

The Sexton's Wheel

Issue 222

The magazine for Long Stratton & Wacton



July 2022

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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Church Contacts

St Mary's Chrissy Briggs - (01508) 536724

St Michael's Rosemary Bennett - (01508) 530296

All Saints' Angie Baldwin (01508) 536639

Congregational Church June Braddock (01508) 470701

Church Parish Office

Due to current restrictions the Parish Office is not open. The Parish Administrator, Marianne, can be contacted on LSTpilgrimteam@outlook.com

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 and Thursday between 10am and 1pm and
by appointment at other times.

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



Lots of new items to look at and read in this months bumper issue as well as all the regulars.

Let's hope we have a long, lazy hazy summer to enjoy. As the BBQ's start to come out please take care.

The Sexton's Wheel Team

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ALL THE LONELY PEOPLE

I've just returned from a trip that included a huge tick off my bucket list which was to visit Oberammergau in Bavaria, Germany, to watch The Passion Play (the story of Jesus' trial, suffering, death and resurrection). This year there are 1800 adults and 500 children keeping a promise the village made in 1634 which resulted in annual performances until 1680 and every 10 years since. This bargain with God, which apparently worked, was in return for being spared from the plague. It was as impressive as I'd hoped, despite being performed in German and lasting 5 hours.

It was not the memories of the play that have stayed with me, however, but the single people on the trip and the various ways they are coping with being on their own. Some have found travelling companions. Some travel alone and do their best to find company and conversation. Some avoid 'inflicting' themselves on others. I'm sure there are many more who are unable or unwilling to contemplate the idea of travelling alone.

The Beatles lyric "All the lonely people. Where do they all come from?" keeps going around my brain.

While living in London, my wife Sue and I attended a church where the sermon spoke of the increasing problem of loneliness among all age groups.

Coincidentally, my attention was recently brought to 1 Timothy 6 which talks of our Christian duty to 'elders, widows and slaves'. The Bible often speaks of our individual duty, and the duty of the Church, to care for and include those who may become isolated, lonely, disenfranchised, neglected, marginalised or ostracised. It is too easy for us to expect other people or organisations to look after those in need. But what can we do?

"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." Matthew 25:40.

And the benefits are not just for those we help but when we help others, we grow in love. Do we know someone who we can include? What can we each do? What is stopping us from doing it today?

I wish you a wonderful summer full of fun, friendship and fulfilment.

God bless you.
Pastor Malcolm Simpkin
Long Stratton Congregational Church

Squirrels – Take the Leap Together

Squirrels are the newest branch of the Scouts family tree; where 4 to 6 year olds can join in too! This is an age when minds are fizzing, when energy and curiosity levels are sky high, when little lives are full of wow and wonder. Set them climbing the tree... who knows how far they'll reach?

We are planning to launch our Squirrels in the autumn! Interested in getting involved? ... We are looking for volunteers to help our new Squirrels take the leap into Scouting so please do get in touch to find out more. We are also looking for young volunteers (aged 14 to 18) who would be interested in supporting.

No experience is needed, just a willingness to get involved & have as much fun as the Squirrels! And of course, if you know of any young people aged 4 to 6 who might be interested in joining in the fun at Squirrels then please get in touch!

Peter (Group Scout Leader) -
1stlongstrattonscoutgroup@gmail.com
www.facebook.com/1stlongstrattonscoutgroup
www.norfolkscouts.org.uk/join
www.scouts.org.uk/squirrels



QUIZ NIGHT

St Mary's Church, Saturday 2nd July, 6:00pm for 6:30pm start.

Teams of up to a maximum of 6 people.

Jacket Potatoes with various fillings served during the interval.

Bring your own glasses and drink of choice.

£6.00/per person (includes food)

**To book ring Janet on 01508 530121 or email Marianne on
LSpilgrimteam@outlook.com**

**We would appreciate monies prior to the event please post through the
Parish Office door at 8 Flowerpot Lane by Wednesday 29th June.**

Our young people have been working towards a special Norfolk Platinum Jubilee Challenge Award which has involved activities linked to being active, sustainability, learning & celebrating the jubilee.

Our Tuesday Beavers have been busy getting active with a football skills session, planting some wild flower seeds, and painting their own portraits of the Queen! Meanwhile our Tuesday Cubs planted sunflower seeds, learning some basic sign language, and cooked sausages on a BBQ to celebrate!



Our Friday Beavers & Cubs joined together to celebrate with a giant picnic & activities with their families invited too! This included team games, a Jubilee quiz, Jubilee crafts, crown biscuit decorating and a giant collage Jubilee poster. This was preceded by our Beavers & Cubs having a fun session learning hula-hooping skills.

Our Scouts have been working on their Scout Athletics Badge to get active, and made seed bombs as part of their sustainability work. They used their creative skills to make some Jubilee keyrings & coasters, and had a session baking shortbread & then added some fantastic Jubilee decoration.

Peter (Group Scout Leader)

www.facebook.com/1stlongstrattonscoutgroup

www.norfolkscouts.org.uk/join





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2nd Long Stratton Brownies

At the end of May, all of the Rainbows, Brownies, Guides, Rangers and Leaders came together one evening to celebrate The Queen's Platinum Jubilee.

In groups, the girls worked together and had a fun themed evening; that included making crafts of Jubilee

badges & keyrings. We also decorated edible crown biscuits, and designed royal gowns from newspaper.

There was a 'find the corgi' game outside, and a royal quiz to complete during the evening. After sharing some party food, we played another royal game together outside. Then we had a sing-song to finish off a very enjoyable evening.

At the end of the night, all the girls received a 'I celebrated the Queen's Platinum Jubilee 2022' fun badge for their camp blankets.



Helen Harvey, Long Stratton District Commissioner

Manorfield School

"It's been 'God Save the Queen', Bunting, and Crowns in the classes this week at Manor Field Infant and Nursery School, in readiness for the Queen's platinum jubilee celebrations. The older children have written letters and the younger children composed some interesting questions for Her Majesty, including "do you like bananas?"

The lunchtime Jubilee celebration street party will be taking place today, with all the children wearing their crowns and waving their Union Jack flags, whilst enjoying their special school lunch menu.

Thank you to all the staff and friends of the school who made this happen. "





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Janette: a key part of the Howards team.

Janette, is well known in the town having worked for Howards for 25 years. Throughout lockdown Janette has continued to support her local clients and seen first-hand the benefits of being able to work flexibly from home.

"Now is exactly the time to be responding to our customer's needs," explains Janette. "For me this means not being tied to an office, but being out in the area meeting my clients when it suits them.

"I've been selling houses in this area for a quarter of a century and now I'm selling houses for my clients' children as well. I'm not going anywhere, so my reputation depends on me delivering an outstanding service at all times and that's exactly what I'm going to do!"

But don't just take our word for it; listen to what her existing customers have to say:

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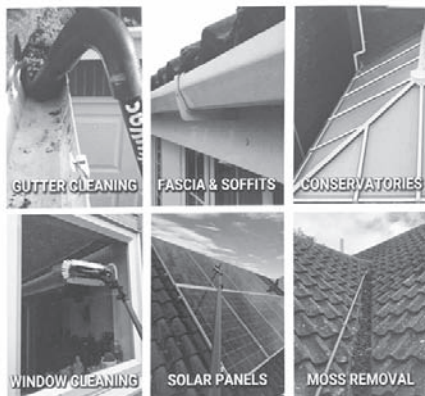
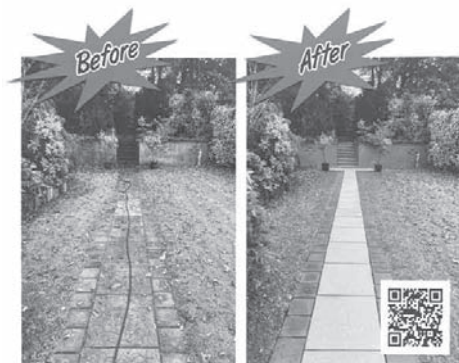
I have found Janette and Hayley to be both very professional, polite and kept me informed every step of the way. I have only dealt with Janette in person and she couldn't be more helpful, ten out of ten in my opinion. Keep up the good work. M. L., August 2021

G ★★★★★

I've rarely had such a kind, professional, caring and timely service from an estate agent's. I have felt treated as a valued client, not a potential fee. The difference that makes is huge, as looking for and selling your home is very emotional and kindness goes a very long way. They're stars and I want to publicly thank them for everything. C. C., August 2021

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LONG STRATTON FOOTBALL CLUB

Long Stratton FC have completed another very successful season. In May their Sunday team won the Norfolk Senior Cup beating Easton 5-0 in the final at the FDC in front of 325 supporters. This completed a second successive league and cup double.

The Reserves had earlier in May secured runners-up berth in Anglian Combination Division 3, earning promotion to Division 2.

The womens team ended 5th in NWGFL Div. 1 the highest finish in 12 years.

The first team consolidated in 4th after a late surge of 9 wins in the last 10 games. The Under 18s ended runners-up in their debut campaign.

We have had a successful year of youth football once more and with walking football too the club has grown to be the most diverse in the area. Catering from ages 6 to 72.





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LONG STRATTON & DISTRICT WI

We were pleased to welcome visitors from Tibenham and Tharston to our May meeting. We all enjoyed the entertainment from Roy on guitar and Sophie who kept the beat on her Peruvian type drum. Roy had written many of the songs himself and kept up informative banter between them. On the 4th June our members provided refreshments of tea, coffee, squash and cakes from the Pavilion at the town council's Platinum Jubilee event. The council officers had decorated the Pavilion in red, white and blue and our W.I. provided pretty period china, the latter and the home made cakes receiving lots of compliments.

Our 2022-2023 year began on 1st April and new members are welcome to join us at any time in the year. Why not come along as a visitor, for a small fee, and try one of our meetings. We keep business to a minimum, have a social time and refreshments and a speaker or interesting activity, plus other optional events and treats. Perhaps you are just interested in that month's talk - do just come along for a warm welcome.

Our next meeting is at 7.30opm 20th July in Long Stratton Village Hall when Donna will talk about Bowen Therapy. If you would like further information please contact our Secretary on **01508 531154**.



l to r - Diane, Lorna, Shirley (President), Pam



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St. Mary's Church Building Repair Project – Thank you for your donations so far.

Thank you to those of you that have donated towards the appeal for the extensive repairs required to St. Mary's church. So far, 4 people have donated a total of £398.55 (of which £51.55 is Gift Aid money that we can claim back from HMRC).

Not everyone has internet access so if you would like to donate by cash or cheque, please place it in a sealed envelope marked "St. Mary's Building Repair Project" and post it through the letterbox of the Parish Office (8 Flowerpot Lane). If you are a tax payer, please include your contact details so that we can send you a Gift Aid Declaration Form. This will enable us to claim 25p for every £1 you donated at no extra cost to you. This is extremely valuable!

Your help towards raising the £500,000+ required to repair the roof, windows and spire etc. will improve our chances of getting grant funding for the bulk of the repair costs (some grant providers look at how much has been raised locally as a measure of how "valued" the church is within the local community when deciding whether to provide funding). The more we can raise locally, the better our chances of getting grants.

Below are some photos of the repair work required. If you have internet access more photos are available on the church website (<https://www.longstrattonandpilgrimteam.co.uk>) or on the Stewardship funding page <https://www.stewardship.org.uk/partners/20038065> (scroll down and click on the photo for the building repair project).

Thank you for your support.

Chrissy Briggs and Steve Dugdale (Churchwardens)



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We are in the middle of Summer 2022 and I do hope you are all enjoying what summer brings along with it. Do look after yourselves and use adequate sun protection factor and ensure adequate hydration. I have chosen a rather sensitive topic this time. As the Safeguarding lead for children and adults in the practice, I do have a role that brings mixed emotions with it. There is strong sense of wanting to prevent any harm happening to our patients. This is done through adequate training, ensuring that policies and processes are in place and that staff can bring to our attention any concerns they have noted during their interaction with patients. Prevention of harm is always the best policy. Yet on the other hand, I am aware that this can cause massive stress to all concerned. The important baseline message is that everyone should feel safe. Hence my choice of subject this time – Domestic abuse or violence. The UK government's definition of domestic violence is 'any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to psychological, physical, sexual, financial, emotional.' There is help and it is readily available 24 hours. I am adding the numbers that anyone can access if concerned.

1. 999 – ask for the police if worried about immediate danger
2. Leeway – advice, support and information to any adult or child in Norfolk & Suffolk. Domestic Abuse Helpline 0300 561 0077 or online LiveChat at <https://www.leewaysupport.org/>
3. Refuge National Domestic Abuse Helpline - 0808 2000 247 Online live chat and Web form at <https://www.refuge.org.uk/>
4. Men's Advice Line - UK wide, run by Respect is a confidential helpline specifically for male victims 0808 801 0327 <https://mensadviceline.org.uk/>
5. Bright Sky app - Bright Sky is a mobile app and <https://www.brightskey.org.uk/> website for anyone experiencing domestic abuse, or who is worried about someone else.
6. Women's aid - If you are experiencing domestic abuse or are worried about friends or family, you can access the Women's Aid live chat service 7 days a week, 10am to 6pm. helpline@womensaid.org.uk
7. Ask for ANI codeword - If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately. If a pharmacy has the 'Ask for ANI' logo on display, it means they're ready to help.
8. Safe Places – can be in a shop like boots, an office, station or library. Find your safe place at <https://www.norfolk.gov.uk/safety/safe-places/about-safe-places/find-a-safe-place>

If you are concerned that a new, existing or former partner may have an abusive past, you can ask the Police to check records under the Domestic Violence Disclosure Scheme (also known as Clare's law). It is everyone's right to be safe in every way. Mini Nelson

Borderhoppa, a registered not for profit charity, provides a range of community services in south Norfolk and north Suffolk.



Our service allows people of all ages without access to other forms of transport to carry out everyday tasks such as shopping, attend GP appointments, visit friends and relatives or to attend a local club/community group. The door to door dial-a-ride service has been providing a successful and reliable service since 2002.

We also run regular outings for members throughout the year including trips to the coast, gardens, shopping trips, boat trips and pub lunches.

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

We are also looking for more volunteer drivers and trustees to support our vital community transport service. Tom Clarke, Borderhoppa manager, said "Our services really do provide a lifeline for some of the most vulnerable people in our community so anyone who can help us would be making a massive contribution to local life. If you have some spare time and would be interested in helping us we would love to hear from you". For a copy of the 2022 outings leaflet and for any other information regarding the services we provide please call the office: **01379 854800**, email: **adminborderhoppa@btconnect.com** or visit our website: **borderhoppa.org**

Come and join us for....

The next Messy Church is on **Saturday 30th July, 9 - 10.45 am at St Mary's Church**. Starting with Breakfast at 9am, followed by a story, crafts, and activities for everyone, and finishing with a short time of worship.



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

Just come along and join the fun!

Children must be accompanied by an adult.



LET'S CHAT

Why not come along for a good old chat at St Mary's Church every Tuesday, 10.00am - 12.00pm.

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Long Stratton Town Council

Pavilion, Manor Road Playing Fields, Manor Road,

Long Stratton, NR15 2XR

Clerk: Mrs B Buck

Tel: 01508 530524 clerk@longstrattoncouncil.info

Long Stratton's Queens Platinum Jubilee Celebrations

We had a fantastic day at the Pavilion celebrating the Queen's platinum jubilee celebrations. The Council would like to say a huge thank you to East Coast Truckers for providing the stage, Top 2 Bottom cleaning services who sponsored the event for £250, the East of England Co-op who offered 3 £10 vouchers for the Tombola and El Greco and Pizzaria who donated 2 £20 vouchers for the tombola. The Council would like to thank all the stall holders, performers, staff members, Councillors and volunteers and most importantly everyone that came along and had a good time.

Community room for hire

The community room at the Pavilion is available to hire, please get in touch if you would like to book, we are happy to show you around at the facilities on offer.

Playground

The equipment that is staying has been refurbished. Tom took all the old paint off and it has been repainted in bright colours for all to enjoy. The Council is busy looking for grant funding to carry out the replacement of some equipment. The equipment that will be coming has been chosen by the children through the consultation that took place.

LONG STRATTON LIONS

2022 South Norfolk Big Litter Pick

I am very pleased to report that this year the Long Stratton Lions on their litter pick were pleasantly surprised to find the streets, housing estates and play areas were virtually clear of rubbish, a tremendous improvement on previous years. After a few years of complaining in this magazine I am delighted to say, 'Residents of Long Stratton, well done.' I noted that litter bins had been very well used, as they should be, and on that same day a South Norfolk collecting vehicle was emptying them. We were also very heartened by friendly people who stopped to express their appreciation for our care for the environment. However, we still collected seven black bags of rubbish, consisting of the usual beer and mineral cans, bottles, and lots of take-away food and coffee containers. These were mostly on the outskirts of the town, thrown from cars or at a place where a pull-in was possible. This is likely to be people living outside our town, who obviously have little respect for the environment. Sadly, however, it also applied to our car parks where some think it a convenient place to dump such items, or anything else they want to dispose of. The picture shows our organiser, Bonnie, with the rubbish haul.



The Lions have now purchased their own equipment and will, as individuals, have litter picks where they see it necessary. However, we would rather continue to see nice tidy streets! **Roy Woodhouse, Secretary**

THARSTON & DISTRICT WI

At our meeting in May we discussed the resolution that will be presented at the National Annual Meeting in Liverpool. This is about women and girls with ASD and ADHD being under-identified, under-diagnosed, and under-supported, and calling on the government to do more. All WIs get one vote on this and we have given our delegate a discretionary vote as the speakers will give much more information at the meeting. Three of our members are going to the National Meeting and will be able to report back. We followed the discussion with a tricky quiz and a bit more time to chat over refreshments.

We recently held a walk and treasure hunt around Wymondham, followed by refreshments. Sixteen members took part and really enjoyed solving the clues as they walked.

Several members met at Chestnuts for a coffee morning, and enjoyed delicious cakes and very tempting sausage rolls. We did not have the best weather but there was room to get out of the rain so we could sit and chat.

Another event on the calendar is a visit in June to Peter Beales to admire the roses. I hope they will be in full bloom when we visit.

Our June meeting began with us having a toast to Her Majesty before any notices were given. Members dressed in patriotic colours and there were many tiaras, crowns and pearls in evidence. Our speaker was Linda Scoles so we knew we were in for a good evening. Her talk was 'Divided by a common language'. Some words and phrases in common use have completely different meanings here and in the USA. Some causing much hilarity! A very large iced cake was raffled with the proceeds going to the Ukraine Aid appeal. We then all had a slice of the cake as the winner shared it out. Much enjoyed with our other refreshments.

We meet at Wacton Village Hall at 7.30 on the second Thursday each month.

Heather Jeary

THURSDAY CLUB

At our May meeting members watched Jonathon demonstrate the skills of willow basket making, he brought along some fine examples of baskets and containers large and small. It was fascinating to watch him making a basket and his skill and speed produced a fine, sturdy basket. His demonstration made it look easy, but of course it's a skill with a fascinating history. Members went on to enjoy tea and a quiz.

Members meet at the Village Hall on the second Thursday of each month.
New members are always welcome.

Vintage Tea Party in aid of Cancer Research UK

At Court Cottage, The Sreet, Long Stratton.

Sunday 24th July 2.30

Delicious food to eat and buy!

£7.00 a head.

A TASTE OF HOPE

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Dates - Sunday July 24th at 3pm

Long Stratton Methodist Church, Manor Road, NR15 2XS

Followed by tea and cakes.

Organised by Hope Community Church, Wymondham

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www.hopecommunitychurch.co.uk

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COMMUNITY UPDATE

LONG STRATTON NEIGHBOURHOOD TEAM

LONG STRATTON, HEMPSTALL & FORNCETT WARD



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APRIL 2022



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YOUR LOCAL BEAT MANAGER

CONTACT US – E: SNLONSTRATTON@NORFOLK.PNN.POLICE.UK

TEL: 101

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FACEBOOK: South Norfolk Police

TWITTER: @SouthNorfPolice



PC 1279 Andrew Barkway

UPDATE FROM YOUR ENGAGEMENT OFFICER

NEIGHBOURHOOD WATCH WHAT ARE WE ALL ABOUT?

WHAT DO WE DO?

We support our members to create well-connected communities who support those who are vulnerable and isolated and thereby increase community health and wellbeing. All our schemes are run by local volunteers who want to make a difference. By joining up with your neighbours you can help to reduce crime and the fear of crime together.



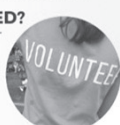
WHAT DO PEOPLE SAY ABOUT US?

COMMUNITY FOCUSED
NEIGHBOURLY
SUPPORTIVE
PROACTIVE

HOW CAN YOU GET INVOLVED?

You can join us as a member and join your local scheme or if there isn't one, why not consider starting a scheme of your own with your neighbours.

If you are interested in volunteering, we have a number of both local and national volunteering opportunities



Joining Neighbourhood Watch is simple. Scan QR code to get started.



To find out more about Neighbourhood Watch and how you can get involved visit our website:

WWW.OURWATCH.ORG.UK

WHAT'S HAPPENING IN YOUR AREA?

Over the past 3 months the team has continued to look at road safety, carrying out speeding checks, contravention of road sign enforcement, ASB visibility patrols along with engagement in the schools and presentations around internet safety and knife crime. With summer time coming up we are ready to meet everyone out and about having fun.

Thursday 31st March your Local Policing Neighbourhood Team held a virtual Priority Setting Meeting via Microsoft Teams, for Long Stratton and surrounding parishes.

Members of the community were given options to vote for their top policing priority – these votes were discussed at the meeting and the following Priorities have been agreed:

- Road Safety (including speeding)
- Anti-Social Behaviour
- Concerns around drug dealing & use

The Local Policing Neighbourhood Team would like to say 'thank you' to the community for your vote and voicing your local concerns. We will concentrate on these 3 priorities over the next 3 months.

If you have any information or concerns, please contact me.

Regards Andy

CURRENT NEIGHBOURHOOD PRIORITIES

- Road Safety (including speeding)
- Anti-Social Behaviour
- Concerns around drug dealing & use

DATES FOR YOUR DIARY

- Local Community Meeting - Wednesday 29th June
6.30pm via online Microsoft Teams

For local Engagement Surgeries see South Norfolk Police social media pages



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AN EMERGENCY



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Activity Programme

April to September 2021

Free online activity programme for 0 to 5s in Norfolk



The Early Childhood & Family Service (ECFS) is still running, offering extra help to families who need it. Right now, due to Covid-19, we're providing a programme of online activities and groups that are available to families with children aged 0 to 5 years.



Early Childhood and Family Service



Live Online Groups

Baby Days Live Online

Six weeks of free online sessions for babies with their parents/carers. Each session will have a new learning activity to try out with your baby, plus an opportunity to meet other parents and talk to knowledgeable staff. Best suited to babies who are not yet walking.

Toddler Days Live Online

Six weeks of free online sessions for under 5s with their parents/carers. A chance to meet other parents, talk to knowledgeable staff and take part in fun, learning activities.

Baby Massage Live Online

A free five week course introducing massage strokes that can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.

Register at

tinurl.com/ECFSevents

Sessions take place online via video call on Microsoft Teams. You only need an internet connection and a smartphone, tablet or computer to join.

If you would like to join but need help with technology, or you don't have a suitable device, please [contact us](#) on 0344 800 8020 to see how we can help.



Need extra help or someone to talk to?

We are here to help with things like:

- Becoming a first time parent
- Bonding with your child
- Parenting challenges
- Mental wellbeing
- Healthy relationships
- Learning through play
- Communication & language development



Please contact us and one of our team will be in touch.



Online form:

www.tinurl.com/ECFSHelp

Email:

ecfs-families@actionforchildren.org.uk



New videos or themed activity posts every day at [facebook.com/EarlyChildhoodFamilyService](https://www.facebook.com/EarlyChildhoodFamilyService)

Videos also on our [YouTube channel](#). First view on the day/time shown or catch up later



Musical Monday with Magic Acorns

A fun mini music session for you and your little one to join in with at home. Designed to help build little brains and bodies, while encouraging communication and confidence.



Monday

1.30pm

Let's Get Talking!

Ideas and activities to get your toddler talking, plus information on how the things you do with your baby, from birth, can help their future language and development.

Tuesday

11.00am

Children's Wellbeing

Tips to help you understand and nurture your child's emotional development, including how to deal with difficult situations.

Wednesday

1.30pm

Fun and Learning

A variety of indoor and outdoor activities for you to enjoy with your baby or toddler.



Thursday

11.00am

Cookalong

Step-by-step videos for easy family recipes which are fun to make together and will save you money compared to ready prepared food. No experience necessary!

Friday

1.30pm

Other activities for 0 to 5s and their families

Norfolk Libraries for Families

Weekly Online Bounce & Rhyme sessions, Story Week activities and Social groups via Zoom. Find out what's on from [Facebook](#) or www.norfolk.gov.uk/libraries



Norfolk Family Learning

Interactive 'Come and Try' taster sessions and online courses for families to enjoy together. For details and to book visit www.norfolk.gov.uk/familylearning



Norfolk Community Directory

Search for activities and services run by volunteers or other organisations in your local community. Visit communitydirectory.norfolk.gov.uk



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

Keep up to date with
the free
Action for Children
Services App



Courses offered by the Early Childhood and Family Service



Our courses are running online via Microsoft Teams, or in small face-to-face groups at our risk assessed bases. Extra hygiene measures are in place and we will ask you to wear a face covering, unless you are exempt.

Solihull Parenting Course

A 10 week course to help you learn more about your child's development and behaviour. What is their behaviour telling you?

Baby Massage

A 5 week course for introducing massage strokes. This can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.

Freedom Course

A 10 week course for women who would like to look at healthy relationships and to have a safe environment to be able to discuss and understand previous and current relationships.

Triple P

An 8 week course that offers support, information and practical answers to everyday parenting concerns.

Circle of Security

An 8 week course based on supporting and strengthening the attachment between you and your child.

Our partners



Home-Start Norfolk and the community offer in your local area are also part of the Early Childhood and Family Service, and are available to support you and your family.

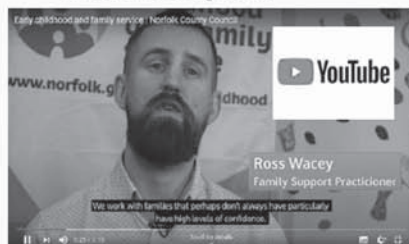
How to contact us

You can get more information on the service by visiting www.norfolk.gov.uk/earlychildhood

If you would like further information, help or support then please call us on 0344 800 8020 or email us at ECFS-Families@actionforchildren.org.uk



Any updates on services or groups can be found by visiting our Facebook pages. Search for Early Childhood and Family Service



See our video on YouTube to find out more

Useful contacts

| | |
|---|--|
| Coronavirus Information | norfolk.gov.uk/coronavirus |
| Just One Norfolk (Health Visiting Team) | 0300 300 0123 |
| Leeway (Domestic Abuse Support) | 0300 561 0077 |
| Norfolk & Waveney Wellbeing Service (Mental health support) | 0300 123 1503 |
| Home Start Norfolk | 01603 977040 |
| Speech & Language Advice Line (ECCH) | 01502 719830 |
| Norfolk SEND Partnership | 01603 704070 |
| National Breastfeeding Helpline | 0300 100 0212 |
| Norfolk Police (non-emergency) | 111 |
| CGL (Alcohol & drug behaviour change service) | 01603 514096 |
| Citizens Advice Bureau | 03444 111 444 |
| Shelter (Help with housing & homelessness) | 0808 800 4444 |
| Job Centre | gov.uk/contact-jobcentre-plus |
| Mens Advice Line (for men in abusive relationships) | 0808 801 0327 |

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

0344 800 8020
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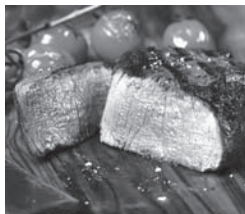
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WACTON FOOTCARE

The next session of Footcare will take place on Tuesday 12th July. If anyone is considering a 1st appointment for Footcare please call either of the numbers below for further information or to book an appointment.

The contact numbers are ---

Clare --- (Footcare Specialist) --- 07785 295358

Rita --- (for further information or to cancel an appointment) --- 01508 218407

WACTON COFFEE MORNINGS

The dates for our next Coffee Mornings are Tuesday 7th and Tuesday 19th July. We meet in the Village Hall on the first and the third Tuesday of every month from 10.30 through to 12 noon.

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

Caroline and Rita

Batley Family of the Poor Cottages

John Batley and his wife Mary, nee Hubbard, moved to Wacton with their three children, William, Mary and Shadrack, from Garboldisham shortly before 1803 when their fourth child, Lucy was baptised here. A further five children, Sarah, Rebecca, Charles, Martha and John, were born in Wacton before the 1811 Census. The Census records John was living in a property, not identified, but containing two males and two females; either the enumerator made a mistake or John had 'farmed out' his older children and only had the two babies, Martha and John at home. Four more children, Caroline, Elizabeth, Elijah and Esau, were born after 1811, a total of thirteen.

Of the children, William died in 1815, aged 18, and in 1816 baby Elijah at a year old. For three of the children I cannot find out what happened to them but of those remaining seven married. Lucy was the first to marry in 1820 to Edmund Rowland at Whitwell, and Shadrack married Elizabeth Lurkins in 1821; the rest married at Wacton into local families. Only Charles was unmarried and living with his parents.

In June 1833 Shadrack died leaving his wife Elizabeth, and her illegitimate daughter Lucy Batley Ludkin, living elsewhere in Wacton.

The Poor Law Amendment Act of 1834 required parishes to join in 'unions' and build workhouses for the poor. These workhouses were funded by the parishes and Wacton decided to sell their poor cottages situated at the north end of the Green (now site of Victoria Cottages) and use the money as the parish contribution. One of the poor cottages was occupied by John Batley. At what point John had to call on relief from the parish and move into the Poor Cottages I have not discovered, but the Overseers may have been hoping that as his children had married and moved out the Poor Cottage might soon become available again, so that they could sell that cottage with vacant possession.

On 22nd March 1835 the banns for the widow Elizabeth Batley, nee Lurkins, and Charles Batley's proposed marriage were read for the first time but further readings were refused by Walter Burroughes, the Curate. A Marriage Act of 1835 had been published which made it illegal to marry your dead spouse's sister or brother, but the Act did not become effective until 31st August. Walter Burroughes' brother was Randall Ellis Burroughes a solicitor in Norwich and prominent local landowner.

When John died in April 1837 one presumes his wife Mary and Charles still lived in the Poor Cottage but one cannot tell whether Elizabeth and her daughter had moved in with them.

In October 1837 the Parish Officers sold the 'Poor Cottages', in two lots and Lot 2, the single cottage, late in the occupation of John Batley, was sold to Charles Batley. So it looked like the son of one of the poor had worked hard and amassed the princely sum of £9 to buy the cottage.

By the 1841 Census Charles and Elizabeth were living in the Poor Cottage, Mary had reverted to her maiden name and moved into another cottage on her own, and Lucy had married Richard Carman and was in another cottage in the village.

Charles and Elizabeth remained in the cottage until 1850 when according to the Register of Electors, Charles was the owner of a freehold cottage, now let to R Carman, but lived in another cottage on the Green owned by Garton Bower (since demolished but in the grounds of the now White House). In the 1851 Census Charles gave his occupation as a Shopkeeper. In 1857 Batley let his cottage to John Prime, husband of Charlotte Carman, the daughter of Richard and Lucy Carman.

By 1858 Charles and Elizabeth had moved back into their own cottage and in 1865 they took out a mortgage for £20. It is likely they used this money to build a new house, which still stands, known as The Green Cottage, on the southern end of their plot.

In 1866 Elizabeth died aged 67. Charles remained in Wacton until 1870 when he married Elizabeth Briggs, a farmer at Alburgh, and moved in with her. Charles died in 1879 and was buried at Wacton.

The only other children of John Batley that remained in Wacton were Elizabeth who married John Dye and Rebecca who married Edmund Alderton.

Robert Maidstone
robertwmaidstone@gmail.com

WACTON CHURCH COFFEE MORNINGS

Wacton Church holds a coffee morning every month (the second Saturday of each month) at 10.30 am,

The next coffee morning will be on Saturday 9th July 2022!!
All are welcome





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SJP1202 V1 (04/20)

Notes for your Diary at Wacton.

Informal Musical Evening and Buffet
Saturday 2nd July
7pm
All Saints Church, Wacton
Buffet and soft drinks included
Please bring any other drinks you want
Tickets £5
Proceeds to Church restoration fund



Strawberry Afternoon Tea
Saturday 16th July
3pm
Come and enjoy a scrumptious
Strawberry Afternoon Tea
In the gardens of
Wilderness House, Wacton
£5
Tele 01508 530111 for more details



Pet Service
Sunday 24th July
3pm
All Saints Churchyard, Wacton
Please bring your pets to be blessed
at a short service
followed by tea and cakes



Wacton Parish Council's Big Jubilee Picnic on the Green

All I can say is "wow!, what a day"

From the start of the morning setup, things were not looking too favourable; Cloudy with a strong breeze and then came the drizzle. Still, ever hopeful, we continued getting ready to rock.

A few hardy people had arrived early, wrapped up against the weather when, with ten minutes to go, out pops the sun all ready to play. With more people arriving, things were kicked off by our resident Chaplain Angie Baldwin giving a brief greeting before heading over to give a blessing to our new children's play equipment.

From then on in, people continued to arrive and thoroughly enjoy the afternoon.

Children enjoyed playing with the equipment-kindly on loan from MTM Youth Services in Diss.

From fresh sandwiches and sausage rolls to 'Hoggies' pulled pork rolls, burgers and hot dogs, people were fully fed whilst chatting away and listening to wonderful music provided by super talented local villagers.

We had our very own and recently formed 'The Village Band' with surprise vocals from a farmers, daughter, totally unexpected and widely loved. A local lad - Ross, had asked if he could "just play a couple of songs" with his bass guitar. Well, the crowd just wouldn't let him off. On top of that, another young lad (didn't get his name) dropped in for a couple of tunes with his bagpipes and finished off with Alan, on his accordion. Who knew we had such talents hidden within the area.

With over 200 people coming and going, all the food, music, hot drinks and squashes being totally free for our residents, plus drinks from a bar, the lovely sunny afternoon and relaxed community atmosphere with great tunes in the air, things couldn't have been better well the wind could have been lighter, but we can't have everything.

So, a huge thank you goes out to our volunteer helpers along with the Village Hall, Wacton Social Club, Anglian Demolition and Asbestos Ltd, SNDC, EoE Co-op and Tesco's for their sponsorship, we can say it was a great success and fitting tribute to Her Majesty's jubilee celebration.



Construction of full-fibre broadband network in Wacton is underway

County Broadband, a specialist rural provider, has confirmed that work to build a new full-fibre broadband network in Wacton is underway after enough residents signed up for the service.

Full-fibre broadband delivers fibre cables directly to the door of each home which means download and upload speeds of up to 1,000 Mbps are available.

Currently, the village only has access to Superfast broadband which, although is sometimes referred to as fibre, relies on copper cables which reduces speeds and reliability – particularly at peak times.

County Broadband is building new broadband networks in hundreds of villages across the region after securing a combined private investment of £146m from Aviva Investors. Work has already completed in other parts of the county with thousands of customers already connected.

James Salmon, from County Broadband, said: “We’re very excited to start building our new full-fibre network in the village and deliver some of the fastest broadband speeds available in the UK.

“We’ve heard from residents that they are increasingly relying on the internet for streaming and downloading films, working from home and accessing online services from banking, shopping, to GP appointments.

“The reality is the existing part fibre, part copper networks can’t keep up with this growing demand. That’s why we’ve been working to help future-proof villages with full-fibre connectivity.

“Building these networks won’t happen overnight, it does take time, but we will keep residents updated throughout the build.”

Residents can pre-order their full-fibre connection at **www.countybroadband.co.uk**.

Shotesham

On a rainy day after the Jubilee weekend six walkers met up and drove to the starting point of our walk at All Saints church in the picturesque village of Shotesham.

We followed Bonnie’s umbrella down a leafy tunnel, reminiscent of a rain forest, next to a stream. We stopped to read the information board at the V2 bomb crater where the ‘Shotesham rocket’ had dropped in 1944. Windows had been blown out and tiles came off the Church but mercifully no one had been hurt.

We were soon out into the light and passing fields of whiskered barley bejewelled with raindrops. Following Boudicca’s Way we crossed a field of ripening oil-seed rape, also wheat and field beans flowering nearby. After passing close to the Great Wood we came across what I had been hoping to see. A colourful field full of wild flowers. Through a gap in the hedge another huge expanse of wild meadow and pink orchids like ice cream cones in a sea of yellow rattle plants. We were at Stubb’s Green where the unimproved grassland and pond allow a variety of wildlife to flourish. It wasn’t the weather for lingering, however, and after admiring the waterlilies we continued along a track until we reached a road near some cattle in a field. The rain stopped and the sky seemed brighter. We followed a sunken lane back to Shotesham, pointing out the wayside flowers and listening for the yellow hammer’s call from the trees.

Fantastic cottage gardens lined the road further along and red poppies gave us a taste of summer. Passing through the neat churchyard we entered All Saints church. It was good to be sheltered by this ancient building. We admired the amazing medieval wall paintings and other architectural features noted in the information sheet but I forgot to look for the carving of a vulture outside looking for the second coming of Jesus!

Thank you to Bonnie for leading us on the three and a half mile walk to see the orchids at Stubb’s Green.

Everyone is welcome to join our walks on the first Monday of the month. Meet at the public toilets in the car park at 10am.



LONG STRATTON LIBRARY

We continue to restore services at Long Stratton Library. We currently have:

1. Tables and chairs, so you can sit comfortably again
2. PCs and public wi-fi, including printing and copying services
3. Just a Cuppa on Mondays from 11am
4. Bounce & Rhyme on Tuesdays at 2pm
5. Lego Club (age 8+) on Tuesdays at 3.45pm
6. Stitches & Knitters on Thursdays at 4.45pm
7. Coming soon we have a Lego Club for ages 2-7 - ask staff in-branch for further details

Look out for the Summer Reading Challenge, coming up in July! Search online for further details. You can keep in touch with us on Facebook by searching for 'Diss, Harleston and Long Stratton Libraries'. You can also call us on 01508 530797 with any questions. Our opening hours are as follows - please note that Open Libraries is unavailable for the time being.

1. Monday 11am-7pm
2. Tuesday 1-7pm
3. Wednesday CLOSED
4. Thursday 1-7pm
5. Friday CLOSED
6. Saturday 11am-4pm
7. Sunday CLOSED

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



Norfolk
County Council

HARLESTON & DISTRICT U3A

Harleston & District u3a invites you to its July meeting, which will be held on Wednesday 20 July at 2.00 pm in St John's Church, Harleston. Our speaker is Norma Howell, and she will be talking about Medical Detection Dogs. She will explain how dogs can be trained to identify minute odour changes emitted prior to an emergency and then to alert the person to take preventative action. The dogs are able to detect both physical and neurological problems, and research is currently being conducted into the early detection of Alzheimer's Disease. For further information please phone Kim Poulton on **01986 788149**, or go to our website **www.u3asites.org.uk/harleston**

CHURCH SERVICES - July

3rd July - 11:00am - All Age Worship - St Mary's.
09:30am - Holy Communion - Wacton.

10th July - 09:00am - Holy Communion - St Michael's.
11:00am - Holy Communion - St Mary's.

17th July - 11:00am - Morning Worship - St Mary's

24th July - 09:00am - Morning Prayers - St Michael's.
11:00am - All Age Holy Communion - St Mary's.
3:00pm - Pet Service - Wacton.

31st July - 10:30am - United service Holy Communion - Carleton Rode.

CONGREGATIONAL CHURCH

3rd July - 10:45am – Family Service incl. Holy Communion – Rev. Pat Atkinson

10th July -10:45am – Family Service - Bruce Thorn

17th July - 9:45am - Community Family Breakfast
10:45am – Family Service - Joy Southam

24th July - 9:45am – Monthly Prayer Meeting
10:45am – Family Service - David Freeman

31st July - 10:45am - Family Service - Pastor Malcolm Simpkin

From the Parish Registers

THE SEXTON'S WHEEL

If you have something to tell us, an event coming up, an article of interest please contact us **email: thesextonswheel@googlemail.com**

tel: 07557 990169

or send to the **Parish Office** 8 Flowerpot Lane, Long Stratton, Norwich NR15 2TS using the form below.

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

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

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

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 _____



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