

# The Sexton's Wheel

Issue 197

The magazine for the villages of Long Stratton & Wacton

## VE DAY CELEBRATIONS



*This flag flew from my mum's bedroom window on Ranworth Road Norwich on VE Day 1945 - Steve Adcock*



*Red Arrows do fly past!*

*see pages 6, 7 and 8  
for more photos*

**June 2020**

## 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 meeting room has seating for 22, suitable for small functions. The main hall has a semi-sprung floor with capacity for 80 seated or 120 standing. There is a fully equipped kitchen and a full complement of tables and chairs. All areas are accessible for wheelchairs, there is a baby changing station. Hourly rates are £6 and £10 respectively or £13 for the hire of the whole hall. Christine Goreham 01508 530823 or [Wacton.VH@outlook.com](mailto:Wacton.VH@outlook.com)

## Church Contacts

<b>St Mary's / St Michael's &amp; All Saints'</b>	Rev. Heather Wilcox	01508 530238
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<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 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](mailto:clerk@longstrattoncouncil.info)

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After a month away we are back in your homes and we hope you are all keeping safe and well. For the past two months our lives have been transformed from visiting family to only being able to see them on Facebook or having a Zoom party. Let's hope and pray that by the time you receive the July magazine things have improved, but of course only if it is safe to do so.

Despite the 'Lockdown' we have had some brilliant pictures sent in from your VE Day celebrations - thank you to everyone for sending these to us - see pages 6, 7 and 8.

The Scouts have also been very busy during this period - see what they have been doing on pages 24 and 25.

On a sad note Long Stratton has lost one of its long standing residents, Jeanne Sutton, although she had been in a home for the past six years. No doubt lots of you can remember Jeanne going round the village pushing her bike. We have a lovely tribute to her on pages 10 and 11.

### *The Sexton's Wheel Team*

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# Cllr Alison Thomas & Cllr Joshua Worley

Your District & County Council Representatives



First and foremost, we would like to thank you all for your efforts over the past few months. This includes all of the volunteers to help the most vulnerable in our community. We have over 40 members in our Stratton COVID Whatsapp group, and know there are so many more of you out there helping your friends and neighbours and for this, we cannot thank you enough.

Norfolk County Council has been leading the county's response to the virus from day one.

As part of this, over 300 ambulance shifts have been covered by the County's Firefighters including a number from our Fire Station here in Long Stratton.

You can also find clear and detailed guidance on the Government's most recent lifting of lockdown restrictions, which are available at [norfolk.gov.uk/coronavirus](http://norfolk.gov.uk/coronavirus).

South Norfolk Council has also been working incredibly hard since the start of the outbreak to ensure that help is available to all of those who need it.

The Help Hub, now working 7 days a week, has received well over 15,000 calls and staff and volunteers have been deployed on more than 4,000 occasions to offer assistance.

If you find yourself in any kind of financial difficulty as a result of the Coronavirus, or need any other assistance, please call the Help Hub on 01508 533933.

Over £25 million of grants have also been provided to businesses in South Norfolk, including many right here in Long Stratton, to help them through this time.

If there is anything at all we can help with, please don't hesitate to contact us using the details below, or check out our brand new website at [strattontories.org.uk](http://strattontories.org.uk).

SNC has also launched COVID Community Heroes to recognise the great work that has been going on in our communities during the outbreak. If you would like to nominate someone, log on to [south-norfolk.gov.uk/covidheroes](http://south-norfolk.gov.uk/covidheroes).

Take care! Alison and Josh.



**Cllr Joshua Worley**  
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District & County Councillor

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# LONG STRATTON CELEBRATES

My boys Connor 8 and Issac 7 decided to do a flyby through Long Stratton as Red Arrows. This is what they decided to do as they wanted to put a smile on peoples' faces. Which it certainly did. They really enjoyed doing this. We were planning on only being out for an hour and a half. But with the amount of support we received from people this took three hours. As people were taking pictures and were really happy to see them. We made a special flyby by Harker House which was well received by all.

**Wendy**



Flight Lieutenants Connor [8] and Isaac [7] Reeder at pre-flight briefing and personal fuelling [arrows never fly on an empty stomach!].

Some walk-about photos of the aces, Red 10 and Red 11. The boys brightened up the day for many people in lock down and I'm sure the streets would have been lined with adoring crowds in more normal circumstance.

They were accompanied by their parents and of course observed social distancing at all times.

**words by Tony Smith**



**The boys with their medals presented to them by Sheila Hardingham.**

**Well done boys and they were featured in the EDP as well.**

# VE DAY DURING LOCKDOWN



*Vicky Knights and family celebrating*



*Martha Menary in a 1945 hairstyle and the family's afternoon tea*





*And Hill Farm Road had a special guest!  
Thomas White is the Home Guard  
looking after Her Majesty*



*St Mary's Road*



*St Mary's Junior School*

## **LONG STRATTON GUIDING**

### ***2nd Long Stratton Brownies***

We are pleased that the Brownies have decorated their windows with lots of pictures of sunflowers, rainbows, 'This Little Guiding Light' pictures, and made bunting to decorate their homes.

It has been lovely to see some of our Brownies on our Facebook Group Page showing us the work they are doing towards their Brownie Interest Badges. The most popular badges being worked on at the moment are: Baking, Grow Your Own, Zero Waste, and Mindfulness.

Keep up the Good Work Brownies. I look forward to being able to order lots of interest badges when we get back to our meetings. Well Done also to those who are taking part in the 'My Guiding Light' Challenge Badge.

We know that the Brownies are sharing our Brownie Motto by their actions to neighbours, families and key workers; and will continue to "Lend a Hand" in the weeks ahead.

Please keep safe with your families...

***Brown Owl***

### ***1st Long Stratton Guides***

Although we are missing our regular meetings we have achieved a couple of firsts for the unit:

- Holding a virtual meeting via Zoom, we sorted out a few technological problems and then we were off with a scavenger hunt – the teddy bear resulted in a dash up two flights of stairs. The guides told us they are doing a lot of school work but some are finding time to do Unit Meeting Activities and badges towards their theme awards and enjoying spending time with their families. I met one family enjoying geocaching, a new experience, for the badge.
- Our first guide gained a Bronze Section Award - to achieve this she has completed 640 minutes of themed activities including making a bowl from strips of paper, building a beast from rubbish, Two Skills Builders - Communicate, which included learning British Sign Language and the Phonetic Alphabet, and Express Myself plus Interest Badges.. Congratulations, this is a brilliant achievement.

---

## **SEXTON'S WHEEL DELIVERER NEEDED**

We are looking for someone to deliver The Sexton's Wheel in the Francis Road area. This would involve the delivering of around 70-80 magazines each month. We also need someone to deliver in Suffield Close which is around 86 magazines.

If you are interested in doing this please contact Ann Lorne on 01508 530987.

# JEANNE SUTTON TRIBUTE

No doubt there are many people in the village who remember Jeanne cycling and then pushing her bike around the village for many years.

Sadly Jeanne passed away on 19th March at the age of 97 at The Limes care home in Norwich where she had been since June 2014.

One of three sisters and the daughter of a head cowman and a schoolteacher, Jeanne lived on various farms in the Beccles and Bungay area. Her father died suddenly when Jeanne was 27 and the family had to leave their tied cottage in Howe. So in 1950 she and her mother moved to Cherry Tree Cottage at the top of the hill. Jeanne never married, caring for her mother Hilda in the cottage until Hilda died.

During the war she had been a member of the Women's Auxiliary Air Force based at RAF Oulton Satellite Station next to Blickling Hall. After the war Jeanne worked for 35 years for Colman's of Norwich. In their Sales Statistics and Forecasting department Jeanne programmed punched-card machines and tabulators, the fore-runners of modern computers.

In June 1953 Jeanne took a train to London to spend the night on the pavement in the rain by Admiralty Arch- but it was worth the fourteen hour wait as she had a wonderful view of the Coronation procession. Despite not returning home until 11.30 pm she still felt able to rush off to a late fancy dress party!

Jeanne became churchwarden at St Michael's Church on 30th July 1989 after Mr Formby's death and served until 2012. She was a regular worshipper at St Michael's for at least thirty years where she visited the church almost daily. On Tuesdays she made tea for the 'old ladies' at the Day Centre. Before St Michael's had a timer put in for the heating to come on Jeanne would go to the Church at 6.30am, come rain or shine, to turn it on so the church would be warm for services. She continued going to check the electrics had come on! Every Church service you would find Jeanne chiming the bell - we still call it 'Jeanne's bell'.

Jeanne always made sure that people knew she and other members of St Michael's were from St Michael's. One Sunday at a joint service at All Saints' when George and Rosemary Bennet were talking to its congregation after the service she made sure they were told that 'They belong to St Michael's' - in other words 'hands off!'

For her services to the church she was recommended by the Rural Dean of Depwade, Rev. Peter Hall, to receive Maundy Money which the Queen presented to her at Norwich Cathedral in April 1996.

Besides enjoying gardening, another hobby of Jeanne's was bell ringing. St Mary's Bell Tower captain Rev Elisabeth Spry believes she learnt to ring the bells in the early 1990's.



*Jeanne 1982*

Ringers from Ditchingham joined St Marys' to practice and their tower captain, Mark Walland, actually taught her to physically ring a bell (to handle is the technical term) and she took a long time to learn. Elisabeth always thought she was very brave as she was obviously extremely nervous, but being the stubborn Jeanne we knew, she was not going to let it beat her! Her favourite bell was the treble and she continued to ring it until she was in her later 80s. She also chimed the treble before Wednesday morning prayer at St Mary's. Elisabeth also remembers taking her to bellringing meetings at other churches. On one occasion they went to Haddiscoe, which was a real thrill for her as she grew up nearby in Thorpe- next- Haddiscoe (no ring of bells there). She was able to ring the tenor at Haddiscoe (the heaviest bell, but none of the bells are very heavy there).



She was incredibly independent and stoical (and stubborn) - when she slipped and fell and broke her ankle, she walked around on it for days until it got so painful, she had to go to hospital.

Jeanne also had a love of cats and though she never had one of her own she used to gather them at her house.

Dorothy and Patrick Clare were her neighbours from across the road and always looked out for her. Dorothy says that both Jeanne and Patrick were early risers [nearly always before 5am!] and they had this competition ongoing on who was awake first. Every morning one would shout to the other 'saw your light go on' meaning they were up first! This was in the days when you could shout across the A140 as not much traffic about. Dorothy also recalls that Jeanne never called a man by his Christian name- it was always Mr. Despite knowing Patrick for over 40 years it was still Mr Clare.

Jeanne was a lovely lady and always had time to stop for a chat, and the church was her life. To celebrate her life there will be a memorial service at St Michael's Church with her choice of hymns as soon as circumstances permit.



*Jeanne's 90th  
birthday  
celebrated at  
St Michael's  
Church*



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## A ROUTE TO FREEDOM

I don't know about you but I'm beginning to get a bit fed up with having to stay at home all the while and not being able to go out and see friends and family. I fully appreciate the reason and the need for safety and protecting the society as a whole but I still want a bit of freedom.

We are told that never before in history has a nation and virtually the whole world been in such a situation. While reading my Bible I try to see what God is saying to me and maybe my wider family in the stories and accounts that I come across. There is a situation in the Old Testament that seems a bit like what we're going through at the moment.

The Children of Israel were locked up in Egypt and not able to go out. Pharaoh had decided that they must 'stay in' and work as slaves. Moses was in contact with God and was keeping the pressure on Pharaoh to let them go. Eventually Pharaoh gave in under considerable pressure from God (remember the plagues!) and the Children of Israel left Egypt and started their journey across the wilderness towards the promised land. They wandered around for 40 years!

Their journey could have been a lot shorter had they listened to God, but they didn't obey the rules and things went wrong.

I think there could be a lesson for us here. We have been given a set of guidelines to follow to ensure that we keep safe and we get to our destination (through the virus) safely. If we follow the rules our journey could be short but if we mess up along the way it could be a very long journey.

Some ask why has God allowed this to happen and I don't have an answer to that but I do know that if we stay true to Him and follow His rules we will win in the end. His promise to us is a home in heaven in glory with Him if we trust in Him. The journey may have some bumps and we may hit a few pot-holes but He will guide us through.

God bless you all and stay safe.

*Steve Adcock, Reader, St Mary's*

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

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

from 9am until 10.45am

Messy Church continues to meet through Facebook, with crafts uploaded in the week before Messy Church and then on the day, the story and worship are delivered through livestreaming and everyone is encouraged to upload pictures of their crafts



**Long Stratton Messy Church**

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





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## LOCAL WALK..... Very local walks! - by Louise

Walking is back in fashion. Before the lock down individuals walking in our local countryside without a dog were regarded as odd. Now we're all doing it and really appreciating living in an area where taking exercise close to home does not simply mean pounding the pavements. Admittedly even that can be a joy in Long Stratton with its mature trees and colourful front gardens.

On the town council web site you can read Bonnie's report on all the footpaths available. We certainly have a wide choice. Which end of the village you live will determine which footpath you take for a 30 to 45 minute walk.

On the first week of lockdown I took this walk. Living at the North end of Long Stratton I find the quickest way into the country is to take the unpromising looking footpath off the A140 just North of Hill Farm Road. I carried on straight along Field Acre Way to a gap between the houses. This is the beginning of a footpath lined by several huge old oak trees, mercifully preserved when the new houses were built. After a few yards



I emerged abruptly into a field. The wide Norfolk skies opened up and the song of sky larks was extra clear as it was a time when there was hardly any traffic. After crossing the open field, I followed the path round a field edge full of primroses (later cowslips and now cow parsley) to a stile through the hedgerow. It is at an awkward angle but it is not wobbly so I climbed over and crossed the meadow into St Michael's churchyard (If you aren't happy with the stile and would like to see some magnificent chestnut trees just carry on along the path and turn left then left again when you reach the lane). St Michael's church yard is a tranquil place full of wild flowers and lined by beautiful lime trees. You have a choice of benches depending on whether you want sun or the shade of a very fine oak tree.

As it was the first week of lock down when there was no traffic I turned left out of the church yard admiring the pond in Church Road. It's a pleasant lane to walk along and I was soon back on the A140 with a peaceful walk home. On the way I passed the footpath sign for one of the other pleasant walks at this end of town: via sewage works toward Tharston.

I don't know what the regulations will be like by the beginning of June. I know some of our regular walkers will have serious reasons for continued total self isolation. However I think some of us could resume our walks on the first Monday of each month, keeping social distancing by avoiding car sharing and keeping to local walks. I'll be outside the toilets at 10am on June 1st and will go on a 4 mile local walk with or without anyone who would like to join.



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## **LONG STRATTON MEDICAL PARTNERSHIP**

As I write this the Covid-19 pandemic continues and we remain on lockdown. Norwich has been noted to have one of the lowest Covid-19 death rates in England. We wait to hear the next steps towards a gradual opening up of the country.

Primary care has transformed itself very quickly to adapt to the situation. At LSMP we have taken many measures to ensure we continue to provide a high quality and responsive service to our patients whilst ensuring high levels of safety for patients and staff. We continue to do a significant amount of our consultations by telephone and also by video consultation. This has become a very successful way to provide remote access care.

Our dispensary has worked tirelessly to put in place medication collections that ensure social distancing and we have been able to provide deliveries where needed. Our nursing and HCA team has again transformed their usual working practice to ensure safe timely reviews, switching some appointments to telephone, and ensuring that those who do need face to face review are seen promptly and safely. Our back office teams deserve a mention too as they have been instrumental in supporting these many changes.

We want our patients to know that we are here for you to provide medical care when needed.

Thank you for working with us and for supporting our new ways of functioning. A big thank you too goes to those who have given us practical support by supplying us with scrub bags, hats, visors and of course those very tasty treats, it really has been appreciated.

Stay safe everyone.

*Dr Lara Douglass*

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## **CREATIVE SINGING GROUP DURING LOCK DOWN**

Our Creative Singers have been continuing to meet weekly online, and are having a brilliant time!

Due to the nature of the way we work, we're not likely to resume face-to-face before September at the earliest!

This is based on information being provided by Medical Professionals within the professional voice teaching / coaching community globally, especially those coming from backgrounds in fields of medical/scientific research, laryngology, respiratory health & infectious diseases.

See Wacton News on page 23 on how to join in.

## THE CHURCHES IN LOCKDOWN

When the announcement came in March that we could no longer hold church services, the church, like everyone else had to adapt to a fast-changing world and so how have we carried on worshipping and serving during 'Lockdown'? This is just a taster of some of the activities that have been taking place over recent weeks!

The first Sunday we couldn't meet was Mothering Sunday, which was ironic in itself, because the whole premise of Mothering Sunday, is it being the Sunday we go back to our 'Mother church', although in recent years, has become more about giving thanks for our mothers. Anyway, the daffodils had been ordered ready to be made into posies, and with as much technology as a mobile phone, I felt sure we could do something in place of the service on that first Sunday and so I delivered my first virtual sermon, it took several hours, with many false attempts, and a certain amount of frustration, but finally a recording was made and uploaded to YouTube, and daffodil posies were placed outside the Rectory and in the then 'unlocked' churches for people to help themselves to or take to someone who needed cheering up – just a few days later the announcement came that we had to lock up the churches.

Over the last weeks, which have turned into months, more people have been involved in contributing to services, through video, and various activities have encouraged people to get creative, writing poems or expressing in art, the Stations of the Cross in Holy Week, or their favourite Easter hymn after Easter. *(The picture opposite is depicting the crucifixion, through the lens of today – with social distancing, all the characters appear to be in their own bubbles, heightening the sense of isolation Jesus must have felt. The only two people pictures are Jesus on the cross and the head of Mary his mother in the bottom bubble ... who is able to do nothing to reach out to him)*



There is a weekly YouTube service and for those who do not have computers, paper copies of the service are delivered.

Alongside this, every day we have a written reflection, written by members of the ministry team for daily reflection, these have proved to be incredibly popular and encouraging.



Messy Church has continued, operating through Facebook, with crafts uploaded in the week before Messy Church and then on the day, the story and worship are delivered through livestreaming and everyone is encouraged to upload pictures of their crafts *(The picture shown is*

*decorated eggs for Easter Messy Church).*

Normally we only have Messy Church once a month, but in April we managed to squeeze in an extra session for Easter which was fun, and a clip of the crafts made was shown in our Easter YouTube service. *{see page 13 for details of the next Messy Church}*

Girls Night out has also had to change to Girls Night In, but has continued, with Labyrinth making in April and a Christian Aid Quiz, which was opened up to everyone in May.

Housegroups too, have had to adapt, but mostly still meet at the same time, with members phoning one another before studying the Bible apart but together. Zoom has become a useful means of meeting together in a virtual setting ... with a weekly prayer meeting held on Zoom and occasional smaller services for Maundy Thursday and Ascension day, we have also run a Christian Aid coffee morning and Christian Aid quiz through Zoom.

EPIC – the youth group, has also managed to continue, through Zoom, which has been fantastic, and enabled us to keep in touch with the young people. It is amazing how quickly you can learn the features of Zoom and see just how creative a platform it can be. Like Messy Church, we have been able to meet with the youth group more frequently than normal, including an Easter Party on Easter day and they have produced a couple of video clips following an Easter challenge. The clip made for the story of Daniel was incredible.

Lockdown may have initially come as a huge shock and a moment of wondering what could possibly happen next, but we have seen, that there are other ways of doing things and I believe that from this we are learning a lot about how the church needs to be moving forward.

And whilst the churches have been locked, St. Mary's on a Friday afternoon has continued to be unlocked and a welcoming place for those who need to use the foodbank. Whilst the foodbank continues to be open, there has also been a higher demand for deliveries of foodbank boxes which has been organised through the St. Mary's distribution centre.

We have also gratefully received donations of food and collected it from those unable to get it to the collection points themselves.

We may be behind closed doors, but we continue to serve our neighbours wherever we are and in whatever way we can.

If you would like to find out more about how to access our Youtube services, how to access Messy church at home, or information about our Zoom prayer meetings, or anything else please don't hesitate to get in touch – [rev.heather@btconnect.com](mailto:rev.heather@btconnect.com) or 01508 530238.

***Revd Heather Wilcox***

I think it would be nice to include a message of appreciation at this time to farmers/landowners for allowing members of the public and dog owners to use their field headlands to get their daily exercise.

I've had many comments saying how lucky we are to be able to appreciate the peace of the countryside.

Also just a gentle reminder to not let dogs or children roam into the crops and for dog owners to clear up behind their dogs, although most do.

*Thank  
you!*

*Name & e-mail address supplied*

---

## MESSAGE IN A BOTTLE

One of the projects in which Lions Clubs are involved is the distribution of 'Message in a Bottle'.

From childhood we learn of a message in a bottle and on seaside trips would have loved to have found one. These days the Lions' Message in a Bottle containers are out there to be found by police, fire, ambulance crews, emergency doctors etc. who are all aware of the 'Message in a Bottle' Service and know where to look for them if the necessity arises. The small cylindrical container bearing a green cross and the Lions' emblem, can and has saved lives.



It lives in your fridge and it contains all your medical details, allergies, your doctor, emergency contact details, and any other relevant details. A small sticker on the outside of the fridge and another inside the front door at eye level are the awareness location for the responders.

Long Stratton Lions have in recent years been well supported by the local services who have distributed hundreds of them to those whom they consider the bottle service could assist.

If any readers of this article consider a bottle would help them feel more secure or know of anyone they would like one for, we would be pleased to supply it, free of charge of course. The paperwork to supply all the information required, instructions and the fridge and door stickers are in the container ready for use.

If you would like one please contact me; my telephone number is in the centre of this magazine under Wednesday meetings Long Stratton Lions.

*Roy Woodhouse, Lion Secretary*

# Long Stratton Town Council

The Street, Long Stratton, Norwich NR15 2AH

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

01508 530524 clerk@longstrattoncouncil.info www.longstrattoncouncil.info



## ***A new trim trail***

We need your help! Now that the Pavilion is built the Council are looking to replace equipment that was lost during the build, this includes the gym equipment and the trim trail.

The Clerk has applied for funding through Calor Gas for £5,000 which would cover 50% of the cost of a new trim trail but to win the funding the Council needs the support of the local community, you.

Through Crowdfunder you can support the application by voting for our project, this would score us 1 point, if you can donate to the project this would score us 10 points, there is no minimum donation amount therefore you can donate just a £1 and it will help us. If the Council secures the highest amount of points, we will win the funding. The Clerk will advertise when the Crowdfunding page is ready for voting and donations, but we will not be successful without your help so please get involved and watch this space.

## ***Covid19***

As a Council we are here to support you, all members of staff are working abiding by the rules set out by the Government. The Council have been providing Long Stratton food bank with non-perishable items to help those that have been affected by Covid19.; Also a number of our Councillors have signed up to be volunteers to help those that are self-isolating and/or vulnerable, this is both for those that need help with prescriptions and shopping but also those that are lonely and needing mental health support, it is ok, not to be ok. If you would like to volunteer, then please contact South Norfolk help hub on 0344 8008020.

## ***New financial year***

As we enter a new financial year, the Clerk is keen to hear from you. Do you have an idea that you would like the Council to explore? Would you like to get involved in the next Christmas event? The Council is here to support the community and to make Long Stratton the best place to live, work and play.

Finally, the Council would like to say a huge thank you to all those that have pulled together during these strange and unprecedented times. If you need assistance please do not hesitate to pick up the phone. Stay safe.

***Becky, Clerk***

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# WACTON VILLAGE NEWS

## CREATIVE SINGING GROUP

The Creative Singing Community have continued to meet and rehearse each week ONLINE since lockdown measures were introduced, making a world of difference for those who otherwise would have been completely socially isolated. For more information about how to join in with these online sessions, please contact: Louise Tingley on 07765 920 390 or via email [centrestage21@gmail.com](mailto:centrestage21@gmail.com)

## WACTON FOOTCARE

Owing to the Coronavirus restrictions now imposed on us all, there are no Wacton Footcare Sessions planned. However, as soon as conditions improve and Clare gets clearance from her Governing Body and Insurers to return to work Wacton Footcare Sessions WILL RESUME as before. In the meantime ---- .

THANK YOU EVERYONE FOR YOUR PATIENCE IN THESE TRYING TIMES.

## WACTON SOCIAL CLUB

The Wacton Social Club committee would like to say that we are thinking of the villagers during this unprecedented time. We trust and hope that everyone is safe and well and we look forward to seeing everyone at the earliest and safest opportunity.

## COULD YOU FOSTER?



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# Scouts

## 1st Long Stratton



We have been very busy over the past weeks and months, making sure that 'Scouting at Home' is available for our young people in various ways. Scouting has, at

its core, the Scout Values which we have seen displayed in many of the actions taken by our young people and adult volunteers. The resilience and adaptability of our young people and volunteers has been impressive. We must also say 'Thank You' to our volunteers who are leading our 'Scouting at Home' activities – many of whom are Key Workers and/or have their own families & businesses to support during these challenging times.

Our young people have been busy working towards their Community Impact Badge from Home. We identified that social isolation could be an issue for some older people in our community, especially at our Care Homes. So our young people have been taking action to tackle this through sending cards, pictures, letters and emails to help keep spirits up during these worrying times. These have been well received by residents of Harker House & Mayfields, and it was lovely to receive some photos and messages from them to say Thank You!



Cub Noah

Our young people have also been displaying pictures of rainbows, sunflowers and 'Thank You Key Worker' posters in their windows. We also know that our 'Thank You' posters have been delivered to local Key Workers such as Police and Royal Mail Staff.



Cub Edward VE Day

It was lovely to see many of our young people decorating their homes with VE Day Bunting as well and joining in community activities from home. We held an online VE Day & Scouting in WWII Quiz with our young people and also challenged them to try out a Wartime Recipe for Carrot Cake – which most enjoyed eating as well as baking!



Cub Marcus VE Day

St George's Day is an important event in the Scouting calendar, usually with a local parade and event. Of course we had to approach this differently this year so we held a Promise Renewal at 7:45pm on St George's Day in our homes and gardens to our families.



*Thomas clap for Key Workers*

We followed this by joining in the 8pm Clap for Key Workers in our community wearing our uniforms. Parents submitted videos of the Promise Renewals and you can watch our two videos created from all our young people on our Public Facebook Page. This was a lovely way to celebrate this year's event.



*Thomas Promise renewal*

Many of our young people got involved with The Scouts Hike to the Moon Challenge which was set by Bear Grylls. The idea was to hike a mile or more (in the home or following social distancing rules) and

together The Scouts would hike the 240,000 miles to reach the moon! Alongside this was a fundraising effort to support those who most need it during this time linked with Children in Need & Comic Relief. Scouts across the UK have hiked to the moon and back again, and so far raised about £340,000. It was great to hear that so many of our young people got involved with this initiative to support others.

On the 30th April many of our young people and their families joined with over 95,000 others in a World Record Attempt for the most people camping at the same time – which they achieved!



*Mia camp at home*



*Edward camp at home*

*contd on next page*

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**Rupert camp at home**

As a Group, we had 44 young people, 12 siblings and 18 adults (parents & leaders) taking part camping in either tents or dens inside their homes or outside in their gardens. We challenged our young people to assist in putting up their shelters, packing their bags for the night and cooking their meals so it allowed them to practise many of the skills they would need when we camp again as a Group.



**Harvey & Lewis camp at home**

To see more photos and videos of our activities, please visit [www.facebook.com/1stlongstrattonscoutgroup](http://www.facebook.com/1stlongstrattonscoutgroup)

## **LONG STRATTON FOOTBALL CLUB**



Long Stratton Adult Football Club's season came to an abrupt end in mid March once the covid19 lockdown on all sports was confirmed.

The first team were in 5th place and reserves 7th in their respective divisions. Both enjoying satisfactory campaigns.

The women's team (pic right) were recording their most successful season since the team was formed a decade ago, with a top half finish in division 1 & a cup semi-final too.



The biggest blow of the season being voided came for our Sunday team, they were looking on course to win their Division with a Norfolk County Cup final appearance still in the balance too.

A move into the new community pavilion changing rooms at Manor Road has had to be postponed as well as our club presentation evening as we await future developments.



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## LONG STRATTON & DISTRICT WI

No doubt our members were disappointed not to be able to meet up in March and hear Helen's talk about her special day as a guest at Prince Harry's wedding and now, of course, all our meetings are postponed until such social mixing is safe. Many of our speakers will be coming at a date in the future and we will advertise them when the time comes.

So many other W.I. related events have been postponed or cancelled including our National Annual General Meeting at the Royal Albert Hall in London, planned for June, when matters the W.I.'s members feel the government should act on are put forward in the form of resolutions.

In the April magazine we mentioned that two members had enjoyed a water colour painting day's instruction at our Federation Office but unfortunately the photograph didn't appear. So, here it is now. One might say, a very appropriate time to learn a new skill.



Some might be interested in the mighty, personally owned motor bikes ridden by the Norfolk Search and Rescue volunteers, so here is that photo as it did not appear last month. Of course some of their work involves using their own cars but mainly they travel by motorbike through the night and early hours.

Although our meetings are postponed our members happily belong to a group of women who are all pleased to contact each other by telephone, email, social media sites or well distanced chance meetings when out for their daily walk.

When a safer time comes you might like to consider joining our supportive and happy group. Until then please stay safe and remain positive.

---

## LONG STRATTON YOUTH CAFE

As you know we are currently not opening Youth Cafe due to the Coronavirus and being under lockdown but we hope to re open when it's safe to do so.

Hope everyone is keeping well and staying safe and healthy.

*Mat, Wil, Tina, Doug and Joanna*



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## **Covid 19 (Coronavirus) Information from Early Childhood & Family Service (ECFS)**

- The ECFS is still available to families during the Coronavirus outbreak
- Families can contact ECFS via the 0344 800 8020 number or by emailing [ecfs-families@actionforchildren.org.uk](mailto:ecfs-families@actionforchildren.org.uk) or by using the green button on the website [www.norfolk.gov/earlychildhood](http://www.norfolk.gov/earlychildhood)
- ECFS staff are working from home and providing support to families by telephone and other digital tools.
- All ECFS bases have been closed temporarily except for the City & Eaton ECFS base.
- ECFS are sharing activity ideas via our Facebook pages including photos of home learning activities and video clips at [www.facebook.com/ECFSSouth](http://www.facebook.com/ECFSSouth)
- ECFS are signposting families to the support services available to them and working collaboratively with other agencies to ensure that families that needs support can access it by the right service at the right time by the right provider.

---

### **LONG STRATTON VILLAGE HALL FILM AFTERNOONS**

There will be no film afternoons for the months of June, July and August.

We hope to be back for September.

---

### **ST MARY'S CHURCH FLOWER FESTIVAL**

Due to the Coronavirus it has been decided to move the planned festival from June to October. It will now be a Harvest Flower Festival and will take place from Saturday 3rd October to Tuesday 6th October. More details later.



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If you are physically active, we are always on the lookout for new crew members to help sail our fleet of five historic wherries. No previous experience is necessary, as full training is provided, and the amount of time you commit to us is entirely up to you.

If active crewing on our sailings isn't for you, then equally valuable are our team of Viewing Guides. Our pleasure wherry Hathor will be moored at How Hill from 3rd May onwards and we desperately need more people to welcome visitors on board. If you enjoy sitting beside the river on a summer's day and chatting to people, this could be just the role for you!

Without our friendly and dedicated team of volunteers, these historic wherries would be lost from our waterways. Our programme of sailings and our 'on view' days provide vital funds to keep these beautiful vessels in sailing condition. An average 'on view' day brings us over ten times more donations than a non-viewing day.

If you are interested in finding out more about any of our volunteering opportunities, please contact [pam.taylor@wherryyachtcharter.org](mailto:pam.taylor@wherryyachtcharter.org) or phone 01692 670311 (daytimes only please).



***If you are interested please ring to see what the current situation is due to the Coronavirus***

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All services in our churches have been suspended due to the Coronavirus.  
Please check out our FaceBook page for up to date information  
or contact Revd Heather Wilcox - details on page 2

### Congregational Church

All services in our churches have been suspended due to the Coronavirus.  
For further information contact  
June Braddock - details on page 2

### From the Parish Registers

#### Funerals

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

Jeanne Sutton	St Michael's
Maurice Barber	St Mary's
Margaret Hill	St Michael's
Arly Turner	Earlham Crematorium
Brian Fisher	St Mary's

## The Long Stratton & District Men's Shed

The group are currently building their shed in Tasburgh and are looking for new members to help them get this space ready to use as their workshop

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Please come and support this exciting new project. All welcome.

For further information and where it is please call Barry 01508 532280  
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*If you are interested please ring to see what the current situation is  
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