

The Sexton's Wheel

Issue 243

The magazine for Long Stratton & Wacton



April 2024

Long Stratton Village Hall - Booking Information



The hall can be booked as follows:

Via our facebook page, search Long Stratton Village Hall

Via our website www.longstrattonvillagehall.org.uk

Email us at longstrattonvillagehall@outlook.com

Call Kirsty Dye on 07986942804 and leave a message

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Church Contacts

St Mary's Steve Dugdale - (01508) 530717

St Michael's Rosemary Bennett - (01508) 530296

All Saints' Angie Baldwin (01508) 536639

Congregational Church June Braddock (01508) 470701

Church Parish Office

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

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team, please contact the team vicar: Revd. John Madinda on 01953 789240.

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

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

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

For general enquiries Email: office@longstrattontowncouncil.info

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



Lets hope that the April showers are very light. I think we have had enough rain to last a lifetime.

The Sexton's Wheel Team

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APRIL SHOWERS

Showers in April are traditionally expected, but we have had so much rain over the winter months and in March that hopefully the weather might be drier for a while! Spring is coming on apace, and Easter being early this year might seem to be over by the time you read this. But it is actually not just a day, but a season that lasts for some weeks, when we remember in our church services the times Jesus met his disciples after the Resurrection. Messy Church starts up again with an Easter theme on Sunday 7th April, at 4 pm in St Mary's Church. All are welcome - see more details in this issue of Sexton's Wheel. The joy and celebration of Easter continues!

April is also the month, this year, when the work on the bypass is officially due to start, and preparations are already being made. It may seem sad to see trees cut down, and fields being marked out for the road to the east of Long Stratton, and no doubt disruption and delays when the work affects the current main road. However, the benefits to the community of removing the heavy through traffic and the resultant noise and pollution will be immense. We will be able to cross the road more easily, and stop to have a real conversation when we meet someone we know, something really difficult at the moment, especially at busy times. It may be like a fresh start for the community, a kind of resurrection from being oppressed by the weight of traffic, and with more opportunities to bring the community together. The waiting for a bypass has been so long - decades and decades - and with hopes being raised and then dashed - that many of us are in "I'll believe it when it's finished" mode. All being well, we may actually see it by the end of 2025.

Have a happy and blessed Easter Season.

Elisabeth Spry



20th April Long Stratton Village Hall
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2nd Long Stratton Brownies

During March the Brownies designed 'Bottle Lights' and decorated Flower Candles for their Mums for Mother's Day.



We finished off the Reflect Stage 2, Know Myself Skills Builder Badge by exploring feelings and emotions and looking at the Brownie Pocket Challenge that some of their Mum's and Aunts used to do in their time when they were Brownies.

On our last evening of the term, we had an Easter evening with various Easter games including Rabbit, beetle and an Easter egg hunt.

It was lovely to welcome and enrol 5 new girls into our Brownie Group, Freya, Jess, Eliana, Polly and Violet (3 of them having moved up from Rainbows.)



Borderhoppa, a registered not for profit charity, provides a range of community services to more than 50 parishes in south Norfolk and north Suffolk – including those in Diss, Harleston, Long Stratton, Eye, Stradbroke and surrounding parishes.

We are looking for more volunteer drivers and trustees to support our vital community transport service. Tom Clarke, Borderhoppa manager, said "Our services really do provide a lifeline for some of the most vulnerable people in our community, so anyone who can help us would be making a positive contribution to local life. If you have some spare time and would be interested in helping us we would love to hear from you".

Volunteers would be trained to occasionally drive the groups minibuses for its much used outings service. We run many popular, weekly outings for members throughout the year including trips to the coast, garden centres, pub lunches, shopping trips and boat trips. Our door to door dial-a-ride service allows people of all ages without access to other forms of transport – including those with restricted mobility and the rurally isolated – to carry out everyday tasks such as shopping, attend GP appointments, visit friends and relatives or to attend a local club/community group.

If you are a member of a local not for profit community group, you can hire the minibuses for outings. Go to destinations of your choice, visit your favourite places and enjoy shopping trips.

For a copy of the 2024 outings leaflet and for any other information regarding the services we provide please call the office: **01379 854800**, email: **adminborderhoppa@btconnect.com** or visit our website: **borderhoppa.org.uk**

1st Long Stratton Scout Group

Things have been super busy here in the Scout Group and we realised we hadn't had a chance to submit a report for some time, so we thought we would do a bit of a catch up report this month on some of our Autumn/Winter activities.

During the Autumn Term, our Squirrels (4-6 years old) had a great day at the South Norfolk Squirrels Autumn Fun Day. They took part in archery, pumpkin carving, outdoor adventure course, wood-burning crafts, storytelling and a campfire with marshmallows! It was a super fun but tiring day!



Our Beavers (6-8 years old) had been working hard on their Money Skills badge to better understand the value of money. Our volunteer teams decided it would be a great opportunity to use these new money skills in a real setting looking at the prices of different products on the shelves & purchasing items with a set budget. And so both our Beaver Colonies took a short hike to the Co-op to have a go at purchasing some food items for the local Foodbank. It was great to link these money skills with learning about the work of the local Foodbank so that the Beavers felt they could directly support our community by buying food items to help others who may need it. We are so proud of how well the Beavers did with this task!

Meanwhile, both our Cub Packs have enjoyed great sessions with the South Norfolk Police to finish off their work on the Personal Safety Badge. Beat Manager PC Hall and Sgt Butler came to discuss with the Cubs how to keep safe in various scenarios and told us about their work in keeping our communities safe. The Cubs (8-10 years old) were able to learn about some of the equipment used by the Police, before visiting the Police Station to see behind the scenes. The session concluded with a few Cubs getting to have a go at using the 'speed gun' to see how this works. The session was well enjoyed by all the Cubs!



Our Older Scouts completed their Expedition Challenge last term which started with some skills sessions to ensure all the Scouts had the necessary knowledge and planned their route. They completed a full day hike from Harleston to Fressingfield before setting up camp & organising dinner for everyone. Next morning they had a different route planned to get them back to Harleston in time for pick up. They did really well as the weather was particularly challenging, and for many this completed their Chief Scouts Gold Award – the highest award they can achieve in Scouts (11-14 years old).



Our Explorers (14-18 years old) attended Norfolk24 – a 24 hour non-stop Scouting event for Explorers from across Norfolk that has activities running all through the weekend. There was plenty on offer including cooking over fires, archery, tomahawk throwing, air-rifle shooting, inflatables, slack-lining canoeing, kayaking & stand-up paddleboarding. There were also more chilled & creative activities for when everyone was feeling a bit more tired, a late night disco and a campfire in the early hours of the morning!



Sounds like fun? Want to find out more about getting involved either as an adult volunteer, or for a young person, then please contact Peter (Group Lead Volunteer) by email on ***1stlongstrattonscoutgroup@gmail.com*** or via our Facebook Page ***www.facebook.com/1stlongstrattonscoutgroup***

You can also find out more at scouts.org.uk/volunteer and norfolkscouts.org.uk/join

LONG STRATTON & DISTRICT WI

At our February meeting Emma McGuiness gave us a fascinating talk about her own life and, in particular, working as an Ambassador for Tropic Skincare.

Emma told us the company was set up by Susie Ma. At the age of fifteen Susie started making skin scrubs and selling them on a market stall to help her mother pay the bills. By 2013 she had the makings of a growing business and was accepted as one of Lord Sugar's apprentices. Susie's range of skincare products uses only sustainable ingredients. This young Australian entrepreneur has grown her business until today she employs over 20,000 Ambassadors and has been able to buy out Lord Sugar.

Throughout her talk Emma described the products on display and passed around samples for our members to try. She also demonstrated a facial and invited ladies to try the hand scrub. It was a pleasantly scented and interesting evening.

As usual during the month members had the opportunity to meet up for a knit and natter and several went out to lunch in the town.

By the time you are reading this many of our members will have been to the Norfolk Federation annual meeting at the Theatre Royal in Norwich. Apart from hearing the latest business news they are looking forward to hearing Janet Street- Porter give the afternoon talk. More about that next month.

Our new W.I. year starts with our April meeting and we have an exciting programme of speakers organised for the coming twelve months. The talks include, for example, travel, adventure, wild life, history, the Broads and mystery. Of course there will also be the usual Christmas party, visits, lunches, and lots of social get togethers. If you would like to come along as a visitor, just turn up and you will be made very welcome.

Our meetings are on the third Wednesday of the month at 7.30.pm in Long Stratton Village Hall. The next will be on Wednesday 17th April when Juliet Webster will talk about her travels by caravan. If you need further information please **telephone 01508 531154**.

Bun, Cuppa and Chat Veterans' Group

The Bun, Cuppa and Chat Group is open to all those who have served in the Armed Forces – wartime, national service, regular, reserve or territorial, and their spouses/partners. It is also open to widows and widowers of those who served.

We usually meet on a Thursday afternoon once a month at the Mariners' Galley in Rushall, kindly hosted by the owners, Glenn and Amy Hoddie, for tea, cake, sausage rolls and a chat, as our name suggests. We also arrange a Christmas lunch for members, again at the Mariners' Galley. The Revd Norman Steer rings everyone regularly (regardless of whether they come to the monthly events) to check all is well, and will visit as needed. Norman is also available at any time for members needing guidance or support. A monthly newsletter is emailed, posted or hand delivered to all members of the group. There is no charge to join the group or attend Bun, Cuppa and Chat events, other than a charge for the Xmas lunch, though we welcome donations which help to cover any expenses, with any surplus used to subsidise the Christmas lunch and any other extras for members of the group.

Since the Dickleburgh and District Branch of the Royal British Legion closed last year, the Bun, Cuppa and Chat Group has re-formed as a pastoral group under the auspices of the Benefice of Dickleburgh and the Pulhams - the Revd Carl Melville is our rector. We welcome veterans from across the local area; you do not need to live in the benefice or be a churchgoer to join the group.

We currently provide lifts to and from Rushall for up to a dozen people from Long Stratton, Diss, Harleston and several villages in between. We have three drivers at present, though not all are available each month, so it would be great to have a few more volunteers to help when needed. We also welcome anyone who would be willing to join the cake-making rota!

If you, or anyone you know, would like to join the Bun, Cuppa and Chat Group, or volunteer to help, please contact the Revd Norman Steer or Rosemary Steer, on 01379 854245. We look forward to welcoming new and existing members and helpers.

The Royal British Legion Poppy Appeal – Dickleburgh and Long Stratton Districts.

£5,270 was raised for the Poppy Appeal last year, covering Long Stratton, Dickleburgh and many surrounding villages - up nearly £200 on our 2022 collections. Thank you to everyone who made this possible: the businesses, pubs and cafés, retail outlets, care homes and schools who put out the tins for us; the churches who gave us their Remembrance Service collections; those who bought wreaths; our one and only house-to-house collector (more always welcome!); our collectors at the Long Stratton Co-op, and of course all those who gave so generously.

Please contact the Poppy Appeal Organiser, Rosemary Steer, on 01379 854245, if you would like to help with this year's collections.



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BIKE ACTIVE NORFOLK

BikeActive Norfolk's new Junior group will commence running during the Easter school holidays

The group will run on the multi use games area at Manor Park playing fields, Long Stratton and is for children and young people with any disability

We have a plethora of trikes, go karts, scooters for clients to use during their one hour session and for those needing more assistance some rear steer tandem trikes and a wheelchair tandem trike and wheelchair transporter

All parents or carers attending with their charges will be expected to remain with them during the session. Full details will be available on our website shortly, BikeActiveNorfolk.org and then go to the Junior area

Dates for BikeActive Norfolk Junior 2024. All sessions between 1300hrs and 1500hrs. Each session is one hour. Advanced booking via the website required. Any problems booking call the number given below

April 3rd, 10th

May 29th

July 24th

Aug 7th, 14th, 21st and 28th

Jez Briggs,
Chair, BikeActive Norfolk
T07716103072
Email, BikeActiveNorfolk@gmail.com
Website BikeActiveNorfolk.org

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Youth Worker update

It was great to meet some young people, parents and other interested adults who popped in to say hello at the 'Meet the Youth workers' event at The Pavilion in Long Stratton during the half-term break. As the weather was very wet we decided to stay indoors where it was warm and dry and offer a taster of what we could offer as a drop-in 'Youth Café'. There was an opportunity to enjoy some creative activities, including badge making and bead jewellery, whilst chatting and enjoying a fully loaded hot chocolate and snacks. We also asked young people attending for their views on:

- Whether setting up a Youth Café at The Pavilion was a good idea?
- What they'd like to be offered and what equipment was needed?
- What age ranges it should be offered to and when?

We are now looking to arrange meetings in April with young people who are interested in working with us to get the Youth Café up and running hopefully during the Summer term. If you also think a Youth Café in Long Stratton is a good idea and are interested in making this happen please message me on Facebook, **on 07743 938147 or via email at anastasia.twigg@longstrattontowncouncil.gov.uk**.

SAM2

An additional SAM2 (speed indicator device) has recently been purchased following a successful bid to the Parish Partnership Scheme and will be up and running in three extra areas around Long Stratton. The Planning Committee review this data regularly.

Community room for hire

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

Upcoming Full Council meeting dates

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

The next two meeting dates are: Monday 8th April and Monday 13th May at 7pm.

Becky Buck, Town Clerk

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MESSY CHURCH IS BACK!

Where? Stratton St Mary church

When? Sunday April 7th 4 to 5.30

Who? Everyone (children accompanied by adults)

What's it about? Easter, how Jesus rose from the dead.

What happens? 4 pm, arrive, register, get messy (crafts, games etc)

4.45 bring the activities together for Bible story and worship

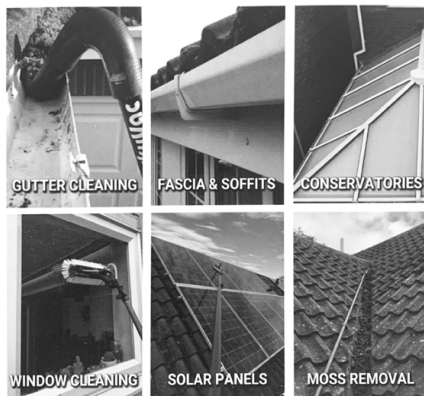
5 to 5.30 Tea (muffins, scones etc. enough for the whole family)

Contact? strattonmessychurch@gmail.com or Long Stratton Messy church on facebook

Come and get messy with us on the first Sunday of every month.

M	T	W	
1 Local Walk - <i>see page 38</i> Pilates - Hempnall Village Hall see p22	2 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church 10:00am - 12:00pm see p28	3 Wacton Parish Council Meeting Wacton Village Hall 6.00pm	4 Pilates - Wacton see p28
8 Pilates - Hempnall Village Hall see p22 LSTC Meeting Pavillion community Room Manor Rd 19:00	9 Diggers & Dibblers Forncett Village Hall 7:30pm see p337 Lets Chat St Mary's Church 10:00am - 12:00pm see p28	10 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	11 Pilates - Wacton see p28 Lunch Club Long Stratton Congregation Call 07968711111 Tharston & District W.I. Wacton Village Hall 7:30pm
15 Pilates - Hempnall Village Hall see p22	16 Lets Chat St Mary's Church 10:00am - 12:00pm see p28	17 Long Stratton & District W.I. LS Village Hall 1930	18 Pilates - Wacton see p28
22 Pilates - Hempnall Village Hall see p22	23 Coffee Morning Wacton Village Hall 10.30am Lets Chat St Mary's Church 10:00am - 12:00pm see p28	24 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	25 Pilates - Wacton see p28
29 Pilates - Hempnall Village Hall see p22	30 Lets Chat St Mary's Church 10:00am - 12:00pm see p28		

T	F	S	S
on Village Hall e p122	5 Wacton Social Club open 7.00pm - 11.00pm with Bingo	6	7 Messy Church St Mary's Church 16:00 - 17:30 see p19
Wacton Village Hall see p22 12:00 - 2:00pm Stratton onal Church Hall 716698 to book & District W.I. Village Hall 30pm	12	13 Wacton Church Coffee Morning 1030am.	14
Wacton Village Hall e p22	19 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	20	21 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall Hope Church Wacton Village Hall 15:30 .
Wacton Village Hall e p22	26 Race Night Queens Head 19:30 see p15	27 Bingo Long Stratton Village Hall eyes down 1930 see p5	28



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Wacton Parish Council,
Village Hall, Hall Lane, Wacton, NR15 2UH
Clerk: Mr Alan Arber
Telephone: 07813190516 Email: wactonparish@yahoo.com

BLACKS MEADOW

The new posts and chains are now in place and some of the fruit trees pruned. Some tidying up still needs to be completed.

WOODLAND PROJECT and POND

Ongoing tidy and clear up, and wood is being stocked up to make a shelter for all to enjoy.

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

Pruning of the brambles have started around the pond.

BOOK EXCHANGE

Works will commence once warmer and drier weather arrives. Equipment is on order.

SPEED AWARENESS MACHINE (SAM)

The new machine has arrived and is in place on Hall Lane.

FOOTPATH WARDEN and COUNCILLORS

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

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

Please contact the clerk for more details.

NEXT MEETING

The next meeting will be on Wednesday 3rd April 2024 at 6pm.

Meeting dates for 2024

May 1st Annual Meeting of the Parish followed by Annual Council Meeting

June 5th

July 3rd

No Meeting in August

September 4th

October 2nd

November 6th

December 4th

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HARLESTON CHORAL SOCIETY

HCS will be returning after the Easter break (and a highly successful March Quiz Evening) on Monday 15 April, 7.00 pm for a 7.30 pm start, in The London Road Church, Harleston IP20 9BH. Since January we've been rehearsing Saint-Saëns Requiem and Dvořák Mass in D Major for our Summer Concert on 29 June 2024. It's never too late to join us, there are no auditions, and music is provided free. Practices are on a Monday evening 7.30 pm-9.30 pm and parking is available in The Original Factory Shop (TOFS), almost opposite the church.

Further information about the choir is on our **website** www.harlestonchoralsoc.org.uk or from **Stella Brownsea** at heidihouse@btinternet.com



HARLESTON & DISTRICT U3A

Harleston & District u3a - our monthly talk, on Wednesday 17 April at 2.00 pm in St John's Church, Harleston IP20 9AZ will be given by Tania Harrison, on The Arnolfini Portrait and Other Marriages in Art. Tania describes herself as a 'Not too academic Art Historian !' and she will show how marriage has been represented in art over the centuries, including the use of symbols and hidden meanings in the paintings.

Visitors welcome, admission £3.00 including refreshments.

Further information about this and all Harleston & District u3a's activities is on our **website** www.u3asites.org.uk/harleston or by contacting **Kim Poulton** on **01986 788149**.

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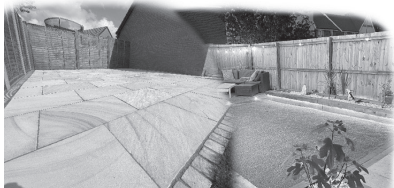
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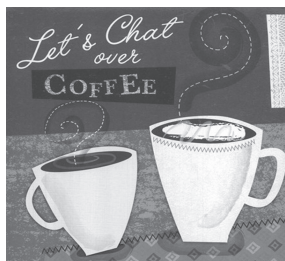
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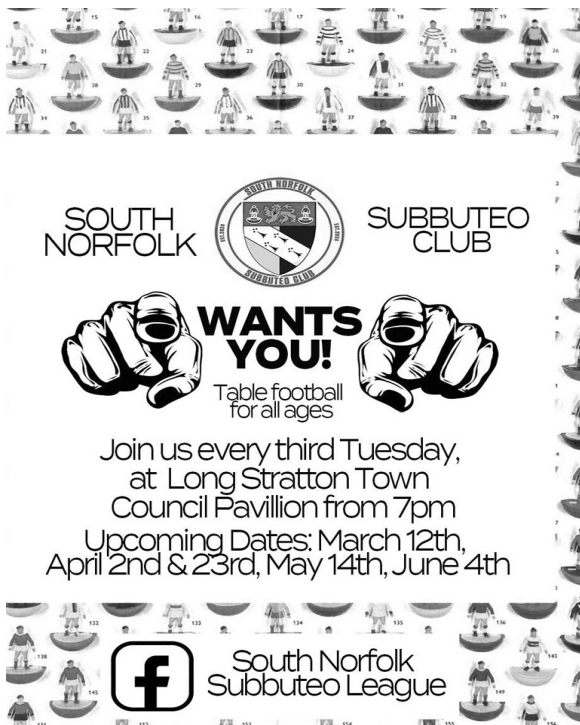
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Shelton and Hardwick

Sunshine and a clear blue sky greeted just 7 of us today. We drove to the old schoolhouse in Shelton where we were to start our walk. Bonnie was leading us and advised that we would unfortunately have to stick to the roads as she had found the footpaths to be at best very muddy if not completely underwater -We later passed a rather lovely stream clearly signposted "footpath".



We set off, turning right into Alburgh Road and surprisingly encountered a few cars. However, after turning right into Primrose Lane (which didn't really do its name justice) our route remained mostly quiet. We stopped to watch a buzzard being harassed by a crow whose family were nesting in the nearby trees. Muntjac and magpies were spotted, and we heard a lark singing.

The sun warmed our backs as we proceeded across Harris Green and along Mill Lane stopping to "admire" the house of an Elvis devotee. We continued along Mill Road, peered into the old well at the junction with Hall Lane and finally along Low Road

to the rather spectacular Shelton Church. Pretty impressive for a village church, and currently a beautiful display of daffodils in the cemetery. (Worth a visit whether you're on foot or on a drive)



Just a few minutes back to the car.

Thank you Bonnie, for organising this gorgeous spring walk.

LONG STRATTON LIBRARY

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Lego Club – age 4-7 Mondays, 3.45pm
Lego Club – age 6-11 Tuesdays, 3.45pm
Bounce & Rhyme – Tuesdays, 2pm
Stitches & Knitters – Thursdays, 2-4pm

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Saturday: 8am-4pm (staffed 11am-4pm)
Sunday: 10am-4pm

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



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DIGGERS & DIBBLERS

Martyn Davey will be speaking to us about edible flowers.

Tues 9th April 7.30pm Fornsett Village Hall
£1 members/£3 non-members including a raffle ticket, soft drinks and nibbles. Wine £1 per glass.

CHURCH SERVICES - April

7th April - 09:30am - Morning Prayer - Wacton
11:00am - All Age Worship - St Mary's
16:00pm - Messy Church - St Mary's

14th April - 09:00am - Holy Communion - St Michael's
11:00am - Holy Communion - St Mary's

21st April - 09:30am - Holy Communion - Wacton
11:00am - Morning Worship - St Mary's

28th April - 09:00am - Holy Communion - St Michael's
11:00am - All Age Holy Communion - St Mary's

CONGREGATIONAL CHURCH

7th April at 10:45am – Family Service incl. Holy Communion – Rev. Michael Womack

14th April at 10:45am – Family Service – Rev. Gill Osborne

21st April at 9:45am – Community Family Breakfast

21st April at 10:45am – Family Service – Rev. Ian Jones

28th April at 9:45am – Monthly Prayer Meeting

28th April at 10:45am – Family Service – Rev. Pat Atkinson

Hope Church

21st April 3:30pm - Service for all ages - separate childrens service - Wacton Village Hall.

From the Parish Registers

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**

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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: -

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Deadline for adverts is the 5th of the month

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