

The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton

COMMUNITY FIREWORKS EVENT

NOW *BIGGER* AND *BETTER* THAN EVER



SATURDAY 3rd NOVEMBER

Gates open 5.30pm - Firework display 7pm

Long Stratton Playing Field, Manor Road

Hot food and drinks, Beer Tent

Fireworks by Titanium

in 2018 responsible for New Year's Fireworks on the Thames
and Edinburgh Hogmanay

Further information ring 01508 530238

Organised by St Mary's Church & the Village Hall Long Stratton

October 2018

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Church Contacts

St Mary's / St Michael's & All Saints'	Rev. Heather Wilcox	01508 530238
	rev.heather@btconnect.com	
Parish Administrator	Linda Mills	01508 530238
	linda.parishadmin@btconnect.com	
Methodist Church	Tony Coleman	01508 530699
Congregational Church	June Braddock	01508 470701

Church Parish Office

The Parish Office is open 8.30 - 12.30 Monday to Thursday, but you can still contact us at the Rectory outside these times. Callers are always welcome.

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team please contact the Parish Office (530238).

Long Stratton Parish Council, The Street, 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.



Last month we spoke about the children going back to school. This month they have a week off for half-term! If you want something for your children to do at half-term then turn to page 6 to see details of a Holiday Club.

Both All Saints' and St Michael's will be holding their annual Gift Days & coffee morning - pages 7 & 22. There is also a Harvest Supper on the 6th October - see page 11.

There is an interesting exhibition on the 13th & 14th October on Tour de France cycling - see page 11 for more details.

It's that time of year again to get your flu injections - see page 23 for more details.

There are three mentions in the magazine concerning Christmas - see pages 9, 13 & 16.

One event for your November calendar is of course the **FIREWORKS!** see front cover & page 5

The Sexton's Wheel Team

DON'T FORGET THE CLOCKS GO BACK ON SATURDAY 27TH OCTOBER

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LONG STRATTON FUNDAY



The organising committee of the Long Stratton Community Funday on 1st September, would like to thank our sponsors, Adrian Flux, Daregal, Big Sky Developments, TCG Scaffolders and Chapelfield Vets, Paws Print for the printing of the programme along with those who advertised in the programme, for supporting the Funday at the High School.

We would also like to thank the Bacon Butty Ceilidh band for playing for us throughout the afternoon during the fete, all the stall holders and the Lee Vasey Band for entertaining us in the evening.

The weather was perfect for the afternoon, and plenty of people came and went throughout the day, and we hope a great time was had by all.



At the time of writing we haven't got our final figures, but we have covered all the expenses for the day, and the profits will be split between Long Stratton Village Hall, for the purpose of purchasing film equipment for the monthly film shows, and St. Mary's Church.

Watch this space for another Community Funday in 2019!

LONG STRATTON COMMUNITY FIREWORKS

SATURDAY 3RD NOVEMBER

Once again we have secured Titanium, a professional fireworks company, responsible for New Year's Eve 2018 on the River Thames, Edinburgh Hogmanay 2017, the launch of Hull 2017 City of Culture and also the Rugby World Cup 2015.



Unfortunately, at the time of going to press we have struggled to secure sponsorship this year. On the basis of this there may have to be a *small* charge, but be assured we will keep it to an absolute minimum. In the meantime we will continue to try and gain sponsorship. Anyone wishing to sponsor the fireworks should contact the Parish Office on 01508 530238.

The usual community stalls such as the Beer Tent and hot food & drinks, not to mention the Glow sticks, will all be there.

Get the date in your diary today!

Long Stratton Community Fireworks event

Saturday 3rd November 2018

Have a look at the Long Stratton Firework Night group on Facebook for updates

TEAMBUILDERS



HOLIDAY CLUB

22nd - 25th October 2018

10.00am - 12.30pm

St. Mary's Junior School, Long Stratton

The *TeamBuilders* daily programme focuses on awesome stories from the Bible (including Joseph, Moses, Esther, Jesus and Paul) - Come and enjoy lots of craft, drama and storytelling and see what life is like on God's team.

For all children of Primary school age - Reception to Year 6
Suggested donation of £1.50 per session

For more information (01508) 530238 or rev.heather@btconnect.com

Long Stratton Remembers

9th – 11th November 2018

Marking 100 years since the end of WW1

Friday 9th November - 7.30pm - Long Stratton Village Hall

Songs and Poems from WW1

Including 'Songs from the Trenches' sung by the Stratton Singers

Free entry

Saturday 10th November - 2–5pm

Exhibition in Long Stratton Village Hall

'Remembering those who served from Long Stratton'

Free entry

Sunday 11th November - 10.50am

Act of Remembrance at the War Memorial

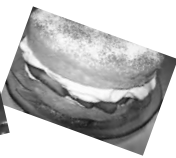
Followed by Church Service



Lest we forget



**Bric-a-
Raffle**



Cake

Books

In aid of the Church

This is the last coffee morning for the summer but we will be back next year. If you are unable to attend but would like to give to the Gift Day you can send your donation to The Rectory, 8 Flowerpot Lane, Long Stratton.

Also on this date there will be the annual Churchyard maintenance day at the Church from 9.30am - everybody welcome to help tidy up the Churchyard before the winter. If possible please bring secateurs, rakes etc.

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THINKING ABOUT THE BIBLE ...



As you read this article, our church Harvest Celebrations will be drawing to a close, culminating in services in St. Mary's at 11am on 7th October and on the same day, 6.30pm in All Saints' Church Wacton, for a Harvest Songs of Praise. Whilst our Harvest Celebrations may be drawing to a close, for farmers and keen gardeners, the work never ends. There is always something to be doing to ensure a good harvest for the coming year, which is why I am always so struck when I see the vast array of wild berries, nuts, fruit and fungi, adorning our countryside, seemingly untended.

We begin October by celebrating the Harvest, and end the month, on the 28th celebrating the Bible, on what is known as Bible Sunday. A day when Christians around the world are asked to give thanks to God for the Bible, reminding us to take heed of God's commands recorded in it. For me, one of the most difficult of these commands is that we must meditate on it all the time (Joshua 1:8), which, of course, if we did, we would not need to have a special day called Bible Sunday to remind us!

In reality, unless we lock ourselves away from the world, we will never be able to fulfil this command, but we can try our best.

I was recently reading about a man, who, despite having always been fascinated by the Bible, failed to think about it every day, let alone all the time. That is, until about seven years ago when he created a garden where only plants mentioned in the Bible are grown. He now has a constant reminder in the shape of the garden, every time he glances out of the window, or makes his daily inspection of it, he can't avoid thinking about the Bible.

I am not suggesting we all do the same, we might not have the time, or ability to create our own bible garden as a daily reminder, especially when you consider our climate is not best suited to most of the plants anyway. However it did get me thinking about what might help us to meditate on God's word all the time.

For each of us that might be different, but for me, a walk in the countryside is one way in which I can meditate on the wonder of God. The plants in our hedgerows may not be the same as those grown in hotter, drier climates, but they still bear the handiwork of God, the creator. As I wander past ever changing hedgerows, I can reflect on the work of God, his hand seen in all of creation, and I can give thanks for the harvest, of fruit and of the word.

May God bless you - Rev Heather

ADVANCE NOTICE OF ST MARY'S CHURCH 3RD CHRISTMAS TREE FESTIVAL 8TH TO THE 13TH DECEMBER

The Christmas Trees can be traditional or themed.

Perhaps your club, organisation or any businesses out there would be interested in doing a tree? If so please contact the Church Parish Office on 01508 530238, rev.heather@btconnect.com or The Rectory, 8 Flowerpot Lane.

Last year we had over 40 trees and would we love to have even more this year.

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LONG STRATTON & WACTON HARVEST SUPPER

SATURDAY 6TH OCTOBER, 6.30 FOR A 7PM START

ST MARY'S CHURCH

This will be a Pot Luck Supper, bring a plate of food to share, either hot or cold, sweet or savoury – perhaps something made from food you have harvested from your garden. Any donations from the evening will go towards FarmAfrica who we are supporting this year through our Harvest collections. **Everyone welcome.**

On Sunday 7th St Mary's and All Saints' Wacton will be having their Harvest Festival services in Church - 11am and 6.30pm respectively. The collection money from the services will also go towards FarmAfrica. We will still be collecting non-perishable food which, as usual, will be donated to the FoodBank.



Chasing Le Tour

TOUR DE FRANCE FAN EXHIBITION 2018

The **Tour de France** is coming to Long Stratton in the form of an amazing exhibition of memorabilia collected over the last 21 years. An array of books, magazines, posters, photographs, shirts, publicity gifts, signs, bottles and a Tour de France in miniature tell the history of the worlds greatest bicycle race from 1903 to the present day.

The exhibition in the village hall on **13th and 14th October** is **free** to enter with refreshments available in the form of tea/coffee and incredible cakes for £3. Donations are requested for the Autism Anglia charity and St Mary's church Long Stratton, who will both also benefit from the proceeds of the refreshments.

Peter Martin who curates the exhibition, has previously shown his collection in Marsham near Aylsham, The Norfolk Showground during the Tour of Britain and in Long Stratton in 2016. He also featured on BBC Look East in the build up to the Tour de France in 2014. Each year the collection grows and new exhibits are added.

Anyone who has been to see the Tour will have memories evoked by what they saw and for those who dream of going inspiration will be found to make that dream a reality. Even for those who have yet to discover what bike racing is all about there is sure to be something of interest even if it is just a fabulous slice of cake!

We look forward to seeing you there.

LONG STRATTON YOUTH CAFE

Come along and join us at Youth Cafe on Tuesday nights 7.15-9pm at the Methodist Church Long Stratton. From year 6 upwards welcome.

We are always looking for volunteers to help out so if you're interested please come in and have a chat with us.

Matt, Wil, Tina, Joanna and Doug

THE MEN WHO DIED SERVING THEIR COUNTRY IN THE FIRST WORLD WAR

BY JUDITH BAKER

This month we look at the last three men on the memorial who died for their country this month - Charles Edward Ward, George Cecil Warnes and William John Warnes.

Charles Edward Ward

Charles was born in Aslacton in 1892. The family then moved to Wacton but by 1911 they were living at Mayfield Farm, Wood Green, Long Stratton. His father was Francis, his mother Rosa and he had a brother Francis and two sisters Ada and Rosa. Charles worked on the family farm.



He enlisted in Norwich and became a private in the 9th battalion of the Norfolk Regiment, his service number was 29705.

On Wednesday May 29th 1918 he was killed in Achon in Flanders.

He is buried at the Belgian Battery Corner Cemetery, Ieper, West Vlaanderer, Belgium.

He is commemorated on the war memorial in Long Stratton also on the roll of Honour in St John the Baptist Church, Morningthorpe.

George Cecil Warnes

George was born in Pulham on August 2nd 1882, in 1891 George was living near Wacton Common near the Dukes pub (used to be on the main road but was demolished in 1990).

His parents were Robert and Margaret and Robert was an agricultural labourer. His siblings were William, James, Arthur, Martha and Harriet. In 1911 the family had moved to Hawthorn Cottage and he was a horseman on Poplar Farm (where the Alexander family lived).

He was 32 when he enlisted in Norwich on September 3rd 1914 to fight in the war.

He had previously served in the army for 6 years so was an experienced soldier.

When he enlisted he was put into the 7th Battalion Norfolk Regiment.

His medical records state he was wounded several times in 1916 with gunshot wounds.

He was reported as wounded then missing in action on October 12th 1916.

He has no known grave but is commemorated on Thiepval Memorial Somme France.

On the War Memorial, Long Stratton he is Cecil G Warnes so I presume that is how his family called him.



William John Warnes

William was the older brother of George and he was born in Long Stratton in September 1876.



In 1891 Census he was living with the family near Wacton Duke.

By 1901 William was married to Elizabeth and living in Gateshead working as a railway rollerman.

William enlisted into 2nd Battalion The Durham Light Infantry as a private, service number 49920.

He was killed in action on Friday June 15th 1917 age 41. He is buried in the Philosopher British Cemetery, Mazingarbe, pas de Calais, France.

As his brother is on Long Stratton war memorial and his parents are buried in St Mary's Churchyard, in 2014 to commemorate the start of the war the Parish Council had William's name added to the war memorial.

There wasn't room with the other 1914/18 names so William has been put with the 2nd world war names but his year of birth and death have been added so people will know he was a soldier of the 14/18 conflict.

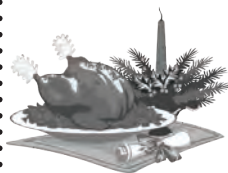


The November edition will be about Armistice Day and the War Memorial.

If anyone has further information to add to any of my articles I would love to hear from you. I can be contacted through The Sexton's Wheel e-mail address - thesextonswheel@googlemail.com]

CHRISTMAS LUNCH IN THE VILLAGE HALL

Would you like to enjoy Christmas lunch in Long Stratton Village Hall with friends old and new?



We would like to offer it free to those who need it, including families.

Others can contribute what they like (turkey, sprouts, pudding, money, time ...)

Whether you can contribute or not you are very welcome

We are taking bookings now ...

Contact Rev Heather on 01508 530238 or rev.heather@btconnect.com



1st Long Stratton Scouts & Explorers

The Scouts & Explorers had an amazing week at the Norfolk Scout & Guide International Jamboree called Norjam this summer. For most, this was their first experience of the Jamboree that happens every four years at the Norfolk Showground, attracting participants from over 20 countries.

We had the opportunity to host an international contingent and were buddied with Boler Scout Group from Norway!

With their contingent of 36 added to our group of 21 we were in for a busy week of catering but the joint Leadership Team did a great job keeping the young people fuelled for activities.



A Scout & Guide Jamboree is hard to describe to someone who has not experienced one but it has a festival atmosphere with a full programme of fun and adventurous activities throughout the week. The Scouts & Explorers went to different themed zones each day and there were so many activities to choose from. This included Bounce & Rebound full of inflatables and a craft barn for more relaxed activities. There was a Circus Day with a Circus Show followed by trying out Circus Skills and learning to stilt walk. There was a whole host of adventurous activities including Clay Pidgeon Shooting, Caving, Climbing Walls, Zorbing and Go



Karting just to name a few! For the older Explorers there was also a full day of Bushcraft Skills including knife skills and preparing and cooking pigeons and deer. We also had a trip to Pleasurewood Hills. On top of this were challenges to complete throughout the week including making a Poppy as part of our Remembrance Theme from the 1940s (our themed subcamp for the week) - which will be going on display around Norfolk as part of a wider community project.

The activities continue into the evening with milkshake bars, cinemas, a campfire and discos most evenings in the main arena so there is always something for everyone. We also had a 1940s Street Party sharing food from our area – we served up locally produced apple juice from Pulham while our buddy group cooked up Norwegian Waffles



for everyone. We learnt lots from our Norwegian buddy group about their culture – with four birthdays during the week we heard the Norwegian Happy Birthday song a lot!! It is much more exciting than the English Version!

We formed a great friendship with our buddy group and are already exploring options to visit them in Norway for a future camp.

A big thanks to the Leaders who gave up their time to organise the trip and to all the supporters who helped in various ways. Without this support we wouldn't be able to provide these amazing opportunities to the young people in our community.

We are looking for more people to get involved in the Scout Group. Can you cook a bacon sandwich? Then why not come cook them on our next camp and join the adventure? If you want to find out more, please get in touch via our Facebook Page '1st Long Stratton Scout Group' or by emailing pta.thurston@tiscali.co.uk



ST MARY'S CHURCH MEMORIAL SERVICE

We would like to invite you to a Memorial Service in St Mary's Church on **Sunday 4th November at 3pm** to remember loved ones you have lost and give thanks for their lives.

There will be a time for quiet reflection and to light a candle in memory of loved ones. Names of those to be remembered will be read out and you will be able to add names to the list on the day. After the service refreshments will be served. For more information ring the Church Parish Office on 01508 530238.



WACTON

COFFEE MORNINGS

These are held in the village hall on the first and third Tuesday of each month from 10.30 am - everyone welcome. Dates for October are the 2nd and the 16th.

For further information contact Caroline Squires on 01508 530111.

SINGING IN WACTON

We have a **CREATIVE SINGING GROUP** taking place in Wacton village hall every Tuesday evening from 7 pm until 8.30 pm.

Further details from teacher Louise Barton (07765 920390) or Rita Day (01508 218407).

WACTON SOCIAL CLUB

The Social Club is open on the 1st and 3rd Fridays of each month, dates for October are the 5th and 19th. Food is served on the 3rd Friday.

For more information contact Mark Hardwick on 530815/ronniehardwick@hotmail.co.uk.

WACTON FOOTCARE

The next session will take place in the village hall on **Monday 22nd October**. For further information or to cancel an appointment please contact either Clare (Footcare specialist) - 07785 295358 or Rita -01508 218407 for an informal chat.

MoreSavvy^{UK}

Christmas Gift Fair

10:00am - 4:00pm
Saturday 24th November
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VILLAGE NEWS

PARISH COUNCIL

A report has been submitted to Highways in relation to blocked drains on Wash Lane, in an attempt to prevent any flooding during the winter months.

It appears that some of the Ash trees on Common Road and in the community woodland may be showing signs of dieback. This is to be investigated further and more information will follow when results are known.

The ongoing issue of dog fouling in the village has been escalated further and it is hoped action will be taken in due course. The Parish Council are working on many fronts with this issue, but are limited in their scope due to having no enforcement powers.

Solar panels are to be installed on the village hall roof shortly, to offset energy costs. The Parish Council have agreed to provide the church with a grant of £700 towards the upkeep of the churchyard for the year. This is in line with previous years. A grant of £200 has also been agreed for the children's Christmas Party, run by the Social Club. A parishioner has kindly agreed to roll the playing field to level out the mole hills.

The Parish Council are pleased to announce the successful outcome of our National Lottery bid for the Community Woodland Project. We have been granted the full £7,310 asked for and this will now be spent on the creation of accessible paths, the installation of benches, bird and bat boxes, a shelter and bins and signage. Community Payback will undertake some of the work. Long Stratton High School pupils will return to carry on their good work.

The parish Speedwatch group is working well and the Speed Awareness Machine (SAM) is also up and running: Tony Rowson is owed thanks for this.

The next meeting is on 3rd October at 7.30pm in the village hall

Chairman: Calvin Goreham Clerk: Alan Arber - wactonparish@yahoo.com

CHURCH NEWS

In October '**Craft & Chat**' will only take place on **Thursday 11th** from 10.30am. Why not bring along your knitting, crochet, cross-stitch or other crafty projects and have a chat over a tea/coffee.

Our **Harvest Festival Songs of Praise** is on **Sunday 7th October** at 6.30pm followed by refreshments. Any food contributions received will be sent to the FoodBank and the collection will be for FarmAfrica. See page 36 for all Church services for October.

The **October** Saturday monthly coffee morning is on the **13th** from 10.30am and is also our Annual Gift Day. This is the last coffee morning for the summer but we will be back next year. If you are unable to attend but would like to give to the Gift Day you can send your donation to The Rectory, 8 Flowerpot Lane, Long Stratton. Look forward to seeing you there. For more information see page 7. This is also the day for our annual churchyard maintenance day from 9.30am, preparing the churchyard for the winter. Please do come along and help with the clear up and, if possible, bring along rakes, shears, secateurs etc.

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WEEKLY EVENTS

MONDAY ACTIVITIES	VENUE	TIME
Craft Group	Library	10.30 am to 12 noon
Tai-Chi	Wacton Village Hall	6.00 pm to 7.30 pm
Bell Ringing Practice	St Mary's Church	7.30 pm to 9 pm

TUESDAY ACTIVITIES	VENUE	TIME
Let's Chat	St Mary's Church	10.15 am
Lunch & activities	Day Centre	10 am to 3 pm
Stratton Community Choir	Mayfields Care Home	7.30 pm
Singing in Wacton	Wacton Village Hall	7 pm to 8.30 pm
Youth Cafe [Year 6 onwards]	Methodist Church term time only	7.15 pm to 9 pm

WEDNESDAY ACTIVITIES	VENUE	TIME
123 Toddler Group	Methodist Church term time only	9.15 - 11.15 am
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 pm

THURSDAY ACTIVITIES	VENUE	TIME
Pilates	Wacton Village Hall Jo Douglas 01508 530261 greenacresfarm@tinyworld.co.uk	9.30 am Mixed ability
Lunch & activities	Day Centre	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 11.30 am
Short Mat Bowls	Coronation Hall, Great Moulton - see above	2 pm

The Sexton's Wheel

M	T	W	T
1 Local Walk - <i>see page 27</i>	2 Coffee Morning Wacton Village Hall 10.30am <i>see page 16</i> East of England Co op Bereavement Support Group Contact Rebecca - 01473 231460 10.30am Long Stratton Village Hall Methodist Church Lunch <i>see page 38</i>	3 Wacton Parish Council meeting 7.30pm Wacton Village Hall	4
8 Long Stratton Parish Council 7pm Methodist Church St George's Dementia Support Group 10am - <i>see page 38</i>	9 Sunflower Cafe, Mayfields 10am - 01508 535500 Diabetes UK Wymondham 2-4pm - <i>see page 38</i> Diggers & Dibblers 7.30 pm Forncett Village Hall <i>see page 35</i>	10 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	11 Craft & Chat Church 10.30am 17 & Thursday C Long Stratton <i>see page 38</i> Tharston W Wacton
15 Film Afternoon 'On Chesil Beach' Long Stratton VH <i>see page 33</i>	16 Coffee Morning Wacton Village Hall 10.30am <i>see page 16</i> Newton Flotman Evening Cinema - <i>see page 38</i>	17 Long Stratton & District WI 7.30pm Village Hall <i>see page 31</i>	18
22 HOLIDAY CLUB AT THE JUNIOR SCHOOL SEE PAGE 6 St George's Dementia Support Group 10am - <i>see page 38</i>	23 HOLIDAY CLUB AT THE JUNIOR SCHOOL SEE PAGE 6	24 HOLIDAY CLUB AT THE JUNIOR SCHOOL SEE PAGE 6 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	25 HOLIDAY CLUB AT THE JUNIOR SCHOOL SEE PAGE 6 Harleston <i>see page 38</i>
29	30 Carers Information Event LS Village Hall 10am to 1pm <i>see page 37</i>	31	1 NOVEMBER

October 2018

	F	S	S
	<p>5</p> <p>Wacton Social Club <i>see page 17</i></p>	<p>6</p> <p>Harvest Supper in St Mary's Church - <i>see page 11</i></p>	<p>7</p> <p>St Mary's Harvest Festival 11am - <i>see page 11</i></p> <p>All Saints', Wacton Harvest Songs of Praise 6.30pm - <i>see page 11 & 17</i></p>
<p>- All Saints' m - <i>see page 22</i></p> <p>Club 2pm Village Hall <i>see page 36</i></p> <p>VI 7.30pm n VH</p>	<p>12</p>	<p>13</p> <p>All Saints' Church Gift Day & coffee morning <i>see pages 7 & 17</i></p> <p>All Saints' Church Churchyard tidy up 9.30am <i>see pages 7 & 17</i></p> <p>Tour de France Exhibition 10am - 5pm LS Village Hall <i>see page 11</i></p>	<p>14</p> <p>Ten2Ten Service at St Mary's</p> <p>Tour de France Exhibition 10am - 4pm LS Village Hall <i>see page 11</i></p>
	<p>19</p> <p>Wacton Social Club <i>see page 16</i></p>	<p>20</p> <p>St Michael's Church Gift Day & coffee morning <i>see page 22</i></p> <p>Master Crafts Fair 10am - 3pm LS Village Hall <i>see page 4</i></p>	<p>21</p> <p>Community breakfast at the Congregational Church 9.45am <i>see page 33</i></p>
<p>UB AT THE OL SEE PAGE 6</p> <p>Cinema <i>see page 38</i></p>	<p>26</p>	<p>27</p> <p>Messy Church - Junior School - <i>see page 37</i></p>	<p>28</p> <p>New Buckenham Silver Band concert 2pm <i>see page 33</i></p>
	<p>2</p>	<p>3</p> <p>FIREWORK DISPLAY SEE FRONT COVER & PAGE 5</p>	<p>4</p> <p>St Mary's Memorial Service 3pm - <i>see page 15</i></p>

ST MICHAEL'S CHURCH GIFT DAY AND COFFEE MORNING

**SATURDAY 20TH OCTOBER - 10.30AM
AT THE RECTORY, 8 FLOWERPOT LANE**

If you cannot make the date but wish to give a donation to St Michael's Church please send your donation to The Parish Office, 8 Flowerpot Lane, Long Stratton NR15 2TS - cheques to be made payable to Stratton St Michael's PCC.

Craft and Chat All Saints' Church, Wacton

Is usually every 2nd and 4th Thursday - 10.30 – 12.00 but for October is will only take place on **Thursday 11th October**

Pop along for tea/coffee and a chat. Bring along your knitting, crocheting or other crafty projects. Share skills and learn new ones.



Let's Chat Coffee Group

We meet Tuesday mornings 10.15 am at St Mary's Church to catch up with friends - old and new! A warm welcome is extended to anyone who wishes to come along and join us. For more information contact Janet Roberts on 530121. Looking forward to seeing you. **Janet**



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LONG STRATTON MEDICAL PARTNERSHIP

FLU VACCINATION

Flu is a viral infection that tends to affect people from December to March. Anyone who was unfortunate to catch flu last winter will know that it is a nasty infection although most people recover well within a week or two. Flu will be back again this winter and the best way to protect yourself is with the flu vaccine. Some people are at higher risk of the illness being more severe.

We would recommend that all eligible patients book into one of our flu clinics which we will be running in October. This is a little later than last year due to national problems with delays to delivery of the vaccine.

You need to have a jab each year to maintain immunity as the flu virus is always changing. Being vaccinated will not stop you from getting coughs and colds but can protect you against the latest strain of flu.

PNEUMOCOCCAL VACCINATION

In addition, some people (those aged over 65 or with certain long-term medical condition) are eligible to receive a pneumococcal vaccine which protects against pneumococcal infection, a bacterial infection that can cause serious illnesses including pneumonia. Adults over 65 need just one vaccination which will give them lifelong protection. Those with long term health condition may need five yearly vaccinations.

SHINGLE VACCINATION

Another vaccination programme to make you aware of is the shingles vaccine. Shingles is a common disease which causes a painful rash. In some cases the pain from shingles can last a long time after the rash has cleared. The vaccine is available on the NHS to people in their 70s. It is designed to reduce your chance of getting shingles, but if you do develop it your symptoms are likely to be milder. In addition, anyone who was previously eligible but missed out on their shingles vaccination remains eligible until their 80th birthday. The shingles vaccine is not available on the NHS to anyone aged 80 and over because it seems to be less effective in this age group.

With any vaccination please speak to our receptionists who will check your eligibility and if appropriate book you an appointment.

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LONG STRATTON CHILDREN'S CENTRE

Please find below the list of events for October, if you have any questions do not hesitate to contact us.

Date	Activity	Time	Venue
Monday 1st, 8th, 15th, 22nd & 29th	Little Explorers - 0-5 years <i>Enhance your child's overall development which will include sensory, messy play, story time and singing</i>	10.00-11.00 am	LS Children's Centre
Tuesday 2nd, 9th, 16th, 23rd & 30th	Story Garden - 0-5 years <i>Outdoor gardening and story group</i>	1.30-2.30 pm	LS Children's Centre
Wednesday 3rd, 10th, 17th, 24th & 31st	Feeding Group <i>UNICEF trained staff will be available to observe and support you through breast feeding, as well as providing guidance on formula feeding and introducing solids</i>	10.00-11.30 am	LS Children's Centre
Wednesday 31st	Introduction to solid foods <i>Support around feeding and weaning</i>	10.00-11.00 am	LS Children's Centre
Thursday 15th	Save a baby's life <i>First Aid course - £5 per adult - please call the number below to book a place</i>	6.00-8.00pm	LS Children's Centre
Friday 12th	Long Stratton HEALTH led ONE Stop - <i>Support and advice on a range of health topics for you and your child aged 0-5 years</i>	10.00-11.00 am	LS Children's Centre

For further information please call 01508 536399

Sometimes we have to make changes to our programme. Please check our Facebook page for up-to-date details.

You can find us on Manor Road next door to Manor Fields.

LONG STRATTON DAY CENTRE

Voluntary helpers required for our friendly day centre on a Tuesday and Thursday in Long Stratton. If you could spare an hour or two helping with kitchen duties or chatting to our service users, our registered charity would benefit from your help greatly. You could also join us for lunch too, as a thank you.

Please get in touch with Marilyn on 01508 535901 for further information.

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LOCAL WALK SEPTEMBER - *Over the Waveney*

The morning mist had faded but the spiders' webs were still glistening with dew as we set off for our September walk from Fair Green. This is where this month's leader, Paul, met the seven of us (including three newcomers) who had driven from Long Stratton. The traffic of Diss was soon forgotten as we admired the picturesque cottages around the green. We followed the lane along the bottom of the green and immediately found ourselves leaving Norfolk by crossing the tiny River Waveney.



A footpath to the left took us up a hill and then along the most magnificent variegated hedgerow. The hips and haws and even pink spindle berries were already fat and glistening. There were blackberries to keep us going and sweet chestnuts, hazels and masses of tiny bright apples to admire. Through gaps in the hedge we could look back at Diss spread out behind us. Later the octagonal top of Roydon church could be seen peeping over the trees across the lush green river valley.

We nearly found ourselves trespassing as we reached some attractive wooden chalets but soon got back to the right side of some flower strewn meadows. Just as it looked as though we were going to join a road another footpath took us along a sugar beet field, across a very well maintained bridge into a wood. Suddenly we emerged from the wood to Wortham Ling. Ling (as cryptic crossword solvers know) is another word for heather and there was plenty of that. The ground was sandy and riddled with rabbit holes. An attractive information board told us that the area was common land with "acid and chalk grassland, woodland and scrub, heath land and ponds." Even the woodland was different. There was very little vegetation under the magnificent multi-trunked silver birch trees.



We found we had joined the long distance footpath, Angles Way; a very well signed route with magnificent metal kissing gates instead of stiles. This led us up a lane, across the Waveney again. As we turned right through the lush meadows we heard the faint toot of the Bressingham trains behind us. A mass of soft wool by a fence prepared us for the sight of a large flock of sheep, mostly resting under the fine oak trees dotted around the meadow. Another gate ensured that the sheep stayed one side and we could have a comfortable exit. We skirted the edge of Roydon Fen (scope for further exploration?) We passed a variety of very distinctive cottages. In the warmth of the late summer they

seemed bright and friendly places to live. We did wonder what it would be like in the winter. Tottington Lane then led us to the top of Fair Green which we crossed to return to our cars. Everyone thanked Paul for a remarkably varied and interesting walk.

We walk every first Monday of the month so why not come and join us on Monday 1st October. We meet at 10am at the toilets in the Co op car park.

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1ST LONG STRATTON CUBS (TUESDAY PACK)



Tuesday Cubs spent some time during the summer term working on the Go Go Hares Challenge Badge which included decorating rocks (as part of Norfolk Rocks) in a theme of Cubs and the Go Go Hare Event. They then went into Norwich to do part of the Go Go Hare Trail as a group to see which ones they could find!

Then in the summer holidays some of the Cubs from both packs went to the Cub Day at

Norjam (Norfolk's Scout & Guide International Jamboree) for a day full of activities. This included making a range of crafts, learning a dance routine, taking selfies and having space hopper races! And then there were more adventurous activities like inflatables, caving and climbing. There was also a cool Science Show! We finished by having a BBQ tea with the Scouts who were camping and meeting some Norwegian Scouts and finding out about Scouting in Norway.



We are looking for some new adults to help our Tuesday Cubs have more adventures. Maybe you've been involved before or maybe you have never had the opportunity... it doesn't matter. You don't need any special skills, just be positive and be ready to have lots of fun! We meet on Tuesday evenings from 6:30 - 8pm. If you would be interested in finding out more please contact us on our Facebook Page '1st Long Stratton Scout Group' or by emailing pta.thurston@tiscali.co.uk

LONG STRATTON & DISTRICT WI

Our August meeting was a summer party. Members enjoyed a buffet meal, horse themed games and a quiz to celebrate a night at the races. All good fun.

All our members supported our stall at the Community Fun Day and thank you to all the visitors who took a chance and bought a ticket for our wrapped bottles.

During early September several members enjoyed lunch out together. It was good to start up again after the summer break.

Our October meeting will be a talk on Laliq. Do come along if you are interested. We meet on the third Wednesday at 7.30pm in Long Stratton Village Hall. Further details can be obtained from the Secretary on 01508 531154

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Next film showing On Chesil Beach

**Long Stratton Village Hall
Monday 15th October at 1pm**

Adapted by Ian McEwan from his bestselling novel, the drama centres on a young couple of drastically different backgrounds in the summer of 1962. Following the pair through their idyllic courtship, the film explores sex and the societal pressure that can accompany physical intimacy, leading to an awkward and fateful wedding night.

Tickets £5 which includes Refreshments

To pre-book ring Heather (01508) 530238 or rev.heather@btconnect.com

Films for the Autumn Season:

19th November - The Leisure Seeker 17th December - The Bookshop

Community Breakfast

at Long Stratton Congregational Church Hall [behind the Chapel, Ipswich Rd]

Sunday 21st October at 9.45 am

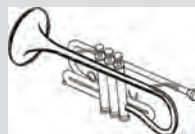
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For more information contact June on 01508 470701

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Trees & Hedges

It is that time of year again that trees and hedges get a life of their own. Under the Highways Act it is an offence to block or impede a highway or for a hedge or tree to block a light that could potentially make the area dark and unsafe. I have received a few reports now of overgrown hedges so can I politely ask for all hedges to be cut back. Thank you.

Pavilion

Thank you to Anglian Demolition for the professional job completed in removing the old pavilion. The site has been secured, sadly we have already seen attempts of accessing the site. Please can I remind everyone that the site has been fenced off for Health & Safety reasons and could be very dangerous. If you see anyone toying with the fences then please let us or the police know as soon as possible.

I reported that South Norfolk District Council had awarded the Council a grant of £150,000. I would like to clarify that this money is part of a Community Infrastructure Grant that South Norfolk was awarded to support projects in the area. The community Pavilion being such a project.

Dog Poo

Please can I remind everyone that dogs on the playing fields must be kept on a leash and that dog fouling is a criminal offence. CCTV is in operation at the playing fields and if needed any relevant footage will be passed over to the Police and South Norfolk District Council for action to be taken.

The Council meets every 2nd Monday of the month in the Methodist Church at 7pm. Come and join us to find out what is happening in your village.

DIGGERS & DIBBLERS GARDENING CLUB

Tuesday 9th October Forncett Village Hall 7.30pm

Charlotte Philcox, The Common Gardener

Charlotte is a well known Norfolk garden designer, consultant, organic gardener, speaker and writer. She has joined us before to share her experience, most recently at our Gardener's Query time in 2016. This will be our chance to learn all about the soil, from identifying soil types to mycorrhiza. It is such a vital aspect of the garden and our gardening lives - understanding and caring for it will help us all.

Bring a sample of your garden soil or soil from problem areas which Charlotte will be able to test and discuss on the spot. Non-members are very welcome.

For further information contact Ally Rae -01953 788544 or allylysonrae@btinternet.com

CHURCH SERVICES - OCTOBER

St Mary's Church

7th	11.00 am	Harvest Festival All Age Worship
14th	9.50 am	Ten2Ten Service
14th	11.00 am	Holy Communion
21st	11.00 am	Morning Worship
28th	11.00 am	All Age Holy Communion
28th	7.00 pm	Soul Shapers

St Michael's Church

7th	No Service	
14th	8.30 am	Holy Communion
21st	No Service	
28th	8.30 am	Holy Communion

All Saints' Church

7th	6.30 pm	Harvest Songs of Praise
14th	No Service	
21st	9.30 am	Holy Communion
28th	No Service	

Congregational Church

7th	10.45 am	Family Service with Holy Communion	Malcolm Simpkin
14th	10.45 am	Family Service	Peter Fitches
21st	9.45 am	Family Breakfast	
21st	10.45 am	Family Service	Joy Southam
28th	10.45 am	Family Service	Rev Elisabeth Spry

Methodist Church

7th	3.00 pm	Communion Service	Rev Briant Smith
14th	10.30 am	Morning Worship	To be arranged
21st	10.30 am	Morning Worship	David Ingham
28th	10.30 am	Morning Worship	William Twist

From the Parish Registers

Wedding - We offer our congratulations to:

Neal Terence Emerson and Sarah Jayne Wickens

St Michael's Church

LONG STRATTON THURSDAY CLUB

Our next meeting is on Thursday 11th October, 2pm at Long Stratton Village Hall with Fayre Maiden Jewellery. Everyone welcome.

For further information please contact the Secretary Margaret Coleman on 01508 530699.

Come and join us for.....



The next **Messy Church** is on **Saturday 27th October**

from 9am until 10.45am and will be at **St Mary's Junior School**

The morning begins with bacon butties and muffins before craft activities, finishing with a time of worship. All children must be accompanied by an adult

You can find out more by phoning Heather Wilcox at the The Rectory 530238



Carers Matter Norfolk

CALLING ALL CARERS

Do you look after a friend or family member who would be unable to care for themselves without your support?

If so, then the "Caring for the Carers" information event will have something for you.

Date & time: Tuesday 30th October, 10am – 1pm

Venue: Long Stratton Village Hall, Ipswich Rd (Opp St Mary's Church) Long Stratton

The event will include talks and interactive demonstrations on:

- Safe moving & handling (if the person you care for has a fall)
- Healthy activities for carers
- Healthy hydration
- 'Music Mirrors' – helping people in the early stages of memory loss through music
- Plus a wide range of information stalls from local services.

ALL CARERS WELCOME!

For further details please contact Sarah on 01603 629211 or
email: educationandtraining@carersmatternorfolk.org



CHRISTMAS WITH A DIFFERENCE!

Can you make some room for an international student to learn what true British Festive hospitality can mean?

Should you like to add that international element to your Christmas, learning another countries traditions and enjoying the connection and friendship that such sharing brings?

HOST UK arranges for international students to enjoy brief homestays with UK hosts, one day, a weekend or, over the festive period-a three-day visit. We need more hosts so that a smile such as Marine's can spread across many more faces...and across our fragile world.

If you should like to know more, please go to our website www.hostuk.org or leave us a message on <http://visits.hostuk.org/Public/ApplyToBecomeAHost>

LONG STRATTON METHODIST CHURCH

Monthly lunch is on Tuesday 2nd October - 12.30pm

Please call 01508 530518 to book - all welcome.

Coffee mornings every Thursday - 10am to 11.30am - everyone welcome

EVENTS OUTSIDE LONG STRATTON & WACTON

Diabetes Uk Wymondham - Tuesday 9th October - 2-4pm Fairland Church, Wymondham NR18 0AW. Dr Melanie Pascale - Norfolk Diabetes Prevention Study. For further information ring 01953 607494 or e-mail wymdiabetes.com

St George's Dementia Support Group - 8th & 22nd October - 10am to 12noon - St George's Hall, Long Lane, Upper Stoke Holy Cross NR14 8ND - further details 01508 493661/492938.

Harleston Cinema - Thursday 25th October- Journeys End 7.30pm - Masonic Rooms, Throughfare, Harleston - tickets £4 - ring 01379 851917

Newton Flotman Cinema Evening - Tuesday 16th October - The Bromley Boys (PG)

Newton Flotman Village Centre, Grove Way, Newton Flotman – Bar opens at 6:30pm, film starts at 7:30pm – Adult ticket £4.50, Concessionary ticket £3.50, Family ticket (2 adults & 2 children) £15.00, On the door £5.00 – Contact Christopher Remer on 01508 471580 or christopher.remer42@gmail.com to book.

Long Stratton Village Hall - Booking information

The hall can be booked as follows:

- Via our Facebook page, search for 'Long Stratton Village Hall'
- Via our website www.longstrattonvillagehall.org.uk
- Email us at longstrattonvillagehall@outlook.com
- Call Kirsty Dye on 07986 942804 and leave a message
- Hire rates from as little as £7.50 per hour



Find us on:
facebook®

Wacton Village Hall - Booking information

The hall offers a meeting room seating 22, which is also suitable for small functions and a hall with semi-sprung wood floor with a capacity of 80 seated and 120 standing. There is a fully equipped kitchen and a full complement of tables and chairs. All areas are fully accessible for wheelchair users. The basic hourly rates are £6 and £10 respectively with daily rates negotiable. To hire phone Peter Reason on **01508 536774** or email wacton.vh@outlook.com

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: 07518 207494

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 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

Deadline 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: Linda Mills 07518 207494 [Mon to Thurs 8.30am to 12.30pm]
thesextonswheel@googlemail.com

DISTRIBUTION OF MAGAZINES: Ann Lorne 01508 530987

EVENT _____

DATE _____

TIME _____

PLACE _____

BRIEF DETAILS _____

CONTACT _____

Estate Agents come and go ...

Whittley Parish

**...here today, here tomorrow
and here to stay!**

**Call our friendly Long Stratton team,
Rachel, Lene, Ellen or Chloe on**

01508 531331

**For exceptional customer care and
honest, professional advice.**

**Proud to be independent
....proud to be of service to you.**



Beatrix Potter Cottage, The Street, Long Stratton NR1
E longstratton@whittleyparish.com
W www.whittleyparish.com