

The Sexton's Wheel

Issue 214

The magazine for Long Stratton & Wacton



November 2021

Long Stratton Village Hall - Booking Information

The hall can be booked as follows:

Via our facebook page, search Long Stratton Village Hall

Via our website www.longstrattonvillagehall.org.uk

Email us at longstrattonvillagehall@outlook.com

Call Kirsty Dye on 07986942804 and leave a message

Hire rates from as little as £7.50 per hour.



Wacton Village Hall - Booking information

The meeting room has seating for 22, suitable for small functions. The main hall has a semi-sprung floor with capacity for 80 seated or 120 standing. There is a fully equipped kitchen and a full complement of tables and chairs. All areas are accessible for wheelchairs, there is a baby changing station. Hourly rates are £6 and £10 respectively or £13 for the hire of the whole hall. **Angie Baldwin 01508536639 or wactonvh@outlook.com**

Church Contacts

St Mary's Chrissy Briggs - (01508) 536724

St Michael's TBC

All Saints' Angie Baldwin (01508) 536639

} or contact: **Parish Administrator Marianne**
at lsteamadmin@btconnect.com

Congregational Church June Braddock (01508) 470701

Church Parish Office

Is open, Mondays and Wednesdays 9.30 - 12.30pm. At other times email the Parish Administrator, Marianne on LTeamAdmin@btconnect.com

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team please contact (to be confirmed)

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 lots to read. Please note the changes to the contact details for the churches and Parish Office as Rev Heather has now left for pastures new.

The Sexton's Wheel Team

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Habit Bundling.

‘What’s your favourite season of the year?’ Just one of many questions you’ll be bombarded with if you use social media. This type of question seems perfectly innocent, but it is part of a process designed to get you to reveal increasingly more personal information which can then be used to hack your accounts online. Sneaky these cyber thieves! I don’t play their game. However, I’m happy to share with you that my favourite season is Spring because of its promise of sunshine, the new life we see all around and because it contains Easter, which I love, not because of the chocolate eggs, but as I can celebrate the greatest gift of love ever given, by God to each of us. The gift of His Son, who died that we might each be forgiven, even if we are the most unworthy person in the world. I am reminded too that He cares for us and has a plan for each of us.

My second favourite season is Autumn, as I love to wrap up warm, go for walks to blow the cobwebs out of my mind and enjoy the changing colours of the trees. I was out for one of those walks today, enjoying a cup of coffee, sitting on one of the many benches mercifully scattered liberally around the fine city of Norwich, when I overheard two ladies on the next bench discussing a painted stone they’d found placed on their seat. It had written on it, ‘Jeremiah 29:11 I have...plans to give you hope and a future’. I fell into conversation with one of the ladies, who said she had recently retired and while she hadn’t picked up a Bible since Sunday school, that she had time now. She had been a nurse, where she was given a small white New Testament (I suspect that doesn’t happen anymore). We agreed that her little white Bible was a great place to start, dipping into it each day, reading the story of God’s love for us.

Interestingly she talked about two of the most common barriers to learning God’s plan for us. Finding time and knowing where to start. I recently learned about what was called ‘habit bundling’, which is where you take something you already do and attach a new thing to it that you want to do. For example, you always take a break to have a coffee each morning. Almost religiously you might say (sorry couldn’t resist it). You want to read the latest Cormoran Strike book, so you read that while you drink your coffee. You go for a run each day, so you listen to Arlo Park’s latest album via your AirPods (trust me it’s cool). You get the idea. What activity could you ‘habit bundle’, adding learning about God’s love for you? I used to have a long train journey to work each day where I read emails, did work on my laptop and had a sleep. One Christmas I was given a book of Bible readings, thoughts and prayers for each day of the year. I added that to my routine. As a result, each day was shaped by it, and I learned more of God’s plan for me.

In the second best season of the year, perhaps you can ‘habit bundle’ and learn more of what God promised, that the ladies found quoted on that painted stone, ‘Jeremiah 29:11 ‘I have...plans to give you hope and a future’.

God bless.

Pastor Malcom Simpkin – Long Stratton Congregational Church



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Scouts

1st Long Stratton



At the beginning of October, our Scouts had the opportunity to take part in a Water Activities Day - which saw 19 Scouts & 6 adult volunteers getting out onto the River Yare.

The morning started with a ride on a powerboat to explore the area & become familiar with where the Scouts would be paddling later in the day. This also provided a chance to spot some of the local wildlife such as dragonflies, ducks, geese, swans, herons and a marsh harrier.

Following this, the Scouts learnt the basics of sailing. Although the conditions were not quite right to get the sails up, they were able to learn how to steer correctly using the rudder while their team mates were paddling; which will prove valuable for when we are able to return in the new year.

After a spot of lunch, it was time for some Open Canoeing. The Scouts had to use their teamwork skills to launch & paddle the canoes; learning the core paddle strokes. After practising their paddling skills, it was time for more exploring out on the Norfolk Broads before heading back to the base. It was a great day for everyone involved.



Peter (Group Scout Leader)

www.facebook.com/1stlongstrattonscoutgroup





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It is wonderful to be back!! Both in person at meetings and with some words to tell you all what the Guides have been up to.



When you read this, we will be half way through the Autumn Term. The mornings and nights are pulling in. However, that has not stopped the Guides getting busy and involved. This term we are focusing on the 'Buzz about Anglia' challenge. The challenge is to celebrate Girlguiding Anglia's 50th birthday (1971-2021).

Part of the challenge 'Bee New and Creative' saw the Guides have a go at Zentangle. The Guides got busy with black fine point pens and white card tiles to create various creations. A compilation of the girls tiles has been photographed and printed to make a card celebrating the Anglia region's 50th birthday ('Bee amazing' element). The Guides are also working hard on the 'Bee a Leading Light' section by learning about increasing their recycling of soft plastics. The Guides are collecting soft plastics e.g. bread bags, bubble wrap, crisp and sweet bags, pasta bags, toilet roll wrapping and much more. The collected plastic can be taken to Tesco's or Sainsbury's for recycling. The Unit are undertaking the task for 4 weeks but hopefully will continue the project after the time is up.

The Leaders have many more exciting plans and projects to take the Guides up to Christmas. We look forward to filling you in on more of our adventures next time!!





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Outline of our Village Past

Meanwhile, in Wacton.....

By the end of the middle ages (about 1500), Long Stratton had fallen into the pattern that it would assume for the rest of time - a long straggling beside the Roman Road, with churches in the fields to the north and on the road near the southern tip. The same forces that shaped Stratton - the Saxon and Norman invasions, the immense profitability of the wool industry, and the Black Death, also affected the life and development of Wacton. Again, as at Stratton, a few reminders of those ancient times still remain in the village today.

At the Conquest, the greater part of Wacton was handed, like many of the lands of Stratton to Alan, Earl of Richmond. He, or one of his successors gave his manor in Wacton the title 'Parks Manor'. It is tempting to link this name with the present Park Farm, part way up the road to Wacton Common.

Two Villages

The Domesday Book also records for us the information that at the time of the survey (1086), there was not one village of Wacton but two. Great Wacton with its church of All Saints, was the Wacton of today, but there was also Little Wacton with its church of St Mary's a few hundred yards to the west. The records describe fairly precisely the location of this church, which is in a field now the property of the Wilderness, and when ploughing occasionally it still reveals some minor relic.

Perhaps Little Wacton was one of those communities which never survived the Black Death of 1349. Its church is described as 'disused' in 1500, and 'decayed' by 1520. Nevertheless, one very important survival, the parcel gilt Holy Communion chalice of Wacton today is a reminder of this period of the past. It bears the inscription 'Wakton Parva'...'Little Wacton'.

Perhaps the energy of the people of both Wactons went into the rebuilding of the present All Saints Church in about 1380. The interior walls were richly painted in those days and surviving accounts describe St Christopher over the north door, with Moses and Aaron to the left and Noah's ark to the right.

Four Hundredth Anniversary

1976 was an important year for Wacton, for it was the four hundredth anniversary of the appointment to the Bishop of London of Wacton's most famous son.

John Aylmer was born at Wacton Hall in 1521. He became a wanted man when Mary came to the throne (1547) and had to flee the country. Rumour had it that he hid in a false compartment built into a barrel of wine. When soldiers boarded the ship to search for him they were given glasses of wine from a tap on the front of the barrel, and therefore never bothered to check the rest of the barrel in the search for him. He was Bishop of London from 1576 to 1594.

SCHOOLS

Headteacher: Dr Roger Harris

Required: Invigilators

Date: Ongoing

Pay: NJC point 2 £9.43 per hour

Contract: Casual basis

Long Stratton High School is a small secondary school with well behaved, motivated and aspirational students. The school is part of the Enrich Learning Trust.

We currently have a requirement for invigilators working on a casual basis. In the first instance you would be required to work in January for the Year 11 Mock exams.

Under the direction of the Exams Officer and Assistant Head teacher, Invigilators will prepare and supervise exams under strict exam body regulations. A high level of accuracy and meticulous approach is essential to this role.

Candidates will be given training relevant to the role.

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

Closing date for applications to be received is Monday 8th of November 2021 at 9.00 am.

For further information regarding this role, please contact: **Mrs Rice, Exams and Data Manager at jrice@lshs.org.uk**.

Long Stratton High School is part of the Enrich Learning Trust and as such employees may be required to work across Academies within the multi-academy trust.

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 (Disclosure and Barring Service) check and references.

SCHOOLS



If your child is turning 3 years old, we have spaces for 15 and 30 hours. children flourish in our Nursery and go on to achieve their Early Learning Goals at the end of Reception more than non Manor Field Nursery children. If you know anyone who would like to look around, visits are by appointment only and can be arranged by calling the school on **01508 530356**.

Our children are happy to be back at school and wanting to leave Covid 19 behind us. We have an exciting and engaging year ahead. We have already had a pop-up Planetarium visit our school hall and the children enjoyed their trip through the universe.

We also welcome our new catering team - Edwards and Blake (Sue, Holly, Lyla and Kelly) their food is fabulous and currently they are cooking in temporary field kitchens whilst a new purpose-built kitchen is installed in the main building. Our children now have the choice of a hot meal (meat or veggie), Jacket potato with various toppings and all with Salad, together with the new sandwich selection called Pick n Mix. A Year 2 has been asking Sue our cook for her tray bake recipes, they are so delicious.

Come and join us for.....

The next **Messy Church** is on **Saturday 27th November**
from 9am until 10.45am



The above Messy Church will be held in St Mary's church



Long Stratton Messy Church

Just come along and join the fun



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.

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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 ★★★★★

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At our September meeting our speaker gave an interesting talk on how she had been invited to Prince Harry's wedding. She was a huge fan of the Royal family and accompanied her talk with a slide show. During the break for refreshments members had the opportunity to ask questions.



Our W.I. was pleased to support St. Mary's Church's Flower Festival at the beginning of October. Our harvest themed floral arrangement was organised by Diane with other items supplied by Jane and Shirley. We were pleased to have several enquiries from people interested in coming to our talks and we hope to see them soon.

Our members will soon be busy planning the decorations for our tree at the Church's Christmas Tree Festival in early December. Last year the festival became a Christmas Tree Trail around the village due to the Covid outbreak, with our W.I. displaying a tree in the President's garden. Hopefully this year, if all is well, we will be back in the church with the many other local organisations wishing to take part.

During the month some of our members enjoyed a meal out together and it looks like this monthly lunchtime meet up is back on now that people are able to get back to some normal activities. For our main monthly meeting we are fortunate to be able to meet in the spacious Village Hall but we are still very careful to observe hygiene rules, sitting a little apart and members are encouraged to sanitise. Wearing a face covering is optional.

We won't have a speaker in November as it is the month for our Annual General Meeting. We hope to have our Christmas party the second Wednesday in December. If all is well and the town Council's event on Sunday 5th December goes ahead, then we plan to have a stall. There will be more information about this next month.

If you are interested in coming along to one of our meetings please be assured of a friendly welcome, an interesting talk or social activity. We meet on the third Wednesday of the month (except December when it is the 2nd Wednesday) at 7.30. pm in Long Stratton Village Hall. Just come along on the night or further information can be obtained from the **Secretary on 01508 531154.**



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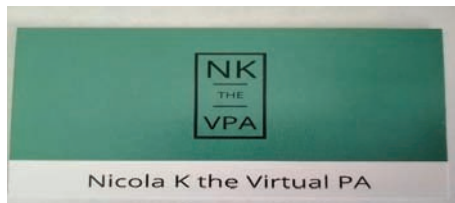
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Neighbourhood Plan.

The Neighbourhood Plan has now officially been adopted by South Norfolk Council, following a successful vote in the public referendum which was held on 30th September 2021. The Neighbourhood Plan document has the same weight as other Development Plan documents and will be used in the determination of planning applications within the neighbourhood area. The steering group committee have worked extremely hard over the last 5 and a half years and are very proud to have created something so important for the community.

Christmas Event.

Our Christmas event this year will be held on Friday 3rd December 2021. We will be having stalls, games, fair rides, reindeer and of course Santa himself! We'd love for you to be involved so if you would like to host a stall or would like to be involved in some other way then please contact us, we are eager to hear from you. More information to follow.

Pavilion.

We are open to the public and are taking bookings for the community room. If you would like to come and see if the venue is suitable for you then please drop us an email or give us a call, alternatively pop in and we will be happy to show you around.

Councillor Vacancy.

Have you ever wondered what the council does? Have you ever thought about ways to enhance the community? Are you passionate about the place you live? If you are then please get in contact either through email or phone or by popping into the office to have a chat.

Planters.

And lastly, we would like to say a big thank you to the 'mystery waterer/s' for making some of the planters around the town beautiful!

Take Care

Becky



Christmas Tree Festival

St. Mary's Church

Long Stratton

**Saturday 4th - Wednesday 8th
December**

11am—4pm Daily
(12.30 - 4pm Sunday)

Refreshments served all day

ENTRY FREE

Donations appreciated

2nd Long Stratton Brownies

The Innovate Stage 2 skill builders badge is proving to be a very active one with lots of action required, mimes and plays about the Brownies favourite sports and holiday destinations and other activities. One evening Hawk Owl came along to Brownies to teach us some 'Line Dancing' moves, the Pack then learnt a simple Charleston Dance to a modern music. The Brownies did really well learning right and left moves and turning all around the room to the music by the end of the evening.

They also had fun designing 'Edible Architecture' using different fruit and vegetables, and who could build the highest tower, before eating their designs at the end of the evening.

Another evening they made simple boats out of craft materials and sponges, then they raced them in their six groups to find out who had designed the fastest boat (or had the best blow).



TENNIS AT CARLTON ROAD

Carleton Rode Jubilee Hall and Social Club Committee have been working hard over the last 18 months not just to keep the facility open for the community and remain Covid-safe but have also been pushing forward plans to resurface the existing tennis court. Thanks to some very generous grants from the National Lottery, Sport England, Saffron Housing Association, Carleton Rode Parish Council, Bernard Sunley Foundation and most recently, the Norfolk County Council Social Infrastructure Fund, the project finally came to fruition last week to the delight of local residents. The project sees what was an uneven and dangerous hard court replaced with a new multipurpose surface which will accommodate a range of community sports including football, hockey, tennis and basketball - with the added feature of all-weather floodlights to allow play over the darker months. The committee are hoping to establish a whole range of new and inclusive sports for everyone to try, including walking football and tots tennis to help with reconnecting the community following Covid restrictions. The court is now open for use and any interested groups or individuals wishing to hire the court should please contact: email crode.jubileehall@gmail.com the Carleton Rode Social Club facebook page or call 01953 788 219



You have guests!

Mary and Joseph are travelling around our villages this December and are looking for an invitation to your home. Can you host the Holy family for just one night and then pass them on, with a prayer, to the next home? To book a night or for more information please contact **Chrissy Briggs - (01508) 536724**



Advent Candlelit Carol Service

St. Mary's Church, Long Stratton
28th November, 6.30pm
Followed by Mulled Wine and Mince pies/shortbread



Stratton Singers are back ...

Have you got a passion for singing and want to join others to sing? Then the Stratton Singers is just for you

No auditions and no need to be able to read music, we just love to sing and learn together, all ages and abilities are very welcome.

We are also looking for a new leader or someone to accompany us, could this be you? If you are interested, pop along one evening and try it for yourself. **Tuesday evenings, 7pm, at Depwade Court.**

For more information please contact: **Carol Parker on 530172 or Val Swyers on 535914**

St. Michael's church, Long Stratton are looking for a new Treasurer.

Could this be you?

Would you like to join a small, but dedicated team of volunteers to support this delightful church and help it move forward in the future.



St. Michael's is financially sound, and the accounts have been kept in very good order, so it is a role suited to anyone who has a head for figures and can manage to maintain spreadsheets and help the PCC to continue to be good stewards.

If you are interested or would like to find out more about this role please contact: **the Team Administrator, Marianne Purdy – LSTeamAdmin@btconnect.com**

Aren't trees brilliant!?

Trees provide many benefits, known as ecosystem services, to the community. These range from helping to prevent flooding, mitigating climate change, providing habitat for wildlife and have also been proven to have mental health improving qualities. So, would you like to see more of them?

I have spoken to the council and am currently seeking permission to plant some trees on the Manor Road Playing Fields near the existing environmental area in the corner. My next step is to assemble anyone interested in forming a green army, powered by tea and biscuits, to help implement this plan. I will then approach the Woodland Trust to try to secure a number of saplings which we can then plant.

Going forward there may be further opportunities to develop other areas around Long Stratton. But for now, all I ask is that if you would kindly consider offering up an hour or two of your time in spring 2022 then please get in touch at ridgwaytree@gmail.com (no 'e' in Ridgway) and I will keep you in the loop with any progress. Thank you.

David Ridgway.



Our full door to door dial-a-ride service is up and running again with weekly trips to Diss and Harleston for shopping and appointments.

We are also pleased to announce that we are running our weekly outings again. Our November outings are as follows:

Monday 1st November – Waitrose, Wymondham – Fare £10.00

Monday 8th November – Taverham Garden Centre – Fare £15.00

Monday 15th November – Cherry Lane Garden Centre & Goodies Farm Shop – Fare £7.00

Monday 22nd November – Highways Nursery & Shopping Centre – Fare £10.00

Monday 29th November – Norwich City Centre – Fare £15.00

Some outings do have limited space so please book early to avoid disappointment.

For more information or if you would like a copy of our 2021 outings leaflet, please **contact us on 01379 854800 or email adminborderhoppa@btconnect.com.**

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Why not come along to St Mary's church on Tuesday mornings 10:00 to 12:00 for a good old natter over a cuppa and a piece of home made cake.

Everybody Welcome

The u3a Harleston & District

The next meeting and talk is on Wednesday 17 November at 2.00 pm in St John's Church, Harleston. The talk, entitled "Blood, Sweat and Fears", is a presentation by ex-forensic scientist Mary Newton, who has worked on many high profile cases and will give details of the biological forensic aspects of crime investigation. Not for the faint-hearted! Further details can be found on our website: u3asites.org.uk/harleston/events or by phoning **Kim Poulton on 01986 788149**.

The Long Stratton & District Men's Shed



We are pleased to announce we have re-opened post covid and are keen to welcome new members.

If you are interested and would like more information please call:

**Barry on 07985 463040 or
Richard on 07548 030462**

We meet every Monday 2pm to 4pm [excluding Bank Holidays]

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LONG STRATTON THURSDAY CLUB

Our last meeting had been in March 2020 and I think members wondered if the Thursday Club would start again as so many clubs had folded during the pandemic. But once we came out of lockdown members were eager to meet before commencing our monthly meetings in September. July and August we met at Goodies for tea and of course cake. It was so good to see everyone again and catch up with some club business.

As the village hall will continue to be used as a vaccination centre, the Thursday Club has had to relocate to The Pavilion commencing with our September meeting and will continue there until our December meeting. At our first meeting we discussed how to proceed with the club following COVID 19. Refreshments were served with cakes baked by Margareta. Our first meeting finished with our quiz and raffle. Thanks to Val and Annie for refreshments and washing up, Carol for quiz and raffle with Sheila. Sylvia and Peggy for admission.

Our next meeting is November 11th at the Pavilion. Our speaker is Tracy on 'Everything Hedgehogs'. New members and guests are always welcome.

DEPWADE COURT LONG STRATTON

Every Wednesday at 1.30pm IT'S BINGO come and play, enjoy a chat, cuppa and biscuit.

Further events:

Thursday November 18th @3pm CREAM TEAcost £3.00

Wednesday December 22nd CHRISTMAS LUNCH.....cost £ 7.50

To book your place call Joyce on 01508 218501

All held in Depwade common room.

A treasurer is required for Depwade Residents committee. For further details please contact **Shirley Warne on 07884244359**.

FOODBANK CHRISTMAS HAMPERS



Once again, we are hoping to distribute Christmas Hampers to some of our local Foodbank clients, but we will need your help. From the beginning of November, there will be a Collection Box in the South Porch of St Mary's Church. These are the items we will need:

Christmas Puddings, Mince Pies, Stuffing, Gravy, Pickle/Chutney, Tinned Ham, Cranberry Sauce, Sweets, Chocolates, Tinned Peas, Tinned Salmon, Hot Chocolate, Biscuits, Crackers & Co-op Gift Vouchers. We will also be supplying Chickens and Fresh Vegetables.



Thank you in anticipation of your generosity.

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- 3.STAFF ARE COVID TESTED 2x WEEKLY AND CHANGE INTO SCRUBS ON ARRIVAL TO AVOID CROSS CONTAMINATION
- 4.PATIENT TEMPERATURES ARE CHECKED ON ARRIVAL
- 5.LONGER APPOINTMENTS FOR CLEANING INBETWEEN
- 6.HAND SANITISER & SCREENS WITHIN THE PRACTICE

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Long Stratton Village Hall presents ...

The Personal History of David Copperfield

Monday 8th November
1pm
In Long Stratton Village Hall
Tickets £5 which includes refreshments.

A modern take on Charles Dickens's classic tale of a young orphan who is able to triumph over many obstacles.

Early childhood and family service (ECFS)

The Early Childhood and Family Service (ECFS), offers support to 0-5-year-olds and their families in Norfolk. The charity, Action for Children is commissioned by Norfolk County Council to deliver additional support.

You can:

- Use our online "Early Childhood in Norfolk guide" to get advice
- Benefit from The Early Childhood & Family Service free activities in your local area: Outdoor Explorers, Baby Days, Toddler Days or Forest School
- Call 0344 800 8020 or email ecfs-families@actionforchildren.org.uk to ask for extra help or find out about the latest community activities and virtual groups in your area
- Follow us on **ECFS Norfolk Facebook, ECFS Norfolk Instagram and ECFS Norfolk Twitter** for the most up to date information.

Sometimes families need a little extra help, support or someone to talk to. ECFS teams are trained to support you.

- You can join a virtual activity session
- We can provide home learning packs and resources
- You can request a place on one of our free virtual courses: parenting skills 0-5s, keeping children safe and improving your mental health
- or at one of our bases: Baby massage, Solihull, Freedom, Circle of Security or Triple P
- We can support you over the phone or online
- Where it is safe to do so, we can arrange to meet with you for 1-2-1 visits
- We can put you in touch with other people who can help, such as our early help and family support services.
- If you are in financial hardship, we have a family support fund that you could apply to, for help.

The Early Childhood and Family Service, in the south, has bases in Long Stratton and Diss.

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

tinyurl.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.tinyurl.com/ECFSHelp

Email:

ecfs-families@actionforchildren.org.uk



New videos or themed activity posts every day at 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.

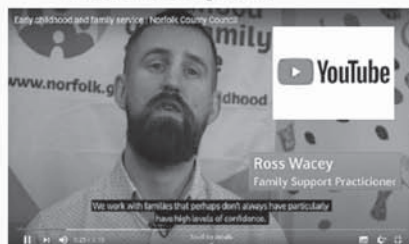
How to contact us

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
or 999 in an emergency

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LONG STRATTON MEDICAL PARTNERSHIP

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Tel: 01508 530781

This month I touch on a very sensitive and yet important aspect of health. The mental wellbeing of our adolescents. The World Health Organisation in September 2020 wrote a comprehensive document on mental health in adolescents and I will try and summarise important facts from it.

1. One in six people are aged 10 – 19 years
2. 16% of the health burden in the 10 – 19 year olds is due to mental health
3. Half of all mental health conditions start around 14 years of age but are undetected and untreated.
4. Globally, depression is one of the leading causes of illness and disability among adolescents.
5. The consequences of not addressing adolescent mental health problems extends into adulthood impairing both physical and mental health thereby limiting their opportunity to lead fulfilling lives as adults.

NHS Digital has looked at the UK stats. There has been a rise in mental health problems in the adolescents. The figures show that the incidence of mental health in school children has risen from one in ten children in 2004 to one in nine children in 2017 to an alarming one in six children in 2020. As a community we are responsible for our next generation. Parents, family, neighbours, schools and health care and charities have to work together to ensure the physical and most importantly mental well-being of our adolescents to ensure that they grow into happy and functioning members of society. In other words, we must ensure a future healthy society.

It is important that you feel free to contact us at the practice if there are any concerns. I am adding the resources available where help can be found:

1. NSFT First Response is open 24/7 to offer help and advice
Telephone: 0808 196 3494.
2. Norfolk and Waveney Children and Young People's mental health service:
Telephone: 0300 300 0123. Website: www.justonenorfolk.nhs.uk
3. Point 1 Norfolk for 0 – 18-year olds. Parents can self-refer and children above 14 years can self-refer themselves Telephone: 0800 977 4077
Email: point1@ormistonfamilies.org.uk
4. Wellbeing Norfolk for 16 years and above. Self-referral service.
Telephone: 0300 123 1503 Website: <https://www.wellbeingnands.co.uk/norfolk/> - self referral through online form
5. Kooth – available for 11 – 25-year olds: www.kooth.com
6. Chathealth for 11 – 19-year olds: Telephone: 07480 635060

Stay safe.

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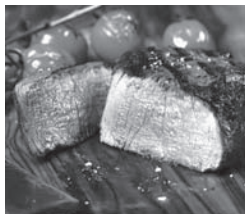
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WACTON VILLAGE NEWS

WACTON FOOTCARE

The next session of will take place on **Tuesday 7th December**. All appointments will be confirmed beforhand.

Anyone considering a first time consultation for Footcare, please call either of the contact numbers below for further advice, and/or an appointment.

The contact numbers are

Clare (Footcare Specialist) --- 07785 295358

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

WACTON COFFEE MORNINGS

Wacton Church coffee morning

Saturday 13th November 10.30am All Saints' Church, Wacton. Join us for coffee, delicious cake and lots of chatter.

Wacton's Poor Cottages

By Robert Maidston

By virtue of the Poor Relief Act of 1601 the parish overseers, appointed by the church council, were directed "to raise...by taxation...of every occupier of lands, houses,... coal mines or saleable underwoods... competent sums of money for...the necessary relief of the... poor and not able to work...out of the same parish according to the ability of the same parish".

Many parishes used some of the rate charged to acquire and maintain a small number of dwellings for the poor, Wacton had a block of three cottages and a single cottage at the north end of the Green next to the road from Great Moulton to Stratton.

Then in 1834 the Poor Law Amendment Act came into force. This Act required the Poor Law Commissioner to group parishes together in statutory "Unions of Parishes" which would then administer the relief of the poor. Each Union was then required to construct a workhouse. Wacton was in the Depwade Union and that Union decided to build their workhouse near the boundary of Pulham Market on the main Norwich to Ipswich road. The running costs of the Unions were funded by contributions from the parish rates collected by the parish overseers.

The two church wardens and two overseers of Wacton decided to sell the Poor Cottages and use the money raised as their contribution to the Union expenses. On 23rd October 1837 they sold the cottages in two lots. The single cottage was bought by Charles Batley, his father had been the occupier of the poor cottage and it appears Charles and his deceased brother's wife, Elizabeth, lived there too. The block of three was bought by John Harris, who lived in the cottages opposite the church in Wacton.

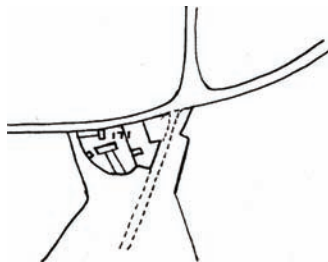
In 1865 Batley mortgaged his property to raise £20 and I feel it is likely he used this to build a new cottage on the south of the plot nearer the Green. This cottage still exists behind Victoria Cottages. Then in 1870 Batley sold the cottage to Robert Ludkin and moved to Alburgh.

Meanwhile Harris also raised money on mortgage and probably used it to erect buildings next to the road and let them as a blacksmiths shop to William Dade. Despite this income by 1843 he was in default of repayment. He later agreed to sell the property to George Carthew, a solicitor from Harleston.

After a couple of years Carthew sold the cottages to Daniel and Susan Sheldrake of Long Stratton. Daniel was a carpenter and the deeds tell us the purchase monies belonged to Susan. Daniel died in 1864 and Susan in 1868. Her executors sold the property to Robert Ludkin in 1871.

Fortunately the deeds throughout this period list the names of the occupiers partly for the purpose of identifying the properties as no plans are included. The occupiers names include Alderton, Peart, Dye, Dade, Stimpson, Pettitt and Ludkin, many of these families histories have been researched.

However the Ordnance Survey Map of 1884 gives us an idea of the layout. Next to the cross roads is the site of the Chapel that Ludkin sold in 1885, the blacksmiths shop lies along side the road; in the middle is the row of old cottages and what must be Batley's new cottage is marked in the right hand plot.



After Robert Ludkin died in 1886 the property was sold to the Rev Edward Taylor Chadwick of Wacton Rectory. In 1887 seven new cottages were built on the site – Victoria Cottages.

In the future I will look at the history of Victoria Cottages and the occupiers up to 1959 when the sitting tenants were offered the chance to buy the individual cottages. (622w).



Wacton Village Hall
Saturday 27th November

11am - 3pm

£10 per table

To reserve a table contact Angie
on 01508 536639

In Aid of All Saints' Church, Wacton

LOCAL WALKS

The glorious Monday morning, was tinged with just a little sadness as it was to be Heather's last walk with the group. Gallantly, she had offered to organise the walk and we welcomed a new walker, Liz, who had come all the way from Ashwellthorpe, having read of our exploits in this very magazine. Heather told us the walk would include her two favourite places in Long Stratton so we were not too surprised when she led the way from Star Lane across fields bathed in golden sunshine towards St Michael's. The



difficult stile opposite the church had been elaborately improved with extra steps on the side with the drop and everyone managed it without problems. We enjoyed a visit to the little church with its lovely east window. After leaving, we turned right, then left down the track towards Hempnall, picking our way past puddles almost big enough to qualify as lakes, then soon right along a footpath towards Morningthorpe. There was a new footpath sign which I had requested from Highways and someone



insisted on taking my photo standing proudly beside it.

We reached a road and crossed it, continuing eastward.

Excitingly, Liz found a flint in the field with what seemed to be a fossil cockle shell print in it. See photo. At the

track - part of Boudicca's Way - we turned right across a deteriorating plank bridge, past Devil's Wood, then right again up the pleasant footpath back towards Long Stratton, noticing eight-foot tall giant hogweed and a pretty red admiral butterfly; ripe blackberries too. They

didn't stay on the hedge long! At the deserted farm we

admired four sleek geese and hoped they wouldn't meet a sad Christmas fate with the predicted turkey shortage. Forward to Mill Lane and then a difficult stile into a field of cows, fortunately not in the least inquisitive about us. At the far end of the field, the stile was even more difficult to negotiate, not helped by a hawthorn close to it and no upright to hold on to. We then followed footpaths up to Hall Lane and down to Heather's other favourite place, which you've already guessed, I'm sure. St Mary's Church was beautifully decorated for a harvest flower festival: dahlias, sunflowers, alstroemerias, Chinese lanterns, prints from Messy Church. That seemed a fitting end to a pleasant and interesting walk – but more was to come. Heather invited all eight of us back for a hearty lunch of hot soup and crusty bread. What a treat. Thank you, Heather. We shall miss you.



Bonnie

LONG STRATTON LIBRARY

We're working to restore our services at Long Stratton Library – and we'd love to welcome you!

At the time of going to print, here's what we have up and running:

1. Limits on customer numbers lifted
2. Browsing and borrowing, in both the adult and children's libraries
3. Reservations from other libraries restored
4. PCs for customer use
5. Bounce & Rhyme returning on Tuesdays
6. Knit & Knatter returning on Thursdays

We'll be working on other offers and activities through the autumn, 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:

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!

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



Norfolk
County Council

CHURCH SERVICES - November

7th November - 0930 Holy Communion - Wacton
1100 All Age Worship - St Mary's

14th November - 0900 Holy Communion - St Michael's
1050 Parade Service - St Mary's
1500 Remembrance Service - Wacton

21st November - 1100 Morning Worship - St Mary's
1830 Taize Style Worship - Wacton

28th November - 0900 Holy Communion - St Michael's
1100 All Age Holy Communion - St Mary's
1830 Advent Carols - St Mary's

Congregational Church Services

Sunday 7th November at 10:45am – Family Service incl. Holy Communion – Pastor Malcom Simpkin

Sunday 14th November – Remembrance Sunday - United Service at St Mary's Church

Sunday 21st November at 9:45am – Community Family Breakfast

Sunday 21st November at 10:45am – Family Service - Pastor Malcom Simpkin

Sunday 28th November at 9:45am - Monthly Prayer Meeting

Sunday 28th November at 10:45am – Family Service – Mr Bruce Thorn

From the Parish Registers

Weddings

Daniel Gaimster and Hannah Mead - 9th October - St Mary's

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 Rectory, 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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01508 531331

Our experience & passion shines through -
Here's what our returning Clients say:

Google
Reviews ★★★★★

"Rachel, Lene & Chloe. Customer service at its best. After dealing with WP in the past, there was no need to compare agents against this one. A great service & always professional. We would highly recommend to anyone thinking about selling their property in the area." AS

"We have used the Long Stratton branch on 2 occasions now & on both, their professionalism has been excellent, always keeping you informed & on the case almost non-stop, ensuring your move is as smooth as possible. We would definitely use them again." RF & CH

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