

The Sexton's Wheel Issue 258

The magazine for Long Stratton & Wacton



July 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.



Wacton Village Hall - Booking Information

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

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

St Michael's Rev Becki Bensusan (01508) 813900

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

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 we enter the Summer and prepare for our holidays, spare a thought for those caught up in crisis around the world.

The Sexton's Wheel Team

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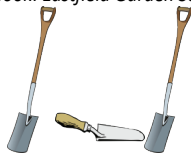
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Reflection

Recently I have taken the time to reflect on The Lord's Prayer. It is still something that we use at our services that take us all the way through our major life events and so it is quite probably a prayer that most of us have heard. Some of us are even old enough to have learnt it by heart at school. But sometimes these things can be almost too familiar that we can skim straight through it and not miss a beat, but not really listen to the words we've said. So, as I sit here now and consider it afresh again, I notice that some of the words take on a bigger meaning for me.

"Thy Kingdom Come" isn't simply about some old man sitting on a throne and passing judgement or mediating between squabbles to sort out the problems in the realm like some old fantasy film. Instead, I find that this part of the prayer is about looking for the ways that, with God, the world can be better for each of us and asking for that to become a reality in our lives: "On earth as it is in heaven." That is actually quite a bold prayer.

"Give us this day our daily bread" isn't so much about actual bread being handed out from a collection point to keep us all fed. Instead, I notice that it is about the asking for the essentials we need to get through each day, whatever we may face. This could be courage or hope, friendships of support or the chance to pause in the busyness of life. That is actually a very broad prayer.

"Lead us not into temptation" isn't so much about getting our knuckles rapped for reaching for that extra slice of cake again. Instead, I realise that this is about trusting God to guide us into the very best things available for us in the little things each day as well as the bigger things through life. That is actually a very encouraging prayer.

Perhaps you might join me in reflecting on The Lord's Prayer a little bit more intentionally. Or maybe this message might be a prompt to you to consider something else that you do almost without thinking and take this moment to notice it and notice how it connects you to the bigger picture. From a mindful practice of focusing on breathing deeply, to reflecting on the words of a hymn or poem you know. Whatever it is, I pray that you have the chance today to connect with God in a fresh way.

God bless you in the familiar and in the refreshment.

Becki

Water Activities

Weekend Camp

12 Scouts, 2 Explorers and 5 Adult Volunteers went on a Water Activities Weekend Camp for 3 nights on the broads over the May Bank Holiday Weekend. This was organised by Norfolk Scouts so was attended by a few hundred scouts from across the county. After setting up camp for the weekend, we were ready for 2 ½ busy days full of activities. The Scouts had the opportunity to try a number of water activities over the weekend. They were able to have a go at Kayaking, Open Canoeing, Bell Boating and Paddle Boarding.

On land, there was air-rifle shooting, archery, backwards cooking over open fires and paracord crafts as well as a chance to learn about radio communication. On the Saturday evening, there was a big campfire to enjoy. And there was a challenge over the weekend for each Scout Troop to build a boat out of cardboard which we raced on Sunday night! HMS Long Stratton took 1st Place in the competition!!

Finally, on Monday we had a Scouts Taskmaster style session consisting of teamwork challenges to compete in. At the closing ceremony, Dylan was presented with an award from the Water Activities Instructors for being so enthusiastic & doing so well particularly as it was his first camp as a Scout so well done Dylan! It was a great weekend which we look forward to attending again in the future!

Thank you to our brilliant volunteer team who organised & led the camp for our young people, as well as to all those parents who helped out with transporting kit & with setting up. Together, this enabled our Scouts & Explorers to have such a fun & enjoyable experience.

We are always looking for additional adult volunteers to get involved, no matter what your interests, skills or experience, if you want to help make a difference then we'd love to hear from you! You can find out more at: www.scouts.org.uk/volunteer or find us on Facebook at: www.facebook.com/1stlongstrattonscoutgroup or email: 1stlongstrattonscoutgroup@gmail.com

SEXTON'S WHEEL

Have you got an hour to spare each month? We are looking for volunteers to help deliver the Sexton's Wheel each month. The magazines will be delivered to your door ready for you to deliver.

If you would like to help us out please call Ian on **07557990169** or email thesextonswheel@googlemail.com

LONG STRATTON & DISTRICT WI

Some of our members (or their family) have an allotment and most enjoy gardening. It was very interesting to hear about efforts made by a group of gardeners in Norwich to reclaim an allotment. We also benefitted from lots of tips on good practice and helping the environment.

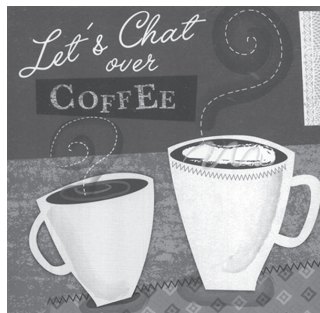
A group of members got together for lunch at Pennoyers at Pulham. Our last Knit and Natter session was at the end of June and then we will take a break until the autumn.

On a sunny day in mid-May a group of our members, and a dog, spent a morning walking in the Whitlingham Broad area. The objective was to raise funds for Associated Countrywomen of the World, a charity that the national association of women's institutes is affiliated to. Any money raised goes to help women in third world countries.

In July we have an expert from Norfolk Museum Services coming to talk to us about Norfolk Shawls. Shawls were very popular in the seventeenth century and Norwich was one of the main centres of production.

We meet on the third Wednesday of the month at 7.30.pm in Long Stratton Village Hall. If you would like to come and hear our talk, socialise and enjoy making new friends, then we would be very pleased to meet you.

Our next meeting is on Wednesday 16th July.



LET'S CHAT

Why not come for a chat, every Tuesday 1000 - 1200 in St Mary's Church where Janet and the team will be there to welcome you with Tea, Coffee and homemade cakes.

All are Welcome

ST MARY'S JUNIOR ACADEMY

We are looking for volunteers for the next academic year to come into school and support us with listening to children read or supporting with clubs at lunchtimes. Any one interested please contact the Headteacher using the details below:

Miss L. Richardson
Headteacher
St Mary's Church of England Junior Academy
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As explained in our last news article we are changing our clinical IT system for Emis to TPP SystmOne in July 2025, and we want to explain why we are doing this and what impact this will have on the service we provide to you.

What is TPP SystmOne?

It is a clinical record system used to record patient care electronically (your health records).

Why are you changing systems?

We have made the decision to change as we feel that SystmOne is a more reliable system. Some of our staff have used SystmOne in previous settings and found it to have better features and functionality than EMIS.

When is the changeover taking place? From the 9th – 17th July inclusive.

What will happen to my prescription requests during the period of changeover?

To help staff manage the changeover we ask that prescription requests due during the period of changeover are submitted by 27th June. We will be able to operate a normal service again from 18th July. Please be mindful that our community pharmacies will be busier before and after the changeover and your patience is appreciated.

Will I still be able to book ROUTINE appointments?

We will continue to offer routine appointments as usual in our practice from now up to and including 9th July. Between 9th – 18th July (inclusive) we will NOT be able to offer routine appointments while we experience the ‘cut-over’ period between the two systems.

Will I be able to book URGENT appointments?

We will also continue to offer urgent same day appointments throughout this change. Anyone who needs urgent care during the ‘cut-over’ week between 9th – 17th July (inclusive) should contact the practice via telephone.

When will the practice be running normally again?

Our ‘live’ date for the new system is Friday 18th July and we will have full access to our new appointment diary from this date onwards. With any change in digital systems, we expect to have “teething” issues, so we are asking our patients to please bear with us and please be patient while we settle into our new system particularly in the days following our changeover.

Will my NHS App/Patient Access login still work?

The NHS app/NHS desktop login works for both Emis and SystmOne and will continue to work. Patient Access is a system that only works with EMIS. As we are no longer using EMIS you will NO LONGER have access to Patient Access from the 7th July.

We are recommending that patients either download the NHS app (on mobile or tablets, available via your Appstore) or access the NHS desktop login here: <https://www.nhsapp.service.nhs.uk/login> For help and support using the NHS APP or NHS desktop login, please visit: <https://www.nhs.uk/nhs-app/>

Thank you for your support and patience during this change.



For children completing reception to year 6 in July 2025

6th, 7th and 8th Aug - 10am - 3pm - £5 per child for all 3 days

At St Mary's Junior Academy, Long Stratton

Children will need to bring a packed lunch each day

PLUS: Bring the whole family Sunday 10th Aug - 10:30am - 12 noon -

(at no extra cost) to see what's been happening.

Booking Details - spaces limited - book early to avoid disappointment

To register your child / children scan the QR code or visit:

<https://hopewymondham.churchsuite.com/events/ctr37b9d>



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LONG STRATTON LIONS

The Long Stratton Lions have prowled around the town on their litter pick as I said they would in last month's Sextons Wheel. I also said fewer bags would be a bonus. I am delighted to say the collection was much less and that the estates and passageways were fairly clear of rubbish. It was only the members working the exit roads that found rubbish, obviously discharged out of car windows. There may, of course, have been other pickers out there recently; on occasions I have seen someone with a picker and bag and thanks to them for their noble efforts.

There are still some discarded cans etc. on the A 140, but it is a bit death-defying trying to work on that road so we will give it a clean-up when our friends Octavius have completed the by-pass.

Also, this is an opportunity for me to say thank you to all those who supported our Race Night on Saturday 31st May at the Queen's Head. Not just the lucky (and unlucky) punters who bet on the races and bought raffle tickets, but those who sponsored a race, 'owned' a horse and the premises in the town that so kindly donated prizes. The money raised will go to help with local needs.

This month, June, we take a full coach of residents from Harker House and Depwade Court to Sheringham for lunch and a breath of sea air. We have our fingers crossed for good weather.

Long Stratton Lions has been serving this area for almost 40 years; we could not have done that without the support of many residents.

Roy Woodhouse
Secretary

Messy Church News

Summer greetings from your Messy Church Team. We had such fun together in May as we looked at the story of a precious coin that was lost. We made some binoculars to help us as we searched, and we had to find lost items around the church. We had the chance to look at different types of coins as we created a design for our own precious coins. All these crafts helped us to discover how precious we are to God and how much God wants us to be part of his family. We drew our precious people and things we enjoy on puzzle pieces that fit together so that we could all be a part of the picture too. As always, the muffins as part of our tea were popular and we enjoyed some lovely chats around the table as we ate together.

We are, at time of writing, preparing for our last session of the year which means we haven't got a Messy Church session to advertise for this month. However, we are pleased to be linked with the upcoming Holiday Club 6th - 8th August and hope that many of you will be able to be part of that. See the Space Invaders Holiday club poster for more details. We will be back in September for our next Messy Church session and more details for that will be coming soon. If you want to be in touch with the team then please feel free to email us on ***strattonmessychurch@gmail.com***



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- Group hires for not-for-profit organisations

Borderhoppa Outings for July 2025

Mon 7th – Highway Garden and Leisure – £15.00

Thurs 10th – The White Horse, Stoke Ash - £8.00

Mon 14th – Peter Beales Roses, Attleborough – £15.00

Mon 21st – Beccles – £18.

Thurs 24th – Mississippi Paddle Steamer & Lunch in Horning - £30.00

(Includes bus fare and ticket for boat, lunch extra)

Mon 28th – Great Yarmouth - £20.00

Thurs 31st – Breakfast at Wortham Tea Rooms followed by shopping at

B&M and The Range, Bury St. Edmunds - £18.00

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Bypass Community Event

There will be an event on the bypass on Saturday 2nd August 2025 (time to be confirmed but anticipated 12pm – 3pm) where everyone will have an opportunity to cycle, walk, run, scoot, skate on the bypass before it officially opens later in the year. There will also be an opportunity to meet with local businesses, the Town Council and education providers to find out what is available to everyone. The event is shaping up to be excellent and we, with everyone involved in organising the event look forward to welcoming you.

Night Skies Consultation

The Council are undergoing community consultation work regarding Night Skies. We plan to have our streetlights turn off during the hours of 00:00 – 05:00 each night, to preserve energy as well as the beauty of the night sky. Please let us know what you think using the form on our website.

Youth Activities Tournament

The Nintendo Switch tournaments are such a popular and eagerly anticipated activity, the next one is currently being organised and due to take place at the Youth Café on Wednesday 23rd July! Check out social media or our website for details.

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 14th July 2025 at 7pm.

Fancy a free cuppa and friendly chat?

Local volunteers are hosting a chatter and natter table at Long Stratton Leisure Centre as part of the Chatty Café Scheme. Every Wednesday, 12-2pm there is a table reserved in the café area for anyone who would like to pop by and meet others. You can stay for 10 mins or for the two hours. The aim is to encourage community connection and provide a friendly, safe space to meet others. Everyone welcome – just look for the bright yellow triangle table sign to find us!





TRANSFORM YOUR GARDEN THIS SUMMER

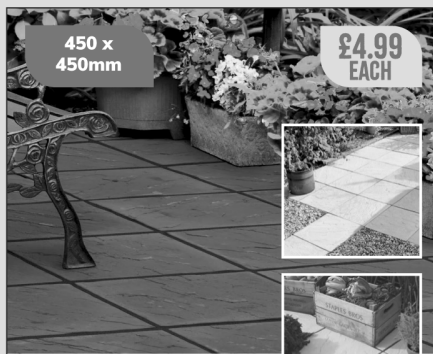
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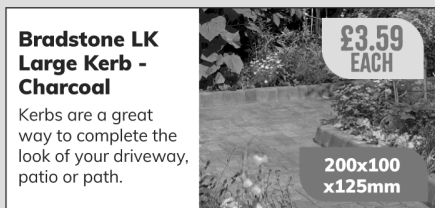



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S. Holford, Jan 2025

G ★ ★ ★ ★ ★

Brilliant experience and wouldn't go anywhere else. Janette is incredibly dynamic, if she can't sell your house no one can! Fantastic care and attention at all stages of the process including making sure we got great photos and a fantastic video walkthrough.

R. Miller, Jan 2025

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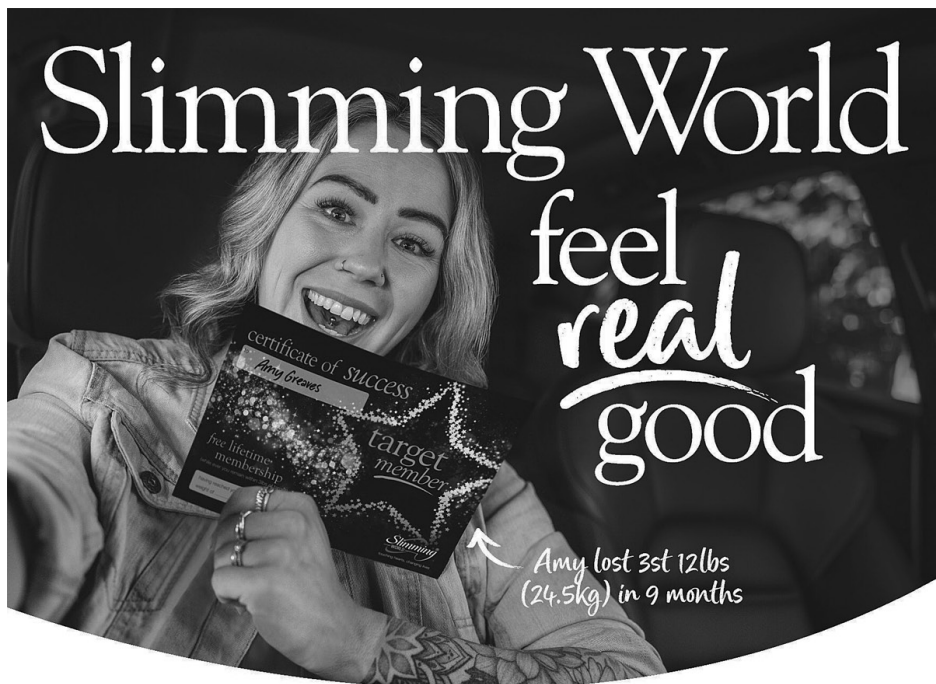
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LETT-UCE TALK

The next meeting of, Lett-uce Talk will be on the first Saturday of July, 5th and the 2nd of August, in Huggers cafe, Long Stratton..Between 10am and 11am. All welcome, no membership or fee required.

I'm very pleased to announce the money raised at the 2 plant sales outside Huggers, 10th and 31st of May.

The 10th of May raised £591.40

The Tibenham event raised £29.69

The 31st of May raised 856.82

Grand Total, £1477.91

Absolutely amazing, and every penny goes to the Air Ambulance Charity.

Air Ambulance staff have asked me to pass on their sincere thanks to the Long Stratton and surrounding village community.

I too, wish to say, thank you to everyone that attended and bought the plants and to all the volunteers who made the sales a success.

Also a huge thank you to Lisa at Huggers for allowing me to have the sales outside her cafe.

The next event will be on November 15th for the Christmas lights switch on, (weather permitting). A date for your diary. Full details of the event coming soon.



Hope Church

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June 1st, 15th

July 6th, 20th

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M	T	W	T
	1 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church	2 Chatter& Natter Long Stratton Leisure Centre 1200-1400 see page 15 Wacton Parish Council Wacton Village Hall 18:30pm see page 19	3 Pilates - Wacton see page 15
7 Local Walk - see page 36	8 v Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Lets Chat St Mary's Church 1000-1200	9 Cup of Hope Pavillion community Room 08:50am - 11:30am Chatter& Natter Long Stratton Leisure Centre 1200-1400 see page 15 Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	10 Pilates - Wacton see page 15 Tharston& Natter Wacton Village Hall 7:30pm Lunch Club 2nd Long Stratton Congregation Call 079687
14 LSTC Meeting Pavillion Community Room Manor Road 19:00	15 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church 1000-1200	16 Chatter& Natter Long Stratton Leisure Centre 1200-1400 see page 15 Stratton & District W.I LS Village Hall 1930	17 Pilates - Wacton see page 15
21	22 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Lets Chat St Mary's Church 1000-1200	23 Cup of Hope Pavillion community Room 08:50am - 11:30am Chatter& Natter Long Stratton Leisure Centre 1200-1400 see page 15 Lions Club Meeting Phone Roy Woodhouse for	24 Pilates - Wacton see page 15
28	29 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Lets Chat St Mary's Church 1000-1200	30 Chatter& Natter Long Stratton Leisure Centre 1200-1400 see page 15	31 Pilates - Wacton see page 15

T	F	S	S
Wacton village Hall See p24	4 Wacton Social Club open 7.00pm - 11.00pm with Bingo	5 Lett-uce Talk Huggers 1000-1100	6 Hope church Service St Mary's Academy 10:30am. See p22
Wacton village Hall See p24 District W.I. Village Hall 8.30pm 12:00 - 2:00pm Stratton Stratton Church Hall 16698 to 16699	11	12 Wacton Church Coffee Morning 1030am.	13
Wacton Village Hall See p24	18 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	19	20 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall Hope church St Mary's Junior Academy 10:30am
Wacton Village Hall See p24	25	26 Messy Church Stratton St Mary's Church 16:00 See p11	27
Wacton Village Hall See p24			

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THARSTON & DISTRICT WI

The theme of this years annual Centenary Salver Competition held at Honingham Village Hall was a historic Norfolk person born pre 1900. Our WI was represented by Caroline, Cynthia and Gill who chose Anne Boleyn, who was born at Blickling Hall, and five various crafts from a choice of nine classes were undertaken to interpret the theme with staging completed by Carol and Gill. At our May meeting they were congratulated on being joint first with City WI.

A very humorous evening was held in May when members were treated to the return of Greg Powles, a freelance writer and performer. He gave a whimsical look at his career up to the present day, with all the many mishaps along the way, from being cast in a major film starring Stephanie Beacham, Mel Smith, Jane Horrocks and Richard O'Brien at the age of 15, to writing plays for schools, working on North Norfolk Radio and creating a new play based on the effects on the Far East Prisoners of War (FEPOWs) when they returned home after release and how family life was impacted by their experiences in subsequent years, to be performed at Norwich Castle to commemorate VJ Day in August.



We meet on the 2nd Thursday of the month at Wacton Village Hall at 7.30pm and our talk in July will be about periods of time in relation to fashions in jewellery

HARLESTON CHORAL SOCIETY

Harleston Choral Society celebrated its 25th Anniversary year with a superb concert on 28th June, when we sang Carl Orff Carmina Burana with professional soloists and orchestra, and the school's choir. Next up, another 'can't miss' date for your diaries: a Come & Sing Workshop – selections from Part 1 of Handel's Messiah, plus the Hallelujah Chorus – on Saturday 16th August 2025, 10.00 am – 4.30 pm, in St James Village Hall IP19 0HP, open to all. Tickets £10.00, soup and roll for lunch £5.00. More information and to book please email amanda.fletcher111@gmail.com



Further information about HCS – joining the choir, where we practise, events and calendar etc - can be found on our website www.harlestonchoralsoc.org.uk and from our Joint Chairs - caroline@rodbourne.org.uk and [Jo Curry.jo.curry@sky.com](mailto:Jo.Curry@sky.com)

HARLESTON & DISTRICT U3A

Unfortunately, we have to announce the closure of u3a Harleston & District. We would like to thank everyone who has supported our u3a and, in particular, all members – past and present.

There are local u3a's at Beccles, Diss and Halesworth, details of which can be found on u3a.org.uk/get-involved

The u3a Harleston Committee

LONG STRATTON LIBRARY

Every Tuesday 2pm Bounce and Rhyme sessions for under 5's

Every Tuesday in term time is our Lego Club at 3:45pm

We have a Police drop in on the 3rd July at 4pm

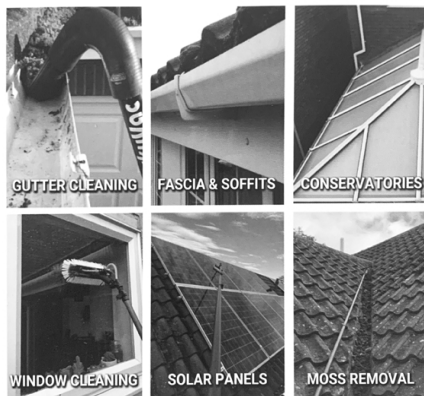
Every Thursday we have our Stitchers and Knitters group at 2pm

We also have two Author events coming up. We have the fabulous Stacey Whatling on Monday 7th July at 2pm and the great Michael Bartlett on Monday 21st July at 2pm. Both these two Author events are charged at £2.50 which includes refreshments.

Our big event over the summer is the Summer reading Challenge which starts on July 5th. It's open to all children and it's a great way of getting them to enjoy reading over the holidays. Children read 6 books over the holidays which they borrow from the library and then get a medal, certificate and stickers. Children can read any type of book. The main thing is to have fun.

We also have our Meeting room available for hire from £10 per hour which can accommodate 10 people.

On Thursday 31st July we have a children's event taking place. It is called Voices through art and runs from 1:30-3pm. It is a completely free fun craft session.



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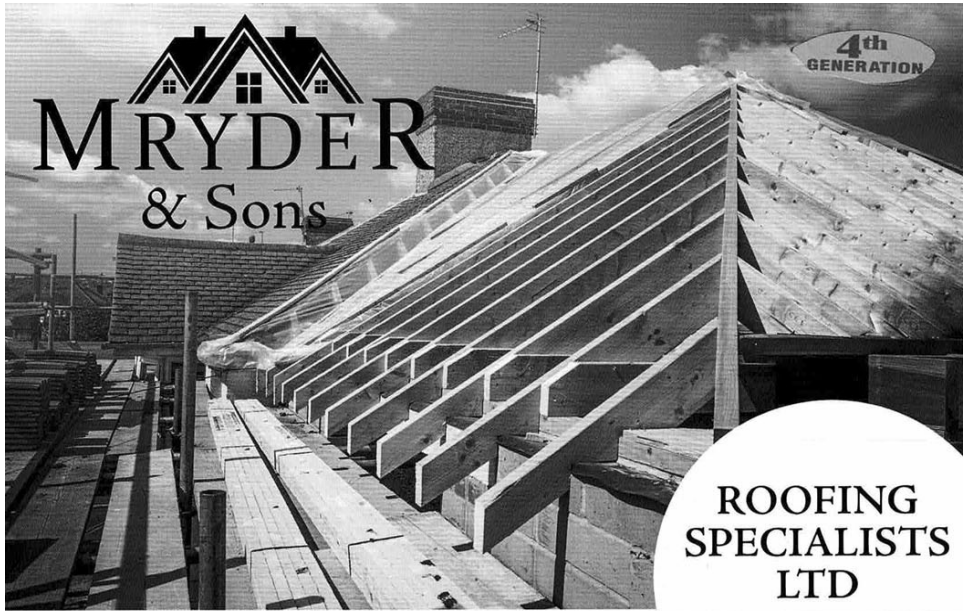


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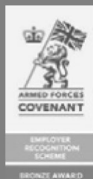
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COMMUNITY PAYBACK

The Community Payback team have been twice now and whilst they are here they been a real asset in the maintenance of various tasks given to them.

VILLAGE GREEN

Wacton Men's Shed have volunteered to repair the benches on the green. The council have agreed to pay a £100 grant to the Men's Shed to assist them purchasing an industrial bandsaw to help with their work.

WOODLAND PROJECT

The bridge repair is a costly one and the council has applied for grants to help cover this. Hopefully we should get a reply by the end of June. Unfortunately there has been a spate of vandalism, with various signs being ripped off the fencing with the woodland area closed sign being the latest.

NEXT MEETING

Parish Council meeting 2 July at 6pm.

2nd Long Stratton Brownies

This term we are working on the Have Adventures Skill Builder – Explore Stage 2 Badge (green). This includes thinking about fire drills, customs requirements in some countries, compasses and mapping, country walking and foot care.

So we have played games learning and using map grid references, also practised how to strike a light safely using a match, dancing in the rain, creating snow men and we had an alternative Fire Drill practise. One evening we worked together to ensure 'letters' were posted quickly. We have explored the outside space at our Hall and listened to the nature noises we can hear over the sound of the A140 traffic.

We have also looked at the Countryside Code and how to respect, protect and enjoy our area of countryside around Long Stratton and our own homes. And we have enrolled Martha, Mia, Libby, Emily, Eloise and Nona into our Brownie Pack. A few places are still

available this term or for girls aged 7-10 wanting to start in September. Please register on <https://www.girlguiding.org.uk/information-for-parents/register-a-child>. Girl guiding is a girl-only space to build confidence, learn new skills, enjoy crafts, games, residential holidays and sleepovers and have fun!



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High Ash Farm

Nine of us met up at Long Stratton Co-op car park and, taking two cars, we arrived at High Ash Farm which is located off the Norwich to Stoke Holy Cross road via the Boudicca Way. We began our walk by heading along a wide grassy pathway with hedgerows to the left and a field to our right. The field had been left to nature and had a variety of thriving flowers and grasses. Then, descending downwards, we turned into a wooded area and came upon an interesting metal art structure named Cranky Green Man. Some of the walkers spent amusing moments operating its levers to animate its facial features as in the photo.



The walk proceeded along various grassy public footpaths, edging alongside fields mainly. The nearby hedges abounded with oak trees; some of which had grown to be a vast age and were very large with gnarled bark growth. Several of these mature trees had taken on strange forms with hollowed out sections in them such as in this photo.



As we continued our walk we passed some ploughed fields intermingled with fields left to nature. Flowers of note that we saw in these fields were: sainfoin, teasel, lots of ox-eye daisies, bee orchids, yellow rattle, and in the hedgerows: elder flower, dog wood, and field roses.

We passed a pond – a notice board giving information about how it had been a conservation project completed in 2006 to provide habitat for frogs, toads, and aquatic plants.

We eventually alighted upon a notably high prominence of land giving excellent views of the far reaching land. We could see the traffic moving along the A47 and the buildings of Norwich including County Hall and the industrial estate along Hall Road – the rooftops glinting in the sunshine.

Nearby was another notice board, this time with information about an early Romano – Celtic temple which was once sited in the environs and was linked to nearby Venta Icenorum (once a Roman settlement). Discoveries during an archaeological dig on the site uncovered stone axe-heads and arrowheads dating from as far back as 5000 B.C.

As we ventured on, a small herd of sheep with lambs came into view, and we watched them gambolling around and enjoying the warm dry weather in their field.

On arrival at Arminghall we found the village hall to be worthy of note; looking very quaint and diminutive in structure. It was built of corrugated metal and was painted green with a pitched roof. Nearby was the village church made of flint and stone with a short square tower. The church was locked so we were unable to enter but the graveyard looked well cared for. When we arrived back at the car park we discussed facts and noted that the length of the walk was 4.57 miles and it took us 2.56 hours in complete. A total of 10,000 steps was recorded by one walker. Thank you Liz for organising such an interesting walk.

For anyone interested in joining us on our next walk, we meet on the first Monday of each month at 10 a.m. on the Co-op car park in Long Stratton.

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9:30am - Morning Prayer - Wacton
11:00am - Baptism at Stratton, St Mary

13th July 9:45am - Morning Worship at Tharston, St Mary
11:00am - All-Age Communion at Stratton, St Mary

20th July 9:00am - BCP Holy Communion at Stratton, St Michael
9:30am - Holy Communion - Wacton
11:00am - All-Age Worship at Stratton, St Mary

27th July 11:00am - Holy Communion at Stratton, St Mary

Congregational Church

6th July at 10:45am – Family Service incl. Holy Communion - Rev Ian Jones

13th July at 10:45am – Family Service - Rev John Clements

20th July at 9:45am – Community Family Breakfast
10:45am – Family Service - Susan Fiddy

27th July at 9:45am - Prayer Meeting
10:45am - Family Service - Rev Malcolm Simpkin

Hope Church

6th July- 10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY

20th July- 10:30am - Service for all ages - St Mary's Junior Academy NR15 2UY

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