

The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton

LONG STRATTON REMEMBERS SUNDAY 11TH NOVEMBER ST MARY'S CHURCH



*Act of Remembrance at 10.50 am at the War
Memorial followed by service in Church*

Pictures from 2017

November 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.



We hope you are all ready for the **BIG EVENT ON SATURDAY 3rd NOVEMBER - COMMUNITY FIREWORKS ON THE PLAYING FIELD**. For the second year running it is a **FREE** event. An event not to be missed! see page 11.

Wacton Social Club also have a firework event on Saturday 10th November - see page 18.

Other events this month are a Christmas Fair in Wacton and Manor Field Christmas Fayre both on the 24th [pages 8 & 35], Lions Christmas bingo on the 30th [page 21] and the Community Christmas Event also on the 30th [page 7]

Not forgetting Armistice Day [Remembrance Sunday] on Sunday 11th November which this year celebrate a 100 years of the end of WW1. Also this weekend there are Songs from the Trenches on Friday 9th and the WW1 exhibition on Saturday 10th - see page 9 for full details.

The Sexton's Wheel Team

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mayfields christmas fayre



1st december



2pm till 4pm

raffle



santa's grotto



cake stall

mulled wine and mince pies

christmas stockings



chocolate tombola



weight of the cake

hot chocolate

many hand made christmas decorations



LOCAL WALK ..OCTOBER - *Bounty and the Beasts in Bunwell*

Six of us met up in the Co-op car park on a bright, breezy autumnal morning. We jumped into two cars, drove to Bunwell and parked in a good friend's driveway. The walk started down Fen Lane, past a lonely bull in a field and a defunct fishery to veer off left through a small spinney onto the Tas Valley Way.



A large sunny field met our eyes and the walking was easy because the grass was short, but soon the ground changed and we were walking through purple thistles, bright yellow Flea Bane and small self-seeded alder saplings. At the end of the field two stiles separated by a wooden bridge were swathed in hops and brambles bearing succulent fruit which some of us sampled as we negotiated the stiles, one was quite high.

Then we were in an open field and it was here we encountered our first beasts (if you don't count the bull that totally ignored us). We were a bit worried as we thought they might be bullocks but soon realised it was a herd of cows with their half-grown calves; they surveyed us with cool detachment as we walked cautiously around them. Another stile, even higher, took us onto a path edged on one side by pollarded trees and on the other by fen land which gradually revealed, through the trees,



sparkling water, a jetty and a group of horses. The horses were mostly shaggy Shetland Ponies and they trotted along parallel to us until our path took a turn and there they were at the wire to investigate us visitors, we got some lovely photos. Carrying on, the path was edged with blackberries, rose hips, bright red hawthorn haws, then skirted a wood of oak, ash and alder to emerge onto a wide green path with acorns crunching underfoot.

We glimpsed yellow and a field of what looked like oil seed rape came into view, but we thought it was probably too late for that. As we emerged onto a lane we all remarked on a beautifully kept garden with large squash, pumpkins and artichokes. Down Bunwell Hill we sauntered past a pretty cottage garden overflowing with flowers, to branch off left onto a wooded track. We then retraced part of the walk and saw our Bunwell beasts again.



Finally back on the road there were still things of interest to see, like a dead grass snake on the verge and a medlar bush with fruit on, which I had never seen before. Autumn is such a lovely time of year for a ramble and we all thanked Louise for taking us on such a bountiful, beastful walk.

Jill Callaghan

We walk every first Monday of the month so why not come and join us on Monday 5th November. The walk is about 2 hours long. We meet at 10am at the Co op car park.



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Saturday 24th November
Wacton Village Hall

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Long Stratton Remembers - 9th – 11th November 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



The bells will be rung after the service

Lest we forget

CHRISTMAS GIFT FAIR - LOUISE BARTON

In the past 12 months, Louise has assisted in raising more than £1200 for charities such as Break, Shelter, Hillside Animal Sanctuary, Hebron Trust, Breast Cancer Research, ADSHG (Addison's Disease Self-Help Group), and the WACTON VILLAGE HALL through Creative Singing Studios (which meets at Wacton Village Hall each Tuesday 7:00 - 8:30pm).

Now, more than 20 local and surrounding businesses are getting behind Louise on: **Saturday November 24th**, to host a Christmas Gift Fair at Wacton Village Hall from 10:00am - 4:00pm in hopes of raising awareness of International Child-Abduction, and raising enough funds to support Louise in a personal plight involving her own son. You can read more of the story or donate directly by going to: <https://bit.ly/2QySIml>

If you'd like to take part in the event, please contact Louise directly on 07765 920 390 or by emailing; louise@louisebarton.com “

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.

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LONG STRATTON COMMUNITY FIREWORKS

SATURDAY 3RD NOVEMBER

FREE ENTRY AGAIN THIS YEAR!

GATES OPEN 5.30PM - FIREWORK DISPLAY AT 7PM



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.

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

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

LONG STRATTON & DISTRICT WI

For the autumn we have booked two speakers whose previous talks have been very interesting and entertaining. In September Mike Weatherstone returned with more pictures of Norfolk village signs, which he used to illustrate tidbits of Norfolk history from around the county. In October we will welcome back the excellent speaker on pearls - more about that next month.

Several members enjoyed a lunch trip to Norwich and many are busy knitting ornaments for our tree at the Christmas Tree Festival in St Mary's Church in December. The WI were also asked to knit poppies for the village's WW1 display in the village hall in December.

To celebrate 100 years of the founding of the Norfolk Federation of Women's Institutes each WI has been asked to contribute a pennant depicting their village. These will all be sewn together to make lengths of bunting, which you may see us using at events in the future as it will be available for WIs to borrow. All our members discussed and contributed ideas from which our talented member, Pat, drew up possible designs. Our members unanimously chose the one shown in the picture and Pat then set about making it happen.

Our November meeting will be our AGM.

We meet on the third Wednesday in Long Stratton Village Hall at 7.30pm. The hall is off the A140 opposite the parish church and has plenty of parking.

Further information can be obtained from the Secretary Mrs. Shirley Housden on 01508 531154.





FIRST WORLD WAR COMES TO AN END

BY JUDITH BAKER

Between September 27th and 30th 1918 the armies of the British Empire broke through the Hindenburg Line and the French and American troops drove back the enemy on their section of the front.

On October 4th Germany asked the USA President Woodrow Wilson to settle the terms of an Armistice.

But throughout the month of October, while peace negotiations went on, the Allied armies kept up their relentless offensive. They cleared the Belgium coast then drove the Germans steadily off French soil.

This pressure was not confined to the Western Front. In Syria the British Forces pushed the Turkish army back to Damascus and then beyond Aleppo. Turkey signed the Armistice on October 30th. The day before Bulgaria, defeated by an Allied army at Selonika, asked for an Armistice. Germany's last ally Austria signed an Armistice on November 3rd.

On November 11th at 11am, in a railway carriage in France, an Armistice was signed by the New Republican German Government, which had come into power two weeks earlier when the Kaiser abdicated, and at last the **Great War (a war to end all wars) was over.**

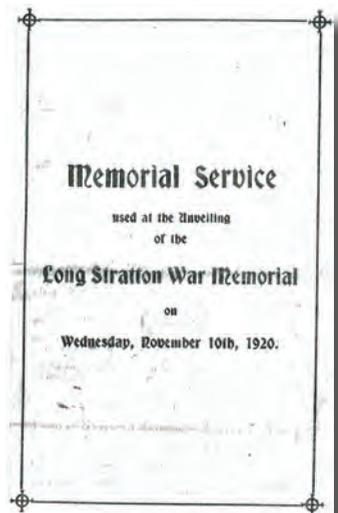
Armistice Day

November 11th the anniversary of the signing of the Armistice with Germany in 1918 at the end of the Great War.

Armistice Day celebrations commenced in 1919 and consisted of a widespread observance of a two minute silence at 11am, indicating the actual time of the signing. There were services of commemoration and laying of wreaths.

In June 1946 it was decided that the Sunday before November 11th [unless 11th or 12th fell on a Sunday] should be observed as National Day of Remembrance of the Great and World Wars.

On Wednesday November 20th 1920 a memorial service was held in St Mary's Church for the unveiling of the War Memorial which stands in front of the Village Hall. On it were the names of the 26 men who gave their lives in service of their country.



Part way through the service the choir, the clergy, family of the fallen men, ex service men and general congregation left the Church, crossed the road to the war memorial and wreaths were laid during the final hymn.



During the war there were great losses on all sides. Approximately 1,000,000 men died in the British Forces in the conflict, which was about one man in eight of the serving forces.

I hope you have enjoyed reading about the men on the war memorial. I would like to thank Geoff Caulton for his help, and Ann Miles, who used her computer to obtain information for me and shared her knowledge of Long Stratton. Also the 2014 class of St Mary's Junior School who allowed me to look at their work and finally Linda who types this all up for the magazine.

On Saturday November 10th between 2pm and 5pm I will be doing a display in the Village Hall with information on all the men, photos of Long Stratton as the men knew it. There will also be other folders with pictures and information about Long Stratton.

We Remember

LONG STRATTON MEDICAL PARTNERSHIP

GP practices are under pressure the whole year round but particularly in the winter months when demand increases. We will be endeavouring to provide extra capacity to deal with the winter pressures; meanwhile everyone can play a part in helping to ease the pressure on your local practice.

Firstly, please cancel any unwanted appointments. We know oversights happen but our DNA rate remains significant with 151 appointments which equates to 30 hours of GP and nurse time being wasted again in September.

Secondly, consider following the **3 Before GP** Steps. This guide from the Royal College of General Practitioners is a patient- mantra aimed to try to relieve pressure on GP practices.

Ask yourself these three questions before booking an appointment with their GP
Can I:

1. Self-care?
2. Use the NHS Website or similar reputable websites/ resources?
3. Seek advice/treatment from a pharmacist?

Thirdly, please ensure you are vaccinated against flu if you fall into one of the at risk categories. We really appreciate our patients' support in these areas.

Dr Lara Douglass

Long Stratton Men's Shed



We meet on Monday afternoon once a fortnight

What is a Men's Shed?

It's a Larger version of a typical man's shed in their garden

We are a new group seeking new members and local support to be involved or sponsor this exciting new project

Could you help us to start the first Long Stratton Men's Shed?

For further information contact:

Brian 01508 530400
or
Liza 07920285085

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WELCOME TO THE NEW PRINCIPAL AT THE JUNIOR SCHOOL

I am so very proud to be writing to you as the new Principal at St Mary's Church of England Junior School. It is a wonderful school, situated in a beautiful community and the children are simply a delight to work with. What more could I ask for?

I have quite a few years of experience in education, starting off as a teacher in New York before moving to England. Here, I gained further experience as a teacher and school leader. Through a strong values-based approach, I am passionate about raising standards and improving outcomes for children by providing quality education and achievement for all.

However, I am not just a teacher or Principal, I am the very proud mother of three beautiful children. My two eldest girls are now attending high school and my son is currently in Year 4. We attend Emmanuel Pentecostal Church and I am always humbled at the fact that I am able to sing and praise with our worship band every Sunday.

Very simply – there is a joy in my heart at being here, in Long Stratton, at St Mary's Church of England Junior School and I look forward to the journey ahead!

God bless!
Aziza Cranmer



You have guests!

Mary and Joseph (a knitted set,

including Mary, Joseph and a Donkey) **are**

travelling round our village this Advent (**Sunday 3rd December – Christmas Eve**) 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?

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Long Stratton Parish Council

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Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

Tel: 01508 530524 Email: clerk@longstrattoncouncil.info

www.longstrattoncouncil.info



Neighbourhood Plan

The Long Stratton Neighbourhood Plan is progressing well, and it is anticipated that there will be draft policy in place by the end of the calendar year. All of the information surrounding the Neighbourhood Plan can be found on the website www.lsnp.info Please take a look and if you would like to make any comments then please contact the clerk on the above email address.

Parish Council land

I was recently informed of an altercation that took place by the Methodist Church on Manor Road. It was noted that there was a belief that the car park was available for public use as it was paid for out of parishioner's council tax. Sadly this is not the case, the car park is private land of the Methodist Church and as such only church users can park there. As there is no barrier between the car park and the pathway please can I ask the car park users and pedestrians to be respectful of each other and above all to remain safe.

Manor Road Playing Fields

This is a gentle reminder to all dog owners that dogs are only allowed on lead around the pathway only.

Anti-social behaviour

The playing fields have recently seen anti-social behaviour with fences being kicked in, bins being ripped off the fences and set alight to as well as evidence of drinking alcohol being left littered. These matters have been reported to the police and therefore can I ask if anyone has any information to come forward either to myself or the police and can I also ask that everyone remains vigilant – these are your playing fields and I would really like to keep them looking nice for all.



LONG STRATTON MEN'S SHED ARE LOOKING FOR PREMISES

This could be an unused building, shed, portacabin, container or room. Do you know of any empty premises that need some TLC or a piece of land which could be used to build a workshop for low or nominal rent?

Men's Sheds are run by volunteers. Their aims are to share knowledge & skills by supporting projects that will benefit individuals and their local community.

If you feel you can support this project, please contact:

Liza on 07920285085 or Brian on 01508 530400



WACTON

COFFEE MORNINGS

The Macmillan Coffee Morning in September raised a final total of £100. Thank you to all those who baked for the event and to those who came and supported us.

We would love to see new people come and join us for a drink and a chat, and hope that old friends we haven't seen for a while will be back again soon.

Coffee mornings are held in the village hall on the first and third Tuesday of each month from 10.30 am - everyone welcome. Dates for November are the 6th and the 20th.

For further information contact Caroline Squires on 01508 530111.

SINGING IN WACTON

The group meet every Tuesday evening in the village hall from 7 p m until 8.30 p m. Further details from teacher Louise Barton (07765 920390) or Rita Day (01508 218407)

WACTON SOCIAL CLUB

We had a very successful Silver Service Afternoon Tea on the 7th October, thank you for your support.

The Wacton Fireworks will be **Saturday 10th November**. Gates open 6.30pm and there will be hot food and a bar.

A gentle reminder that annual subscriptions are due at £10 per adult. New members are very welcome to join us.

Wacton Social Club is on the 1st and 3rd Fridays of each month. New members very welcome. Doors open 7.00 pm - 11.00pm. Food served on the 3rd Friday of each month.

CHURCH NEWS

Thank you to everyone who supported our Harvest Songs of Praise and for the food for the Waveney Foodbank. We also raised £93.10 which will be sent off to FarmAfrica.

Another big thank you for all those who donated to our Gift Day, at the time of writing we have raised £185 but it is never to late to donate! Any donations can be brought to the Parish Office at The Rectory.

And yet another thank you to the people who helped tidy up the church yard ready for the winter, it looks good.

In November 'Craft & Chat' will take place on **Thursday 8th & 22nd** from 10.30am. Why not bring along your knitting, crochet, cross-stitch or other crafty projects and have a chat over a tea/coffee.

We shall be having our usual Remembrance Day service. We have changed the start time this year to 2pm. See page 38 for all the November services.

VILLAGE NEWS

PARISH COUNCIL

The issue of dog fouling and noise continues and is still in the process of being dealt with.

A working party has undertaken a lot of very good and hard work in the community woodland project and it is looking a lot better for it. Items are in the process of being bought from the Lottery grant, such as bird and bat boxes, seats and bins.

The Parish Council has put in a bid to the County Council Parish Partnerships scheme for funding to cut back and open up Hayntons Lane, making this asset more easy to enjoy for all. We would also like to thank Long Stratton Parish Council for their financial contribution to the work.

The Community Speedwatch group is continuing to make a difference and several drivers have been caught this last month: the police themselves came along one day and caught four motorists.

The solar panels have now been fitted to the village hall roof and a new cooker has also been installed.

The next meeting is on 7th November at 7.30pm in the village hall

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

WACTON FOOTCARE

The next session will take place in the village hall on **Monday 3rd December**. For further information or to cancel an appointment please contact either Clare (Footcare specialist) - 07785 295358 or Rita -01508 218407 for an informal chat.

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

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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 -	2 pm - see above



FRIDAY 30TH NOVEMBER

Long Stratton Lions are holding their Christmas bingo night at Depwade Court. Excellent Christmassy prizes and raffle - All welcome.

Doors open 7pm, eyes down at 7.30pm

The Sexton's Wheel

M	T	W	T
			1
<p>5 Local Walk - <i>see page 5</i></p>	<p>6 Coffee Morning Wacton Village Hall 10.30am <i>see page 18</i></p> <p>East of England Co op Bereavement Support Group Contact Rebecca - 01473 231460 10.30am Long Stratton Village Hall</p> <p>Methodist Church Lunch <i>see page 40</i></p>	<p>7 Wacton Parish Council meeting 7.30pm Wacton Village Hall</p>	<p>8 Craft & Chat Church 10.30am 18 &</p> <p>Thursday C Long Stratton <i>see pa</i></p> <p>Tharston W Wacton</p>
<p>12 Long Stratton Parish Council 7pm Methodist Church</p> <p>St George's Dementia Support Group 10am - <i>see page 42</i></p>	<p>13 Sunflower Cafe, Mayfields 10am - 01508 535500</p> <p>Diggers & Dibblers 7.30 pm Forncett Village Hall <i>see page 35</i></p>	<p>14 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p>	<p>15</p>
<p>19 Film Afternoon 'The Leisure Seeker' Long Stratton VH <i>see page 27</i></p>	<p>20 Coffee Morning Wacton Village Hall 10.30am <i>see page 18</i></p> <p>Newton Flotman Evening Cinema - <i>see page 42</i></p>	<p>21 Long Stratton & District WI 7.30pm Village Hall <i>see page 11</i></p>	<p>22 Craft & Chat Church 10.30am 18 &</p>

November 2018

	F	S	S
	2 Wacton Social Club <i>see page 18</i>	3 Community Fireworks 5.30pm Playing Field <i>see page 18</i>	4 St Mary's Memorial Service 3pm - <i>see page 9</i>
- All Saints' m - <i>see page 31</i> Club 2pm Village Hall <i>see page 33</i> /I 7.30pm n VH	9 Songs from the Trenches LS Village Hall <i>see page 9</i>	10 WW1 Exhibition - LS Village Hall - <i>see page 9</i> Wacton Social Club Fireworks <i>see page 18</i>	11 Act of Remembrance at the War Memorial 10.50am followed by service in St Mary's Church All Saints' Wacton - Act of Remembrance at the War Memorial 2pm followed by service in Church
	16 Wacton Social Club <i>see page 18</i>	17	18 Community breakfast at the Congregational Church 9.45am <i>see page 41</i>
- All Saints' m - <i>see page 31</i>	23	24 Messy Church - Junior School - <i>see page 37</i> PTA Christmas Fayre -10am Manor Field School <i>see page 35</i> Christmas Gift Fair - Wacton Village Hall 10am - <i>see page 8</i> Forngett Art Group Exhibition & Sale 10.30am - <i>see page 42</i>	25 Forngett Art Group Exhibition & Sale 10.30am - <i>see page 42</i>

Christmas Tree Festival

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REVERSE ADVENT CALENDARS

By the time you get this magazine, it will be the beginning of November and many people will be beginning to think about 'C.....'. Little people (and many older ones) will be buying Advent Calendars so that they can count down to December 25th and indulge in a little treat at the same time.

This year, however, what about organising a 'Reverse Advent Calendar' instead (or as well as)? Rather than removing a daily treat, the Food Bank is asking kind-hearted people to add an item of non-perishable food to a box or bag each day during December that can then be taken to the Collection Point in Long Stratton Co-op after the 25th December.

The festive period can be a difficult time for individuals and families who live on extremely tight budgets and find themselves facing increased winter fuel bills which leave them choosing between heating or eating. Keeping warm can mean a family being pushed into a food crisis.

Below are 24 of the **most needed items**;

Long Life milk	Tinned Meat	Toilet Rolls	Packet Soup
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T bags	Part-baked bread	Tinned Veg	Instant Mash
Toothbrushes	Pasta Sauce	Rice Pudding	Biscuits
Instant Coffee	Pasta or Rice	Instant Custard	Toothpaste
Cereals	Sponge Pudding	Tinned Fruit	Sanitary Wear

and on day 25, a Christmassy treat of your choice.

Thank you, Rev Gill Osborne

LOOKING FOR A CHRISTMAS PRESENT? THEN WHY NOT BUY A TOTE BAG OR TEA CLOTH FOR ONLY £5 EACH



The bag has a picture of St Mary's Church on one side and St Michael's on the other side, whilst the Tea Cloth also features both Churches.

They are available from Bekays, St Mary's and St Michael's Churches or The Rectory

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Faith, Hope and Love

And now these three remain. Faith, Hope and Love, but the greatest of these is love.

For a few weeks back in July, the attention of the world was drawn to 12 boys in Thailand and their football coach, trapped in caves, known locally as 'the mysterious mountains which swallow people who never come back'. As the news broke to parents, relatives, friends and the community that the boys were missing, the reputation of the mountain seemed to offer little hope that they would be found, despite the international search effort which had started.

For the boys and their coach, trapped in the cave with the water forming a barrier they could not swim through, it must have seemed utterly hopeless, as they sat in darkness, slowly starving. However, as a team they stuck together. No one left the pack, what a sense of unity!! It reminds us that a united community is a strong community.

Many of us followed the news of their entrapment as news that they were all free came, it came with a huge sense of relief and joy to all who had feared the worst.

There can be physical, emotional, mental and social circumstances which make us feel like we are trapped in a dark cave. But let us remember the place for faith, hope and love which is waiting for us at the end of any dark tunnel.

For me it epitomised a life experience which we sometimes find ourselves locked into. We surely saw the qualities of faith, hope and love being displayed in the rescue effort of these children in Thailand.

It is with this spirit that people gave their lives during WW1, bringing the war to an end and bringing the world to freedom as we celebrate 100 years this Remembrance Sunday. The greatest is love.

Rev John Madinda



Next film showing **The Leisure Seeker**

Long Stratton Village Hall
Monday 19th November at 1pm

'The Leisure Seeker' is the story of a runaway couple going on an unforgettable cross-country journey in their vintage camper. Ella and John are fleeing the suffocating care of their doctors and grown up children. He is distracted but strong; she is frail but sharp.

Their journey aboard the faithful old camper they call The Leisure Seeker takes them from Boston to Key West. Sharing moments of exhilaration and anguish, they recapture their passion for life and their love for one another on a road trip that provides revelation and surprise right up to the very end.

Tickets £5 which includes Refreshments

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

Film for December - Monday 17th December

The Bookshop



CHRISTMAS

GIFT & CRAFT FAYRE

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Conkers

When I was younger, my father would take me down to the forest where the river sparkled in the sunlight and the trees swayed in the wind. I remember the splashing of the waterfall and the crunch of dry autumn leaves under my feet. It all seemed so magical back then.

I can picture me and him playing conkers. He won obviously because I could never get the hang of it. The wind blowing my hair in my face every time didn't help either. Every autumn from then to now we go back to that forest and paddle our feet in the ice cold waterfall and try and see who's tree branch can get to the other side of the bridge first.

We see who can get to the other side of the river first without falling over. We make dens out of branches that have fallen on the floor. We pick the sweet blackberries and have our own little picnic. Running through the leaves and cloud gazing, trying to figure out what shapes they are. Pick the flowers, blow on the dandelions and make wishes. As we do this we look around to see what different birds we can find: magpies, blue tits, sparrows and wood-peckers.

As it comes to the end of the day we grab some ice-cream and sit on the sandy beach and watch the deep red and orange sun go down. Wishing the day would never end. Knowing we have memories that will last a lifetime.

I keep the conkers from those days and place them along my windowsill and the heather I pick in jar on my desk. I also print out the magical memories and place them in a box never to be forgotten.

Katie, y7

Advent Carol Service

Sunday 2nd December

St. Mary's Church - 6.30pm

Followed by Mulled Wine and Mince Pies



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

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Regular Events:

Monday 11-12 Knit and Natter

A weekly drop in for those who knit (or those who are interested in learning how to). If you are a knitter and are interested in helping others learn or if you would like to learn a new skill then please come along. Coffee and tea available.

Monday 11-1 Just a Cuppa

Fancy making some new friends, or just to have a good old chat? Then come along to this FREE drop in session. Have a good old fashion chatter with a cup of tea and biscuit

Thursday 4:45-7pm Stitchers and Knitters

Are you a natty knitter, a crafty quilter, or a snazzy sewer? Even if you haven't picked up those needles for a while or want to learn, come along and join us.

Opening Hours:

Just a reminder that Open Library is now available at Long Stratton Library, meaning we're open longer than ever before. Open Library gives you access to books, computers and quiet, creative spaces to meet or study even while the building is unstaffed, making the building available at times that are convenient to you. Register for our Open Libraries service for easy extended access to the unstaffed library outside normal opening hours using your library card and PIN. Call us on 01603 774777 or pop in to the branch during staffed hours to sign up for the service.

Monday 8am-7pm (staffed 11am-7pm)

Tuesday 8am-7pm (staffed 1pm-7pm)

Wednesday 8am-7pm (Open Library access only)

Thursday 8am-7pm (staffed 1pm-7pm)

Friday 8am-7pm (Open Library access only)

Saturday 8am-4pm (staffed 11am-4pm)

Sunday 10am-4pm (Open Library access only)

Craft and Chat All Saints' Church, Wacton

Every 2nd and 4th Thursday - 10.30 – 12.00. Dates for November are
Thursday 8th and 22nd.

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 CHILDREN'S CENTRE

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

Date	Activity	Time	Venue
Monday 5th, 12th, 19th & 26th	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 6th, 13th, 20th & 27th	Story Garden - 0-5 years <i>Outdoor gardening and story group</i>	1.30-2.30 pm	LS Children's Centre
Wednesday 7th, 14th, 21st & 28th	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 28th	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 9th	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 THURSDAY CLUB

Our next meeting is on Thursday 8th November, 2pm at Long Stratton Village Hall with Peter Metcalf talking about the railway from Tivetshall to Harleston. Everyone welcome.

For further information please contact the Secretary Marianne Miller on 01508 536987.

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NEWS FROM MANOR FIELD



Volunteer readers

If you, a relative or friend are able to come into school to hear children read, then we would welcome your support. We are flexible on the day and amount of time that you can afford. Please contact our school office on 01508 530356 if you are able to offer any time.

Wanted

Since forming the Corvus Education Trust in March 2017 we have established a Board of Trustees and Local Governing Bodies for our schools. The Trustees work at a strategic level and the Local Governors work more directly with the schools, monitoring the Teaching and Learning as well as other aspects of school life. We are looking for more people from the community to join our Local Governors. We meet every half term and there is an opportunity for Governors to come into school and to see the wonderful learning experiences that we provide for our children.

If you know of someone who might be interested in the role of Local Governor, it could be someone who works part-time or possibly someone who is recently retired, please let them know that we are actively seeking new people to join us.

Telephone: 01508 530356 Email: office@manorfield.norfolk.sch.uk

Learning cafes

This term, we have had two Year 2 'Learning cafes' for parents and children. Learning cafes are a fun way to get involved in learning and we had some wonderful feedback from parents from these events. We had a brilliant time chatting about the story, playing phonics games and making a fairy tale forest from books.

"It was a lovely creative session. We enjoyed the quiz and the art work too."

"Great to see what you get up to in class and get involved with their learning."



PTA Christmas Fayre

Our PTA are holding our Christmas Fayre on Saturday 24th November (10am-12). Please come along. There will be a variety of stalls and the chance to meet Father Christmas

DIGGERS & DIBBLERS GARDENING CLUB

Tuesday 13 November Forncett Village Hall 7.30pm

Helen Worville - Helen's four season plants

Helen is a dedicated and well known gardener who has a beautiful garden near Norwich which she opens for groups, and in which she grows plants for all year colour and form. She will tell us how she achieves this, will recommend good plants and give us tips on how we can introduce more long lasting interest into our own gardens. She will bring plants for sale. Non-members are very welcome.

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

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RAINBOW & BROWNIE DISTRICT AFTERNOON

At the end of September approximately 40 girls enjoyed a lovely District Rainbow and Brownie activity afternoon with an animal theme.

We enjoyed a visit from Ed with his 'Mini Monsters'. All the girls were brave and had an interactive session, which included holding some 'monsters' if they wished.



The 'mini monsters' were African Land Snail - Gary, Millie the Millipede, Terry the Tarantula, a Bearded Dragon and a Corn Snake.



When they weren't in that session they were making crafts - sun catchers, creative colouring, decorations, tortoise coasters and finger painting bugs.

The sun shone and a great time was had by all. Thanks to the adults that helped on the day.

Hawk Owl

**Thank
You!**

The Norfolk Churches Trust Bike Ride

I would like to thank everyone who sponsored me for this year's Bike Ride.

The countryside looked at its best as I cycled the quiet lanes of South Norfolk and North Suffolk although the "gentle breeze" forecast for the day seemed to be against me all the way!

After cycling 60 miles I had visited 45 Churches and thanks to your generosity raised £145 to be shared between the Trust and Long Stratton Methodist Church.

I would also like to thank all the people who gave up their time to sit in their Church on the day and the refreshments that were provided - Jaffa cakes and sausage rolls are good cycling food!

Thank you again. Judith Naunton

Come and join us for.....

The next **Messy Church** is on **Saturday 24th November** 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

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CHURCH SERVICES - NOVEMBER

St Mary's Church

4th	11.00 am	All Age Worship
4th	3.00 pm	Memorial Service
11th	10.50 am	Act of Remembrance followed by service in Church
18th	11.00 am	Morning Worship
18th	6.30 pm	Healing Service
25th	11.00 am	All Age Holy Communion
25th	7.00 pm	Soul Shapers

St Michael's Church

4th	No Service	
11th	8.30 am	Holy Communion
18th	No Service	
25th	8.30 am	Holy Communion

All Saints' Church

4th	9.30 am	Holy Communion
11th	2.00 pm	Act of Remembrance followed by service in Church
18th	9.30 am	Holy Communion
25th	No Service	

Congregational Church

4th	10.45 am	Family Service with Holy Communion	Rev Gill Osborne
11th	10.50 am	Remembrance Day service in St Mary's Church	
18th	9.45 am	Family Breakfast	
18th	10.45 am	Family Service	Rev Pat Atkinson
25th	10.45 am	Family Service	Joe Hart

Methodist Church

4th	3.00 pm	Communion Service	Rev David East
11th	10.50 am	Remembrance Day service in St Mary's Church	
18th	10.30 am	Morning Worship	Zing Eagling
25th	10.30 am	Morning Worship	Stephen Osborne

LONG STRATTON METHODIST CHURCH

Monthly lunch is on Tuesday 6th November - 12.30pm

Please call 01508 530518 to book - all welcome.

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

Christmas Bin Collections

You can find out all the dates for your bin collections by visiting www.south-norfolk.gov.uk and going on to My Account.

Garden waste bins

There are no collections from 24 December to 4 January.

Rubbish and recycling bins:



Usual Collection Day	Revised Collection Day	Change
Tuesday 25 Dec	Thursday 27 Dec	2 days late
Wednesday 26 Dec	Friday 28 Dec	2 days late
Thursday 27 Dec	Saturday 29 Dec	2 days late
Friday 28 Dec	Monday 31 Dec	2 days late
Tuesday 1 Jan	Wednesday 2 Jan	1 day late
Wednesday 2 Jan	Thursday 3 Jan	1 day late
Thursday 3 Jan	Friday 4 Jan	1 day late
Friday 4 Jan	Saturday 5 Jan	1 day late

Community Breakfast

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

Sunday 18th November things to eat.

Eggy bread and bacon rolls very popular!

Please join us before Church. Followed by Family Church Service [optional].

For more information contact June on 01508 470701

THARSTON HISTORY SOCIETY

We are a local history group who meet bi-monthly with the aim of encouraging an interest in the history of Tharston and its immediate surroundings. Unfortunately our September meeting had to be cancelled due to illness but our next meeting will be held at Picton Farm Meeting Room in Tharston on **Wednesday 28th November**, 7:15pm with refreshments for a 7:30pm start. This is a general meeting and will contain details of the 'Tharston Family Tree', recent communications with others from outside Tharston, publications that we have found and possibly details of someone's visit to the Peninsular Wars sites. If anyone has anything of local interest they would like to bring to the meeting they are most welcome to do so but please let us know.

Anyone interested in the local history of Tharston or nearby will be most welcome at the meeting. We have a website, <http://www.tharston-history-society.com/>, which has details about us and our activities. Please make contact (<http://www.tharston-history-society.com/feedback/>) if you would like to join us on 28th as we would like to have some idea of numbers.

EVENTS OUTSIDE LONG STRATTON & WACTON

Saxlingham Players Christmas Pantomime - Robinson Crusoe and his Pirates

Come and enjoy all the fun, the corny jokes and the music of a great family pantomime. Tickets are £8 for adults, £5 for children, available from Vicky Stocks on 01508 499631 from **1st November (9 am to 9 pm)**

Performances will take place at the Village Hall, Saxlingham Nethergate on Thursday 6th December, Friday 7th December and Saturday 8th December at 7.30 pm. There will also be a matinee performance on Saturday 8th December at 2 pm

St George's Dementia Support Group - 12th & 26th November - 10am to 12noon - St George's Hall, Long Lane, Upper Stoke Holy Cross NR14 8ND - further details 01508 493661/492938.

Harleston Cinema - Thursday 22nd November- On Chesil Beach 7.30pm - Masonic Rooms, Throughfare, Harleston - tickets £4 - ring 01379 851917

Newton Flotman Cinema Evening - Tuesday 20th November - The Mercy (12A)

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.

FORNCETT ST MARY CHURCH - Forncett Art Group Exhibition & Sale, in the church (Low Rd, NR16 1JG), Saturday 24th and Sunday 25th November, 10.30am - 4pm.

A good opportunity to buy a unique gift from the many crafts on display, including, textiles, watercolours, cards, and stained glass. Tea/coffee & mince pies available.

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



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 Christine Goreham on **01508 530823** or email **Wacton.VH@outlook.com**

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