

The Sexton's Wheel

Issue 217

The magazine for Long Stratton & Wacton

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February 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
Call Kirsty Dye on 07986942804 and leave a message
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Email: bookings@wactonvillagehall.co.uk, or Tel: **Angie Baldwin 01508 536639**

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.



Another bumper issue this month with plenty to read from new and old contributors.

With the evenings now drawing out and Spring just around the corner lets hope the weather will let us enjoy it.

The Sexton's Wheel Team

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Love is...

I wonder how many of you remember the 'Love is..' comic strips first created in the 1960 by the New Zealand cartoonist Kim Casali. They became very popular when their wider release in the 1970s coincided with the film Love Story screening, which had the signature line 'Love is...never having to say you're sorry'. The question 'what is love?' may be on many minds as we celebrate Valentine's Day on the 14th of this month. For some it is the excitement of young love, sending our first Valentine's card to someone anonymously, hoping they can guess the name of their secret admirer. For others it is the thrill of receiving the card and knowing someone has noticed us. For Norfolk residents it may be the love shown in the Jack Valentine antics of leaving gifts for children on the doorstep, ringing the bell and running away. (At this point some will be saying what on earth are you talking about – look it up if it is news to you.) For some it is exchanging cards, romantic meals, chocolates, spoiling their loved one. For many it is the daily care for a partner, parent, child, relative, a friend, a loved one or sometimes even for a stranger who has no one else. Love comes in so many shapes and sizes, and is essential to make the world work.

When I think of love I often turn to 1 Corinthians 13 which gives us a wonderful list that completes the 'Love is...' phrases. What a fantastic world it would be if we could all live by just this one chapter of the Bible. Of course we fall short as we are human, but we are still loved. In a recent Bible study we were reminded that the Bible is a 'love letter' from God to us all, and is not to be used to judge others or as a hammer to harm others. Even though we often fail, God still loves us, so much so that He sent His Son to help us to understand the depth of His love for us and to give us an example of how to live.

How do we make love real in our lives every day? For me it is: seeking guidance in God's Word; praying; sharing my successes, disappointments and struggles with family, friends and the fellowship at church. What is it for you?

I pray you find love that fills your life, body and soul with all the richness that God wishes for you.

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Pastor Malcolm Simpkin,
Long Stratton Congregational Church.



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2nd Long Stratton Brownies



We started the term with a New Year's fun session with traditional games, snacks and drinks.

Well done to the following:

Baking interest badge to Mollie, Leela, Hannah, Ellen and Evie.
Express Myself theme award to Mollie, Leela, Hannah and Ellen

This term we will be working on the Know Myself Network Skills Builder and unit meeting activities to support this.

Brown Owl

Badgers are about!!

Not the little furry four legged ones, but the two legged ones, who are young members of St. John Ambulance aged 5-10 years, (the age was moved from 7 years to include younger children in January 2022). We meet at Aslacton and Gt. Moulton Village Hall on Tuesdays, between 5.15 pm and 6.30 pm and the group includes both boys and girls. Recently we have completed both the Active Badge and all the group gained a First Aid Badge, some of the Badgers gaining the higher level First Aid Badge. Before that we completed the Scientific badge, which was great fun.



As well as achieving Badges the children had fun evenings with a giant Scaletrix Track and learning to play in Steel Band. If you have a child who may be interested, do look on the national SJA website for further details and register an interest. (The group is called Diss Badger Sett.) or contact: **Charlie BENNETT on 01379 677521 or, e-mail, charlieb56@btinternet.com.**

Also if anyone is interested in helping , if only occasionally, please can they contact the same places. The more people who help the more children can join!



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LONG STRATTON & DISTRICT WI

Did you intend to come to our January meeting? Perhaps the weather put you off? It's not too late to act on your New Year's resolution. With many not venturing too far due to Covid, it is good to get out of the house and join in activities with like minded women. We cater for all ages and enjoy learning something new through our monthly talks or enrolling on courses at our county office in Norwich. Coming up this spring are opportunities to learn to play bridge or Mah Jong, even basic web editor training. There is also a beginner's watercolour painting day.

Our village meetings are very sociable with refreshments, a raffle, a monthly competition and a trading stall. We like to have fun, go out to lunch and you don't have to learn anything new if you just enjoy a good natter. All are welcome.

Do you know anyone who has made a very long journey using their bus pass? Well, I could be wrong about his talk but I will be intrigued to hear Gareth Phillips, our February speaker, entertain us by describing his amazing bus trip. Do come along and join us for an interesting and sociable evening.

We meet on the third Wednesday of the month. Next meeting: **WEDNESDAY 16TH FEBRUARY - at 7.30pm in Long Stratton Village Hall**. Just turn up on the evening or ring our Secretary on 01508 531154 if you have any questions.

Below are some photos of our members having a good time.



Outline of our Village Past

The Eighteenth and Nineteenth Centuries (part 2)

Tithe Map

There are only two tithe maps for Long Stratton, one for St Mary's and one for St Michael's. Drawn in 1839 and 1838 respectively, they provide great detail and the schedule that goes with them shows that 87% of the farms were under fifty acres, with only four farms slightly larger than one hundred acres. We can also find in the schedule that the Revd. Ellis Burroughes owned nearly 50% of all the farm land and also 24% of all the houses and cottages.

St Mary's Church

We find the church in the nineteenth century in need of major repairs. The roof, previously thatched, was lead covered at that time, and permission was granted to sell the lead to help pay for the repairs. A loan of £400, raised on the local rates, was also needed.

Non-conformist Churches.

The Methodists had been holding services in a rented building during the latter part of the eighteenth century, and indeed Wesley preached to them in 1786. By 1830 they had built their own church, which was extended in 1845. The Congregationalists had purchased the land for their church by 1839, and were soon to have their own place of worship.

Education

The school was built in 1850 on land given freely and voluntarily by the Church, at a cost of £300 raised by public subscription. It was later enlarged, again the cost being borne by public subscription. In 1867 the school legally became the property of the parish and was registered as a charity in 1875. Schooling had to be paid for at a cost of 1d. a week, later 2d. and still later 3d. There is evidence that the poorer families compromised on expense by sending just the sons, or just the oldest son. Many of the wealthier children seem to have been educated in their own homes, as was the custom at this time. The power of education is shown in the marriage registers of the time. Slowly but surely people no longer make their mark with a cross, but begin to sign their own names. Also, whilst dealing with education, we should not forget that during the nineteenth century Long Stratton had a small private school for boarders.

Fire Service

The history of the Long Stratton Fire Brigade seems well known to many, with its formation in 1896, an engine pulled by two horses, and needing a team of twenty-four pumpers. However, from the records, it seems that Long Stratton had a fire fighting appliance long before that. In 1829 it was considered at a vestry meeting at St Mary's whether or not to keep the engines in the vestry. Again, in 1854 there is an account for the cleaning and repairing of the 'Fire Engine'. We know that fire engines were kept in the vestry of St Peter Mancroft church in Norwich at about this time. Well, so we could go on. Guilds, Silver Band, each old house, industry, occupation, organisation has its own history which would each fill its own book.

Update

Education

This school stands on the main A140 next to the Village Hall. (pictured). As the article says, it was built in 1850. It was enlarged in 1887 and again in 1892 when a new classroom and cloakroom was added at the cost of £100 and would now hold 180 children. The average attendance was 126. In 1892 George Hutchinson was the school master, Mrs George Hutchinson was the school



mistress and Miss Mary Hutchinson was the infant mistress. As well as this school there was also a school in St Michael's (I don't know where) but by 1875 it was combined with St Mary's school. The article refers to a private school in the village. In 1864 Sarah Barner and Elizabeth Brown ran a boarding school in St Michael's and in 1875 Revd. Thomas Tonkinson ran a boarding and day school in Long Stratton St Mary's (I don't know where either of these schools were). My Grandad told me there was a dame school in what is now the upstairs waiting room in the Manor Dentist Practice. The children paid 1d. a week. This school continued to have children from 4/5 to 15 years until about 1950 when what we called the new school was built on Swan Lane, it took children 11-15. In 1959 the secondary modern school was built on Manor road at a cost of £105,000 to hold 500 children. When the school opened the headmaster was Philip Carter, he had thirteen staff and 213 children. It was officially opened on the 16th May 1960. The school on Swan Lane became the rural science unit for the new school. My husband who lived in Shelton was paid 16s/8d (about 85p) per year to bike to school. his money was for wear and tear on his bike. In September 1978 it became Long Stratton High School and in 2006 the school was extended. In 1971 Manorfield Infant School was opened on Manor Road taking children 5-7years, this left primary children in the old building. In January 1977 the middle school was opened on Swan Lane, although the hall, canteen and playgrounds were not finished. The school was officially opened on 6th February 1978 by the Bishop of Norwich. The old school on the main road has since been used as a DIY shop and a funeral directors.

Fire Brigade

The first trailer pump, a Merryweather, was bought in 1896 at a cost of £150 which was raised by local tradesmen. The superintendant was James Weller the local chemist, (pictured) he was paid 7s/6d (38p) for the first hours work. There were twelve members of this Fire Brigade. The Merryweather pump was kept in a shed which stands above the black doors on Flowerpot Lane. When there was a fire, Jimmy Weller would send up two maroons to call the men. Two horses from Hall Farm were brought and harnessed to the pump, it then came out of the shed and onto the main road between two cottages that stood near the corner of Main Road and Flowerpot Lane. **Cont:** page 13



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Fire Brigade Cont:

In 1939 the trailer was moved to Willis Garage (which was at the Ipswich end of where the CO-OP now is) This trailer was pulled by any vehicle that was available (it was war time). Later the brigade had an engine that the firemen could ride in but the trailer pump was still pulled behind it. This vehicle was kept in a large black cart shed in the Angel pub yard. The next vehicle was a fire engine resembling that of the fire engines of today. When a fire occurred a siren would sound and a bell would ring in the firemen's houses. When the siren went the firemen would run or cycle from where they happened to be. Uniforms were kept in the firemen's houses so consequently when the sirens sounded the front doors were flung open and wives and children would stand outside to hand over boots, tunics and helmets as the firemen flew by. The siren was tested every Saturday at noon. Nowadays the firemen (or firefighters as they are now called) are called to incidents by pagers, all their gear is ready at the fire station and equipment is so much more advanced than the 1896 trailer pump, but their spirit is the same as it was. 124 years on, the Long Stratton Fire Brigade still strives to serve our community whenever we need them whatever the hour of day or night and we are very grateful for that.

Judith Baker.



The two cottages on the main road where the trailer pump would come from between them.

The Long Stratton trailer pump 1896



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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

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Application forms can be downloaded from www.lshs.org.uk Please email applications to recruitment@lshs.org.uk

Closing date for applications is **Friday 11th February 2022 at 09.00 am.**

Long Stratton High School is committed to safeguarding and promoting the welfare of children and young people. Successful applicants will be subject to an enhanced DBS (Disclosing and Barring Service) check and references.

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HARLESTON & DISTRICT U3A

Harleston & District u3a will be hosting a talk by The Humanimal Trust on Wednesday 16 February at 2.00 pm, entitled 'One Medicine'. The Humanimal Trust drives collaboration between vets, doctors and researchers so that all humans and animals benefit from equal and sustainable medical progress.

In view of the current Covid situation this talk will be either online or at St John's Church, Harleston. For confirmation please visit our website: u3asites.org.uk/harleston or by contacting Kim Poulton on 01986 788149.

LONG STRATTON MEDICAL PARTNERSHIP

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY

Tel: 01508 530781

This month we have national awareness weeks dedicated to mental health and Eating disorders. Having written about adolescent mental recently, it is only right to discuss the important subject of eating disorders. The prevalence of eating disorders has increased massively in the last 40 years here in the UK and worldwide. Here in the UK, it is known that around 1.25 to 3.4 million people are affected by an eating disorder and around 25% of this number are male. Eating disorders are most common between the ages of 16 and 40. Most of the eating disorders start in the adolescent period.

NICE defines Eating disorders as a persistent disturbance of eating or eating related behaviour which leads to altered intake or absorption of food and causes significant impairment to health and psychosocial functioning.

The main types are

1. Anorexia nervosa - there is an intense fear of gaining weight. There is severe restriction of food intake or persistent behaviour which interferes with weight gain.
2. Bulimia nervosa – recurrent episodes of binge eating followed by compensatory behaviour such as self-induced vomiting, use of laxatives or excessive exercise.
3. Binge eating disorder – recurrent episodes of binge eating in the absence of compensatory behaviours.
4. Atypical eating disorders – symptoms of anorexia nervosa or bulimia nervosa which do not meet the precise diagnostic criteria. An example is a person who has all the features of anorexia nervosa and has lost significant weight and yet the person's weight is within or above the normal range.

There has been considerable research into eating disorders. It is known that the cause is multifactorial. This can be classed into:

1. Biological factors – family history of eating disorders, changes in the brain or hormone levels
2. Psychological factors – lack of confidence or self-esteem or being a perfectionist
3. Social factors – bullying, difficulties with school or work or abuse

What help is available:

If you are aware of anyone with eating disorders, encourage the person to approach their GP.

The NHS website has a lot of helpful information. <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

The charity BEAT provides information, advice and support including online web chats and phone lines which are open 365 days a year. Visit beateatingdisorders.org.uk or phone **0808 801 0677**.

Stay Safe

Mini Nelson

Long Stratton Day Centre

It is with regret that I have to announce the closure of Long Stratton Day Centre. The Day Centre began in 1980 and in its heyday had over 20 clients and up to 6 volunteers, a manager and an assistant manager. When it had to close due to Covid19 in 2020 it was down to 3 clients and 1 volunteer.

A public meeting was called to see if anyone was interested in taking over the running of it. 3 members of the public attended the meeting. All three were willing to help but no one was prepared to take on the running of it which would involve a new Chairman, Secretary and Treasurer who would automatically become Trustees. At this point, I as the sole trustee had to make a decision as to whether we could carry on. Consequently the day centre was formally closed on 31st October.

However there was still one problem, I, as the only trustee, could not resign from the charity or close the charity without distributing the remaining funds (£12,000) to a like minded charity which mainly involves elderly people.

Maybe, through this magazine there are people willing to restart the day centre which would mean appointing a new Manager, Chairman, Secretary and Treasurer, Contacting Norfolk County Council to re-negotiate contracts, Saffron Housing re. the rental of Depwade Court. Failing this I would like suggestions of where the remaining money should go, bearing in mind it has to be a charity with like minded aims.

**Peter Smith, former Chairman and Treasurer,
Trustee, Charity number 1051687
Email; smithpf9@gmail.com
Tel; 07745517458**



Let's Chat has now finished for the winter months and will resume again in mid March in the usual venue of St Mary's Church. Janet and the team will be there to welcome you all back with tea, coffee and homemade cake. And as usual:

All are Welcome.

Long Stratton Town Council

Pavillion, Manor Road Playing Fields, Manor Road,
Long Stratton, NR15 2XR

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

Tel: 01508 530524 clerk@longstrattoncouncil.info

Christmas event December 2021

Thank you to all who came and supported our Christmas event on Friday 3rd December, it was a great turn out and glad the weather stayed dry! We hope you enjoyed yourselves!

Summer event

And, talking of events, our next one is being planned already. It is going to be an all day summer event to tie in with the Queen's Platinum Jubilee anniversary celebrations. It will be held on Saturday 4th June on the Manor Road playing fields.

So, if you would like a stall or are a performer who would like a spot on stage please contact Becky Buck on 01508 530524 or e-mail Becky.Buck@longstrattoncouncil.gov.uk (As this is a free community event a small charge may apply for the stalls).

Community room for hire

The community room at the Pavilion is available to hire, please get in touch if you would like to book or we would be happy to show you around first.

And finally, some sad news: The Council were sad to learn of the passing of Mrs. Evelyn Riches. Mrs Riches became Clerk to Long Stratton Parish Council in August 1967 where she took over from Mr Evans. She retired in 2013 having served 46 years in the local community. Long Stratton Town Council give their most sincere condolences to the family.



The Borderhoppa 2022 outings leaflet is now available. We have many trips arranged throughout the year including pub lunches, garden centres, the coast, mystery tours, boat trips and many more. You can pick up a leaflet at

your local library, information centre, GP surgery, from one of our drivers or by calling the office.

Need help with transport? Borderhoppa buses are available to people of all ages who are unable to use ordinary bus services either because of mobility difficulties or because there isn't a bus service available for them to use.

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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



volunteering.companies.org.uk
DIRECTORY

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.

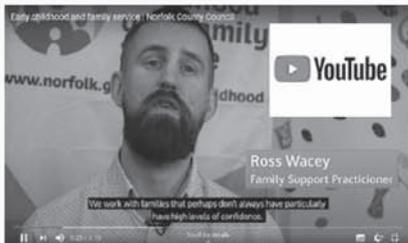
How to contact us

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

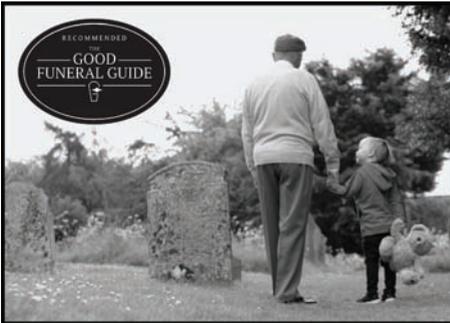


See our video on YouTube to find out more

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
Shetler (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 or 999 in an emergency



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THARSTON & DISTRICT WI

We ended last year with a party for our members, quite different to usual but still enjoyable. The raffle and games raised over £100 and this has been sent to support the East Anglian Air Ambulance. The committee have now been working hard to arrange events for this new year, hoping that we will be able to meet on a regular basis. Our health is a priority and we may have to do some things in a slightly different way. For our January meeting we welcomed Jonathan Carrie with a demo and talk on basket making.

Our first event is a jigsaw race with tea and cake. Teams work together to complete a jigsaw in the quickest time. Not easy when there is much chatter as there is a lot of catching up to do. Other events include an Afternoon Tea, an Easter Craft Afternoon, a Treasure Hunt in Wymondham followed by refreshments at The Garden Café, a Coffee Morning and a visit to Peter Beales followed by lunch in the café. There is a theme running through all these events, maybe it is getting together or perhaps just food!

Once again we will be making marmalade and the short season for Seville Oranges means that we need to get on with the chopping and boiling. The sale of all this marmalade and other preserves helps to fund some of the events that we arrange as well as the cost of transport for our summer outing. We sell the preserves at our meetings and also have a stall at fetes in our 'District'. Let's hope we have plenty of customers.

We meet at Wacton Village Hall on the 2nd Thursday each month at 7.30pm.

Heather Jeary

THURSDAY CLUB

Following our January lunch we will be back at the village hall for Thursday February 10th at 2pm. Our speaker is Jane Hoggar ' LIFE OF A BLUEBELL DANCER'. Guests and New members will be given a warm welcome. Every measure is taken to ensure your safety at our meeting. Face covering worn while moving around. Hand sanitiser for your use. Tables sanitised before and after use. Refreshments served by our ladies. Our sales table will be back with our normal quiz and raffle. Look forward to seeing you. For further details please contact **SHIRLEY 07884244359**.

Come and join us for.....

The next **Messy Church** is on **Saturday 26th February**
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in St Mary's church



Long Stratton Messy Church

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WACTON FOOTCARE

The next session of Wacton Footcare will take place on Monday 28th February.
All appointments will be confirmed beforehand.

Should anyone be considering a first appointment for Footcare please feel free
to call either of the numbers below for further information and/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

We hope to hold our Coffee Mornings on 1st and 15th of February as usual and look
forward to seeing you there. If you haven't been before and are free on the first and third
Tuesday morning of each month, please come along and join us from 10.30 am until noon
for a cup of 'real' coffee and delicious cake or biscuits. We are now meeting in the main
hall of the Village Hall so there is plenty of room!

Rita and Caroline

Hill House Wacton

by Robert Maidstone

This is a summary of the history of the buildings and land now known as Hill House, formerly Hill Farm Wacton. The current owner's deeds begin in 1953 when the house was sold from the farm land, but information from the deeds of other properties and the Tithe Commutation Register and Map of 1839/40 has linked the property with a wooden plaque in Wacton Church.

That plaque, installed on 1st May 1898, (and still there) gives a brief description of a gift of twelve penny loaves weekly to the poor of Wacton. The cost of this gift to be a charge upon a share in a 'farm in Wacton' left by Elizabeth Bayspoole by her will dated 1711 to Elizabeth Cotman of Great Yarmouth. The property remained in the ownership of the Cotmans until 1899 and was let to a succession of tenants.

Elizabeth Bayspoole's will mentions a former tenant Richard Spendlove and the then current tenant Robert Meadows. Robert Meadows died in 1847 and the property was advertised to let. Subsequent Cotman family documents mention that another farm in Wacton which was formerly owned by Elizabeth Bayspoole was sold to the Cotman family after her death. These farms were let together to John Banham (until 1766), and John Hanton (until 1812). After 1812 a cottage and some land was sold (North End Farm) and later further land and a farmhouse (LeGrys Farm) were sold off, John Harvey was mentioned as the tenant of the remaining farm, Hill Farm, in 1818.

John Harvey lived in Pulham St Mary and possibly sublet Hill Farm until 1835 when his son Charles Harvey married and moved in with his new wife Margaret. By 1837 Charles was a Churchwarden signing the deed for the sale of the Poor Cottages in Wacton, but it is not until the Tithe Register of 1839/40 that Elizabeth Bayspoole's 'farm in Wacton' can be identified as Hill Farm and its associated 68 acres.

In January 1844 the local newspaper reported that an arson attack had been discovered at Hill Farm leaving one stack ablaze and trails of combustible material leading to other stacks. In June of that year Charles died of 'decline' and was buried, not in Wacton but Norton in Suffolk, the home of his wife. Margaret and her children continued to live at Hill Farm. She is recorded as both running the farm and a 'dames school' employing a governess and taking in lodging scholars, but in 1851 fire again struck, this time destroying the old thatched house. The rebuilt house still stands to this day.

Margaret Harvey left in 1861 and moved to Pulham, the farm was then let to and lived in by William LeGrys, a son of the LeGrys who lived on Wacton Common. William died 1890 and his wife Lydia continued to run the farm with her son Henry until 1895.

After the LeGrys left the property was let to James Gage Snelling, a confectioner and grocer of Norwich. He sublet the farm to his son Frank James Snelling who also farmed at Wilderness Farm in Wacton.

The next occupier was William Hardy, a horseman and employee of Snelling, who lived there from 1896. William was elected Parish Constable from 1905 to 1922. In 1929 William's wife died and he died in 1937, both are buried in Wacton.

In 1899 the last of the Cotman line left Hill Farm to Anne Hughes, "his good friend and assistant" at his Post Office business in Hinckley Leicestershire. Anne sold the farm to Owen Frank Snelling, Frank James Snelling's son, in 1923.

The Charity continued to be mentioned in Trade Directories and parish documents until the mid 1930's but no formal dissolution of the charity has been discovered.

Whether the Hardys left the house before 1937 is not known but the house and farm yard stood empty for some years until it was again let in 1949 this time to Ralph and Della Saltiel. At first they lived there, Ralph working as a cabinet maker in Long Stratton and, for a time, Della's brother Arnold Wesker lodged with them, After a while they bought the house (in 1953) but soon they moved back to London, where Ralph could find more lucrative employment, and used the property as a holiday home.

In 1960 Owen Snelling sold his farms in Wacton and the parts around Hill Farm were purchased by Sybil Harker of Wacton House. In 1983 the Saltiels bought the small field behind their house from Miss Harker and shortly afterwards extended the house by adding a domestic store and workshop. Later, after Ralph's retirement 1987, they did return to Wacton and remained here until 2004 when ill health forced them to move once more back to family in London.

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 5th February 2022!!

All are welcome



Wacton All Saints restoration project update January

An historical perspective

Originally the tower was constructed as a 'Watch Tower' to give early warning to the local agricultural settlement, of hostile forces approaching from the east, most likely including the Vikings. The settlement was named "Wactuna" or "Watch-Town", hence today's Wacton. The original Watch Tower was some 25 feet high, which was high enough to see as far as what is now Long Stratton, and beyond. The tower was subsequently doubled in size and the church built onto this extended tower.

Restoration progress

During one of the 5 yearly inspections in August 2021 by the church architect, serious defects were found concerning the safety of the building, namely the roof, south wall, some windows and the tower.

Roof:

Significant "apertures" in the roof were discovered, along with major distortions and possible fractures in the supporting timbers. Where the huge Welsh slates on the roof had slipped or fallen to the ground due to 'nail rot' etc. there was a significant danger to life. All Saints is one of the few churches without a porch offering some form of protection from falling objects. Therefore to make entrance to the church safer, a scaffolding based covered walkway has been erected. Tile slippage was made worse by the very steep pitch of the roof which was originally designed for a thatched roof - many would like to have a new thatched roof rather than heavier slate; in fact one of the purposes of the friends group is to discuss this among other issues.

South and East wall: It was also discovered that the outer and inner walls have become separated and pushed out, and that some of the buttresses had been compromised. This pushing out of the south wall has weakened the roof where it joins the wall braces and some plaster and masonry has been falling and is likely to continue to remain unstable, mainly from the top edges of the Nave and the Vestry wall on both the south and west side. This movement has also caused buckling of some of the beautiful 'decorated style' medieval windows.

Tower:

Some of the woodwork in the tower, particularly in the belfry is suspect and unsafe, and the bells are in a poor state of repair and unserviceable. During a recent investigation of the bell tower it was found that two of the three bells in the belfry were not economically repairable, however the smaller third bell is a possible repair project, and costings are currently being sought. This bell was made by Thomas Potter in 1428, an itinerant bell maker who would have most likely smelted the bronze in the churchyard. Interestingly this bell, about a metre in diameter, is a similar age to the beautiful font. It is hoped that bell chimes will once again ring out from All Saints!

In short, if this 1000 year old piece of Anglo Saxon and Medieval history is to remain 'serviceable' then restorative work needs to be carried out. The roof has already been patched up, the covered walkway erected, and survey work is currently in progress to assess the cost of the above major works. This has commenced and will continue during the first quarter of this year. We will then be in a position to apply for appropriate grant funding to start the restoration work proper, and decide on matters like thatched roof etc. This is where 'input' from the wider parish will be most helpful, namely the friends group.

Some interesting re-discoveries

Besides finding more interesting dating facts about the bells and the bell tower, we have uncovered facts about wall adornment and hangings. Over the North door was a fresco of St. Christopher carrying the baby Jesus over water. This was and is a symbol of good luck for travellers, and therefore it would have been the first thing a traveller would see on entering the church from the south door, and would also signify good luck upon departure. Alas the fresco has been whitewashed over but it is still possible to make out the shape of the painting.

On the West wall hang three wooden boards with inscriptions and designs. The largest in the centre is the Hanoverian crest, which was and is the royal coat of arms. On either side are the commandment boards, with extracts from the 10 commandments.

In August last year, a large metal ringed stone on the south side of the font was lifted to reveal a chamber full of soot. The chamber was a flu to an under-ground iron stove called a "Gidney stove" lying under four large metal gratings in the centre of the aisle (under the present red carpet). This chamber would have been filled with hot coals or coke on the day before a service so that the church was moderately warm (if a little smoky!) for the service itself.

Along with the metal gratings under the red carpet in the aisle were a number of memorial stones in Belgian marble, inscribed in ancient French, some attributed to the Mallom family (local titled benefactors during the 17th century). In the chancel on the liturgical south wall to the right of the altar is a three seat Sedilia, for use during the service for the officiating priest and his assistants. Adjacent there is a Piscina, a stone basin for washing the chalice after use. There would have been a Priest's door adjacent to the Sedilia so that the priest could come and go without walking down the aisle. This door can be seen in a drawing of the church dated 1828, from the south side. This framed drawing is still hanging roughly where the door would have been, and the thatched roof and door can be clearly seen.

John Fendick

BANK HOLIDAY EXPLORATION

One of the advantages of always walking on a Monday is that people who are normally working can join in from time to time. On our new year walk we were privileged to be joined by a naturalist who could show us that the brambles and accompanying fungus were quite different from the ones around Long Stratton!

In fact the whole walk was different from the lovely muddy tracks we're used to as we ventured further than we usually do. From the car park by Ditchingham village hall we walked straight on to Broome Heath. The sandy, gravelly soil made for easy walking in the bright sunshine which had replaced the rain of the previous days. The bare trees were magnificent and enabled glimpses of the sizeable lakes below. Clearly signed round and long barrows showed ancient burial mounds.

We soon emerged from the heath and joined Loddon Road. We were impressed by some fine farm houses including one with carved horses' heads on its gate posts. There had not been much evidence of recent rain on the heath but when the road crossed a bridge we were faced by a rushing river. Our Pooh sticks disappeared before we could cross the road to look! We knew it couldn't be the Waveney as we hadn't crossed into Suffolk but it looked more than a stream. The map soon showed it was indeed the Broome Beck, shortly to run into the Waveney.



The farm houses on the road paled into insignificance as we followed a sheltered footpath [photo] between two country estates giving glimpses of magnificent mansions and a distant church. After negotiating three narrow kissing gates (definitely preferable to stiles) we emerged

onto a lane with a view straight across a field to Broome church. The footpath across the field started at the opposite corner so we followed the lane and then headed uphill towards the church. Suddenly, although the sun was still bright, we had to battle a strong wind. That and our long shadows reminded us we were still in early January [photo]. As soon as we stepped into the churchyard we were out of the wind. As we looked round from the top of the hill we could see only one other building. Where does the congregation come from? We went into the beautiful church which was full of light. There were plenty of signs of an active church as well as some fascinating grave stones from the 17th century one ornamented by several engraved skulls.

As we left we admired the well kept car park; one advantage of having a church in the middle of a field! A line of trees showed the main drive to the church which we followed then continued down Church Road. Soon we were back on the Loddon Road then took a different route across Broome Heath getting closer to the lakes before rejoining our cars.

Thank you Penny for such a beautiful and varied walk. Join us at 10 am on February 7th near the public toilets in Long Stratton for another walk. All welcome.



LONG STRATTON LIBRARY

We're working to restore our services at Long Stratton Library. Here's what we have up and running:

1. Browsing and borrowing, in both the adult and children's libraries, including reservations
2. Our table and chairs are back, so you can sit comfortably in the branch again
3. PCs for customer use, including printing and copying services
4. Just a Cuppa on Mondays from 11am - and we're recruiting for a regular volunteer, contact library for further info
5. Bounce & Rhyme on Tuesdays at 2pm
6. Stitches & Knitters on Thursdays at 4.45pm

We'll be working on other offers and activities through the autumn, including for children, and 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.

We've also restored our usual staffed opening hours - 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

We hope to see you soon!



Norfolk
County Council

FOODBANK CHRISTMAS HAMPERS

A huge thank you for the wonderful response to this appeal, including a cheque for £200 from the Long Stratton Lions and an anonymous gift of £30 of Co-op vouchers. We were able to make up fourteen Hampers of Christmas Goodies which were distributed to 34 adults and 15 children.

God Bless you all.

CHURCH SERVICES - FEBRUARY

6th February - 9.30am - Holy Communion - Wacton
11.00am - All Age Worship - St Mary's

13th February - 11.00am - Holy Communion - St Mary's
3.00pm - Evening Prayer - St Michael's

20th February - 9.30am - Morning Prayer - Wacton
11.00am - Morning Worship - St Mary's

27th February - 9.00am - Holy Communion - St Michael's
11.00am - All Age Holy Communion - St Mary's

Congregational Church Services

Sunday 6th February at 10:45am – Family Service incl. Holy Communion – Mr Bruce Thorn

Sunday 13th February at 10:45am – Family Service - Rev Ian Jones

Sunday 20th February at 10:45am – Family Service - Mr Steve Adcock

Sunday 27th February at 9:45am – Monthly Prayer Meeting

Sunday 27th February at 10:45am – Family Service - Pastor Malcolm Simpkin

From the Parish Registers

We offer our deepest sympathy to the family and friends of:

Ann Gaul - 23rd December - Gt Moulton

Evelyn Riches - 11th January - Waveney Crematorium followed by a service at St Mary's

Ann Panter - 13th January - St Mary's

Nicholas Hesp - 14th January - St Michael's

Sylvia Manning - 10th February - Earlham Rd Crematorium followed by a Memorial Service at St Mary's at 2.00pm

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 _____

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BRIEF DETAILS _____

CONTACT _____

Love to Move?



Whittley Parish - **We'd love to help**



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