

The Sexton's Wheel

Issue 248

The magazine for Long Stratton & Wacton



September 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.



Wacton Village Hall - Booking Information

Attractive and welcoming community space available for hire: hall or meeting room

Hire rates start at £6.00 per hour. To book go to wactonvillagehall.co.uk

Email: bookings@wactonvillagehall.co.uk, or Tel: **Maz Richardson 07932269693**

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

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.



Writing this on possibly the hottest day of the year (so far), it seems difficult to comprehend that Autumn is just round the corner already, and by the time you read this, Christmas will be less than four months away! Happy reading.

The Sexton's Wheel Team

2. Booking information Long Stratton & Wacton Village Halls.
Church Contacts.
LSTC opening hours.
5. Peace
7. Long Stratton Medical Partnership.
.
8. Bike Active.
9. Sexton's Wheel Deliverers.
10. Long Stratton & District W.I.
Borderhoppa.
11. Wacton Parish Council.
12. 1st Long Stratton scouts.
Quiz night.
13. Bike Active.
16. Long Stratton Town Council.
- 20/21. Calendar.
22. Harleston & District Choral Society.
U3A
29. Let's Chat.
Messy Church.
31. Diggers & Dibblers.
36. Local Walks.
37. Long Stratton Library.
38. Church Services.
From the Parish Registers.
39. Contact details & information on
the Sexton's Wheel.

HOMEFRONT

*Handyman Maintenance
Services*

- Bathroom & Kitchen refurbishment
- Painting & Decorating
- Plaster Repairs
- Carpentry
- Plumbing
- Disabled Access work
- Garden Services

John Johnson

01508 531021 • 07958 606637

johnnyxj@yahoo.com

KENT SKIPS

WE COVER SOUTH NORFOLK & NORTH SUFFOLK

*** PROMPT & RELIABLE SERVICE**

*** NEXT DAY DELIVERY**

*** LARGE OR SMALL LOADS**



Yew Tree Farm, Pulham Market, Diss, Norfolk, IP21 4XN

info@kentskips.com

www.kentskips.com



**Richard
Walpole
Roofing**



- New Roofs
- Re Roofs
- Roof Repairs
- Leadwork
- Chimneys Repointed
- Fascia, Soffit and Guttering

FULLY INSURED

Contact Richard on
07747 784742

Caroline's Curtains



Customers Own Fabric

Made to Measure Curtains, Blinds, and
Curtain Alterations

Local, Affordable, Professional Hand-
Sewn Services

Contact Tel: **07848 463344**

Email: **carolinescurtains01@gmail.com**

Web: **www.carolinescurtains.co.uk**

Address: **Thistle Do, The Street,
Fritton, Norwich, NR15 2QT**

Peace

As I write this my wife and I are unpacking boxes and trying to bring order to our new home. Despite moving from a small flat to a bigger bungalow we still seem to struggle to find a place for everything. Already, however, we are able to sit and enjoy the peace and quiet of our new surrounding which is bliss compared with the hustle and bustle of our old home.

Peace is so important to everyone, both externally and internally. Not just freedom from the catastrophe of war but the freedom to live positive and fulfilling lives. It allows us to thrive physically and mentally.

The 21st September is International Day of Peace. Un.org says that in a world with rising geopolitical tensions and protracted conflicts, there has never been a better time to remember the values needed for a culture of peace. The United Nations (UN) provide a list of what peace means which includes: respect for life, human rights and fundamental freedoms; the promotion of non-violence through education, dialogue and cooperation; choosing negotiations over confrontation and working together and not against each other.

The United Nations Educational, Scientific and Cultural Organization (UNESCO) adds the notion that “wars begin in the minds of men so it is in the minds of men that the defences of peace must be constructed”.

The UN rightly says that peace “not only is the absence of conflict, but also requires a positive, dynamic participatory process where dialogue is encouraged and conflicts are solved in a spirit of mutual understanding and cooperation.”

The International Day of Peace has always been a time to lay down weapons and observe ceasefires. But it now must also be a time for people to see each other’s humanity. Our survival as a global community depends on that. I recall a quote that when we seek revenge, we should dig two graves. Revenge or evening the score does not bring peace for anyone.

How is this relevant to us in our daily lives? I’m pretty sure most of you don’t have an AK-47 that needs to be laid down. But maybe you can think of a grudge, dispute, hurt, disagreement that is disturbing your peace or the peace of family, friends or even strangers. Perhaps on the 21st you can seek to resolve that issue with love and understanding, giving everyone peace of mind and spirit.

Jesus says in Mathew 5:9 that the peacemakers are blessed. Let’s do our best to be peacemakers in our world and pray for peacemakers who are so desperately needed in the wider world today.

Have a peaceful month.

Pastor Malcolm Simpkin

Long Stratton Congregational Church



At The Mayfields Care Home, we believe in a healthy, active lifestyle – one in which our residents can feel like winners. That's why we personalise each day to meet the individual activity needs of our residents and their families.

And hearing their laughter is music to our ears.

www.castlemeadowcare.co.uk

The Mayfields

SWAN LANE, LONG STRATTON, NORFOLK, NR15 2UY
CALL 01508 535 500 TO ARRANGE YOUR VISIT



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE | SHORT BREAKS



ABACUS
a name you can count on

Accountants
Book-Keepers
Consultants

**WE FOCUS ON THE NUMBERS SO YOU
CAN LOOK AFTER YOUR BUSINESS**

- Sole Traders & Ltd Companies
- Tax & VAT Returns
- Management Accounts
- Book-keeping
- Payroll Services
- Auto-enrolment
- Company Formation
- Business Plans & Forecasts
- Independent Examinations
- Construction CIS
- Charity Accounts
- IR35 Contractors



**CONTACT US
TODAY**

TEL: 01508 333040
EMAIL: office@abcabacus.co.uk
The Willows, Ipswich Rd,
Long Stratton, NR15 2TG

Happy Feet



Qualified Foot
Health Professional

Treatment of corns, calluses,
nail infections and much more.

To arrange a home visit please call
Wendy Latoy MCFHP, MAFHP on

01379 676872
or **079 2345 4646**

LONG STRATTON MEDICAL PARTNERSHIP
Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY
Tel: 01508 530781

As you read this issue, we would have entered the final quarter of 2024. For some, time would have flown and for others, possibly a slow year. Much has happened especially on the political scene in the UK. We look forward as ever in the hope that there will be genuine concern for the NHS and primary care will see some benefits, albeit small. I talked about immunisations in my last issue and want to continue on the same topic. This time I focus on the Influenza vaccine.

The Green book that we use as resource for all vaccinations says this about Influenza: The risk of serious illness from influenza is higher amongst children under 6 months of age, older people, those with underlying health conditions such as respiratory or cardiac disease, chronic neurological conditions, and immunosuppression and also in pregnant women.

It is important that these groups of patients take up the vaccine and protect themselves as winter approaches.

The Gov.uk website clearly talks about the timing of the vaccination: Based on the evidence that flu vaccine's effectiveness can wane over time in adults Jvci (the Joint Committee for Vaccination and Immunisation) have advised moving the start of the programme for most adults to the beginning of October. This is on the understanding that the majority of the vaccinations will be completed by the end of November, closer to the time that the flu season commonly starts. It is preferable to vaccinate individuals closer to the time when the flu virus is likely to circulate (which typically peaks in December or January), as this will provide optimal protection during the highest risk period. As flu circulation in children normally precedes that in adults, the Committee agreed that the children's programme should continue to start in September as early as delivery and supply allows. There is also no change in the timing of vaccines for pregnant women.

Please support the practice by booking your appointment with us. Please ring the practice in early September and book your appointment for the Flu vaccine.

The Respiratory syncytial virus (RSV) vaccination programme starts soon, if you are eligible, please contact the practice in the second week of September to book your appointment.

Protect yourself and stay healthy

Hope Church - Who are we?

We are a vibrant and growing community of Christians, made up of local people of all ages and walks of life, who would love to invite you to our church services and popup cafe.



Church Services

What to expect?

We usually start with singing together, led by a band and follow it with a talk and time for response afterwards.

We welcome children. There is a separate program of fun activities for school years 1-6, which children are invited to join part way through the service.

After the service there's a chance to chat and enjoy refreshments and an opportunity to receive prayer if you would like.

Why come?

You will find a warm welcome within a friendly community. We believe our God is a living God, who cares about every one of us individually.

Anyone is welcome! Don't worry if you have never been to church before or not been for a while. If you have questions of faith or simply want to find out more, we would love to welcome you.

When and Where?

We meet at Wacton Village Hall (NR15 2UH) at 10.30 am and finish at midday.

From October we are increasing our number of services to twice a month and our future dates will be: 15 Sept, 6th & 20th Oct, 3rd & 17th Nov, 1st & 15th Dec.

Cup of Hope

In addition to our services, we run a popup cafe called **Cup of Hope**. This is held at the Pavilion, Manor Road, every 2nd and 4th Wednesdays of each month, from 8.50-11.30am. Do come along and enjoy drinks, cake and a friendly chat with us and the many local residents who join us.

How can you keep in touch with us?

We advertise in the Sexton's Wheel each month and have a Facebook page – 'Hope Church, Long Stratton'



Are you a **club, organisation or community group?**

Rosedale want to donate
20 TREES
 to celebrate their 20th birthday.
(Within a 10 mile radius of Diss.)

20 YEARS

Rosedale FUNERAL HOME
 A FAMILY BUSINESS • 2004-2024

GET IN TOUCH and call Lucy Coote on 07753 299925 or email lucy@rosedalefuneralhome.co.uk

SEXTON'S WHEEL

Have you got an hour or so spare each month? We are looking for volunteers who could help us deliver the Sexton's Wheel each month. Two of our regular deliverers have had to retire and we are urgently looking for replacements. The correct amount of magazines will be delivered to you at the end of each month, all you will have to do is post them through the letterboxes.

If you would like to help us please get in touch by calling **Ian** on 07557990169 or email thesextonswheel@gmail.com for more information.

LONG STRATTON & DISTRICT WI

Unfortunately, our advertised speaker was unable to come to our July meeting but we were able to quickly find a substitute. Instead of travels in Cyprus our speaker for the evening gave us a very colourful power point presentation and fascinating talk about her holiday to Sri Lanka, the Pearl of the Ocean. She was there representing a charity that helps women in poorer countries start small businesses to help support their families. It was especially interesting as she visited many small businesses and peoples' homes. The work of Traidcraft and Fairtrade is supported by all Womens' Institutes and we annually donate to their work.

Our next meeting will be on Wednesday 18th September when we will have a talk about the Broads and its wildlife. We meet at 7.30.pm in Long Stratton Village Hall. Do just come and join us for the evening or if you want more information **telephone 01508 531154**.



**Long Stratton Lions Quiz
& Ploughman's Supper.
Saturday 12th October
In the Village Hall 6.30 for 7.00
Teams of up to six, £10 p.p.
email bonnie.wade@tiscali.co.uk
or phone 01508 531406**

- Door to door dial-a-ride service
- Weekly members outings throughout the year
- Group hires for not-for-profit organisations



Borderhoppa Outings for September 2024

Mon 2nd – Southwold – Fare £20.00
Mon 9th – Lunch at Normans Fish & Chips, Harleston – Fare £8.00
Mon 16th – Highways Nursery & Shopping Centre – Fare £15.00
Thurs 19th – Lunch at The Red Lion, Needham – Fare £8.00
Mon 23rd – Stowmarket - Fare £15.00
Mon 30th – Lunch at The Billingford Horseshoes – Fare £8.00

To book or for more information please call **01379 854800** or visit our website **www.borderhoppa.org**

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

BOOK EXCHANGE

Works have now been completed on the bus stop and is now open, so if you have some spare books you wish to donate, please contact us.

THE PLAYGROUND

Unfortunately, we have noticed that the bench in the playground has been vandalised and will be repaired/replaced as soon as possible.

FOOTPATH WARDEN and COUNCILLORS

We have space for 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.

Hope you all had a lovely summer holiday.

NEXT MEETING

The next meeting will be on Wednesday 4th September 2024 at 6pm.

Meeting dates for 2024

November 6th

December 4th

All meetings times and dates are subject to change.

SUSAN ARROWSMITH MA, RGN, GHR
ADVANCED CLINICAL HYPNOTHERAPIST
SPECIALIST IN WEIGHT LOSS THERAPY AND COMPULSIVE EATING
DISORDERS.
IF YOU WOULD LIKE TO DISCUSS HOW HYPNOTHERAPY COULD HELP
YOU - RING SUSAN TO ARRANGE A FREE 30-MINUTE CONSULTATION.
Home telephone 01508 530926
Mobile - 07546716038
Email – susanmarrowsmith@talktalk.net

Our Cubs had a great weekend away on their Summer Camp at PGL Bawdsey in Suffolk. They enjoyed loads of activities which included Frisbee golf, archery, buggy building using pioneering (ropes & knots), fencing and climbing. Of course we enjoyed a campfire too one evening, and hot chocolates in the evening!

Two of the favourite activities were canoeing (although the wind made it particularly challenging!) and the zip wire which ended our camp. Thanks to all our volunteers who made the event possible!

Meanwhile our Scouts took part in the Southern Norfolk Scouts District Shooting Competition. Our Scouts represented themselves brilliantly

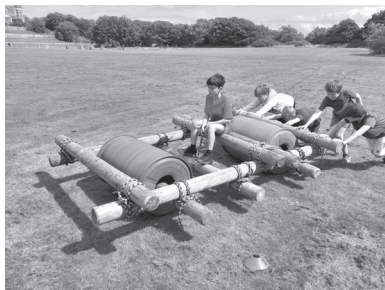
with some

fantastic shooting during the day, resulting in our two teams taking Overall First & Second Places at the competition – which is just amazing!

Well done to all the Scouts and thanks to our adult volunteers for supporting them at the competition but also in instructing them during our sessions!

Want to find out more about getting involved either as an adult volunteer, or for a young person (aged 4 upto 17), 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



QUIZ NIGHT

14th September
Long Stratton Village Hall

6:30pm for 7.00pm start
Teams of six, £7.50/person (Includes food) Kids half price.
Jacket Potatoes with various fillings

Bring your own drinks of choice.
To book call Janet on 01508 530121

In aid of St Mary's Church

BIKE ACTIVE NORFOLK

As I write this in early August , BikeActive Norfolk's Junior group has been run on the multi use games area at Long Stratton , Manor Park on five occasions since Easter 2024 on Wednesdays in Norfolk school holidays. We've averaged ten clients for each session and on one occasion had a full contingent of eighteen.

We have acquired some funding to buy some new go-karts , trikes and quadricycles but cannot do so until we have space to store them and we have been in negotiations with Long Stratton Town Council who have been very supportive, to site a shipping container at the playing field to store this equipment. One of the things we have learnt is that an hour for the two sessions is too long and so for our date on Wednesday the 30th of October during the school holidays we will run two, forty minute sessions from 1300hrs. So disability sessions will be 1300hrs-1340hrs. 1340Hrs -1420hrs

The final forty minutes of our two hours will then be an open session for all children. We are organising this with Anastasia who is the Long Stratton Town Council Youth worker. We have had so many children and young people come and ask whether they could try our trikes, go-karts and tandem trikes, having seen what fun our disabled clients are having, well in this session they can. Details will be finalised and published in October's Sexton's Wheel.

If this session is successful, we hope to make it a permanent addition to our programme sessions in 2025, which will run each Wednesday afternoon from Easter ,during Norfolk School holidays. We do hope to be able to take this Junior group indoors at Long Stratton Leisure Centre during the inclement winter school holidays in December and February and are negotiating with South Norfolk DC Sports and Leisure department to try make this happen. Like all things, to run a group like ours takes volunteers. BikeActive Norfolk has a wonderful group of people but we always need more. If you'd like to spend a couple of hours helping with cycling for disabled children , please contact me. Our group is friendly and all inclusive and we will make sure you get appropriate training, Everyone loves these sessions. Please contact me and come and join us. Our adult cycling group now run from Topcroft Sports and Social Club on alternate Fridays, and alternate Mondays from Earsham village hall. We ride three sessions at 1030/1130/1230hrs , a ride of about 3.5 miles which we complete as a group at an average pace of 7.5mph , using our many specialist cycles to ensure everyone can get out and enjoy a cycling experience. If you have been forced to stop cycling through disability, or have lost confidence to cycle alone, or are recovering from illness or injury and would like to keep cycling we have specialist bicycles and knowledge to help you. Get in contact and come enjoy the experience with BikeActive Norfolk.

Jez Briggs

Chair, BikeActive Norfolk

T07716103072

Website, BikeActiveNorfolk.org

Email, BikeActiveNorfolk@gmail.com



- All makes and models
- Insurance approved
- Small dents to major repairs
- Tyres at competitive prices
- Vehicle sales
- Courtesy cars available

Where quality counts!

01508 535888

Unit 2 | Robert Harvey Way
Tharston | NORWICH | NR15 2FD
www.ymark.com | info@ymark.com



Family Run, Private Hire Taxi
Based in Long Stratton

Offering a friendly, reliable service
Short and Long Distances
Airports and Stations
Courier Service
6 and 8 seaters

It is highly recommended to
pre-book

Please call or message on
07464736667

Or visit www.kandjcars.co.uk

PAUL LOVETT

Repairs & Servicing

Home Appliances

07999 355267

E: lovett.repair@gmail.com



Covering South
Norfolk and North
Suffolk

20+ years experience

EASTFIELD GARDEN SERVICES

- Mowing
- Hedging
- Weeding

And lots more

Contact Adam on:

Mobile: 07359331303

email: Adam0576@icloud.com

Facebook: Eastfield Garden Services





Susan Whymark Funeral Service Ltd

Independent and Family Run

Serving Eye, Harleston, Diss and the surrounding areas since 2004

We offer a range of services to suit your individual needs

- Funerals tailored to your needs and budget
- Full estimates given at time of arrangement
- Pre-Paid Funeral Plans available
- Direct Cremations
- Support Groups
- Memorials

We provide an efficient but friendly service through our
professionally qualified staff

- Chestnut House, 12 Progress Way,
Eye, Suffolk, IP23 7HU

Tel: 01379 871168 (24hr)

- Ley House, 11a London Road,
Harleston, Norfolk, IP20 9BH

Tel: 01379 851253 (24hr)

- Denmark House, 1 & 2a Carmel Works
Park Road, Diss, Norfolk, IP22 4AS

Tel: 01379 831332 (24hr)



See our customer reviews at

www.susanwhymark.co.uk

Email: susan@susanwhymark.co.uk

Long Stratton Town Council

Pavilion, Manor Road Playing Fields, Manor Road,

Long Stratton, NR15 2XR

Clerk: Mrs B Buck

Tel: 01508 530524 office@longstrattontowncouncil.gov.uk

Making Dog Bins Digital

A Brief Description:

At Long Stratton Town Council, our Apprentice is working on a project for her college course. This project has been named Making Dog Bins Digital and involves creating QR codes to put on all the dog bins in Long Stratton. This will allow Members of the Public to use their mobile devices to scan the QR codes and report any issues they may come across in relation to the dog bin. Scanning the QR code will take the user to the page on the Council website with a feedback form they can fill in. The user will be able to input the location and dog bin number, as well as type what the issue is. When submitted, this will send an email straight to our office to tell us what the issue is, and we can work on fixing it for you! And don't fret, there will always be alternative options for those who don't have mobile devices with scanning technology! You can:

- Pop into our office
- Call our office: 01508 530524 - Email our office: office@longstrattontowncouncil.gov.uk
- Visit the page directly: <https://www.longstrattoncouncil.info/dog-bin-issue-reporting>

Please be aware that our staff work flexible hours, so may not be in the office or able to pick up the phone. Because of this, it is recommended that you book an appointment if you wish to pop in.

Instructions for use:

- Take out your mobile device and open the camera.
- Point the camera at the QR code and wait for the link to pop up.
- Tap on the link and it will take you to the correct page on our website.
- Fill in the form and press "SUBMIT REPORT".
- All done! Your report will make its way to us, and we'll get the issue sorted for you.



CTS

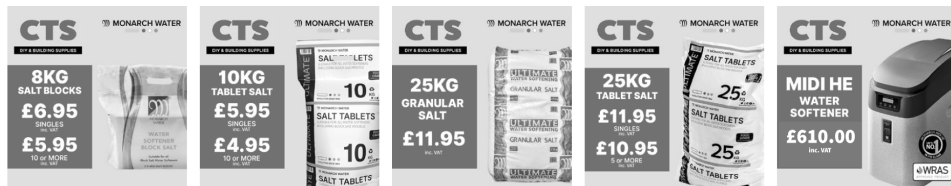
DIY & BUILDING SUPPLIES

Your independent supplier of DIY and building materials with service you can trust



All Monarch water softener salt is classified as Food Grade Salt tested to BS:EN 973, Class A requirements and complies with the European Chemicals Agency EU: 528/2012 biocidal test criteria. As stated by Monarch 'it's so pure you could put it on your fish and chips!' Monarch Water have gone to great lengths to ensure they produce only the highest purity and quality salt, that is also from a truly eco-friendly source. We have in stock 10kg Salt Tablets for £5.95 (Inc Vat) or £4.95 when you buy 10. Also available are 25kg Salt Tablets or Granular for £11.95 or £10.95 when you buy 5. Our 8kg Salt Blocks are £6.95 or £5.95 when you buy 10.

We offer a free local delivery service within roughly a 10 mile radius of our store for orders over £20. Alternatively, we offer a free click and collect service on all items available via our website.



We are open to the public and trade from 7.30am to 5.00pm Monday to Friday and between 8.00am and 12 noon on Saturday.

Visit our website www.ctsdiy.co.uk to also order on-line.

18-24 Mill Lane, Pulham Market, IP21 4TN
01379 415161 sales@ctsdiy.co.uk ctsdiy.co.uk

**Sell smart:
think Howards,
call Janette.**



Thinking of selling?

Summer is a great time to market your home and show it at its undoubted best.

Janette and the Howards team for Long Stratton are looking forward to meeting new clients and helping make 2024 the year for finding their dream home.

The local market has continued to be boyant as the year has continued and we have already made some fantastic deals for our clients. These sales have also covered a wide range of price points which gives us confidence that our local market is continuing to thrive. None of this would be possible without a steady hand on how to market your home which is where our local expertise and approach is key.

After nearly 30 years' serving the good people of Long Stratton and the beautiful villages of our area, we have successfully sold through all market conditions and understand fully what is needed to "sell well" in a more challenging market.

Please call me for a free valuation and to discover what just might be the best move you could ever make!

Janette Churchill
Partner & Long Stratton Property Expert
T 01508 532 244
E janette.churchill@howards.co.uk

HOWARDS



JH Property & Landscaping

Over 20 years experience!

**Building Work
Demolition Work**

Extensions

Fascias & Soffits

Fencing

Garden Timber Framed Buildings

Groundwork

House Clearances

House Renovations

Driveways & Patios

Roofing

Painting & Decorating

Based in Harleston

Call Justin on 01379 308146 / 07917 468917

Or visit our website for a free quotation
www.jhuntpropertyandlandscaping.co.uk



The **Benjamin** Foundation

**Do you have
a Heart and
a Home?**

*Do you see the value in supporting
young people in their transition to
adulthood?*

*Could you provide a safe base for young
people to call home?*

We're looking for understanding and
supportive people, from all backgrounds,
with a spare room wanting to make a
difference to the lives of young people.

You will receive a support payment,
comprehensive training and regular
guidance while you have a young person
staying with you.

Heart and Home, our supported
lodgings service, offers accommodation to
vulnerable young people who are in
need of stability, security and a
place to live.

If you'd like to find out more about Heart and Home
and how you can be part of our amazing network of
Hosts, please contact us on:

01603 886930

heartandhome@benjaminfoundation.co.uk



The Benjamin Foundation - Registered Charity Number 1134936 - Company Number 3825425
www.benjaminfoundation.co.uk

<https://benjaminfoundation.co.uk/service/heart-and-home>

M	T	W	
30 Pilates - Hempnall Village Hall see p24			
2 Local Walk - see page 36 Pilates - Hempnall Village Hall see p24	3 Coffee Morning Wacton Village Hall 10.30am Let's Chat St Mary's Church 10:00am - 12:00pm see p29	4 Wacton Parish Council Meeting Wacton Village Hall 1800 see p11	5 Pilates - W Ha Tharston & Wacton 7:
9 Pilates - Hempnall Village Hall see p24 LSTC Meeting Pavillion Community Room Manor Road 19:00	10 Let's Chat St Mary's Church 10:00am - 12:00pm se p29 Diggers& Dibblers see p31	11 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	12 Pilates - Wa se Lunch Club Long Congregation Call 079687
16 Pilates - Hempnall Village Hall see p24	17 Coffee Morning Wacton Village Hall 10.30am Let's Chat St Mary's Church 10:00am - 12:00pm see p29	18 Long Stratton & District W.I LS Village Hall 1930	19 Pilates - Wa se
23 Pilates - Hempnall Village Hall see p24	24 Let's Chat St Mary's Church 10:00am - 12:00pm see p29	25 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	26 Pilates - Wa se

T	F	S	S
			1
Wacton Village Hall see p24 Wacton & District W.I. Village Hall 15pm	6 Wacton Social Club open 7.00pm - 11.00pm with Bingo	7 Wacton Church Coffee Morning 1030am.	8
Wacton Village Hall see p24 12:00 - 2:00pm Long Stratton Congregational Church Hall 0166698 to book	13 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	14 Quiz Night Long Stratton Village Hall 1830 for 1900 see p12	15 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall
Wacton Village Hall see p24	20	21	22
Wacton Village Hall see p24	27	28	29

HARLESTON CHORAL SOCIETY

After our summer break, which included a lovely Summer Garden Party, and a 'Choral Singing for All Workshop', we'll be returning for more singing on Monday 2 September, the start date of the Autumn Term, 7.00 pm for 7.30 pm, in The London Road Church, Harleston IP20 9BH. Come and join us, especially if you're a potential tenor. We'll be rehearsing Haydn's Missa Sancti Nicolai and other Christmas music in preparation for our Christmas Concert on 14 December in St John's Church, Harleston.



Picture courtesy of Wikipedia

We've been singing since 2000, we're a friendly community choir, there are no auditions, and music is provided free. Practices are on Monday evenings 7.30 pm - 9.30 pm, in The London Road Church, and parking is available in The Original Factory Shop (TOFS), almost opposite the church. Further information about the choir is in the Location and Contact and About Us sections of the website, or from **Stella Brownsea at heidihouse@btinternet.com**

HARLESTON & DISTRICT U3A

Harleston & District u3a's monthly talk, on Wednesday 18 September and entitled Wingfield, Suffolk's Forgotten Castle will be given by Elaine, Baroness Murphy of Aldgate, a British independent politician and a member of the House of Lords, who has a special interest in mental health and ageing issues. She will be telling the story of this major local landmark and the remarkable lives of the powerful families who lived there.



Photo courtesy of English Heritage

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**



LONG STRATTON BYPASS
SKILLS ACADEMY



Norfolk County Council

FREE

BUSINESS CARBON REDUCTION WORKSHOP

DELIVERED BY:



octavius

Groundwork East is a community and environment charity working across the East of England to create stronger, healthier communities, responsible business and greater prospects for local people. Find out more at: www.groundwork.org.uk/east

TO REGISTER ATTENDANCE:

Email: LSBevents@octavius.co.uk
(limited spaces available)

For project queries, email Long.Stratton@octavius.co.uk

Aiming to support local businesses to reduce their carbon footprint, focusing on practical strategies to reduce carbon and energy costs. Delivered by sustainability consultants from Groundwork East's Sustainable Business team on behalf of Octavius, the event will focus on practical strategies, and provide an opportunity for businesses to receive one to one expert advice and to network with other like-minded local businesses.

TUESDAY 14:00 PM -
24TH SEPTEMBER 16:30 PM



**LONG STRATTON
TOWN COUNCIL
PAVILION
MANOR ROAD
NR15 2XR**



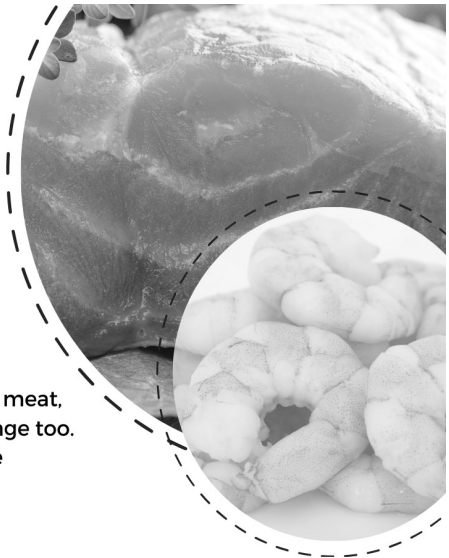
FRESH FISH, SHELLFISH & MEAT DELIVERED TO YOU

**LONG STRATTON & SURROUNDING
AREA
THURS & FRIDAYS**

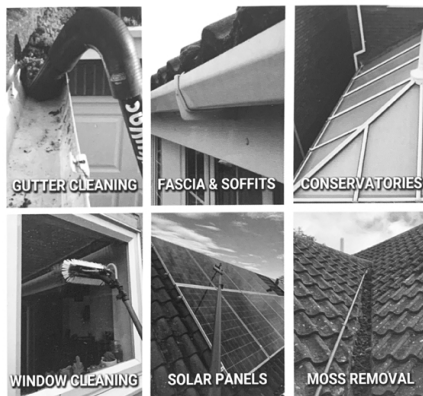
We offer a wide range of fresh fish, shellfish, meat, deli and platters. Stocking a large frozen range too. We use free range and local suppliers where possible.

BROWSE & ORDER ONLINE
WWW.FISHMONGERSNORWICH.COM

sales@fishmongersnorwich.com or 01603 624928



Howard & Son



☎ 01508 471 994 ☎ 07796 503 096

www.tasvalleyexteriorcleaningservices.co.uk
info@tasvalleyexteriorcleaningservices.co.uk

☎ 01508 471 994 ☎ 07796 503 096

www.tasvalleyexteriorcleaningservices.co.uk
info@tasvalleyexteriorcleaningservices.co.uk

PILATES

Beginners and Intermediate

Classes in:

Wacton Village Hall - Thursday mornings

Hempnall Village Hall - Monday evenings

For further details contact

Jo Douglas - 01508 530261

greenacresfarm@tinyworld.co.uk

YOUR WILL £79

PROPERTY PROTECTION TRUSTS FOR HOMEOWNERS INC. SEVERANCE OF TENANCY

from **£99**

LASTING POWER OF ATTORNEY

from **£99**

Other services we offer

- Asset Preservation Trusts
- Probate and Executor Services
- Funeral Plans
- Deputyship

A TRUSTED MEMBER OF THE SOCIETY OF WILL WRITERS

For Office and Home visits call

01508 494315

email sales@aspwills.co.uk

www.aspwills.co.uk

ASP Wills Pentland, Marlbottom, Tasburgh, Norwich, NR15 1NP

ASP Wills has Professional Indemnity Insurance (PII) which covers each will to 2.5 million



**BASED
LOCALLY
FOR YOUR
CONVENIENCE!**

- All makes and models of cars, vans and trucks serviced.
- MOT Preparation.
- Brakes, clutches, exhausts.
- Tyre supply and fitting service at competitive prices.
- Cam belts.
- Welding.
- 24hr Recovery.
- Courtesy car available.
- Friendly professional service.

Tel: 01508 489066
24hr Recovery: 0779 664 1881

Mark's Vehicle Services, Unit 1, Red House Farm,
High Road, Fornsett St Mary, Norwich, NR16 1JR.

Open Monday-Friday 8 til 5:30. Saturday 8 til 1.

All major credit cards accepted



J.A.T Painting and Decorating

Interior and Exterior

15 Years experience

**Friendly, reliable and
fully insured**

**For a Free quotation
Call or text us today**

07849194890



Garden Landscape Services Limited

- Fencing
- Paving
- Turfing
- Hedge cutting
- Decking
- Clearances
- Planting
- Artificial grass
- Pergolas
- Garden design
- Groundwork



(01508) 807567
07749 130 872

enquiries@glsonline.co.uk

[/gardenlandscapeservicesltd](https://www.facebook.com/gardenlandscapeservicesltd)

www.GLSOnline.co.uk

**4th
GENERATION**

MICKY RYDER & SONS LTD ROOFING SPECIALISTS BUILDING CONTRACTORS

**4th
GENERATION**

**Norwich 01603 458884 or 07850 597288
Norfolk 01508 532200 or 07825 908287**

**Unit 16 Salamanca Road, Tharston Ind. Est,
Long Stratton, Norfolk, NR15 2PF**

www.mryderroofing.co.uk

mryderroofing@outlook.com

MRYDER

& ROOFING SPECIALISTS LTD

- New Roofs
- Re-Roofing
- Roof Repairs
- Leadwork
- Flat Roofs
- Interior Renovations
- Exterior Building
- UPVC Windows

- Free Consultations
- Free Quotes
- 10 Year Guarantee
- Established 75 Years
- 4th Generation
- Quality Service
- Council Approved
- Constantly Recommended



Gutter Guru

**Gutter and exterior
cleaning services**



- Gutter cleaning, repair and replacement
- Moss removal and treatment
- Roof and render cleaning
- Patio and driveway cleaning and sealing

- Conservatory and window cleaning
- uPVC fascias, soffits and gutter washing
- Tennis court cleaning
- Tarmac restoration

☎ 01508 356336/ 07414715719

✉ ricky@norfolkutterguru.co.uk

🌐 www.norfolkutterguru.co.uk



BARKER FAMILY FUNERAL SERVICES

We're all inclusive

*Family run with Family values
and Family at heart*

Provisions of all professional services, an obituary notice via social media, handling of all charitable donations, limousine, motorised hearse and bearers, 3ft coffin spray, includes all fees and choice of coffin.

Total
£4329

24 Hour Family Caring
Personal Service
Covering Norfolk & Suffolk

The Simplistic Funeral
Total £1,590

The Street,
Long Stratton
NR15 2XJ

01508 536117
info@barkerfunerals.co.uk
www.barkerfunerals.co.uk



Are you seeking a professional, reliable

WINDOW CLEANER?



Why choose us?

- ★ Over 10 years experience
- ★ We clean doors, glass, frame & sill
- ★ We send an alert before we come
- ★ We have many 5 star reviews
- ★ We use pure water upstairs & traditional methods downstairs



 [TimS-2053](#)

10th Feb 2024

Great local window cleaners!!!



Great window cleaning couple who I would thoroughly recommend to anyone in this area who requires one. Always communicates with me before they come and rearranges the appointment if the weather does not allow then to attend. Great standard of cleaning which I cannot fault.



 [LucyD-451](#)

07 Jan 2024

Excellent service and communication.
Great value.



Highly recommend this company for Window cleaning. Great communication, Does a great job and reasonably priced. They also cleaned out our gutters. Best window cleaners we have found.



@thelocalwindowcleaner



Call Nick @
SQUEAK-E-CLEAN

07891 291275



Trusted Services At Your Convenience
Fully Licensed & Insured & Certified

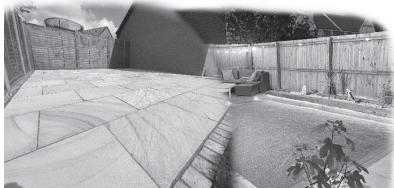
Landscaping & Garden Maintenance Services

Looking for professional and reliable landscape gardening services?

Look no further than Bartrams Services Ltd! Our experienced team of landscapers offers a full range of services, including garden design, lawn care, and maintenance. Let us help you create the outdoor space you've always dreamed of.

- Patios
- Driveways
- Fencing
- Raised Sleeper Beds
- Decking
- Artificial Grass

- Grass Cutting
- Hedge Cutting
- Garden Clearances
- Ivy Removal
- & Much More



Contact Us For
A Free Quote!

Office: **01603 552482**

Mob: **07402356519**

Contact@bartramsservices.com

www.Bartramsservices.com

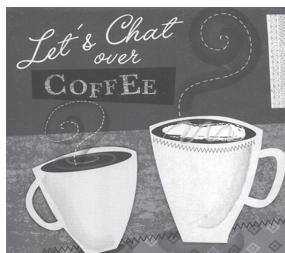


Come and join us for.....

The next messy church is 6th October.

For more information contact strattonmessychurch@gmail.com

or Long Stratton Messy Church on facebook.



LET'S CHAT

Let's Chat in St Mary's Church 10:00 to 12:00 every Tuesday. Why not come down for a gossip where Janet and the team will be there to welcome you with tea, coffee and homemade cake.

All will be welcome



Specialists in the supply and install of new and replacement Pvc-u and Aluminium windows, doors, conservatories, secondary double glazing and roofline.

All available in a wide range of colours and styles.

Free surveys and estimates. Trade and DIY enquiries welcome.

For friendly advice and a competitive price.

E: info@moultonwindows.co.uk

W: www.moultonwindows.co.uk

01379 677730

Orchard Farm, Great Moulton, Norwich, NR15 2HA



Big enough to cope, small enough to care

mw
MOULTON
WINDOWS



QUALITY & HONEST USED CARS BOUGHT & SOLD

CALL 01508 500208 or 07496 013130

for a genuine, easygoing
and straightforward experience

www.mrbautomotive.co.uk

Viewings strictly by appointment only

Unit 3 Game Meadow, Brick Kiln Lane
Swainsthorpe, Norwich NR14 8PY

CARRY-ALL

Mel Rogers

Mob: 07850 402845

Tel: 01508 536182

e-m carry_all@btinternet.com

Suppliers of:

- Mixed hard and soft wood
- Shingle [Natural]
- Sand
- Hoggins
- Ballast
- Crushed Concrete
- Ornamental Granite Chippings
- Top Soil
- Cultivated rolled turf
- Bark Chippings
- Compost & Peat
- Plumb Slate

No VAT - Free delivery



LONG STRATTON EYECARE

01508 532669

LONGSTRATTONEYECARE.CO.UK



**OPEN 6 DAYS A
WEEK**

Monday-Friday:

9.00-13.00pm then

14.00 -17.00pm

Saturday:

9am-13.30pm



01508 532 669

www.longstrattoneyecare.co.uk

WHAT WE DO

As Long Stratton's community Optometrist we pride ourselves on providing personal professional service and dispensing high quality products at fair prices.

We offer NHS and private appointments. You can also include a hospital grade laser scan for enhanced health checks and the Optometrist will go through this with you at your appointment. We give you the time you need.

We are proud to offer Eyeplan membership for great value and ultimate peace of mind.



DIGGERS & DIBBLERS

Tuesday 10th September 7.30pm Forncett Village Hall

Head Gardener and finalist in the Professional Gardener of the Year, Kate Elliott, will be speaking to us about the gardens at Columbine Hall.

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

Marion's Foot Care

Foot Health Practitioner

marionfootcare@gmail.com



- Nail trimming
- Corn enucleation
- Fungal and verruca treatment
- Bespoke mouldings
- Reducing thickness of nails
- Diabetic foot seen
- Ingrown nail treatment
- Fully Insured/DBS checked
- Providing a personal service in the comfort of your own home

Contact: Marion Keable, DipCPRP,
MPSheet on 07742 722804

Covering: Norwich, Sprowston, Saltouse,
Wroxham, Brundall, Blifield Heath, Acle
and surrounding areas





JUMBO BAG DELIVERIES

SAND

TOP SOIL

MULCH



BALLAST

TYPE 1

STONE 10/20MM

MUSHROOM COMPOST

CALL 01508 470674

Simons Landscaping Ltd

ELECTRICIAN











No matter what size your budget
Our compassion is constant



- Home Visits
- Funeral Finance
- Direct Cremation
- Affordable Choices
- Pre-paid Funeral Plans
- Personal Touches
- Bereavement Support Groups and Resources

as recommended by
the good funeral guide.

20 YEARS  **Rosedale**
FUNERAL HOME
 A FAMILY BUSINESS

Victoria Road, Diss **01379 640810 (24hr)**
 Exchange Street, Harleston **01379 853999 (24hr)**
 Middleton Street, Wymondham **01953 601103 (24hr)**

www.rosedalefuneralhome.co.uk

S.P.C.
ROOFING

- NEW ROOFS • RE-ROOFS • FLAT ROOFS
- REPAIRS • CHIMNEY TAKE DOWNS
- LEADWORK • FASCIA, SOFFITS & GUTTERING
- FULLY INSURED •

☎ 07577 700184



spcroofing86@hotmail.com



@spcroofing

High quality, secure and stylish.

Garage Doors, Gates, Awnings and Automatic
Roller Blinds supplied, installed and repaired.



Diss 01379 651959

Norwich 01603 270105

**Chapel
Doors**
LIMITED

Contact us to arrange an appointment at our Diss
showroom to view our range of high quality products
and discuss the perfect solution for your home.

Unit 21, Court Industrial Estate, Vincennes Road, Diss, IP22 4BF

www.chapeldoors.co.uk



**ACORN
2 OAK
CARE**

Committed to helping people live independently in
the comfort of their own home.

We pride ourselves on delivering **quality home-care services**.

Available 24 hours a day, 7 days a week.

Covering Long Stratton and surrounding villages.

For an informal chat, please contact Nicola or Naomi

07871 352961 / 01508 813572

email: enquiries@acorn2oakcare.co.uk

(If you are looking for a rewarding career in care,
please get in touch, we are always looking for people to join our team).

STRATTON QUICKFIT LTD

TYRES SUPPLIED & FITTED

EXHAUSTS, BATTERIES

CAR/VAN SERVICING & REPAIRS

MOT PREPARATION

CAR & VAN REMAPPING/DELETES

RACE/TRACKCAR PREPARATION

CALL 01508 535133/07765 864249

A lovely sunny August morning found 12 of us parked up on the side of the road on The Street at Hempnall, just near the school. We turned towards Saxlingham and after a few yards we took the Public Footpath to the left through a very pretty, shady, wooded pathway, over a river called Hempnall Beck which is a tributary of the Tas. There was a beautiful Horse Chestnut Tree there. When we came out into the open again we took the right hand fork which is a permissive path which is part owned by Hempnall Town Estates Property Charity, we walked through lovely meadows which are full of wild flowers and grasses, pink himalayan balsam, heath rush, yellow bird's foot trefoil, yellow ragwort and lilac water mint to name a few. We came out and turned right onto The Krons crossed over Fairstead Lane, made our way to Pymars Lane which is a Bridle Way. We carried on and turned left to walk through a farm yard then left again where the sheep were grazing in the field. We saw meadow brown and gatekeeper butterflies, there were some giant puffball mushrooms. We turned right to carry on along a public footpath. Again lots of wild flowers



growing alongside fields of wheat waiting to be harvested. There were purple self heal, blue chicory, red clover, white cow parsley, white wild carrot and purple knapweed. We could hear and then see a kestrel and a pair of buzzards. We also saw a roe deer alongside a field edge. We turned left onto Broaden Lane then after a few yards turned right back onto another public footpath. We followed the barbed wire fence round the edge of the field which had lots of cows with young calves and turned right over a footbridge where we walked alongside a field of oats which again had a wide edge of wild flowers. Lots of blackberries were starting to ripen in the hedgerows. After following another footpath round over another footbridge that carries on to Busseys Loke, there was another area full of wildflowers including pink campion, white bryony, mayweed, mugwort and yellow mullein plants. There were lots of damselflies and dragonflies. Most of us turned right back on The Street and back to the cars but 3 of us decided on such a warm day we needed an ice cream from the local shop. Many thanks to Louise for arranging today's walk.

Christine

Do join us for our next walk on Monday 2nd September 2024. We meet on the car park near the toilets at 10am.

LONG STRATTON LIBRARY

Children can get creative with this year's Summer Reading Challenge, Marvellous Makers, which launches in Norfolk libraries on Saturday 6 July.

The Summer Reading Challenge is a FREE holiday activity for children aged 4-11. It's all about reading for fun, aiming to improve children's reading skills and confidence. Children can read anything they like (really – anything!) and collect free rewards for their reading. For under 5s there is a mini challenge, so they don't miss out.

Just pop into your local library or visit www.norfolk.gov.uk/summerreadingchallenge to sign up. Children will need to be library members - you can do this in a library or online. It's free of charge and children will receive their own library card for which there are no overdue fees.

This year's Challenge is all about creativity. From dance to drawing, junk modelling to music, there's something for everyone! Children will be able to find new reads linked to their favourite creative arts and join in with free activities at their local library. Search for Norfolk Libraries to find out what's on in your local branch.

The Summer Reading Challenge is developed by The Reading Agency and delivered in partnership with public libraries. This year's theme has been developed in partnership with Create, a leading charity bringing creative arts to those who need it most.

Find out more at www.norfolk.gov.uk/summerreadingchallenge

Bounce & Rhyme – Tuesdays, 2pm
Family Lego Club – Tuesdays, 3.45pm
Stitches & Knitters – Thursdays, 2-4pm

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

CHURCH SERVICES - September

1st September - 11:00am - All Age Worship - St Mary's Long Stratton
15:00pm - Harvest Service- Wacton

8th September - 09:00am - Holy Communion - St Michaels
09:45am - Holy Communion - Stt Mary's Tharston.
11:00am - Holy Communion - St Mary's Long Stratton

15th September - 09:30am - Holy Communion - Wacton
11:00am - Morning Worship - St Mary's Long Stratton

22nd September - 09:00am - Harvest Service - St Michael's
11:00am - All Age Holy Communion - St Mary's Long Stratton

29th September - 11:00am - United Service Holy Communion - St Mary's Long Stratton

CONGREGATIONAL CHURCH

1st September at 10:45am – Family Service incl. Holy Communion – Rev Ian Jones

8th September at 10:45am – Family Service – Pastor Malcolm Simpkin

15th September at 10:45am – Family Service – Rev Michael Womack

22nd September at 9:45am – Community Family Breakfast
10:45am – Harvest Family Service – Pastor Malcolm Simpkin

29th September at 9:45am – Monthly Prayer Meeting
10:45am – Family Service – Keith Scarff

Hope Church

15th September - 10:30 am - Wacton Village Hall

From the Parish Registers

Our condolences go to the family and friends of:

Margaret Alexander - 8th July - interred in Ireland

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: 37 St David's Close, Long Stratton, Norwich NR15 2PP
using the form below.

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

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

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

Adverts: Advertising rates per issue: -

Quarter page(6cm x 9cm) £19.20

Half page (13cm x 9cm)

£33.60

Full page (13cm x 18cm) £60

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

Deadline for adverts is the 5th of the month

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

ADVERTS and DISTRIBUTION OF MAGAZINES - Ian Hetherington

07557 990169 thesextonswheel@googlemail.com

EVENT _____

DATE _____

TIME _____

PLACE _____

BRIEF DETAILS _____

CONTACT _____

Planning your next move?

Liam, Rachel,
Lene and Ria

look forward to leading you home



Your local, independent Estate Agent

T 01508 531331

E longstratton@whittleyparish.com

W www.whittleyparish.com

Beatrix Potter Cottage, The Street, Long Stratton NR15 2XJ

