

# The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton



**YOUR VILLAGE, YOUR FUTURE,  
YOUR PLAN,  
HAVE YOUR SAY!**

**Drop-In – Please come along to an informal drop-in session where you can have a chat with the Neighbourhood Plan committee members and have your chance to have your say on shaping the future of Long Stratton**

**St Mary's C of E Junior Academy,  
Swan Lane, Long Stratton, on:**

<b>Saturday 9<sup>th</sup> June</b>	<b>10.00am – 4.00pm</b>
<b>Sunday 10<sup>th</sup> June</b>	<b>10.00am – 4.00pm</b>

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### Church Contacts

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



Another month gone and another month closer to the school summer holidays!

There is lots going on this month. Neighbourhood Plan committee have two open days for you to have a say on the future of our village - see front cover. St Michael's Church has its annual fete at the church and this year it is zipwiring teddies, so get your teddies ready for some fun - see page 4 for details. And All Saints' Church are hosting a concert with the New Buckenham Silver Band with a guest appearance of the Wacton Creative Singers - see page 10.

If you want to travel a bit further it's that time of year again for Open Farm Sunday and as usual Shotford Hall will be open - see back page. Ditchingham Hall has an Open Gardens event - see page 38 and Harleston Choral Society has its summer concert - see page 38.

And of course there is still the usual monthly events happening so make sure you don't miss anything.

*The Sexton's Wheel team*

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# St. Michael's Church Fete

Starring *Zipwiring* Teddies

## Saturday 16th June 2-4pm



Cake stall  
&  
Refreshments



Teddy Zipwire  
from Church  
Tower



Tombolas  
& Games



Don't forget your Teddy!  
Church Lane, Long Stratton

## HEALTH GOAL VOLUNTEERS NEEDED - CAN YOU HELP?

We are looking for compassionate and friendly people to join us as Health Goal Volunteers for the Norfolk Community Health and Care NHS Trust in South of Norfolk. This exciting new role involves supporting patients to achieve a particular goal that will improve their health and wellbeing; for example, joining a group to pursue a hobby and to make new friends.



Volunteers will visit the client weekly for around 2-3 hours per week, for a period of 2-8 weeks, depending on the goal the individual would like to achieve. All volunteers will receive full training, including the opportunity to attend a 2 day course in Health Coaching, and ongoing support. This is a great opportunity to make a real difference to your local community.



For more information about becoming a Health Goal volunteer, please contact Pavlina Parashkevova, Volunteer Co-Ordinator (South) on 01603 272336 or email [volunteering@nchc.nhs.uk](mailto:volunteering@nchc.nhs.uk)

## LONG STRATTON & DISTRICT WI

In April Juyna Lewis told us about her Bangladeshi childhood, the history and geography of her birth country and illustrated her talk with a power point presentation. She also had some lovely lengths of material laid out on a table for members to see and she used one to dress a willing member in a sari. It looked so easy and the volunteer said how comfortable it felt.



Our competition for a childhood toy brought some very traditional entries, mainly teddy bears and dolls.

Again those members who wished to had lunch together, this time at the Chip Inn in Long Stratton.



The Patient Participation Group from the local Health Centre had asked our W.I. to make the teas at their Diabetes Evening. Those attending said there had been some very interesting speakers.

Our next meeting is at 7.30.pm in Long Stratton Village Hall on Wednesday 20th June. Further information can be obtained from the Secretary, Mrs. Shirley Housden on 01508 531154.

We have several events coming up as well as our monthly speakers. We have entered two teams in the local inter W.I. Quiz, our monthly lunch and a summer outing.

***DON'T FORGET TO VISIT OUR STALL AT SOUTH NORFOLK ON  
SHOW ON SUNDAY 1st JULY.***



## **LONG STRATTON**

**TUESDAY**

**7.30pm**

**High School, Manor Road  
Call/text Bev 07912 849995**

**WEDNESDAY**

**9.30am**

**Village Hall, Ipswich road**

**THURSDAY**

**5.30pm and 7.30pm**

**High School, Manor Road**

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# HAPPY BIRTHDAY

## ***Birthdays, you either love them or hate them.***

I don't know about you but my view on having a birthday changes depending on the number attached to it. When I was quite a bit younger, birthdays were really important occasions. Times when I could have friends round for a special tea and play a few party games or maybe chose a special treat like a trip to the pictures or out for a meal. A bit of time when I was the centre of all the attention. I well remember my fortieth but that's a story for a different place! I now have two children and for them getting into double figures was quite a step and something anticipated for months in advance.

At the time of writing I am approaching a big birthday where the government may be kind and pay me some extra cash after reaching it. Birthdays give us the chance to look back at previous years and give members of our family opportunity to remember all the embarrassing things we did, said or even wore when we were younger.

The Queen has two birthdays, her actual birthday (21st April) and her official birthday (2nd June). I have two birthdays too. My actual birthday (May) and the day when I was born again (August). Let me explain.

Jesus when he was speaking to Nichodemus in John 3 said, 'I tell you the truth, no one can enter the kingdom of God unless he is born again.' Jesus was speaking of a spiritual birth. A turning around and saying yes to God and no to the ways of the evil one. At quite a young age I was at a bible camp and there and then knew that I needed Jesus in my life and so said yes to him and thus I have a second birthday. You don't have to be in a camp or anywhere special to say yes to God. All I advise is do it. I can't guarantee any extra birthday presents but the life with Jesus is good. Happy Birthday!!

***Steve Adcock, Reader St Mary's Church***



A promotional poster for the 'South Norfolk on show' event. The poster features a man and a woman sitting on a large wooden chair that has the 'South Norfolk' logo on its backrest. The text on the poster includes: 'South Norfolk on show' in a large, stylized font; 'Sunday 1 July 11am - 4pm'; 'South Norfolk Council Offices, Long Stratton, NR15 2XE'; 'www.south-norfolk.gov.uk/onshow'; and a circular badge that says 'FREE ENTRY\*' with a smaller note below it: '\*Some charges for activities may apply'.

*"The time leading up to the funeral was made bearable knowing that you were at the end of the telephone."*

– from a family we have cared for at Rosedale



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## LOCAL WALK .... MAY - HEMPSTALL FIGURE OF 8 WALK

The May walk was on bank holiday Monday, where temperatures soared and East Anglia was at its most beautiful.



Being a visitor to the village I was pleased to be made so welcome by the local walkers, chatting as we set off from Hempnall Post Office, passing the pretty thatched cottages with plants for sale in the gardens. Soon we turned off onto Pymars Lane, idyllic village life giving way to fields of rape, cow sheds, and horse paddocks, all lined with trees of apple blossom, bluebells and garlic mustard plants to name but a few.



We meandered along a tree lined path, wet underfoot and dappled with shaded sunlight and cowslips enjoying the damp atmosphere. As we emerged we needed our sunglasses for the vast expanse of canary yellow rape and a parade of horses being ridden along its far edge, we heard them before we saw them!

The next challenge was locating a plank bridge to cross between fields, once safely across we were in a glorious grass field, listening to sky larks, uninterrupted by any other kind of noise; not even a pylon to be seen on the horizon, blissful, serene Norfolk!

Across another plank bridge (through a hedge full of May flowers waiting to burst open) we reached the very edge of Redwings Horse Sanctuary, and walked round paddocks full of varying sized and coloured horses, some of which were very inquisitive little ponies! We followed the route, watching orange tip butterflies play and St Mark's flies flop about, whilst we listened to the bird song, and around the edge of a small wooded area we came across the remains of St. Mary's church. According to another walker we met, the church and surrounding settlement were abandoned due to flooding, a theory supported by the fact that some areas we walked were very damp. We stopped for a quick breather before continuing along field edges. Breaks from the brilliant sunshine were provided by beautiful, shaded, tree lined paths.



We crossed Broaden Lane, the fast cars suddenly sharpening our senses, and were soon walking around more paddocks. We disturbed a solo hare who sprinted towards the sheep in the distance. We continued in the other direction through fields of wheat toward buildings silhouetted in the sunshine, emerging on Bussey's Loke at the back of Hempnall Primary School.

A thoroughly enjoyable morning's walk, seeing the best of English countryside with a very welcoming group of individuals. Thank you!

***We walk every first Monday of the month so why not come and join us on Monday 4th June? We meet at 10am at the toilets in the car park.***

All Saints' Church, Wacton presents ...

# New Buckenham Silver Band

In All Saints' Church, Wacton

**Thursday 28th June**

**8.00pm**



**With guest appearance  
from 'Wacton Creative Singers'**

**And a solo performance by internationally  
acclaimed singer/songwriter  
Louise Barton**

**Tickets £5 Children under 12 FREE  
Ticket includes light refreshments during the interval**

**Tickets available from  
Long Stratton Rectory - (01508) 530238  
or from Peter Jacques (01508) 531248  
or e.mail [rev.heather@btconnect.com](mailto:rev.heather@btconnect.com)**

## MANOR FIELD INFANT & NURSERY

The children from Manor Field Infant and Nursery School and Aslacton Primary School have been using their local community to inspire their art. This work has been part of the Corvus Education Trust annual Arts Week and this year the theme was 'People'. Each class across the two schools was linked with a different member of the local community, including the butcher, optician, builder, librarian, vicar and nurses. The children had the opportunity to meet and draw these important people from our community as part of portrait sessions and have represented and captured them using different art mediums.



Local artist 'Ruddy Muddy' came to Manor Field to show the children how he works with a unique medium to create his artwork.

Children in both schools had the opportunity to work with local photographer, Richard Jarmy. They had the chance to learn some tips and to use his camera to take their own portrait photographs.

Each year group also produced a large scale 'Art Attack' on the school field using the lost property from both schools.

Local Art History students from the UEA came into the schools to talk about some famous portraits and the hidden meanings behind them.

Parents also got involved, taking part in a parent art club at both schools and families took on the home challenge of making images of faces to enter a school competition.

The children's work formed an art trail around the village of Long Stratton with many of the local businesses involved displaying the children's achievements in their windows. We hope everyone enjoyed seeing the children's creations around the village. We would also like to take the opportunity to thank the local people and businesses involved for making our Arts Week such a success.

## LONG STRATTON GUIDING

### *2nd Long Stratton Brownies*

This term the Brownies are working on their 'Right to Work Together' badge.



In their groups they tried to do simple tasks like make a paper hat, tie a reef knot. Also they had to build a tower of building blocks while joined together with only two people at each end, using their free hand to do the activity.

Another week, in their groups, they made a shelter of newspaper which they then got inside. We have also played various Island hopping games.

**Brown Owl**





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# Long Stratton Parish Council

The Street, Long Stratton, Norwich NR15 2AH

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*As you would have seen from the front cover there is a chance for everyone to have a say on the future of the village and below is an explanation of what it is all about.*



## What is a Neighbourhood Plan?

The Long Stratton Neighbourhood Plan will be a document created by local people that sets out planning policy for where you live. It helps you protect the things you care about in your community, as well as make improvements to the local area. For example, it can set out how buildings should look, and for what they can be used. It can also help to encourage the kind of development of which you would like to see more.

A neighbourhood plan carries the same legal weight as plans drawn up by your local council. South Norfolk Council must follow what's in your neighbourhood plan when making decisions about planning applications in your area.

The Neighbourhood Plan committee members are aiming to have the draft plan written by the end of this year, so now's the time to give us your opinions and ideas as they are a very important part of the plan.

Please be aware that South Norfolk Council have already adopted the Long Stratton Area Action Plan (LSAAP). The LSAAP identifies Long Stratton for growth of at least 1,800 new homes and employment opportunities but it also restricts the delivery of the housing until the by-pass has been built.

After listening to the views of our community we will explore ways in which the Neighbourhood Plan can best complement the LSAAP in a way which brings benefits to our community.

For more information please visit  
[www.longstrattonneighbourhoodplan.org.uk](http://www.longstrattonneighbourhoodplan.org.uk)

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

**BY JUDITH BAKER**

*We look at three men who died for their country this month - Frederick William Dickerson, Walter Lewis Edwards and Clare Foulger.*

## **FREDERICK WILLIAM DICKERSON**

Frederick was born March 1893 in Morningthorpe. His parents were Frederick and Louise and he had a sister Francis.

He was a farm labourer and lived in Stratton St Michael, lodging with the Brewington family, who were neighbours of the Betts family [featured in the April edition].



*Essex Regiment badge*

Frederick enlisted to fight in the war - at first he was in the Norfolk Regiment but was then transferred to the 1st Battalion of the Essex Regiment. He fought in the Balkans.

He was killed in action in Gallipoli on August 6th 1915, aged 22.

He is buried at Twelve Tree Copse, Kithia, Helles, Turkey and he is remembered on St Mary's Roll of Honour.

## **WALTER LEWIS EDWARDS**

Walter was born in Long Stratton in March 1890. His parents were George and Sarah and he had four brothers, Arthur, William, Edward and Herbert.

In 1911 he was living in a place called Dawdon, in County Durham with the Gillum family. Walter was a bricklayer.

On April 7th 1915 he enlisted in Norwich and became a Private in the Royal Norfolk Regiment, his service number was 17298. On Thursday October 5th 1916 he was killed in action.

He is buried at Mill Road Cemetery, Thiepval, Somme, France and he is remembered on St Mary's Roll of Honour.



*Norfolk Regiment badge*

## **CLARE FOULGER**

Clare was born on April 22nd 1884 in Long Stratton St Michael's.

The Foulger family moved from Bungay in 1875 to St Michael's. His father George was the estate carpenter for the Burroughs family, who lived at the Manor House at the time.

Clare's mother was Elizabeth and he had siblings - sisters Edith, Mabel, Maud and Faith and brothers George, Herbert and Clement.

The family moved to the Deals [now known as Holly House] in 1881.





Clare moved to Bungay when he was about 16 years old and became a solicitor's clerk. In 1910 he married Charlotte Tubby from Starston and the next year they went to live at Wingfield Street in Bungay. They had a baby daughter in 1913 called Freda.

Clare then decided to fight for his country and enlisted in Bungay - he was put in the 270th Seige Battery, Royal Garrison Artillery as a gunner.

Unfortunately Clare never got to go to war as while training in Aldershot he contracted spinal fever [meningitis] and on January 4th 1917 he died - a few days before he was due to go to France.

He is buried in St Margaret's Church Starston and remembered on the Roll of Honour in St Mary's Church.

[Information on Clare was given to me by the late Dorothea Roddy who was Clare's niece]

*[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](mailto:thesextonswheel@googlemail.com)]*



## **CAFE SAVANNAH PRESENTS...**

***A Charity Evening of African dance,  
music, food and entertainment***

**Saturday 23rd June**

**6pm til midnight**

**Long Stratton Village Hall**



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***In Aid of St Martins Trust who help support the homeless in Norwich***

# WACTON

## PARISH COUNCIL

Wacton Parish Council has three vacancies to be filled by co-option. The minimum commitment is one evening meeting a month, usually the first Wednesday, and meetings start at 7.30pm. Please contact the clerk at [wactonparish@yahoo.com](mailto:wactonparish@yahoo.com) in the first instance, if you are interested or have any questions.

Everyone is welcome at all Parish Council meetings, held in the Village Hall and advertised in this magazine, as well as on the village notice board. Come along and find out what happens, what needs to be done and how you could contribute.

The woodland project is progressing well, with a group of year 10/11 students from Long Stratton High School coming on a regular basis to do some planting in the glades. This helps them with their personal development and to learn new social and life skills, whilst helping with community work.

A grant application has now been submitted to the National Lottery to seek funding for such things as the installation of accessible paths as well as bird and bat boxes and seating. The outcome should be known in about ten weeks.

The Tesco vote has now ended and the Parish Council would like to thank everyone who chose to put their blue token into our slot. How much funding we will get from this scheme should be known by early June and will enable us to continue work on improvements to the community woodland.

The Parish Council, along with our County Councillor – Alison Thomas, our District Councillor - Des Fulcher and affected Parishioners, have worked with Anglian Water to resolve the current issue of flooding in Wash Lane. Further works to prevent this reoccurring will take place soon.

Finally, with regards to the playing field and children's play area, the Parish Council would like to remind all dog owners that any fouling that does occur must be cleared up immediately by the owners and placed in the bins provided. If owners are caught not adhering to this, it could lead to prosecution.

## 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.

We are not professionals, just a group of like-minded individuals who enjoy singing a variety of different kinds of songs together under the guidance of our teacher Louise. New members from any of the local villages are welcome to join us any Tuesday evening - the more the merrier!

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

# VILLAGE NEWS



## CHURCH NEWS

A date for your diaries - **Thursday 28th June 8pm** - a concert by New Buckenham Silver Band with a guest appearance by the Wacton Creative Singers with Louise Barton performing a solo. Tickets £5 [children under 12 free] including light refreshments. See page 10 for further details.

'Craft & Chat' takes place on **Thursday 14th & 28th June** from 10.30am to 12noon. Why not bring along your knitting, crochet, cross-stitch or other crafty projects and have a chat over a tea/coffee. See page 27 for details

Our **June** Saturday monthly coffee morning is on the **9th** from 10.30am. Look forward to seeing you there. For more information see page 29.

On the 17th June we have a Songs of Praise at 6.30pm - this is an informal service singing some of your favourite hymns. Refreshments will be served following the service.

## JUNE CHURCH SERVICES

Sunday 3rd	9.30 am	Holy Communion	Sunday 10th	No service
Sunday 17th	6.30 pm	Songs of Praise	Sunday 27th	No service

## WACTON SOCIAL CLUB

The Social Club is open on the 1st and 3rd Fridays of each month, dates for June are the 1st and 15th. On the second meeting there is a hot meal and sweet available (roughly £6 per person). For more information contact Mark Hardwick on 01508 530815/ronniehardwick@hotmail.co.uk.

## WACTON FOOTCARE

The next session of WACTON FOOTCARE will take place as usual in the village hall on **Monday 4th June**. For further information or to cancel your appointment please contact Rita Day -- 01508 218407.

## 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 June are the 5th and the 19th. For further information contact Caroline Squires on 01508 530111.

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## WEEKLY EVENTS

<b>MONDAY ACTIVITIES</b>	<b>VENUE</b>	<b>TIME</b>
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

<b>TUESDAY ACTIVITIES</b>	<b>VENUE</b>	<b>TIME</b>
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

<b>WEDNESDAY ACTIVITIES</b>	<b>VENUE</b>	<b>TIME</b>
123 Toddler Group	Methodist Church during term time	9.15 - 11.15 am
Breast feeding Support Drop-In Group	Long Stratton Children's Centre, Manor Road	10 am to 12 noon
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 pm

<b>THURSDAY ACTIVITIES</b>	<b>VENUE</b>	<b>TIME</b>
Pilates	Wacton Village Hall Jo Douglas 01508 530261 greenacresfarm@tinyworld.co.uk	9.30 am Intermediate 10.30 am Beginners
Lunch & activities	Day Centre	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 11.30 am
'Just a Cuppa'	Library	2 pm
Short Mat Bowls	Coronation Hall, Great Moulton - see above	2 pm
Knitters & Crafters evening	Library	5.15 pm to 7.15 pm

# The Sexton's Wheel

M	T	W	T
4  Local Walk - <i>see page 9</i>	5  Coffee Morning Wacton Village Hall 10.30am <i>see page 17</i>  Methodist Church Lunch <i>see page 38</i>	6  Wacton Parish Council meeting 7pm Wacton Village Hall	7  Long Stratton Reading Group Tudor House
11  Long Stratton Parish Council 6.30 pm Methodist Church St George's Dementia Support Group 10am - <i>see page 38</i>	12  Sunflower Cafe, Mayfields 10am - 01508 535500	13  Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	14  Craft & Chat - Church 10.30am  Thursday C LS Village Hall  Tharston W Wacton
18  Film Afternoon 'Edie' - 1pm Long Stratton VH <i>see page 37</i>	19  Coffee Morning Wacton Village Hall 10.30am <i>see page 27</i>	20  Long Stratton & District WI 7.30pm Village Hall <i>see page 5</i>	21  
25  St George's Dementia Support Group 10am - <i>see page 38</i>	26  Long Stratton 'Friendship Circle' - East of England Co op Funeral Services - 01508 532645 9.30am - Long Stratton Village Hall	27  Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue	28  Craft & Chat - Church 10.30am  All Saints' Church <i>see page</i>  Book Club 6.3 Library - <i>see</i>  Harleston <i>see page</i>



# June 2018

	F	S	S
	1 Wacton Social Club <i>see page 17</i>	2	3
n Parents up - 9am - se Bakery	8	9 All Saints' Church coffee morning in Church - 10.30am <i>see page 29</i>  Shaping the Future of Long Stratton - St Mary's Jun Sch 10am - 4pm - <i>see front cover</i>	10 Ten2Ten Service at St Mary's  Open Farm Sunday Shotford Hall Farm 11am - 5pm <i>see back cover</i>  Shaping the Future of Long Stratton - St Mary's Jun Sch 10am - 4pm - <i>see front cover</i>
- All Saints' - <i>see page 27</i>  Club 2pm <i>see page 33</i>  VI 7.30pm n VH	15 Wacton Social Club <i>see page 17</i>	16 St Michael's Fete - 2 - 4 pm <i>see page 4</i>	17 Community breakfast at the Congregational Church 9.45am <i>see page 31</i>  Ditchingham Hall Open Gardens 2 - 5pm - <i>see page 38</i>
	22	23 African Evening of Dance & Entertainment - 6pm Long Stratton Village Hall <i>see page 15</i>  Harleston Choral Society Summer Concert 7pm <i>see page 38</i>	24
- All Saints' - <i>see page 27</i>  rch concert - <i>page 10</i>  0pm at the <i>see page 33</i>  Cinema <i>page 38</i>	29	30  Messy Church at St Mary's Junior School 9am <i>see page 30</i>	

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## The Man

He was an athlete of many talents but running was his forte. He was slender and tall like a tree with very ridged and distinctive features. Despite his quirky and vivid face it was the fact he wore his country's colours, which consisted of black, orange and white, that really stood him out from the crowd.

It was time to race. The ten athletes all lined up and stood on their starting blocks.

Bang! The starting pistol had been shot. My hero had left the blocks exceptionally fast and had started sprinting. But after ten seconds he fell and damaged his bony ankles. His eyes were flooding with tears which streaked down his pain throbbing face. His long slender hands had reached down to his legs to inspect the damage. He cried with agony.

A minute, which felt like hours, had passed and ambulance men arrived with a stretcher. To my surprise, he refused the help. A small, plump man had leapt over the barriers and was racing towards him; once he got there, the injured man put his stick-like hands around his head to tell him something. Although the athlete had lost, the man - his father - pulled him up. Hesitatingly, the man slowly walked him around the track to the finish line.

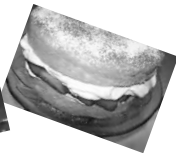
To this day, I don't know the name of the runner but I do know never to give up and always try my best.

*Archie year 9*



### **Coffee Morning at All Saints' Church Wacton Saturday 9th June - 10.30 - 12.00**

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## SHELTON WITH HARDWICK COMMUNITY SCHOOL & HEMPNALL PRIMARY SCHOOL FEDERATION

What a busy time we've had in both our wonderful schools. Both schools have built their life sized Formula Goblin cars. The older children have had a fabulous time building the cars. Shelton children even visited a local workshop where they helped fit a fibreglass body to their Formula Goblin! The children also wrote letters to local companies to ask for sponsorship and used their persuasive writing skills to great effect.

We have been very successful in the sporting realm. Hempnall have won the Cluster tournaments in High-5 netball and Athletics. Shelton performed brilliantly at the Quad-athletics (4 athletic disciplines) tournament. Coming up we have cricket, dance, tri-golf and tennis tournaments for our schools. We provide many after school clubs on both sites as we like to provide our children with the widest opportunities and experiences. Talking of wider experiences, we are taking most of our Key Stage 2 children on residential trips in June. These will entail lots of outdoor and adventurous activities and are a special highlight of children and staff alike!

Finally we have our Proms in the Woods at Shelton on June 6th in the afternoon –this is our musical extravaganza with both our schools showing off our musical talents! We are also hosting some musicians from Norfolk Music Hub and Alison Corfield, Head of Music Service, will be there too.

We welcome visitors to our schools and hope we can contribute more to Long Stratton in the future. Please ring Shelton's office on 01508 530331 or Hempnall's office on 01508 499264 for appointments for visits or to let me know a way we can support Long Stratton's community further.



**SUMMER FETE AT HARKER HOUSE**  
**SUNDAY 22ND JULY - 2 - 4 PM**  
**CRAFT STALLS - COCONUT SHIE -**  
**TOMBOLA - CAKE STALL - KARAOKE -**  
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Dates for June – 14th and 28th

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## Long Stratton - Community Funday

### 1<sup>st</sup> September 2-8pm

Long Stratton High School Playing Fields

Beer tent provided by **Wolf Brewery**



**Zoo-tastic** will be bringing along a selection of animals for petting

**Lee Vasey Big Band** will be playing 5-8pm

And lots lots more in the planning ...

It would be good to see lots of local organisations represented at this event, if you would like a stall/stand for the afternoon, please get in touch

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## **Come and join us...**



The next **Messy Church** is  
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9am until 10.45am and will  
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The morning begins with bacon  
butties and muffins before craft  
activities, finishing with a time  
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All children must be  
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## LONG STRATTON MEDICAL PARTNERSHIP

Thank you to our PPG for organising a very successful and well attended Diabetes Evening last month. We have had some very good feedback from those who went who found it an informative and worthwhile evening. They have plans to organise similar events in the future and we look forward to your support.

June 11-17th is Carers Week, which is a campaign that aims to highlight the needs of carers and to recognise their vital contribution to our community. There are approximately 6.5 million carers in the UK who provide unpaid support to family and friends, be that due to increasing age and frailty, illness, disability or mental health problems. In the region of 700,000 of these carers are under 18. Whilst providing a range of support to others it is known that carers often neglect their own health needs. When we make certain referrals, secondary care takes note of whether a patient relies on or is a carer so that additional support can be offered if necessary. We keep a register of our patients who are carers. If you feel this applies to you then please let our reception staff know. Our Carer Co-ordinator at the practice is Margaret Cobbold who is happy to help with any questions or queries that you may have.

Locally, Carers Matter Norfolk holds a wealth of advice and information with the availability of an online chat called "The Pod" where you can chat to a Carer Advisor – visit [carersmatternorfolk.org.uk](http://carersmatternorfolk.org.uk). Alternatively you can contact them on 0800 083 1148 for free, independent and confidential support – available Monday to Friday 8am – 8pm, Saturday 4pm – 8pm and Sunday 8am – 12noon.

If you are a young carer, or you think your child might be a young carer, or your family needs information or support, call Norfolk County Council (NCC). The NCC also runs a scheme called the "Carers Emergency Card," this is for anyone who gives regular unpaid care to a relative or friend so that you can plan their continued care in case you are taken ill or something happens which means you cannot get home in time. For more information contact NCC on 0344 800 8020 or visit [www.norfolk.gov.uk](http://www.norfolk.gov.uk).

*Dr Lara Douglass*

### **Community Breakfast at Long Stratton Congregational Church Hall [behind the Chapel on Ipswich Road] Sunday 17th June at 9.45 am**

A warm welcome and good 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



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## NEWS FROM LONG STRATTON LIBRARY

Mischief makers - the Summer Reading Challenge 2018 is coming **\*\*soon\*\*** keep your eyes peeled for the launch details in the library. This year we're getting more parents involved with a chance for children to challenge their parents!

If you are aged between 13 and 16 and are interested in volunteering for the Summer Reading Challenge please get in touch and see how you can help out.

### **Regular events:**

Craft group is every Monday 10.30-12.00 – open to all

Stitchers and Knitters every Thursday 5.15pm – 7.00pm – open to all

Book Group on the 4th Thursday of the month at 6.30pm – open to all

Young people's Jobclub every other Tuesday of the month 10.00am - 12.00pm - for 19-25 year olds

***\*\*Children in action are unable to offer a Bounce and Rhyme time session.***

***If you think you can help, we can offer training and support, please contact us for details on 01508 530797\*\****

For library opening times and more information on all our events and services visit: [www.norfolk.gov.uk/libraries](http://www.norfolk.gov.uk/libraries), or call 0344 80080069

### **STAFFED OPENING HOURS**

Monday: 10am – 1pm; 2pm – 5.30pm

Tuesday: 2pm – 5.30pm

Thursday: 10am – 1pm; 2pm – 7.30pm

Saturday: 9am – 1pm

### **UNSTAFFED OPENING HOURS - ask at the Library for further details**

Monday: 8am – 10am; 1pm – 2pm

Tuesday: 8am – 10am; 12pm – 2pm

Thursday: 8am – 10am; 1pm – 2pm

Saturday: 8am – 9am

## LONG STRATTON CHILDREN'S CENTRE

A big thank you for our families who supported the Giant Wiggle Event in association with the Hungry Caterpillar on the 1st May for fundraising for Action For Children.

For information on the programme for June please call in at the Centre on Manor Road or telephone 01508 536399. Or you can check out their Facebook page for upcoming events.

## LONG STRATTON THURSDAY CLUB

Long Stratton Thursday Club will meet on **Thursday 14th June** in the Village Hall at 2pm. It will be a musical afternoon with June Balls  
New members and visitors will be very welcome

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



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## CHURCH SERVICES - JUNE

### St Mary's Church

3rd	11.00 am	All Age Worship
10th	9.50 am	Ten2Ten Service
10th	11.00 am	Holy Communion
17th	11.00 am	Morning Worship
24th	11.00 am	All Age Holy Communion

### St Michael's Church

3rd	No Service	
10th	8.30 am	Holy Communion
17th	No Service	
24th	8.30 am	Morning Prayer

### All Saints' Church

3rd	9.30 am	Holy Communion
10th	No Service	
17th	6.30 pm	Songs of Praise
24th	No Service	

### Congregational Church

3rd	10.45 am	Family Service with Holy Communion	David Dodd
10th	10.45 am	Family Service	Colin Basham
17th	9.45 am	Family Breakfast	
17th	10.45 am	Family Service	Joyce Southam
24th	10.45 am	Family Service	Bruce Thorn

### Methodist Church

3rd	10.30 am	Local arrangement	
10th	3.00 pm	Communion Service	Revd Matthew Olanrewaju
17th	10.30 am	Local Arrangement	
24th	10.30 am	Morning Service	Mr R Moore

## From the Parish Registers

**Baptisms** - We welcome into the family of St Mary's Church:

Lindsay & Lewis Towers

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

Joy McCarthy [Mayfields]

Aged 81

Earlham Crematorium

Alan Watts

St Faiths Crematorium

Joyce Farrell

St Mary's



## **Next film showing**

### **Edie**

Long Stratton Village Hall

Monday 18<sup>th</sup> June

1pm

83 year old Edie believes that it is never too late - packing an old camping bag, leaving her life behind and embarking on an adventure she never got to have - climbing the imposing Mount Suilven in Scotland.

### **Tickets £5 which includes Refreshments**

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

### **Films for the summer months:**

Monday 16<sup>th</sup> July      Darkest Hour

Monday 20<sup>th</sup> August    The Greatest Showman



## **K AND J CARS**

**FRIENDLY, RELIABLE**

**TAXI SERVICE BASED IN**

**LONG STRATTON**

**SHORT AND LONG DISTANCES**

**AIRPORTS AND STATIONS**

**PERSONAL COURIER SERVICE**

**6-SEATER AVAILABLE**

**PRE BOOKING RECOMMENDED**

**PLEASE CONTACT KARL OR JOSH**

**07464736667 OR 07464736668**

## **BDH BUILDERS**

Household Maintenance

All building work

Extensions

Conversions

Kitchen / Bathroom fitting

Decorating / Tiling

Patios / Fencing

**Please contact**

**Bradley**

**01508 536769**

**07732 321423**

## LONG STRATTON METHODIST CHURCH

Monthly lunch is on Tuesday 5th June - 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

**Ditchingham Hall Open Gardens - in aid of Motor Neurone Disease Association - Sunday 17th June, 2 - 5pm.** Admission £5 with under 16's free - guide dogs only. You can find us on the B1332 north of Bungay.

**Harleston Cinema - Thursday 28th June - Darkest Hour** 7.30pm - Masonic Rooms, Throughfare, Harleston - tickets £4 - ring 01379 851917

**St George's Dementia Support Group - 11th & 25th June** - 10am to 12noon - St George's Hall, Long Lane, Upper Stoke Holy Cross NR14 8ND - further details 01508 493661/492938 .

**HARLESTON CHORAL SOCIETY** invites you to its Summer Concert, on **Saturday 23 June** at 7.00 pm in St John's Church, Harleston. We're singing Rossini's Petite Messe Solennelle, with professional musicians. Tickets £10 (including a post-concert finger buffet) from Harleston Information Plus, or on the door. Accompanied children free. Wine and soft drinks by donation. Further information from Jo Curry on 01986 875494, jo.curry@sky.com, or have a look at our website [www.harlestonchoralsoc.org.uk](http://www.harlestonchoralsoc.org.uk)

## 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](http://www.longstrattonvillagehall.org.uk)
- Email us at [longstrattonvillagehall@outlook.com](mailto: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 new 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](mailto: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](mailto: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 \_\_\_\_\_

FREE  
ENTRY



Lots of activities  
whatever the  
weather!

# OPEN FARM SUNDAY

## 10<sup>TH</sup> JUNE 2018

AT

**SHOTFORD HALL FARM, HARLESTON, IP20 9QT**

by kind permission of J B J Catchpole

(SIGNPOSTED OFF B1116)

**11.00AM – 5.00PM**

MILKING DEMONSTRATIONS (2.00 - 4.00pm)

MACHINERY • RIVERSIDE WALK • SHEEP SHEARING • REFRESHMENTS

TRACTOR & TRAILER RIDES • CHILDREN'S ACTIVITIES

CELEBRATE BRITISH FARMING  
& LEARN WHERE YOUR FOOD COMES FROM

FOR FURTHER DETAILS VISIT [www.facebook.com/Shotford Hall Open Farm Sunday 2018](http://www.facebook.com/Shotford Hall Open Farm Sunday 2018)

OR CONTACT TIM LEWIS ON 07767 708106 OR [timlewis@lewispartners.co.uk](mailto:timlewis@lewispartners.co.uk)



Open Farm Sunday is a national farm open day co-ordinated by LEAF  
[www.farmsunday.org](http://www.farmsunday.org)