

The Sexton's Wheel

Issue 190

The magazine for the villages of Long Stratton & Wacton

COMMUNITY FIREWORKS EVENT

NOW BIGGER AND BETTER THAN EVER



SATURDAY 2nd NOVEMBER

Gates open 5.30pm - Firework display 7pm

Long Stratton Playing Field, Manor Road

Hot food and drinks

Fireworks by Titanium - in 2019 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 2019

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

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	
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 Town 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.



**STOP PRESS...STOP PRESS...STOP PRESS..
THE CHURCHES 2020 CALENDAR IS NOW IN PRINT - SEE
DETAILS ON PAGE 15**

Summer has long been forgotten as we head into Autumn with the clocks changing on Saturday 26th October.

Lots happening this month with two concerts [see pages 8 and 17], a quiz evening [see page 11] and a Beetle Drive [see page 26]. Also All Saints' Church has a celebratory weekend from Friday 11th to Sunday 13th October - more information on page 9.

Don't forget St Marys' Harvest Festival on the 6th October, details on page 7.

It is also time to be booking in your Christmas Tree for the festival in December plus bookings are now being taken for Christmas Lunch in the village hall.

The Sexton's Wheel Team

Due to holidays November deadline for all editorial is the 9th of the month

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**DON'T FORGET THE CLOCKS GO BACK ON
SATURDAY 26TH OCTOBER**

STRATTON CYCLE SHED

Neil is now working from
home and doing mobile
repairs.

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or email

neil@strattoncycleshed.co.uk

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the Leisure Centre every
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THE BLESSING OF PEACE

The season of harvest, and thanksgiving for it, will soon be over, and the summer holidays may already seem distant. Yet we remain blessed to enjoy a degree of peace due to our lovely rural area. People sometimes associate rural life with peace, compared to city life. The comparison is not straightforward. But what is sure is that many of us desire peace. The current growth in practices of mindfulness, for example, shows a desire to be free of anxiety, to find inner peace.

The countryside is far from a place where stress is absent: ask farmers about that, and many others! Contentment is elusive. Our culture can foster discontentment: adverts often tell us what we don't have, but surely need! Impatience is encouraged. Buy on credit: don't wait! Patience seems hard, by comparison.

Patience is hard; indeed, the root of the word is suffering – think of 'patients' in hospital. But contentment, the adverts imply, can be ours for a really good price! Contentment, however, is not about ease when all is going well; it is about finding a measure of peace when all is not going well. True contentment enables us to face unease, difficult circumstances, even sorrow, yet patiently retaining an underlying, peaceful hope.

Christians believe this requires right relationship with God. Christians have long practised forms of mindfulness: being mindful of God's presence and of God's promises. The Bible tells of the patience of farmers waiting for the harvest, but also of a patience, hope and contentment beyond our natural powers, of a peace passing understanding, of waiting for God and finding new strength. The twenty-third Psalm tells of fearing no evil 'in the valley of the shadow of death', knowing God's care. Many Christians experience moments of a peace not of this world. But they also admit to struggling with anxiety. We experience seeds of God's peace but must wait patiently for the full harvest in the life to come.

Christians or not, we all live in a time when peace is challenged. When Christ, risen from the dead, appeared to his frightened disciples in a room with doors locked for fear of their lives, he blessed them saying, 'Peace be with you!' The Jewish word 'shalom' is about profound well-being; being at peace with God, sensing God's peace. Traditional Christian thought affirms that God's life is one of peace. God is never anxious. Whatever unease we may face, may God bless us with the 'shalom' which Jesus, in his struggle to death against powers of evil, brought to completed perfection in his humanity, and still, as the risen Lord, invites us to share in.

Dr. Rolfe King
Long Stratton Congregational Church



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Linda on 07518 207494

or e-mail

**thesextonswheel@
googlemail.com**

ST MARY'S CHURCH HARVEST SERVICE & LUNCH

SUNDAY 6TH OCTOBER, 11AM SERVICE FOLLOWED BY

LUNCH IN THE CHURCH

This will be a Pot Luck Lunch, 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 lunch will go towards Christian Aid who we are



supporting this year through our Harvest collections. *Everyone welcome.*



We will still be collecting non-perishable food at the Church service, which, as usual, will be donated to the FoodBank.

GIRLS NIGHT OUT

Is a group for ladies, which meets once a month (2nd Thursday of the month) for anyone looking for fun and fellowship.

Our next meeting will take place:

10th October 7.30 pm at the Rectory

Louise Wright will be sharing her experiences of a trip to Lubumbashi in the DRC, celebrating the 10th anniversary of Kimbilio, a project working with street children, supported by local churches.

To find out more please contact Heather (rev.heather@btconnect.com 01508 530238) or just turn up

ADVANCE NOTICE OF ST MARY'S CHURCH 4TH CHRISTMAS TREE FESTIVAL

7TH TO THE 12TH 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 we would love to have even more this year.

SATURDAY 14TH DECEMBER

There will be a concert by the Waveney Choir - more details later.

Concert

All Saints' Church, Wacton

Featuring

Last, Will & Testament

Playing classic popular music from the
50's, 60's and 70's

Friday 11th October
7.30pm

Tickets with refreshments £8

Concessions £6

Tickets available on the door or from the Parish Office
(01508) 530238

Stephen Wheeler: Guitars, Mandoline & Vocals

Maurice Gray: Bass & vocals,

David Tyler: Guitars & Vocals

LONG STRATTON COMMUNITY FIREWORKS

SATURDAY 2ND NOVEMBER

Once again we have secured Titanium, a professional fireworks company, responsible for New Year's Eve 2018 on the River Thames.



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 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 2nd November 2018

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

ALL SAINTS' CHURCH – CELEBRATORY WEEKEND 11TH – 13TH OCTOBER 2019

All Saints' Church, Wacton, will be having a weekend of events to coincide with their Annual Gift day on the 12th October.

Friday 11th October – there will be a concert in the church in the evening by Last, Will & Testament at 7.30pm. They will be playing classic popular music from the 50's, 60's and 70's. Tickets are priced at £8 [£6 concession] which includes refreshments. Tickets available on the door or from the Parish Office 01508 530238.

Saturday 12th October – Gift Day, Coffee morning and Churchyard Tidy up – the Coffee morning starts at 10.30. If you would like to help with the churchyard tidy up, please bring along any equipment you think might help (i.e. secateurs, hedge trimmers).

Sunday 13th October – 3pm – Village Praise – come along and sing your favourite hymns at a celebratory Songs of Praise service. Please contact Heather with your favourite hymns, we will include as many as we can. (rev.heather@btconnect.com 01508 530238)

Due to holidays November deadline for all editorial is the 9th of the month

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JULIE HENSON WINS ANOTHER AWARD

In May we featured Julie Henson following her success in fencing at the Commonwealth Games in Australia.

In June when attending the Norfolk Sporting Awards ceremony to her complete surprise Julie was awarded Norfolk Sports Woman of the Year.

In addition to her work at the Kennels she is now much in demand helping in the training of young people in the art and skills of fencing.

Our congratulations to Julie!

ST MARY'S CHURCH MEMORIAL SERVICE

We would like to invite you to a Memorial Service in St Mary's Church on **Sunday 3rd 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.

LONG STRATTON LIONS QUIZ & PLOUGHMAN'S NIGHT FRIDAY 25th OCTOBER

LONG STRATTON VILLAGE HALL - 6.30 for 7.00

Teams of up to 6

£7 per person includes supper but please bring your own drinks.

Book with Bonnie on 01508 531406 or Bob on 01508 530262.

or email bonnie.wade@tiscali.co.uk



Sunday Community Breakfast

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

Sunday 20th October - 9.45am - no charge!

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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LOCAL WALK SEPTEMBER WALK

Some walks require a long car journey. Some demand a picnic or a handy pub. Our Monday walks are planned so that people who need to be home by lunch time won't be excluded.



How could we walk the Bath Hills (not in Somerset but overlooking Bungay) without spending too long driving? The answer was to start at Ditchingham Church, just 20 minutes drive from Long Stratton where there was an excellent car park.

The first of September was a bright sunny day with a gentle breeze so we set off at a good pace along quiet Norfolk lanes. Bakers' Lane had grass down the middle reassuring us that there weren't going to be many cars to disturb the peace. Ahead we could see the hills and woods of Suffolk. As we approached the first houses of Ditchingham (nearly a mile from the church) we took a narrow footpath between fences then turned right past the village hall and an intriguing hollow. Eventually we emerged by the pub near the 'chicken' roundabout.

Once we had crossed the road a totally different walk started. I for one had never noticed the sign for Angles Way which is virtually on the roundabout. At first it was a rough track then a footpath. We took a slight diversion through a wood and past a sign about a historic mill. Then suddenly the flat expanse of Outney Common opened out in front of us. It could be reached over two footbridges, the first over a gentle stream with fish darting underneath; the second over the river Waveney itself. We resisted the temptation to step further into Suffolk and turned back to follow Angles Way up the Bath Hills. Yes, we really were in Norfolk but the footpath rose very steeply for a short distance. At the top we could look down on the Waveney Valley, though the trees, still in full leaf, blocked most of the view. The



path then levelled out, gently curving round through varied woodland which dropped steeply down on our left. At the point where the path started to turn South to complete its circle we reluctantly left it to head along Free Lane.

Suddenly, over the fields, we could see the tall tower of Ditchingham Church just as we also spotted some juicy blackberries. Well refreshed we faced a few yards of the busy main road before turning down a lane towards Ditchingham Church. There was one final surprise. We couldn't resist popping into the church. There in a stained glass window in memory of the novelist, Rider Haggard, we saw the view we had been looking at from the Bath Hills with slightly fewer trees to block the view!



We meet the first Monday of every month [7th October] in the Long Stratton car park near the toilets at 10am. Everyone is welcome. We always aim to be back in time for lunch.

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LONG STRATTON 'THROUGH THE SEASONS' 2020 CALENDAR NOW AVAILABLE

After a year off we have once again produced a calendar on Long Stratton, this time depicting the seasons in and around Long Stratton.

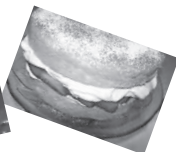
Following a request in Sexton's Wheel we received lots of photos from villagers and villagers then voted for their favourites. Congratulations to Shirley Housden, Donna Medcalf, Sheila Hardingham, Hannah Catchpole, David East and Heather Wilcox for having their photos selected.

The cost will be £4 and they will be available from The Butcher's House and Bekays and hopefully other outlets around the village. Or you can call in to the Church Parish Office, The Rectory, 8 Flowerpot Lane - Monday to Thursday 8.30am to 12.30pm.



Gift Day & Coffee Morning at All Saints' Church Wacton Saturday 12th October - 10.30 - 12.00

Bric-a-brac
Raffle



Cake Stall 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.

LONG STRATTON THURSDAY CLUB

Following our August break, 20 members and two guests attended our September meeting.

We had 45 minutes of chair yoga with Emma, an exercise that could be achieved by everyone and at their own level.

A bouquet of flowers was presented to Doreen who will be leaving Long Stratton at the end of September. Tea, cakes and quiz followed, with the meeting closing with the raffle.

Our next meeting is on **Thursday October 10th** at 2pm in the village Hall when Barbara Miller will give us a talk on Edith Cavell.

We look forward to welcoming anyone over the age of 55 who would like to join us.

Shirley Warne



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3pm

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YOUR VOICE IN SOUTH NORFOLK

(An Organisation targeting the elderly and isolated)

If you are interested in Health and Well Being then do try and come to our AGM.

This will be held in the Council Chamber in South Norfolk House, Long Stratton
10am on Wednesday 23 October.

There will be speakers on subjects of current interest .

You will be welcomed with tea /coffee and biscuits and if you are interested we can keep you up to date without any charge for our services.

This is your chance to ask many questions of where you can get help with any issues concerning you and effecting your daily life.



Beetle Drive & Pudding Party

Fun for all ages

Saturday 26th October

6.30pm

**St. Mary's Church,
Long Stratton**

Tickets £5 Adult £3 Child

(under 16)

**Which includes a selection of puddings
& refreshments**

To pre-book ring Heather 01508 530238

rev.heather@btconnect.com

WEEKLY EVENTS


MONDAY ACTIVITIES	VENUE	TIME
Long Stratton & District Men's Shed - see page 15	Call Barry [01508 532280] or Brain [01508 530400] for venue and information	2pm to 4pm excluding Bank Holidays
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
Lloyds Mobile Bank	The Swan	9.45am - 11.15am
Let's Chat	St Mary's Church	10.15 am
Lunch & activities	Day Centre	10 am to 3 pm
Long Stratton Jogging Club	Swan Lane Medical Partnership contact 07926623741 for more information	6.30pm
Long Stratton Youth Cafe	Methodist Church term time only	7pm to 8.30pm
Stratton Community Choir	Mayfields Care Home	7.30 pm
Singing in Wacton see page 22	Wacton Village Hall	7 pm to 8.30 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 - Peter Grant 01508 536753	2 pm
Long Stratton Jogging Club	Swan Lane Medical Partnership contact 07926623741 for more information	6.30pm

The Sexton's Wheel

M	T	W	T
	<p>1</p> <p>Coffee Morning Wacton Village Hall 10.30am <i>see page 23</i></p> <p>E of E Co op Bereavement Support Group 10.30am LSVH Rebecca - 01473 231460</p> <p>Methodist Church Lunch <i>see page 33</i></p>	<p>2</p> <p>Wacton Parish Council Wacton VH 7.30pm</p>	<p>3</p>
<p>7</p> <p>Local Walk - <i>see page 13</i></p>	<p>8</p> <p>Sunflower Cafe, Mayfields 10am - 01508 535500</p> <p>Diabetes UK Wymondham 2pm Fairland Church NR15 0AW - 01953 607494 Cecil Amey Opticians</p> <p>Diggers & Dibblers Gardening Club, Forncett VH 7.30pm 01508 489181  Forncett Diggers and Dibblers</p>	<p>9</p> <p>Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p>	<p>10</p> <p>Thursday Long Stratton Tharston & 7.30pm W</p> <p>Girls Night Out Rectory - s</p>
<p>14</p> <p>St George's Dementia Support Group 10am - Upper Stoke Holy Cross NR14 8ND - 01508 493661/492938.</p> <p>Long Stratton Town Council 7pm - Methodist Church</p>	<p>15</p> <p>MacMillan Coffee Morning Wacton Village Hall 10.30am <i>see page 22</i></p> <p>Newton Flotman Evening Cinema, Village Hall - 'Fisherman's Friends' 7.30pm 07745760382 or william.ball@outlook.com</p>	<p>16</p> <p>Long Stratton & District WI 7.30pm Long Stratton VH <i>see page 25</i></p>	<p>17</p>
<p>21</p> <p>Film Afternoon 'Fisherman's Friend' Long Stratton VH - <i>see page 23</i></p>	<p>22</p>	<p>23</p> <p>Your Voice in South Norfolk AGM - 10am <i>see page 18</i></p> <p>Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p>	<p>24</p> <p>Harleston Mansonic Ro Man' 2pm 01379 8 lesleyrock@</p>
<p>28</p> <p>St George's Dementia Support Group 10am - <i>see 14th for info</i></p>	<p>29</p>	<p>30</p>	<p>31</p>

October 2019

T	F	S	S
	4 Wacton Social Club <i>see page 22</i>	5	6 St Mary's Church Harvest Festival - 11 am followed by lunch - <i>see page 7</i>
Club 2pm atton VH District WI Wacton VH 7.30pm at the <i>see page 7</i>	11 All Saints' Church Concert - 7.30 pm <i>see page 8</i>	12 All Saints' Church Gift Day coffee morning - 10.30 am - <i>see page 15</i>	13 Ten2Ten 9.50am St Mary's Church All Saints' Village Praise 3 pm - <i>see page 15</i>
	18 Wacton Social Club <i>see page 22</i>	19	20 Community breakfast at the Congregational Church 9.45am <i>see page 11</i>
n Cinema, oms - 'Rocket & 7.30pm 54897 or keme.co.uk	25 Lions Quiz Night 6.30pm LS Village Hall <i>see page 11</i>	26 Messy Church Junior School 9am <i>see page 38</i> Beetle Drive & Pudding Party 6.30pm St Mary's Church <i>see page 18</i>	27 St Michael's Concert - 3pm <i>see page 17</i> Soul Shapers 7pm St Mary's Church
	1 November	2 Firework Display <i>see front cover</i> 21	3 St Mary's Memorial Service 3 pm - <i>see page 11</i>



WACTON VILLAGE NEWS

CHURCH NEWS

October sees our last coffee morning of the year on **Saturday 12th**. This is also our **annual gift day** and **churchyard clear up day**. See page 15 for more details. Why not pop along from 10.30 am for a coffee and a chat and sample our home baked cakes!

Thank you to all who supported our Harvest Songs of Praise in September, £110 was raised for Christian Aid.

All Saints' Church will be having a weekend of events from the **11th to the 13th October** to coincide with their annual gift day on the 12th October - see page 8 and 15 for more details. If you have a favourite hymn please let us know then it can be included in the Village Praise service on **Sunday 13th October at 3pm**.

OCTOBER CHURCH SERVICES

Sunday 6th 9.30 am Holy Communion

Sunday 13th 3.00 pm Village Praise

Sunday 20th 9.30 am Holy Communion

There are Church services available at St Mary's and St Michael's - please see page 42

CREATIVE SINGING GROUP

Our Creative Singers Group meet on Tuesday evenings in the village hall at 7 p m until 8.30pm where we sing a variety of songs. Our membership has now tripled since the group started two years ago and if you would like to join us and would like further information please call Louise Tingley (Certified Voice Coach) - 07765 920390 or for an informal chat please call Rita - 01508 218407

WACTON SOCIAL CLUB

Wacton Social Club is on the 1st and 3rd Fridays of each month. New members very welcome. Doors open 7pm – 11pm. **Dates for October are the 4th and 18th.**

On the 4th October we will have our popular Bingo Night. Eyes down 7.30pm and on the 18th October we will be holding our Quiz and Chips Night. This is a ticket only event and to purchase them please contact me as below. The price is £10 per person, maximum teams of six.

Our Firework Night will be on the 9th November.

For any information about becoming a member or upcoming events please contact Katie Anderson on 07577446589 / wacton.social.club00@gmail.com
Please check out our Facebook page and website for more future events.

COFFEE MORNINGS

Coffee mornings are held in the village hall on the first and third Tuesday of each month from 10.30 a.m. -- everyone welcome. **Dates for October are the 1st and 15th.**

We will be holding our annual '**MACMILLAN COFFEE MORNING**' on **Tuesday 15th October**. In previous years we have managed to raise £100 for this worthy cause and hope villagers will again join us and help to reach this target for 2019. Any donations of cakes would be very welcome.

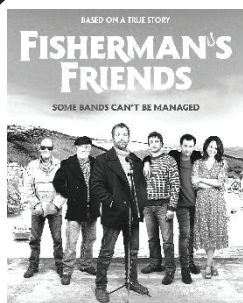
For further information contact Caroline Squires on 01508 530111.



Caroline and Rita

WACTON FOOTCARE

The next session of Footcare will take place in the village hall on **Monday 7th October**. For further information or to cancel an appointment please call Clare (Footcare Specialist) on 07785 295358 or Rita on 01508 218407.



Fisherman's friends

Long Stratton Village Hall
Monday 21st October - 1pm

Ten fisherman from Cornwall are signed by Universal Records and achieve a top ten hit with their debut album of Sea Shanties.

Tickets £5 which includes Refreshments

Films for November & December

18th November – Red Joan

16th December – Yesterday

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

LONG STRATTON YOUTH CAFE

Come along to Youth Cafe on Tuesday nights 7-8.30pm at the Methodist Church Long Stratton. Year 5 and welcome.

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LONG STRATTON & DISTRICT WI

Members always look forward to our summer party and they weren't disappointed when they saw the ample meal prepared for them by the committee. This was followed by social time and various games. As the saying goes "A good time was had by all."

Two of our members represented us at Bunwell WI's summer meeting where they enjoyed a vintage style tea with delicate sandwiches, cakes and cream scones. They enjoyed meeting up again with members from another institute.

Following a letter from St. Martins, a Norwich based charity that has supported homeless people in the county for over 40 years, our members were very willing to support their latest effort to highlight the problem, raise awareness in schools and the community and finally raise funds.

St. Martins asked for knitted scarves which they will use to build a knitted house and this will be on display in Norwich Cathedral for World Homelessness Day on 10th October. We were proud to provide a large number of hand knitted scarves to their specification (see picture for some of them.)



The charity was asking for 4,677 scarves to represent every person sleeping rough last year and they could be any design so they were varied like the variety of people sleeping rough. At the end of the project the scarves will be sold to raise funds for St. Martins' new accommodation project and their ultimate aim is to support people out of homelessness and into independence.

In September we will begin our monthly lunches again for those who want to get together and plans are already in place for decorating a tree at St Mary's Church Christmas Tree Festival in December.

Our October meeting on Wednesday 16th will be a talk about the development of chairs for everyone. If you would like to come along for a sociable evening with an interesting talk you can just turn up at Long Stratton Village Hall at 7.30.pm.

For any further information please contact the Secretary Mrs. Shirley Housden on 01508 531154.

LONG STRATTON CHILDREN'S CENTRE

For details for the programme for October please contact the centre. If you wish for any further information call 01508 536399, check our Facebook page or Action for Children website for up-to-date details. You can find us on Manor Road next to Manor Fields.

From 1st October there will be a new service for 0-5 year olds and their families in Norfolk. Norfolk's Early Childhood and Family Service is for all parents and carers with children aged 0-5 years. How and where you get support will depend on what you need. **For more information please e-mail ECFS-Families@actionforchildren.org.uk**

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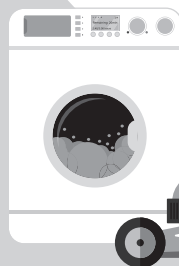
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POSADA

For the last few years Long Stratton has taken part in a Mexican tradition where accommodation is provided to the Holy family who travel from house to house during the month of December. Don't worry, they don't eat much or require an ensuite as they are knitted figures!



If you would like to take part to host Mary, Joseph and the donkey a sign up sheet will be available at October Messy Church and then in St Mary's Church from the beginning of November. Alternatively please email me on Briggschrissey44@gmail.com if you have a particular date in mind.

This is a great way to focus on the real meaning of Christmas amid all the organizing and rushing. Chrissy Briggs

LONG STRATTON GUIDING

2nd Long Stratton Brownies

We started off the autumn term with 'Getting to know you games and activities', some we were able to play outside.

In September the Brownies had an enjoyable evening at the fire station, learning all about fire safety in the home. They also tried on their uniform, saw inside the fire engine and used the fire hoses [with help as they are very heavy to try and hit a target].

Thank you to Mr Stickle and colleagues from Long Stratton Fire Station for arranging this visit for us.

Some of the Brownies also attended the Congregational Church Harvest Festival.

Brown Owl



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LONG STRATTON MEDICAL PARTNERSHIP

We have many new faces at the surgery. Dr Annabel Hall started in September and will be working three days a week. Dr Hall trained at NNUH and lives locally with her husband and young family.

On the training side we have Drs Rudge and Drummy who are GP Registrars and both started over the summer. They are with us for four and six months respectively.

If you haven't done so already please make an appointment for your flu vaccinations as our clinics for all eligible patients are now running.

We held a very successful educational evening in September looking at the technological development within the NHS. If anyone is interested in learning a little more about the way Health Apps may be able to help you, or about Online Access or just to learn about navigating the internet to find good quality advice, then please contact our Patient Participation Group as they are looking to set up a monthly support group at Swan Lane surgery lsnfpg@gmail.com.

FACEBOOK PAGE - Don't forget to like our Facebook Page and follow us for surgery news, plus up to date seasonal health advice and local support in our area. <https://www.facebook.com/longstrattonmedicalpartnership/>
Dr Lara Douglass

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY
01508 530781 www.longstrattonsurgery.nhs.uk

LONG STRATTON METHODIST CHURCH

October lunch will be on Tuesday 1st 12.30pm.

Please call 01508 536173 to book - all welcome

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

LONG STRATTON LIBRARY

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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.

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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)
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THARSTON & DISTRICT WI

We usually try to have at least one additional activity each month and in September we visited How Hill. We were welcomed with tea or coffee and large slices of sponge cake – always good. We started off with a talk about the history of the house and about the beginnings of the environmental study centre and the How Hill Trust.

The tour of the gardens began in front of the house where various features were explained. Box or yew hedges that were in the process of being trimmed bordered several of the individual gardens. The many hedges add up to one mile of hedge and some were very tall. A lot of work for the sole gardener! We were all prepared for the weather with shoes and raincoats; some who were ready for all eventualities brought sunglasses too. The gardens were lovely and made more interesting by our knowledgeable guide.

At the end of the visit many of us walked down towards the River Ant, visited Toad Hole Cottage and wandered along the riverbank admiring the boats.

Another activity towards the end of September was a jigsaw race followed by high tea.

October will be busy with our annual quiz and lasagne evening. This is always popular, some teams are very competitive whilst others just enjoy the evening, and tickets go fast. Also on the agenda is a visit to Hotter Shoes in Norwich and the Autumn Federation meeting.

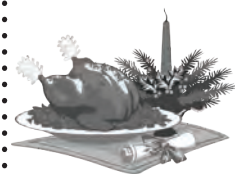
Planning is also underway for a Christmas themed flower afternoon, a festive meal out and also our own party.

We meet at Wacton Village Hall at 7.30 on the second Thursday each month and are always pleased to welcome guests and new members.

Heather Jeary

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

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A bit more about the Bayspole Charity

As Judith Baker suggested [September issue] this Charity was set up under the will of Elizabeth Bayspole. Elizabeth Bayspole was born Elizabeth Kett and married Roger Branch on 2nd April 1689 in Norwich . In 1706/7 Roger Branch of Shotesham made his will and left to his wife an estate in Stratton and Wacton; lands and houses in Saxlingham Thorpe and Saxlingham Nethergate; plus lands in Shotesham. The widowed Elizabeth married Edward Bayspole of Ormesby St Margaret on 27th June 1710. She made her will on 30th March 1711 and died on the 10th April 1711. It is unlikely that Elizabeth ever lived in Wacton or Stratton.

In her will Elizabeth left one of her farms in Wacton and Stratton to Elizabeth Cotman of Great Yarmouth on the condition that she, Elizabeth Cotman, pays out of the rent of the farm 52 shillings to the Overseers of the Poor of Wacton and 26 shillings to the Overseers of Stratton on 25th December each year. She also set up charities in Shotesham and Saxlingham. The will then instructs the Overseers to distribute every Sunday a one penny wheat or white loaf to each of the 12 poorest inhabitants of Wacton and to 6 in Stratton. Once the arrangements were set up the system seemed to work well and little documentary evidence seems to have survived, probably because the property remained in the Cotman family until 1899.

However, by the early 1830's it seemed the tenants paid the sum direct to the baker, who supplied the Rector with the necessary number of loaves and presumably the rent was adjusted accordingly.

By 1835 12 two-penny loaves were being provided every fortnight by a baker of Long Stratton, who was paid by John Harvey, the tenant of the farm in Wacton belonging to the Rev. John Cotman. The 1840 Tithe Commutation Map for Wacton identifies the land as that around Hill House in Wacton and occupied by Charles Harvey. The land in Stratton has not been identified.

Then in 1891 the Deanery magazine records that "Mrs LeGrys (upon whose farm the gift is charged) has transferred the order to Mr Pidgeon, and the loaves will be delivered and given away at the Rectory every fourth Tuesday instead of Monday as heretofore". Presumably the loaves now cost 4 pence each.

The plaque put in Wacton church in 1898 is now on the west inside wall of the Church Tower. This plaque is incorrect as there is no condition of regular attendance at church with respect to the Wacton or Saxlingham gifts of bread.

In 1899 the farm's owner John Carter Davidson Dove Cotman of Hinckley, Leicestershire died, the last descendant of Elizabeth Cotman. The farm was sold and two fields were sold off, the charity continued to make returns to the Charity Commissioners until 1933 according to papers in the Norfolk Records Office, and the last mention of the Charity was in the Norfolk Directory of 1937.

This summary is based on research by Robert Maidstone into the history of Hill House, the Cotman and Harvey families, and Wacton in general. Further information about researching Wacton's history can be obtained from robertwmaidstone@gmail.com .

CHURCH SERVICES - OCTOBER

St Mary's Church

6th	11.00 am	Harvest All Age Worship
13th	9.50 am	Ten2Ten Service
13th	11.00 am	Holy Communion with Baptism
20th	11.00 am	Morning Worship
27th	11.00 am	All Age Holy Communion
27th	7.00 pm	Soul Shapers

St Michael's Church

13th	8.30 am	Holy Communion
20th	6.30 pm	Evening Prayer
27th	8.30 am	Holy Communion

There are Church services available at St Mary's and All Saints' on Sundays when there are no services at St Michael's

All Saints' Church

6th	9.30 am	Holy Communion
13th	3.00 pm	Village Praise [see page 15]
20th	9.30 am	Holy Communion

There are Church services available at St Mary's and St Michael's on Sundays when there are no services at All Saints'

Congregational Church

6th	10.45 am	Family Service with Holy Communion	Keith Scarff
13th	10.45 am	Family Service	Malcolm Simpkin
20th	10.45 am	Family Breakfast	
20th	9.45 am	Family Service	Rolfe King
27th	10.45 am	Family Service	Peter Fitches

Come and join us for.....

The next **Messy Church** is on **Saturday 26th 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 Rectory 530238

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.

Due to holidays November deadline for all editorial is the 9th 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



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