

The Sexton's Wheel Issue 226

The magazine for Long Stratton & Wacton



November 2022

Long Stratton Village Hall - Booking Information



The hall can be booked as follows:

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Via our website www.longstrattonvillagehall.org.uk

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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

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.



In these days of trouble and turmoil, in the lead up to Christmas let's try and be kind to each other.

The Sexton's Wheel Team

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Remembering

The end of October and November are very much a season of remembering. On the 30th October was the Memorial service at St Mary's church, a time to remember those we love who are no longer with us. Remembrance Sunday this year is on the 13th November. Last year Covid meant that the parade did not happen, and the service was a much smaller one, but this year we should be back to normal. All are welcome to come and participate in the short service at the war memorial and in the church.

This year Remembrance will have an extra meaning and poignancy for us - although conflict is always happening somewhere in the world, we are now in a time when war has returned to Europe with the Russian invasion of Ukraine. Every year we remember with gratitude the sacrifice of so many of our people in the two world wars, and in subsequent conflicts when our forces have been involved. At the Remembrance service we always pray for peace as well, and for those who are suffering through the consequences of war. And this year we will include not only the Ukrainian people who are experiencing such loss and devastation, but also the Russian people - the families who have lost sons, brothers or fathers through the war, and people who are being forced to fight against their will. And we will also be praying for those in leadership, for a just peace, and a better future.

Jesus said, (Matthew chapter 5, verse 9) " Blessed are the peacemakers, for they will be called children of God." Peace, whether in relationships, communities, or countries, or between countries, is something that may have to be worked for, and that will often be hard work. A just peace may be very difficult to achieve in the current situation, and it seems that things may even be getting worse by the time you read this. Jesus also said "Love your enemies and pray for those who persecute you" (Matthew chapter 5 verse 44) - something even harder to do than work for peace, because it goes against our natural instincts. But all who follow Jesus are called to pray for those who would wish them harm.

At the Remembrance service we usually sing "Make me a channel of your peace" , based on a prayer of St Francis, and it sums up much of what we have to do to work for peace and to bring God's love and comfort to those in need and his light into dark situations. And there is another song which begins "Let there be peace on earth and let it begin with me".

We are praying for peace in the world, but we all have a responsibility to work for peace in whatever situations we find ourselves.

Elisabeth Spry



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2nd Long Stratton Brownies



At the beginning of the term, we remembered some of our most colourful memories as we looked back at our Patron Queen Elizabeth II's life. We then looked at how the wording of our Brownie Promise will now change. This term we are working on the orange 'Take Action' Skill Builder Badge. We started by looking at choices that people make, and opinions that people have. During the activity, we did not all agree with each other. But this helped the Brownies to learn that this is quite normal in life – people will make different choices & have different opinions, and it is important to listen to each other.

We have looked at recycling in our local villages and made monsters from some of our household rubbish. We also had fun dressing one Brownie from each Six, using different materials such as paper, plastic, foil etc.

It has been lovely to welcome some new girls into our Brownie Pack this term - we hope they enjoy their time with us.

... Brown Owl





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Celebration of 50 years of the Congregational Federation.

Long Stratton Congregational Church held an afternoon tea on Saturday 6th August to celebrate 50 years of the Congregational Federation (CF). The CF was set up in 1972 as an association of independent local churches whose mission is to empower, enable and equip the churches in their mission to proclaim the gospel of Jesus Christ. On a sunny warm day, tents were erected containing tables and chairs, plus seating in the hall, meaning there was enough room for everyone to sit and eat their food in comfort. Along the back wall was a line of tables groaning with food – sandwiches and savouries of all varieties, scones, cakes, that constitute a feast. A large Celebration cake was made by Naomi Fiddy was shared by all.



This was the result of considerable planning. Meetings were held, jobs allocated, tents borrowed and erected, cakes baked, cleaning, food preparation on the day etc. etc..

A fantastic display of photos and congregational memorabilia of times and events past and present was on display in the church. Guests enjoyed trying to find themselves, some in Brownie and Girls Brigade Uniforms and the choir from many years ago. It brought back a lot of precious memories for many. Friends met up who had not seen each other for many years and had a great time recalling their youthful days in the church – thanks in particular to Len Willis and his mini bus.

We also did a bit of fund raising to offset cost; with a raffle, tombola and a marble game. Many thanks to those running these and the friends who donated prizes and spent their money.

Over 60 people attended the afternoon of celebration and fellowship with many reports of how enjoyable the afternoon had been.

We are so grateful to the members, friends and guests who made the day joyful and successful. We are very aware that Long Stratton Congregational Church is not a building. It is a fellowship of people who join together, helping and supporting each other, and this was proven again on this memorable day.

Thank you everyone for your generosity in all that you provided – in goods, time, fellowship and friendship.



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RG

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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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ST MARY'S CHURCH

A huge "thank you" to everyone who helped to tidy up St. Mary's churchyard on Saturday 17th September. 18 people arrived with strimmers, lawn mowers, hedge trimmers and rakes which enabled all the long grass from the conservation area to be cut and cleared. In addition, the area near the A140 was mowed and many of the hedges and low-hanging tree branches over the path were trimmed. It made a massive improvement in just a couple of hours. Tea and biscuits were enjoyed during a break. A special thanks to Martin who supplied 11 large skip bags to collect all the cuttings and then took them to a composting facility with the help of Nick.

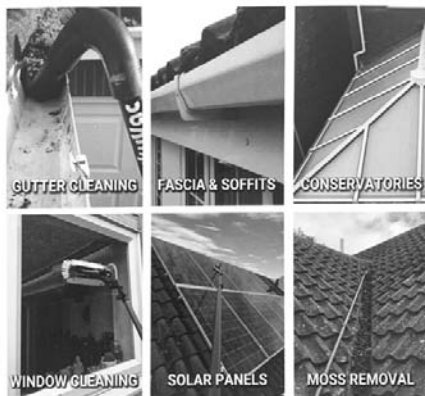
As the weather has become cooler and wetter the grass is still growing, so we plan to have another session on Saturday 12th November at 10am. Please come and join us, bringing tools (as above) if you can. Everyone said how enjoyable it was, and it enabled us to meet new people.

Thanks also to everyone that organised and supported the Bingo evening. £501 was raised for St. Mary's Building Repair Project which is fantastic. This will help towards the urgent repairs to the north aisle roof and replacement of the stolen lead from the extension roof (with a different roofing material which is less attractive to thieves). Work is due to commence on 10th October and should be finished in 6 to 8 weeks. In total we need to raise about £500,000. Donations can be made via the website <https://www.stewardship.org.uk/partners/20038065>.

Despite the vacancy, church services are continuing every Sunday as normal thanks to great efforts from our small Ministry Team (who also cover 7 other churches) and help from visiting clergy. At this time of year there are several special services approaching which are also going ahead. These include the Remembrance Sunday service (with parade of uniformed organisations) on 13th November, the Advent Carol Service on 27th November and the Christingle service on Christmas Eve. We will also be holding our Christmas Tree Festival between 10th and 13th December. We look forward to welcoming you to these services and events.

Thank you

Chrissy Briggs and Steve Dugdale (churchwardens)



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How quickly the end of September turned from late summer into autumn. We had some rain and the grass is growing again.

At our September meeting we were fortunate to have a very informative talk by Lisa from the South Norfolk and Broadland Recycling team. We had an almost full attendance and our members came prepared with lots of questions. The answers were sometimes affected by the way technology has progressed and there is hope that in the future, one day, there will be a more unified recycling system for the whole county.

We have a competition at most meetings and in September it was for a good recycling tip. One tip was to use old Tee shirts as cleaning rags for the car, or as dusters indoors. Perhaps cut off the sleeves first.

A few members planned to go on the Walking Treasure Hunt in Norwich organised by the Federation office. Tea and cakes as well as a tour of our county HQ was also on offer as part of the Heritage Open Days. However, this was all cancelled when we had the sad news of Queen Elizabeth's death. We understand the Treasure Hunt will be rescheduled.

Our November meeting will be on Wednesday 16th when Juliet Webster will describe the adventures of three young women who toured Norfolk in a yellow caravan a hundred years ago. If you would like to hear about their two week adventure and meet our local W.I. members, then do come along to Long Stratton Village hall at 7.30pm. We make a small charge for visitors which includes refreshments.

If you want further information please telephone 01508 531154.

Don't keep it to yourself

Have something to say about your organisation or club? Why not send it to us and let people know whats happening.

send it to thesextonswheel@goolemail.co.uk

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November – Men's Health Awareness Month

November arrives and it brings with it several issues – winter, energy bills, flu, covid and then Christmas soon with its associated expenses. This month however has much more to it. It is the month dedicated to men's physical and mental health. International Men's Health day is November 19th. Why is there a month dedicated to Men's health? I looked at various websites to find an appropriate and justifiable answer. The one I liked best was on the City, University of London Student hub website: This month is Men's Health Awareness Month which marks an important time to talk about the mental health of men and how we can reduce stigma, do away with societal expectations and increase the likelihood of support uptake among men. The charity MIND which deals with mental health, published a document in December 2020, right in the middle of a disastrous period of the pandemic: Get it off your chest. Men's health 10 years on. Some of the key facts from it were;

1. Two in five men (43%) regularly admit to feeling worried or low, an increase from 37% in 2009.
2. The number of men who have suicidal thoughts when feeling worried or low has doubled to 10% since 2009
3. Men are still more likely than women to drink alone, go to the pub with friends, or take recreational drugs to relax when feeling worried or down.
4. Men's preferred alternatives to being prescribed medication are face-to-face therapy and physical activity.

The important take home message from me is 'Never hesitate to ask for help.' Asking for help is not a failure. Asking for help can change your life and thereby improve your quality of life.

Who can you approach

1. Your own GP
2. The Pit Stop – Wymondham - Contact Ben Holland 07864 697718 or email ben@menscraft.org.uk. Norwich - Contact Colin Howey 07784 307970 or email colin@menscraft.org.uk.
3. Men's -Shed – Contact Gordon Wilcox 07443 041140 or email longstrattonshed@gmail.com.
4. South Norfolk Community Connectors – 01508 533933 or email helphub@southnorfolkandbroadland.gov.uk
5. MIND Norfolk and Waveney - 0300 330 5488 or email enquiries@norfolkandwaveneymind.org.uk
6. Wellbeing Service – 0300 123 1503 or self-refer via website wellbeingnands.co.uk
7. Samaritans – 116 123 or email jo@samaritans.org

Let us all make an effort to look after ourselves and especially in this month of November, let us ensure the men we know are aware of their physical and mental health. Stay Safe. Mini Nelson

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While helping to clear the rectory I came across this amusing little anecdote by Ken Dewing and thought it worth sharing:

Tale of the milk round and cider effects

Claud and George Brooks were two brothers who lived together at Tharston and were renowned and revered for cider making. Many people from miles around who had large quantities of windfall apples would sack them up in the autumn and take them to Claud and George. On going up to their house there would be sacks and sacks of apples outside their barn waiting to be processed into cider, this required a great deal of skill and hard work, chopping the apples into pulp, pressing out the juice and barrelling it up to ferment. So good was their reputation of cider making that there were even articles written about them in the newspapers and they also appeared on television.

My experience of this was on Saturday mornings when I collected the milk money, it would always be left on the kitchen table alongside a full glass of cider which was their way of showing appreciation, which would not be taken kindly if not consumed, but having said that, for me it was no hardship for it was truly delicious and I really loved their cider, but beware, it had hidden side effects. The rest of the milk round took twenty minutes to finish and that was the time it took the delayed action to hit me. My mind would go and I just couldn't concentrate after that. I used to try to remedy this by drinking a pint of milk, preferably gold top before I got there to give my stomach a lining before collecting their money to offset the hidden effects, but to no avail.

PS Since I wrote this article I had occasion to speak to Dr Malcolm Willis who confirmed that he too could endorse the delicious quality and strength of the Brooks brothers cider, for as a young doctor new to the practice he was called in to make a visit and ended up with the same result as myself.

Ken Dewing

HARLESTON & DISTRICT U3A

Harleston & District u3a invites you to join us for our monthly talk on Wednesday 16 November at 2.00 pm, in St John's Church, Harleston. Our speaker, James Stebbings, will look at The Topsy-Turvy World of Gilbert & Sullivan – the G&S comic operas and their enduring legacy. He will explore the lives of these two extraordinary men, and that of Richard D'Oyly Carte who brought their operas to world-wide attention. The presentation will be illustrated with images and musical extracts – a G&S feast not to be missed ! For further information please visit our website: u3asites.org.uk/harleston or by contacting **Kim Poulton on 01986 788149.**

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Harleston Choral Society,

Your local non-auditioning community choir, is very much back in post-pandemic action. We would love you to come and sing with us on a Monday evening when we practise in The London Road Church in Harleston under the direction of our Music Director, Justin Bindley.

Our Christmas Concert in St John's Church, Harleston on Saturday 10 December at 7.00 pm will include Ronald Corp's Christmas Mass and pieces with an international flavour – tickets (£12, accompanied children free) will be available on the door on the night, from choir members and from Harleston Information Plus.

Our Spring Term starts on Monday 9 January 2023 and we shall be practising for our Summer Concert on 1st July next year. For further information about HCS please visit our website www.harlestonchoralsoc.org.uk or from *Stella Brownsea, our Chair, at heidihouse@btinternet.com*

Come and join us for....

The next Messy Church is on **Saturday 26th November 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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Borderhoppa Outings for November 2022

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Mon 14th – Norwich City Centre – Fare £15.00

Mon 21st – Highways Nursery & Shopping Centre – Fare £10.00

Mon 28th – Lunch at The White Horse, Stoke Ash – Fare £7.00

To book or for more information please call:

01379 854800 or visit our website www.borderhoppa.org

A TASTE OF HOPE

November 6th at 3:30pm

A service for all ages

Separate children's activities for school years 1-6
Followed by tea and cake

Long Stratton Methodist Church, Manor Road, NR15 2XS

Organised by Hope Community Church, Wymondham
(For further details (01953) 798505)

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

tinyurl.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.tinyurl.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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the free
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Services App



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.

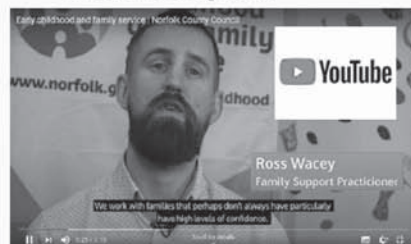
How to contact us

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

If you are worried a child is at risk please call Norfolk County Council Children's Services on

0344 800 8020
or 999 in an emergency

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

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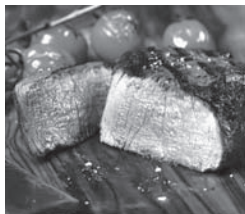
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WACTON FOOTCARE

The next session of Footcare will take place on Tuesday 8th November. 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

The dates for our next Coffee Mornings are Tuesday 1st and Tuesday 15th November. We meet in the Village Hall on the first and the third Tuesday of every month from 10.30 through to 12 noon. A licensed bar is available through Wacton Social Club. **(Contact taylor169@btinternet.com).**

Caroline and Rita look forward to welcoming you for coffee, tea and cake as usual and of course lots of chats. We are also pleased to invite anyone living locally from any of the local villages and can assure you of a warm welcome. So, if you are passing and see our "Kettles On" board displayed outside Wacton Village Hall do pop in we'd love to meet you.

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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 12th November 2022!!

All are welcome



The Miller's Meanderings

Around 1868 Robert Butler took over the tenancy of the Mill and house in the centre of Wacton Common. He was born in 1837 to Maria and George Butler the miller of Repps with Bastwick, but by 1861 was working as a general farm servant at Meeting Hill Worstead where he met Hannah Flaxman, a dressmaker also living at Meeting Hill.

In 1865 they married, he was 26 and she was 39 although in the census of 1871 for Wacton they gave their ages as 33 and 35 respectively, well she was a bit older than him. All seemed to be going alright until about 1887 when Robert entered a 'relationship' with Sarah Ann Bales the 20 year old daughter of a Great Moulton farmer. At the time Sarah was keeping house for her widowed father in one of the pair of cottages at the High Green end of Hallowing Lane. Sarah subsequently had three children Laura in 1888, Sarah Ann in 1891 and Robert in 1893 at Great Moulton.

In the 1891 census Robert and Hannah give their correct ages 52 and 66 respectively. Robert and Hannah move from the Mill House in 1897/8 into a property on the corner of Wash Lane, now known as The Croft. The same year he gets elected as "Overseer" for the Parish Council. By now it is possible that Hannah is becoming unable to cope with normal domestic duties so Sarah Ann Bales and her three children move into the Croft at Wacton with Robert and Hannah Butler.

In the 1901 census the enumerator lists the property as Stratton Road, along with the seven Victoria cottages. Robert then describes himself as a farmer, occupying the field behind the Croft and the field in front, now taken up by the realigned bend in the road and bungalows. Sarah Bales is entered as housekeeper with her children as boarders. Hannah dies in early 1907 aged 82 and later that year Robert married Sarah Bales. The following year Sarah's middle daughter, Sarah Ann Bales, marries Arthur Finch and they move to Aslacton.

In early 1911 Sarah's death is registered in the Blofield district. This suggests Sarah may have been a patient at the Thorpe Lunatic Asylum at the time of her death. On census day, 2nd April, in 1911 Robert Butler and Robert Bales are living at Sarah Ann Finch's house in Aslacton. Laura Bales is out in service in Norwich.

Cont on p35.



Just ask

If you don't know where to turn in an unfamiliar world, we are open, available and here for you. Whatever's on your mind, just ask.

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SJP1202 V1 (04/20)

Cont from p33.

Robert Butler died on 8th May 1911 at Aslacton and in his will he admits that he is the father of the three children of Sarah Ann Bales. He leaves his household effects to be divided between his two daughters, Sarah Ann and Laura, and the outside effects to be divided between Arthur Finch and Robert Bales. He instructs his executors to farm the land for thirty years from his death, until 1941, then to sell the property and divide the money between his three children or the survivor of them. It appears the property was let for some of the 30 years but that's another story.

For information about Wacton history, or to suggest a topic contact Robert Maidstone on **01379677106 or email robertwm Maidstone@gmail.com**

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 4th November and we will be open again on the 18th November. 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.

A licensed bar is available through Wacton Social Club. (***Contact taylor169@btinternet.com***).

On a lovely day with white fluffy clouds drifting across a blue sky, nine of us met at Caistor St Edmunds. We set off through the gate at the back of the car park, we walked downhill past the impressive Roman ramparts, planning to pay a visit on the way back. At the end of the path we turned left, parallel to the A140 and the railway line in the distance just as the 10.30 London train went by. Somehow there's something romantic about a train! We passed the sewage works,

which sounds a bit insalubrious but we didn't notice any odours from it and soon reached the pretty little Tas, which we turned to walk alongside. It was so beautiful and dreamy with the running water, reeds and rushes, the



skeletal outlines of tall summer plants like hogweed and teasel, more lovely like this than when in bloom, and even birdsong, despite it being so late in the year. A pair of swans were busy hoovering up the plentiful algae on the surface. Himalayan balsam was pretty but we were all too aware of its menace in crowding out our local flora. Liz showed us how the pods popped to shoot the seeds a great distance to be carried downstream to successfully propagate itself. Crossing a little bridge, we gazed into the water, seeing tiny fish at play and more swans. Later we heard about the bird flu on the Broads affecting swans but luckily no such dark thoughts were in our minds on this sunny day, and



some of us were so mesmerised we discovered we

had fallen miles behind the group and hurried to catch up. We walked all round this last huge field, ending quite near the railway where we were treated to two more trains, one in each direction, and finally turned downhill through the grassy meadow with lovely views of the Roman camp ahead. Most flowers had finished blooming but we managed to identify Aaron's rod and sainfoin among others, and had some excitement when we saw a woodpecker feeding – although he wasn't quite so pleased to see us and promptly flew away. We ended with an interesting circuit of the Roman walls and a visit to the charming little church with its tiled roof and porch of knapped flint. Many thanks to Louise for a splendid walk.

Bonnie.

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

CHURCH SERVICES - November

6th November - 1100 - All Age Worship - St Mary's

13th November - 1050 - Parade Service - St Mary's

20th November - 1100 - Morning Worship - St Mary's

27th November - 0900 - Holy Communion - St Michael's

1100 - All Age Holy Communion - St Mary's

1830 - Advent Carols - St Mary's

CONGREGATIONAL CHURCH

Sunday 6th November at 10:45am – Family Service incl. Holy Communion –
Rev Pat Atkinson

Sunday 13th November at 10:45am – Remembrance Sunday - United Service at
St Mary's Church. Speaker: Rev Ian Jones

Sunday 20th November at 9:45am - Community Family Breakfast

Sunday 20th November at 10:45am – Family Service - Keith Scarff

Sunday 27th November at 9:45am – Monthly Prayer Meeting

Sunday 27th November at 10:45am – Family Service - Pastor Malcolm Simpkin

HOPE CHURCH

Sunday 6th November at 3.30pm - Service for All Ages at Methodist Church.

From the Parish Registers

We offer our condolences to the family and friends of:

Ronald Gristwood on 29th September 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.

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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.

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