

The Sexton's Wheel

Issue 242

The magazine for Long Stratton & Wacton



March 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

Hire rates from as little as £7.50 per hour.



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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.



As I sit here writing this, it's an overcast, cold, wet and windy day but on the bright side, the snowdrops are out, and other spring flowers are starting to make an appearance to remind us that better weather will soon be on the way. Hopefully it will arrive in time for Easter, especially for those planning an Easter Egg hunt.

HAPPY EASTER

The Sexton's Wheel Team

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New Life and hope

As I write this early in February I can see beautiful little snowdrops and masses of pink spring cyclamen when I look out into the garden. They are a lovely reminder that Spring is on its way. It is a season of hope with the days getting longer and the flowers and trees seeming to come back to life with new growth and foliage. The weather in March can be very varied - mild and Springlike, or quite wintry - we've even had snow sometimes. My sister was married on the 31st of March many years ago, and although the weather was dry that day, the previous day there had been snow showers. The wedding day was actually Easter Monday, so there had been snow on the 30th, Easter Sunday! Easter was early that year, as it is again this year, though one day later, on the 31st March. Who knows what the weather will bring?

The Easter message of new life and hope can be reflected in Spring in the world around us, God's creation. On Easter Day we celebrate the resurrection of Jesus Christ after the suffering and sadness of Good Friday, which he endured for love of us all as he died on the cross. He offers us new and eternal life, with meaning and hope, if we put our trust in him, and to be our friend and guide as we live our lives. This is why there are quiet reflective services on Good Friday, and joyful celebrations on Easter Day in our churches. All are welcome to come to these - details are at the back of Sexton's Wheel. You may have read that Messy Church has been having a winter break. Plans are now being made for it to start up again in the Spring, another example of new life! The first session is planned for Sunday 7th April - still in the Easter season, so with an Easter theme. It will start at 4 pm in St Mary's Church with activities, Bible story and worship, with a simple tea afterwards, ending around 5.30. Messy Church is for everyone, but especially children with parents or grandparents (or both). Easter eggs, with their symbolism of new life, may very well be a part of that day.

Chocolate eggs are very much a feature of Easter celebrations, (even though they may be seen in the shops straight after Christmas!) but Easter is about so much more.

Happy Easter

Rev'd Elisabeth Spry.



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2nd Long Stratton Brownies

In February the Brownies celebrated 'Thinking Day', the birthday of our Founders Lord and Lady Baden-Powell, by renewing our Promise and looking at Guiding around the World.



We also continued with Skills Builder Reflect 2 and designed our own flags. We also planned our own Festival as a Unit Meeting Activity (UMA) and danced to a popular song.

During one of our meetings our Divisional Commissioner (Claire) visited to present Helen, Hawk Owl, 1st Long Stratton Rainbows, with her 20 years Long Service Award and Karen, Rabbit, 2nd Long Stratton Brownies, with her 5 years Long Service Award. Well done to both Helen and Karen for their commitment to guiding and all the activities they do with Rainbows and Brownies.

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Mon 11th – Green Pastures Plant Centre, Apton – Fare £15.00

Thurs 14th – Lunch at The Black Horse, Thorndon – Fare £8.00

Mon 18th – Highways Nursery & Shopping Centre - Fare £15.00

Thurs 21st – Foundry Plant Centre, Tasburgh – Fare £8.00

Mon 25th – Earsham Hall Tea Rooms - £8.00

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Dear parents and carers

I'm responsible for the school crossing point on Swan lane, near the Manor road junction. Whilst the role is funded primarily for under 12's, I'm very happy to help anyone who wishes to cross Swan lane, from approximately 8.15am to 8.45am and between 3pm to 3.30pm during St.Mary's school term times. Please encourage your children/young adults to use this. A lot of pupils come down on the left side of Swan lane, meaning they still have to cross Manor road if heading to either the High School or Manor-Field. If they used the right side, where I stand, it would avoid them having to cross the very busy Manor road entirely. The role has been going for nearly 5 months, and whilst there are regular pedestrians, I feel the "novelty" has worn off for some others. Please help me keep your children safer, by encouraging the use of the manned crossing point, rather than "playing chicken" at other unsupervised crossing points. I'm afraid these are seen almost daily. Thank you.

P. Rochester.



LONG STRATTON & DISTRICT WI

Booking a speaker for a meeting in January comes with the risk of uncertain weather. We decided to ask a member, an experienced crafter, if she would lead a session for us. So members gathered along a table set out with all the necessary equipment to make a greetings card. Everyone seemed to be absorbed in doing their best, even the non-crafters among us, as can be seen from some of the lovely cards in the pictures below.



A few had met for a knit and natter earlier in the month, but this was the first time we had all been together since the December party and Christmas lunch.

Consequently there were several items of business to deal with, one being the Norfolk Federation's annual meeting in March. At the time of writing tickets have been booked for eight of our members to attend, one being the delegate who will report back at a future meeting. Then,

after an extended social time and refreshments the meeting resumed, including judging our monthly competition, distribution of birthday posies and drawing the raffle.

When you are reading this in the March issue of the Sexton's Wheel our March Annual meeting will be three weeks away and the last for this year's programme. New members can join at any time throughout the year but the start of a new year is a good time. If you are unsure about committing yourself, then look out for posters advertising our new programme which starts at the April meeting.



We meet in Long Stratton Village Hall on the third Wednesday of the month at 7.30. pm. We are a small, friendly institute and you don't have to live in the village to come along. There is plenty of parking behind the village Hall which can be found opposite the parish church along the A.140. If you would like any further information please telephone **01508 531154**.

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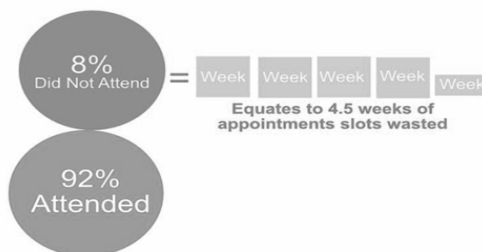
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Statistics from Long Stratton Medical Partnership regarding missed appointments

At a recent meeting of the Patient Participation Group (PPG) we discussed the “Did not attend” patients. These are the patients that have an appointment booked but for whatever reason didn’t turn up to their appointment. This was also a subject of discussion at a meeting of other PPG’s arranged by the Norfolk and Waveney Integrated Care Board and Norfolk Healthwatch.

We discussed the affect this has on the surgery and their ability to give other patients appointments and why we thought it may happen, for which there could be lots of legitimate reasons. From the available data, we know the over 250 patients missed multiple appointments, the overall statistics are shown below. Alarminglly all the missed appointments meant that there were 4.5 weeks’ worth of appointments wasted in 2023.



What can you do?

- Please let the surgery know if you need to change arrangements, you can do this by calling the normal surgery number choose option 4 and then option 2, there is no need to be held in queues or to speak to reception staff.
- If you know a relative has an appointment and needs a helpful reminder if you could do that, it will make a difference to the efficiency for the practice and open availability for other patients.
- If you have any anxiety about attending your appointment, please call the practice and seek some help or advice from them.

The surgery may call you when you miss your appointment to check that you are okay.

Let’s try to help each other by letting reception know if you no longer require your appointment, please call 01508 530781 option 4 then option 2.

As a PPG we are your voice, there is a committee that meets regularly to discuss topics where we can help, please feel free to email us via the surgery if you want to find out more about us and if you are interested in becoming a committee member (lsmp.d82037@nhs.net – mark for the attention of the PPG).

Martin Lander – Chair PPG

Long Stratton Town Council

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Long Stratton's new youth worker

Hello Long Stratton, I'm Anastasia and I just wanted to introduce myself and my new role as the Youth and Community Development Worker for Long Stratton.

I live and shop locally and have worked with MTM Youth Services, who deliver youth projects and services to young people within (and beyond) South Norfolk, since 2019, and who are hosting this role on behalf of Long Stratton Town Council.

The role of the Youth & Community Worker for Long Stratton is to work with local partners, and especially young people themselves, to develop a range of activities and/or services to promote young people's social, emotional and physical development, including a safe space to talk and feel heard. We aim to offer, as a minimum, regular open access sessions for both juniors and seniors (exact age ranges to be confirmed) and additional sessions targeted at areas of specific local need, involving young people as much as possible in identifying, designing and delivery of the provision.

We are also hoping to support young people to get more involved in the work of the town council, and having a say in the development of your community spaces and places.

Local Easter event

Long Stratton Easter Market is taking place on Saturday 30th March from 12pm until 6pm. There will be various stalls of arts, crafts, food, drink and more in the courtyard of Tea and Cake, rear of The Queens Head and in front of The Chip Inn. Alongside this there will be an easter egg hunt, just £1 per child, and a Long Stratton Easter Bake Off!

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 11th March 2024 and Monday 8th April 2024 at 7pm.

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Messy church update

Thanks to everyone who shared ideas for the way forward for Messy Church. Now you can put all these dates in your diary: April 7th, May 5th, June 2nd, July 7th, August 4th, Sept 1st, Oct 6th, Nov 3rd, Dec 1st. (First Sunday of every month)
Everyone is welcome and there will be a good tea at the end so the whole family can relax together.



The programme will be:

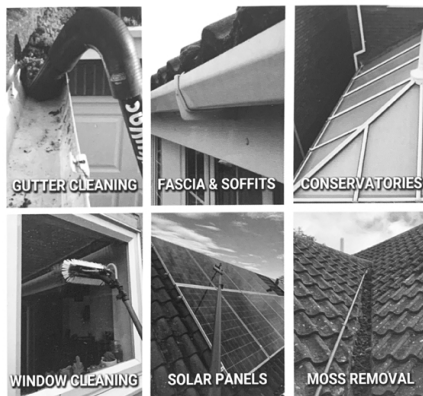
4 pm arrival and registration followed by crafts and other activities based on that month's theme.

4.45 bring the activities together for the Bible story and worship.

5 to 5.30 tea.

There is no charge but there will be the chance for donations from those who are able. Want to know more or to volunteer to help? Contact us at:

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M	T	W	
4 Local Walk - <i>see page 38</i> Pilates - Hempnall Village Hall see p16	5 Coffee Morning Wacton Village Hall 10.30am	6	7 Pilates - Wacton see p16
11 Pilates - Hempnall Village Hall see p16 LSTC Meeting Pavillion community Room Manor Rd 19:00	12 Diggers & Dibblers Forncett Village Hall 7:30pm see p33	13 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	14 Pilates - Wacton Hall Lunch Club Long Congregation Call 079687 Tharston & Wacton 7:30pm
18 Pilates - Hempnall Village Hall see p16	19 Coffee Morning Wacton Village Hall 10.30am	20 Long Stratton & District W.I LS Village Hall 1930	21 Pilates - Wacton see p16
25 Pilates - Hempnall Village Hall see p16	26	27 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	28 Pilates - Wacton see p16

T	F	S	S
	1 Wacton Social Club open 7.00pm - 11.00pm with Bingo	2	3
on Village Hall p16	8	9 Wacton Church Coffee Morning 1030am.	10
Wacton Village all see p16 12:00 - 2:00pm Stratton nal Church Hall 16698 to book & District W.I. Village Hall 30pm	15 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	16	17 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall Hope Church Wacton Village Hall 15:30 .
Wacton Village Hall e p16	22	23	24
Wacton Village Hall e p16	29	30	31

THARSTON & DISTRICT WI

Our December meeting was at The Jolly Farmers when we all enjoyed a Christmas meal – no self-catering this time! The food was excellent, the raffle offered great prizes then Gill Banks and Cynthia Hill offered an entertaining poem. Lots of chatter and laughter so I am sure members enjoyed this different meeting with many friends.

A Dog is for Life was the topic for January and the speaker, Emily Matthews from The Dogs Trust, made this an interesting and enjoyable talk illustrated with film clips. Many members would now like to visit but are worried they may adopt a dog!

February is now our annual meeting and it is hard to remember the date change from November. It is always good to be reminded of the different speakers and events over the last year when our secretary, Margaret, reads her report. What a lot we have done over the year! Penny, our treasurer, presented her report and thankfully we have sufficient funds to carry on even though we had many banking problems. Barclays closed our account with no warning, and this left Penny to pay for our Christmas meal from her own account. Many thanks to Penny for seeing us through this difficulty. Thankfully this has been resolved, we have our account back! Our Annual Meeting is only for members as the new committee is decided for the next year, and as usual we had a good number of members present. Our present committee were all keen to continue for another year so they will get together to make plans for the year. This year we offered a ploughman supper and quiz after the business meeting and then allowed plenty of time for chat and laughter.

In February we are having a craft afternoon to make cotton bags for food banks to offer. This is to help people be aware of climate change and the small things like reusing fabric is one thing we can do to help.

The ' & District ' in our name includes the nearby villages where many members live. We meet at Wacton Village Hall on the second Thursday of the month at 7.30 and generally hold an additional event each month.

Heather Jeary

DISS U3A

The next talk at Diss U3A is on Thursday 7th March, by Sally-Anne Lomas - Julian of Norwich. Visitors are welcome.

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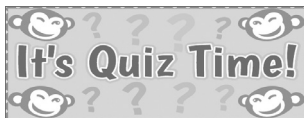


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HARLESTON CHORAL SOCIETY

Harleston Choral Society – STOP PRESS !



Our brilliant annual Quiz evening is on Friday 15 March in South Elmham St James Village Hall IP19 0HP (ample parking, and level access to the village hall). 6.45 pm for a 7.00 pm start. All welcome, tickets on the door - cash only please - £10.00 pp, which includes a delicious two-course supper. Bring your own drinks). Groups of six for the quiz but we can make up teams on the night.

And don't forget that although our Spring Term began on 8 January, it's not too late to join us as we rehearse Saint-Saëns Requiem and Dvořák Mass in D Major for our Summer Concert on 29 June 2024. No auditions, and music is provided free. Practices are on a Monday evening 7.30 pm- 9.30 pm, in The London Road Church, Harleston IP20 9BH. Parking available in The Original Factory Shop (TOFS), almost opposite the church.

Further information about the choir is on our website www.harlestonchoralsoc.org.uk (which may not be completely up-to-date, owing to unforeseen circumstances) or from **Stella Brownsea at heidihouse@btinternet.com**

HARLESTON & DISTRICT U3A

Harleston & District u3a welcomes you to our monthly talk, Needham – A Small Village with a Big History, on Wednesday 20 March at 2.00 pm in St John's Church, Harleston IP20 9AZ. It will be given by local historian Steve Poulter. Steve will reveal highlights from the long history of this tiny Waveney village which feature in his newly-published book. Signed copies will be available to buy after his talk. Visitors welcome, admission £3.00 including refreshments.



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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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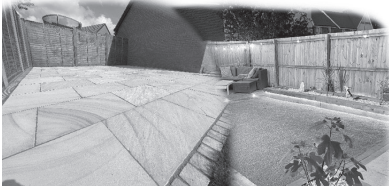
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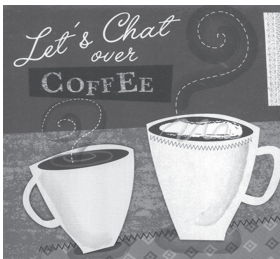


World Day of Prayer

Friday 1st March 2024 at 2pm

United Service at Long Stratton Congregational Church
A service for everyone entitled - 'I beg you, bear with one another in love'

Prepared by the Christian Women of Palestine



LET'S CHAT

Let's Chat is opening again on 19th March in St Mary's Church. Why not come down for a gossip where Janet and the team will be there to welcome you with tea, coffee and homemade cake.

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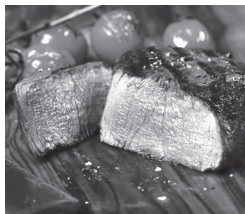
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A Windy Walk to Morningthorpe

There were thirteen of us who started off walking from Long Stratton. We welcomed Evelyn, Anthony and Mary who joined us for the first time. After walking up Star Lane we joined Edges Lane and headed out on that quiet road to the open fields east of Long Stratton. We could hear skylarks and I saw one battling against the wind. Louise reminded us that it may be the last time we see the fields as they are before work on the by-pass begins. Amazingly, through binoculars, you can see the spire of Norwich Cathedral on the northern horizon from here. Our birdwatchers also stopped now and again to record sightings while others enjoyed the chance of a chat together. It was quite a sight when something stirred hundreds of wood pigeons and they rose up from distant trees. The sun shone and the clouds were whipped along by the wind which made it feel colder than the 11 degrees forecast. Still, we were blessed with good weather for February.

Soon we took a footpath off the lane and over a field to Stratton Lane. The white geese were wary of our group and ran off noisily as we took the path alongside their lonely cottage. We arrived in Morningthorpe and clutches of snowdrops at the side of the road were nodding their heads and yellow aconites brightened the shadows. We approached the churchyard via a path at the back and were greeted by more snowdrops, this time in swathes across the graves. What a sight! A Mistle Thrush was jubilantly singing in the tall trees nearby. The Church with its round tower was open and had plenty to see inside such as the marvellous wooden carved furniture, pews with doors and impressive stained-glass windows.



After leaving the churchyard through the front gate and turning left we soon took a footpath behind the farm and alongside fields heading back towards Long Stratton. The gusty wind was strong here and threatened to blow us off our feet. We came out on a road near to Leeders mill but were then faced with a dilemma. The group split into two and those agile enough to attempt the high, difficult stiles followed that footpath back to Star Lane. I went with the other group and followed the road that joined up with Edges Lane again. Early primroses flowered on the banks of the ditches and others spotted giant puff ball fungi near a hedge on their path.

It was a wonderful opportunity to get out and experience the first signs of Spring in the company of others. Thanks to Louise for organising the walk. If you'd like to join us next month for a leisurely walk of about four miles, then meet outside the public toilets at 10am on the first Monday of the month.

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.

Looking for a meeting space? We have a room available with tables and seating for up to 12 guests – profit and non-profit rates available. Email long.stratton.lib@libraries.norfolk.gov.uk for further information.

Activities:

Parent & Child Stay & Chat – Mondays, 2pm

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

Friday: 8am-7pm

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

Sunday: 10am-4pm

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£1 members/£3 non-members including a raffle ticket, soft drinks and nibbles. Wine £1 per glass.

CHURCH SERVICES - March

3rd March - 9:30am - Morning Prayer - Wacton
11:00am- All Age Worship - St Mary's

10th March - 11:00am - Holy Communion - St Mary's

17th March - 9:30am - Holy Communion - Waton
11:00am - Morning Worship - St Mary's

24th March - 9:30am - Holy Communion - St Michael's
11:00am - All Age Holy Communion for Palm Sunday - St Mary's

29th March - 10:30am - Good Friday Reflective Service- St Mary's

31st March - 11:00am - Easter Sunday Holy Communion - St Mary's

CONGREGATIONAL CHURCH

1st March - 2pm - World Day of Prayer Service

3rd March - 10:45am – Family Service incl. Holy Communion – Bruce Thorn

10th March - 10:45am – Mothering Sunday Family Service – Joy Southam

17th March - 9:45am – Community Family Breakfast
10:45am – Family Service – David Moore

24th March - 9:45am – Monthly Prayer Meeting
10:45am – Palm Sunday Family Service – Colin Basham

29th March - 10:45am - Good Friday Family Service - Pastor Malcolm Simpkin

31st March - 10:45am - Easter Sunday Family Service incl. Holy Communion
Pastor Malcolm

Hope Church

17th March- 3:30pm - Service for all ages - separate childrens service - Wacton
Village Hall.

From the Parish Registers

We offer our condolences to family and friends of:
Arther Woodrow - 12th February - Earlham Crematorium
Robert John Harvey - 20th February - St Mary's

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

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