

The Sexton's Wheel

Issue 234

The magazine for Long Stratton & Wacton



July 2023

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

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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.



As I write this it looks as though summer has finally arrived, temperature in the low twenties and plenty of sunshine to go round. Time to get the sun cream and deckchair out and *Chill*. Lets hope it lasts.

The Sexton's Wheel Team

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Peace is hard

I've been watching an excellent documentary called 'Once upon a time in Northern Ireland'. It is about 'The Troubles' that lasted from the late 1960s to 1998. It is hard hitting and difficult to watch as some of those involved tell their story.

A couple of things struck me: when one person, who had suffered the loss of his wife though a bombing, spoke of the need to let hatred go for the sake of his child and grandchild. He also said that 'nobody wants to live like this'.

Another person said they wept with relief when they heard that the population had voted by over 70% for the 'Good Friday Agreement' and peace. They added, however, that peace was hard.

Today we see wars being waged around the world, each with both sides reasoning they are fighting for a just cause, each with both sides committing what the other side regard as atrocities. As the losses mount the words from those who have emerged from conflict ring true, that for the sake of their children and grandchildren they need to seek peace, which is very hard.

Jesus said blessed are the peacemakers and urged us to love our enemies, not just those who love us and hold the same views. We pray for peacemakers wherever there is conflict and for those who seek the difficult path of reconciliation. We admire people like Nelson Mandela who knew that 'truth and reconciliation' are needed to resolve conflict and injustice.

There is a saying that those that seek revenge must dig two graves - one for those they pursue and one for themselves.

Heavy stuff you may think, but when we reflect on our own situation we may find those who we need to forgive, for our own sake as well as theirs.

As I sit in glorious sunshine at last in Norfolk, I thank God for the beauty of His creation and for the gift of forgiveness I receive where I fail. I thank God for the peace I enjoy. I thank God for the gift of His love through Jesus Christ. I thank God for the peacemakers, and pray for their much needed work in our world today.

I wish you and your loved ones peace.

Pastor Malcolm Simpkin -
Long Stratton Congregational Church.



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Other activities being organised for the
3rd Friday in the month all suggestions
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2nd Long Stratton Brownies



This term the Brownies are working on their Have Adventures Theme – Camp Stage 2 skill builders badge, which has included being a tent detective, working out what to pack for camp and pitching one of the Guide tents. Each Brownie has also practised striking a match and lighting a tea light. Then Hawk Owl showed us how to start a small fire in a fire pit, this finished with them toasting marshmallows and putting them between chocolate digestive biscuits and eating a ‘campfire s’more’.



We have also practised First Aid in the field, improvising scenarios and giving first aid with scarves and jumpers and also working out what to do to ‘fight a fire’.

During half-term over half the Pack enjoyed visiting the Odeon cinema in Norwich to see the new Little Mermaid film.

Brownie Guiders

Long Stratton Congregational Church will be running a 2 course lunch club every 2nd Thursday of the month from 12 noon in our church hall starting on 13th July. Donations towards the lunch will be accepted, up to a maximum of £5.00. If you are interested in attending, please contact us either by calling **07968716698** or through our website so we can keep you informed and make sure we are catering for any dietary requirements.

<https://longstrattoncongregationalchurch.org.uk/contact/>

We also host a **FREE** Community Breakfast at 9.45am every third Sunday of the month at the church hall (and everyone is very welcome to just come for breakfast!).

Directions to the church:

We are located along Ipswich Road. Driving out of the village you will find us on the right hand side, just past White House Drive. If you are driving, parking is available on the field behind the church accessed through the drive by the Manse which is the building just past the church. The gate to the field is open during services and events. During heavy rain periods the field is sometimes too wet to park on, so then we request that people park along White House Drive with consideration for the residents.



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Wacton Parish Council

Wacton parish council recently held their annual meetings and these saw the following changes. Gary Mulhall will take over as chairman now as our previous chairman Ian Mortimer has left the council after a few years service and saw the overseeing of the changes when Calvin Goreham and his wife left the council.

With Covid now a thing of the past the parish clerk will start to work in his office in the village hall on a Thursday morning from 9am to Noon and is happy to take visitors who have issues to report during that time.

The parish council has a new website and the address is as follows **wactonpc.wixsite.com** and this will soon be upgraded to ensure it appears on google.

The clerk recently produced the internal audit report to the council and all was in good order and will be submitted to external audit at the end of May.

The Parish Council meetings are held on the first Wednesday of the month from 6pm at The Village Hall and all dates are on the parish noticeboard. All parishioners are reminded that the councillors are volunteers and the clerk works hard for the councillors and is always approachable to assist the parishioners and we must note that any parishioner who abuses any councillor or member of the staff will be omitted from all meetings as this is not acceptable. No one does their role to be abused and this will not be tolerated.



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Mon 17th – Bressingham Garden Centre – Fare £8.00

Mon 24th – Great Yarmouth – Fare £20.00

Thurs 27th – Aldeburgh & Friday Street Farm Shop – Fare £20.00

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Some reflections on the notice in last month's Sexton's Wheel that Stratton St Mary churchyard is closed for new burials.

*So, the churchyard is full
Not such a surprise
For everyone lives and everyone dies.*

*But I had hoped that when my time should come
The funeral would happen not far from home.
And the neighbours and friends would gather around
To see my remains go into the ground
Then go for tea in the old village hall
Without any need for petrol at all.*

*But what does it matter?
I shall not be there.
I'll have gone to my rest
In my Saviour's care.*

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future date for your diary:

8th September - **BINGO** at the Long Stratton Village Hall

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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.

So now is the perfect time to see just what your home is worth and let me help make your moving dream come true.

Best wishes

Janette Churchill

Partner & Long Stratton Property Expert

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St Mary's Churchyard

We are having another strim and tidy up on
Saturday 22nd July at 10:00am.

If anyone would like to volunteer to help, you will be very welcome. Just turn up on the day with your trimmers, shears, rakes, tools etc and help out. Refreshments will be provided and toilets will be available in the church.

Many Thanks in Advance



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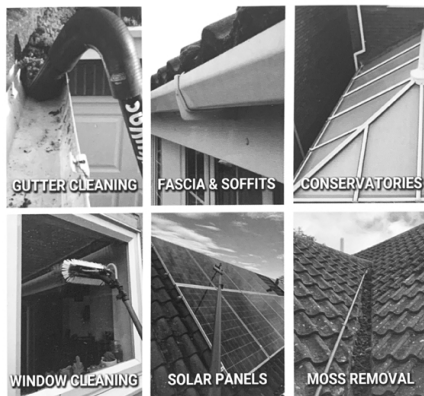
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LONG STRATTON & DISTRICT WI

We were fortunate at our May meeting to have secured Cheryl Cade as our speaker. She styles herself as a cheese sommelier, although there are many other words for cheese experts. Cheryl is well known on the beer festival circuit and makes her talks appropriate for her audience. We heard lots of information about tasting and had samples to prove her points. She started with blind tasting and we all wore a blindfold. The talk continued in an amusing and fun style and we learnt a lot about cheese..

As usual our members have enjoyed lunch out and the chance to meet up for coffee/tea and cake at a member's home, where there is much "putting the world to rights" and some knitting.

May is when the Norfolk Federation has its annual meeting. This year it was at The Theatre Royal in Norwich and members from institutes all over the county arrived by bus, train, car or in coach loads. The meeting began with the rousing strains of Jerusalem - we hardly ever sing it nowadays at meetings but this was a special occasion, and we ended the day with God Save the King.

There was some business then the morning speaker from Norfolk Trading Standards gave us the latest information on scams and how to avoid them. In the lunch interval members could speak to him informally at his stand.

The afternoon speaker was Esme Young. If you watch The Great British Sewing Bee you will know she is one of the judges on this TV series and be aware of her quirky personality. She talked about her life as a fashion designer, her shop "Swanky Modes" and the Amorphous Dress which she designed and is now in the V and A collection. She has also designed costumes for films and is currently a teacher at Central St. Martins in London. She has a certain fondness for bows as can be seen in the photograph.

Due to unforeseen circumstances we have had to postpone our outing. However our Programme Secretary, Lorna, has been able to book a speaker for our evening meeting at 7.30pm in Long Stratton Village Hall on Wednesday 19th July on 'The wonder of wild flower meadows'.

We meet on the third Wednesday of the month in Long Stratton Village Hall at 7.30pm and visitors are welcome. If you need further information please ring 01508 531154. We would be very pleased to meet you.



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M	T	W	T
31 Pilates - Hempnall Village Hall see p14			
3 Local Walk - <i>see page 36</i> Pilates - Hempnall Village Hall see p14	4 Coffee Morning Wacton Village Hall 10.30am Let's Chat St Mary's Church 1000-1200	5 Wacton Parish Council Meeting 6:00pm	6 Pilates - Wacton see p14
10 Pilates - Hempnall Village Hall see p14 Long Stratton Town Council Meeting Pavillion Community Room 1930	11 Let's Chat St Mary's Church 1000-1200	12 A Cup of Hope Pop up Cafe 8:50am-11:30am Pavillion Manor Rd Playing Fields	13 Pilates - Wacton Hall Congregation Lunch Club Tharston & Wacton Village 7:30pm
17 Pilates - Hempnall Village Hall see p14	16 Coffee Morning Wacton Village Hall 10.30am Let's Chat St Mary's Church 1000-1200	19 Long Stratton & District W.I. L.S. Village Hall 1930.	20 Pilates - Wacton see p14
24 Pilates - Hempnall Village Hall see p14	25 Let's Chat St Mary's Church 1000-1200	26	27 Pilates - Wacton see p14

T	F	S	S
		1	2 A Taste of Hope 3:30pm Wacton Village Hall see p34
n Village Hall p14	7 Wacton Social Club open 7.00pm - 11.00pm with Bingo	8 Wacton Church Coffee Morning 1030am.	9
Wacton Village l see p14 onal church ub See p9 District W.I. Village Hall 0pm	14	15	16 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall
on Village Hall p14	21 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	22	23
on Village Hall p14	28	29 Messy Church St Mary's Church 9am	30

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This month, I want to introduce a person with a role that is crucial to the practice. Our team works with members with various skills ensuring best patient care. The recently published long term plan mentions universal personalised care and the social prescribing link worker is core to this aspiration. Some of you may have heard of this role and some of you may have met our social prescriber sometime in the last 3 – 4 years. To give you the background to this role I have added some information about the Help Hub South Norfolk.

The website clearly defines the role of the Help Hub:

‘Everybody needs a bit of extra support from time to time and the Help Hub makes sure people get that help as soon as possible.

Getting help early can stop problems from getting worse. It might be only a small problem but if it’s difficult to find a solution straightaway a small problem can grow and lead to more worries.

The Help Hub is a partnership between organisations that support people in Broadland and South Norfolk. It can offer practical support, suggest community groups, and offer advice and guidance to get you back on track.’

NHS England website talks very clearly about the role of social prescribing:

‘Social prescribing is an all-age, whole population approach that works particularly well for people who:

- have one or more long term conditions
- who need support with low level mental health issues
- who are lonely or isolated
- who have complex social needs which affect their wellbeing.’

Cont on p25.

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Come and join us for.....

The Next Messy Church is on **Saturday 29th July**
9 - 10.45am at St Mary's Church. Starting with Breakfast at
9am, followed by a story, crafts, and activities for everyone,
and finishing with short time of worship.

For more information contact Megan on **07956 715383**

Just come along and join the fun!
Children must be accompanied by an adult



LET'S CHAT

Why not come down for a gossip where Janet and the team will be there to welcome you with tea, coffee and homemade cake. And as usual:

All will be Welcome.

Cont from p23

Our Social prescriber Matt Lawson has been working in the practice 1 day a week. At present, this is on Thursday and booking to see him is via Reception, you do not need a referral from a clinician. He can offer advice and signpost you appropriately for matters such as:

- Support in parenting/childcare
- Transport
- Wellbeing
- Debt/budgeting advice
- Benefit Advice
- Carer's support
- Dementia/memory loss
- Employment/learning
- Home adaption/assistive technology
- Housing
- Local opportunities for leisure interests
- Abuse/exploitation
- Low level legal advice
- Social Isolation
- Substance misuse
- Others

Matt Lawson has been exceptional in his contact with our patients, his advice, his signposting to various organisations/charities and in supporting our patients. The feedback we have had from patients is excellent. I would encourage you to access this crucial information and help resource that is so close to home.
Have a lovely summer.

Dr Mini Nelson



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The Rectors of the United Benefice of Wacton part 5

Rev Leonard Chidley.

The Rev Chidley served two short terms as rector at Wacton. He was born in 1887 at Salisbury Road Liverpool. During the first world war he joined the Royal Army Medical Corps as Private 79388, then served in the India Army as 2nd Lieutenant. By 1937 he had become ordained then in 1941 he re-enlisted in the Chaplain Branch RAFVR rank of Squadron leader but soon relinquished his commission due to ill health. In 1943 he became Rector at Wacton, where he found the management of the large rectory too much, so he resigned in late 1944, and upset the patron Muriel Chadwick according to the letter she wrote to Mr Pomeroy, the church's solicitor at Wymondham. He was replaced by Rev Noy in February 1945 but he was asked back by the patron in 1948. Again he only stayed a matter of months before leaving for St Mary's Church Morton Staffordshire where he stayed for an even shorter period. Leonard died in July 1970 at Liverpool Homoeopathic Hospital in Liverpool.

Rev Walter Noy

Walter Noy was born in 1898 at Marylebone, the son of a carpenter. Walter appears to have been educated at Kings College London and was granted a curacy in 1930 at St Mathias Canning Town. He married Eveline Daisy Wyatt Brentnall in 1932 in London and they then moved to Norwod near Croydon where on 24th June 1935 Walter Noy was attacked by a dog as he cycled along Hamlet Road . Despite being bitten Walter Noy stayed at Norwood until 1938 when he moved to Durham as Stipendiary Curate of St Barnabas Rowland's Gill. He remained near Durham until about 1940 when he went to Salford near Birmingham as chaplain to two large hospitals. Whilst at Salford he was in court again , this time having been supplied with milk in a dirty bottle. In 1945 he was installed in Wacton after having to work out three months notice. As well as Wacton he stood in at Tacolneston after the Rector retired and it was suggested he was installed at Tharston as well. However things did not go well as the PCC of Tharston did not want him as they claimed Rev. Noy had a shady past. In the end the PCC won and the appointment was cancelled. While Rev Noy stayed at Wacton he complained about the financial problems of running a large rectory despite the patron suggesting he let part. In 1945 and 1946 there were four other women living at the rectory, Gertrude Austin, Matilda Grant, Irene Fowkes and Lilian Rogers, I assume these were servants. He eventually left before 1948. After Rev Noy the benefice was amalgamated with Great Moulton and Aslacton under Rev Harry Bridges who lived in a new Rectory in Frith way Great Moulton. Wacton Rectory was left unoccupied until 1952 when it was put up for sale. It was bought by Miss Sybil Harker who lived next door in Wacton House. Then in 1957 after Rev Bridges left the benefice was again moved this time to be joined with Long Stratton.

***Researched and written by Robert Maidstone
robertwmaidstone@gmail.com***



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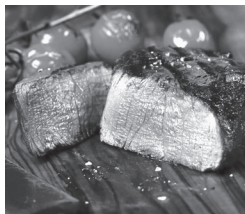
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Long Stratton Town Council

Pavillion, Manor Road Playing Fields, Manor Rod

Long Stratton, NR15 2XR

Clerk: Mrs B Buck

Tel: 01508 530524 office@longstrattontowncouncil.info

website: www.longstrattoncouncil.info

New playground equipment

The new play area, zip wire and trim trail should now be open. The finish was delayed sadly due to vandalism whilst the fences were up during installation. Thank you for your patience and we hope you enjoy it!

CCTV

There is unfortunately more and more vandalism and anti-social behaviour happening on the Manor Road playing fields. CCTV is in operation and clear images are regularly sent to the Police for investigation.

Community room for hire

The community room at the Pavilion is available to hire during the day, evenings, and weekends. It has kitchen facilities 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: 10th July 2023, no meeting in August.

**A TASTE OF HOPE
July 2nd @ 3:30pm
A service for all ages**

**Separate children's activities for
school years 1-6**

Wacton Village Hall

www.hopecommunitychurch.co.uk

HARLESTON CHORAL SOCIETY

Harleston Choral Society – your friendly non-auditioning community choir – has just had a very successful Summer Concert and we're now on our summer break, apart from a two-day workshop on 19th and 20th August (more information about this next month). We return for our Autumn Term on Monday 4 September, 7.00 pm for a 7.30 pm start, and we'd love you to join us, in the London Road Church, Harleston IP20 9BH, under the direction of our Music Director Justin Bindley. We'll be rehearsing for our Christmas Concert on Saturday 9 December, singing Vivaldi Gloria, carols and music by Saint Saens, Holst, Whitacre, Rutter, Berlioz and Drake.

Further information about this and all our activities is on our website: **www.harlestonchoralsoc.org.uk** or from our Chair Stella Brownsea at **heidihouse@btinternet.com**

You might also like to take a look at Harleston & District u3a's website **www.u3asites.org.uk/harleston** for information about another thriving local organisation, and their next talk, on 19 July - 8 Times on a Jury.

HARLESTON & DISTRICT U3A

Harleston & District u3a's monthly talk, on Wednesday 19 July at 2.00 pm in St John's Church, Harleston IP20 9AZ, is called 8 Times on a Jury. You're invited to come and listen to Tony Diamond talking about his extensive experience as a juror, including the complex cases – some local and high profile – which he's worked on.

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. And you might also like to take a look at Harleston Choral Society's website **www.harlestonchoralsoc.org.uk** to find out more about another thriving local organisation.

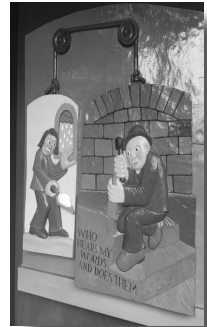
Wacton and Great Moulton

Five new walkers joined us on the first Monday in June, and we began our walk at Wacton Village Hall. Light cloud covered the sky but there was little wind, and it was a pleasant day for walking. We veered off the road at the community orchard and along a footpath hidden in the trees. This led us through several pastures covered with golden buttercups and surrounded by overgrown hedges still dripping with may blossom. The fourteen walkers soon spread out along the path and a hubbub of chat could be heard. The birdwatchers still managed to hear a willow warbler and a drumming woodpecker and spotted four buzzards.



Two tiny guard dogs greeted us at a homestead and then we tackled a high stile into the next field. Some avoided the stile by following the road around and met us at Coronation Hall on Carr Lane. Past the hall and up a track we discovered the hidden church of St Michael and All Angels with an interesting 3D map of the parishes outside. The church was closed when we visited but there is a

way-station shelter in the grounds, part of the Via Beata project. A carved panel in the shelter depicts a parable Jesus told about the builder who built his house on the rock and the other who built his house on sand.



Some remembered Ann Gaul, a founder member of this walking group, who is buried in this churchyard and is sorely missed.



Behind the church a footpath led us through more lush pasture with tall flowering grasses and alongside crops. A buzzard circled over us as we crossed the railway bridge. Several London-bound trains whizzed past as we walked near the line and passed through a tunnel under it. After emerging onto Wash Lane, a track led us up a hill, past a farm, and we could see Forncett St. Peter church in the distance. After crossing the railway line again, we found ourselves on Bustards Green and noticed some quaint

cottages with yellow roses clustered around the door. Past converted barns and over a field brought us out on Wash Lane, not far from the Village Hall. Thanks to Bonnie for leading us on this lovely walk.

New walkers always welcome. We meet on the first Monday of the month near the public toilets in the car park at Long Stratton for a leisurely walk of about 4 miles.

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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Sunday: 10am-4pm

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CHURCH SERVICES - July

2nd July - 09:30am - Morning Praise - Wacton
11:00am - All Age Worship - St Mary's

9th July - 09:00am - Holy Communion - St Michael's
11:00am - Holy Communion - St Mary's

16th July - 09:30am - Holy Communion - Wacton
11:00am - Morning Worship - St Mary's

23rd July - 09:00am - Morning Praise - St Michaels
11:00am - All Age Holy Communion - St Mary's

CONGREGATIONAL CHURCH

Sunday 2nd July at 10:45am – Family Service incl. Holy Communion – Colin Basham

Sunday 9th July at 10:45am – Family Service – Pastor Malcolm Simpkin

Sunday 16th July at 9:45am – Community Family Breakfast
10:45am – Family Service – Susan Fiddy

Sunday 23rd July at 9:45am – Monthly Prayer Meeting
10:45am – Family Service – Pastor Malcolm Simpkin

Sunday 30th July at 10:45am – Family Service – Rev Michael Womack

HOPE CHURCH

2nd July at 3.30pm - A Service for all Ages - WACTON VILLAGE HALL
Separate activities for children school years 1-6

From the Parish Registers

We offer our condolences to the family and friends of:
Jill Anne Osborne - 22nd May - Earlham Crematorium

Baptisms

We welcome to the family of the Church Ella Mae and Eliot John Nautnon
St Mary's 21st May

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.

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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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£33.60

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Deadline for adverts is the 5th of the month

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