyard on November 12th. A great big thank you to everyone who turned up and made such a huge difference.

CHURCH SERVICES - December

4th December - 11:00am - All Age Worship - St Mary's

11th December - 9:00am - Holy Communion - St Michael's
11:00am - Holy Communion - St Mary's

18th December - 11:00am - Morning Worship - St Mary's
4:00pm - Carol Service - St Michael's

24th December - 6:00pm - Christingle - St Mary's

25th December - 08:30am - Holy Communion - St Michael's
11:00am - Christmas Service - St Mary's

CONGREGATIONAL CHURCH

Sunday 4th December at 10:45am – Family Service incl. Holy Communion
Pastor Malcolm Simpkin

Sunday 11th December at 10:45am – Family Service - Rev Ian Jones

Sunday 18th December at 9:45am - Community Family Breakfast

Sunday 18th December at 10:45am – Christmas Family Service
Led by the Junior Church

Sunday 18th December at 6:30pm – Carols by Candlelight

Sunday 25th December - Christmas Day - No Service

Sunday 1st January at 10:45am - New Year's Day Family Service incl. Holy Communion
Pastor Malcolm Simpkin

HOPE CHURCH

4th December 3:30pm- Methodist Church service for all ages.

From the Parish Registers

We offer our condolences to family and friends of:

Maureen Leeder on 17th November at St Michael's Church

Enid Riches on 30th November at St Mary's Church

THE SEXTON'S WHEEL

If you have something to tell us, an event coming up, an article of interest please contact us **email: thesextonswheel@googlemail.com**

tel: 07557 990169

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

If you would like to advertise any Community Events this is free and we can tell over 2200 households

Editorial: If possible all editorial to be sent by e-mail. This saves time putting the magazine together and more importantly this would ensure names of people etc are spelt correctly. **Deadline for editorial is the 11th of the month**

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

Adverts: Advertising rates per issue: -

Quarter page(6cm x 9cm)	£19.20	Half page (13cm x 9cm)	£33.60
Full page (13cm x 18cm)	£60		

Market Place: Advertise items for sale or wanted for £5 per item per issue. maximum 30 words. This is not for commercial items but private adverts only. There is a maximum selling price of £500 for goods and the editorial team reserve the right to refuse any advert they feel unsuitable. The Sexton's Wheel will not be held responsible or enter into correspondence for any transactions between the buyer and seller. No logos or pictures

Deadline for adverts is the 5th of the month

Fixed charge of £10 for designing and re sizing any advert supplied - we will inform you when the advert is submitted if there is to be a cost incurred. No charge for change of wording if supplied as word document.

ADVERTS and DISTRIBUTION OF MAGAZINES - Ian Hetherington
07557 990169 thesextonswheel@googlemail.com

EVENT _____

DATE _____

TIME _____

PLACE _____

BRIEF DETAILS _____

CONTACT _____

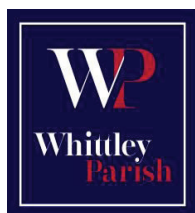


Rachel, Lene, Alex and Sonia

send the season's greetings to all
along with
our very best wishes for a happy New Year –

And if it's time for a change, we're ready when you are.

Whittley Parish – the moving experience



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