

# The Sexton's Wheel

The magazine for the villages of Long Stratton & Wacton



*Wishing all our readers  
a Happy Easter*



**April 2019**

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### Church Contacts

**St Mary's / St Michael's & All Saints'**

Rev. Heather Wilcox      01508 530238  
rev.heather@btconnect.com

**Parish Administrator**

Linda Mills      01508 530238  
linda.parishadmin@btconnect.com

**Congregational Church**

June Braddock      01508 470701

### Church Parish Office

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

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

### Long Stratton Parish Council, The Street, Long Stratton

Usual office hours are Monday, Tuesday and Thursday between 10am and 1pm and by appointment at other times.

Tel: Clerk Becky Buck 01508 530524    E-mail: clerk@longstrattoncouncil.info



We are now into the second season of the year - Spring - with hopefully some warm sunny days for the Easter school holidays.

Lots happening this month with Bingo [P10], Beetle Drive [P10], All Saints' Church coffee morning [P15], also their Craft 'n Chat mornings [P25]. Plus of course all the usual monthly events. Check out the weekly events page and the centre calendar.

As there are no longer to be any church services held at the Methodist Church Judith Baker thought people might be interested in the history of Methodism in Long Stratton - you can find her article on page 6.

Don't forget to send in information and dates for events in good time so we can publish them for you.

We wish you all a very happy Easter.

### *The Sexton's Wheel Team*

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# Mountain High, Valley Low

Does life sometimes feel a little like a roller-coaster?

Most of the time I guess we plod along, not exceptionally happy, but neither are we particularly sad. We get caught up in the day-to-day existence we call life, and plod through it.

And then we can have times which feel we are on a roller-coaster, we can soar to the greatest heights of happiness and then, seemingly, be thrown down into the valley of despair. Up and down we may go on the roller-coaster of life.

This month of course, we celebrate Easter, but not before we have finished our observance of Lent and journeyed through Holy Week. Palm Sunday would have been a great high point in Jesus's life, and that of the disciples. Jesus is hailed as he enters Jerusalem as the Saviour, palm branches are torn down and waved in his honour, coats laid on the road, and the crowds cry out as one *'Hosanna to the son of David, Blessed is he who comes in the name of the Lord, Hosanna in the highest.'*

Yet, with the palm branches still underfoot, just a week later, the crowd are calling again in one voice, only this time the cry is 'Crucify, crucify.'

From mountain top to valley in just a few short days, and then of course back again as Jesus rises from the dead and greets the two Marys by the tomb, and the disciples in the upper room.

Jesus, like us, knew the ups and downs of life, and his resurrection assures us of the promise of eternal life, and the promise that no matter where we are in life, whether up or down, Jesus is always with us. There to support and guide us. He will never leave us.

This Easter time, as we have travelled through Lent and Holy Week; Rejoice that Jesus is not dead, He is alive for evermore.

***May God bless you  
Rev Heather***

## EASTER LILIES

### St Mary's Church

At St Mary's we offer you the opportunity to donate money for lilies in memory of a loved one. If you would like to do this please send your donation along with the name of the loved one to The Parish Office, 8 Flowerpot Lane, Long Stratton, NR15 2TS. The names will also appear in the Easter Sunday service sheet. Please mark the envelope clearly with the Church name.



### St Michael's Church & All Saints' Church, Wacton

If anyone would like to donate money towards the cost of lilies in Church on Easter Sunday please send their donation to The Parish Office, 8 Flowerpot Lane, Long Stratton, NR15 2TS Please mark the envelope clearly with the Church name.

# THE HISTORY OF THE METHODIST CHURCH - JUDITH BAKER

***The Methodist Church held its last service on 3rd March 2019.***

I thought perhaps the people of the village might like to know a little of the Methodist history of nearly 250 years in the village.

Methodism was introduced into Long Stratton in or about 1774. The first services were held in a cottage next to St Mary's Church yard near Hall Lane corner [I think it's called Church Cottage].



John Wesley, the founder of the Methodist Church came to Long Stratton to preach in this cottage. In his diary he states *'on Monday 4th December 1786 I have been often importuned by the friends of Long Stratton to preach to them. I have preached at 1pm to as many as the house could contain of people that seemed ready prepared for the Lord.'*



It seems this building was used for just over 50 years.

In 1829 the congregation was asked to raise money to build a chapel. The amount needed was thought to be £209, which was the price of the land, erection of a Chapel and the fencing of the land. The Chapel was built in 1830 at a cost of £245 17s 8d [which included the land at £7] on the west side of the main road going up the hill towards Norwich.

Then in 1845 a further £76 was raised and the Chapel was enlarged and a gallery was built.

In June 1855 at a trustees meeting it was resolved to adopt the following prices for the seating:

The higher seats at the back and in the gallery - 1/- [5p] per quarter per sitting  
The lower pews and all others - 6d [ $2\frac{1}{2}$ p]

In 1883 the Chapel was re seated and the gallery taken down then, in 1903 further extensive renovations were carried out.

A school was built in 1947 on a site give to them by a Mr Brook [Hill Farm] on the east side of the main road towards Norwich. It was a sectional wooden building and used for the lighter side of church activities.

In 1996 the Methodist Church purchased what had been a village shop standing on the corner of Manor Road and Francis Road junction and converted it into the Chapel it is today.

It opened on the 10th June 1997 and was officially opened on Saturday 1st November 1977.

Sadly the congregation became smaller and smaller and although the building is used for a lot of community things it was decided that the Chapel side was no longer sustainable. The last service was held on Sunday 3rd March led by the Circuit Superintendent Rev Catherine Hutton assisted by Rev Matthew Olanrewaju, with a large congregation filling the Church.



The historical information for this article was taken from a little booklet called The History of Methodism in Long Stratton written in the late 1940's early 1950's by Alan Garrard.

*Footnote: The building remains open for community activities.*

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## **LONG STRATTON THURSDAY CLUB**

Last month (February) we welcomed Annie Chapman the founder and organiser of The Ladies Tractor Run to speak to us.

When Annie retired she wanted to do something with her time and as she and her husband are both interested in vintage tractors she came up with the idea of organising a 'parade' of vintage tractors driven by women.

Although this started out on a small scale it has grown in size to about 100 tractors, numbers having to be limited by the length of the convoy travelling through the lanes of South Norfolk and North Suffolk.

This has now become an annual event taking place on the first Sunday in July and raising money for Breast Cancer Research. It is a spectacular event with many of the tractors being painted pink and brightly decorated. Many of the lady drivers also dress up as well.

If you are over 55 years old and free on the second Thursday of the month please give us a try. We meet in the Village Hall from 2pm for about two hours and are a friendly group and new members and visitors are always welcome.

Our next meeting is on April 11th when Raymond Hubbard will entertain us.

## **APOLOGY TO PETER AT BEKAYS**

We made a small error in the article on Peter retiring from Bekays. The hotel in Aldeburgh where he worked for over 20 years was The Brudenell Hotel.



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## LOCAL WALK .. MARCH

Six of us set out on a rather blustery but beautifully sunny morning. We parked near Woodton and set off along Baxter's Lane.



Primroses were appearing in small clumps down the banks at the roadsides and the early white blossom of the Blackthorn was spotted flowering in a hedge across the fields. A couple of partridge scuttled, startled, through the crops on the other side of the road. They looked like grey legged partridge. Red legged partridge, which are more colourful are known as 'Frenchmen' because they were a later introduction from the continent. We changed direction and the wind caught us full in our faces. Skylarks fluttered above and we heard their uplifting song caught on the breeze.

Turning onto a footpath we saw a wooded conservation area to our right. The snowdrops were fading fast after the recent warm spell but there were dainty deep purple violets at the wood edge. We negotiated a few plank bridges and a stile and found ourselves in open fields. The shadow of the bare trees created an interesting lattice pattern on the grass. A kestrel hovered high above us as we neared a recently cleared pond where pussy willows were just emerging.



Towards the end of our walk glossy yellow celandine were opening their faces cheerfully to the sunshine. After crossing a bridge above a brook we returned uphill back to the cars. We all agreed it had been a lovely walk and had certainly blown away the cobwebs.

One last treat - on our way back the cars had to stop due to a rather sleepy hare right in the middle of the lane. It soon moved off to join another in the field.

***We walk every first Monday of the month, so why not come and join us on Monday  
1st April. We meet at 10am at the Co op car park [next to the toilets].***

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## LONG STRATTON YOUTH CAFE

Come along to Youth Cafe on Tuesday nights new time 7-8.30pm during term time at the Methodist Church Long Stratton. Age now from Year 5 and above.

Look forward to seeing old and new members.

***Matt, Wil, Tina, Doug and Joanna.***



# Long Stratton Bowls Club **EASTER PRIZE**

# BINGO

## Friday 12<sup>th</sup> April

*@ Long Stratton High School*

*Doors Open 7:00 pm – Eyes Down 7:30 pm*



## Beetle Drive & Pudding Party

Fun for all ages

**Saturday 27<sup>th</sup> April - 6.30pm**

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

**Tickets £5 Adult £3 Child (under 16)**

Includes a selection of puddings & refreshments

To pre-book ring Heather 01508 530238

[rev.heather@btconnect.com](mailto:rev.heather@btconnect.com)

## THE NEW LONG STRATTON LEISURE CENTRE OPENED ON 18 MARCH

The newly renovated Long Stratton Leisure Centre has opened its doors following a £2 million improvement scheme.

On 18 March the new up-to-date Centre and its new fitness suite, changing facilities, Bananas Soft Play and cafe opened.

Cabinet member Yvonne Bendle said: "South Norfolk Council is continuing to invest in the health and well-being of our residents. Our £4 million investment in our Wymondham Centre has been a great success and we have also just opened a fantastic facility at Kett's Park, following an investment of £1.2 million. The new centre will have something for everyone and will be a great place for families and friends to spend time together."

The new Centre offers a bright new multi-tiered Bananas Soft Play with toddler area, to keep little ones entertained while parents and carers enjoy a coffee and a catch up with friends in a new cafe - that will also be offering light lunches and healthy snacks.

A brand new class programme, featuring over 40 classes, will mean fitness enthusiasts will have plenty of choice and there really will be something for everyone.

To celebrate the opening the Council is giving away a year's membership to one lucky member. Everyone who joins Long Stratton Leisure Centre between 18 March and 18 April 2019, will be entered into a prize draw for a chance to win this great prize. T&Cs apply see [www.south-norfolk.gov.uk/leisure](http://www.south-norfolk.gov.uk/leisure) for more detail.



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## LONG STRATTON GUIDING

### *2nd Long Stratton Brownies*

During March we have been working on the Toftwood Brownies - chocolate challenge badge. We have had lots of fun tasting different chocolate, making up code letters, playing Kim's game and other chocolate related games. We also made chocolate crunch to take home one evening. At the end of the month we made bookmarks for our Mums for Mothers' Day and attended the Mothering Sunday service at the Congregational Church.

***Brown Owl***

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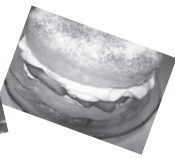
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## **Coffee Morning at All Saints' Church Wacton Saturday 13th April - 10.30 - 12.00**

**Bric-a-brac  
Raffle**



**Cake Stall Books**

**In aid of the Church**

**Everyone welcome wherever you live.**

***Next coffee morning will be on Saturday 11th May***

## **It will be back for 2020!**

After not producing a calendar for this year and hearing that lots of people were asking about them, St Mary's and St Michael's Churches have decided to go ahead with a calendar for 2020.

The theme is 'Long Stratton through the Seasons' but we need your help to make this happen.

We need your photographs of Long Stratton through the changing seasons, either recent ones or ones from several years ago. They don't necessarily have to be of a building, it could be a scenic view, sunrises or sunsets – but recognisable as Long Stratton!

Our plan is to have an exhibition in the village hall with all the photos you send in and have a vote to decide on which thirteen we use – one for each month plus the winning shot on the front cover.

The exhibition will take place on Saturday 4th May, 10am to 2pm, in the Village Hall.

For now do start sending in your pictures either by e-mail [thesextonswheel@googlemail.com] or bring the print to the Church Parish Office. Make sure your name and contact details are on the back.

If you are chosen as a winner we will place your name below the photograph on the calendar.

We will also be looking for sponsors for each month, so if you are interested please contact Linda at the Church Parish Office by using the above e-mail address or ringing 01508 530238.

***At the time of going to print we have not received any photos, there are often pictures posted on Long Stratton Mardle so please do send them in to us in order for the calendar to be a success.***



# Holy Week and Easter

In the Parish Churches of Long Stratton and Wacton



## **PALM SUNDAY** - 14th April

8.30am - Holy Communion in St. Michael's Church

9.50am - Ten2Ten Palm Sunday Procession

11.00am - Palm Sunday Communion Service

## **MONDAY** - 15th April

9.00pm - Compline and Reflection - St. Mary's Church

## **TUESDAY** - 16th April

9.00pm - Compline and Reflection - St. Mary's Church



## **WEDNESDAY** - 17th April

9.00pm - Compline and Reflection - St. Mary's Church

## **MAUNDY THURSDAY** - 18th April

7.00pm - Agape Meal - St. Mary's Church

*'Remembering the last supper with foot washing and a bread and cheese supper'*

9.00pm - Compline and Reflection - St. Mary's Church



## **GOOD FRIDAY** - 19th April

9.00am - Reflection at St. Michael's Church

10.30am - All Age Good Friday Meditation at St. Mary's

***Followed by Hot Cross Buns***

3.00pm - Hour at the foot of the Cross - All Saints', Wacton



## **He is Risen - Alleluia!**

## **EASTER SUNDAY** - 21st April

8.30am - Holy Communion at St. Michael's Church

9.30am - Holy Communion at All Saints' Church, Wacton

11.00am - All Age Holy Communion at St. Mary's Church

*Followed by an EASTER EGG HUNT in the churchyard for the young at heart*

## LONG STRATTON MEDICAL PARTNERSHIP

April is bowel cancer awareness month. Bowel cancer is the 4th most common cancer in the UK. Although more than 90% of cases affect those over 50 it can be diagnosed in younger people. It is a potentially curable disease especially if caught early.

Screening, in the form of a sigmoidoscopy (thin flexible tube with a tiny camera on the end) is offered to everyone aged 55, this is carried out to try to detect early cancers. The sooner it is caught, the easier it is to treat. Those aged 60-69 are screened every two years; they are sent an invitation and bowel screening kit. It is a simple test that can be carried out at home. If the result is positive then they will be offered further tests.

Symptoms include abdominal pain, unexplained bleeding from the back passage or a change in the bowel habit, usually to looser or more frequent stools. Sometimes a lump can be felt in the abdomen. Other worrying signs can be unexplained weight loss or anaemia. If you are troubled by any of those symptoms and they don't go away quickly on their own then please book an appointment for review.

We would always encourage you to complete any tests offered to you. If you have any concerns or questions about the tests that might prevent you from participating then we are happy to talk to you, or more information can be found at Bowel Cancer UK or on the NHS website.

### ***Information Event – organised by your Patient Participation Group***

Learn more about your stomach and bowels from Dr Mark Tremelling as he talks about “ABC – abdominal pain, bloating and change in bowel habit.” Free to attend and open to everyone. **Tuesday 2nd April, 7.00pm – 9.00pm – Long Stratton High School.**

***Dr Lara Douglass***

***Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY***  
***01508 530781      [www.longstrattonsurgery.nhs.uk](http://www.longstrattonsurgery.nhs.uk)***

## ANNUAL MEETING DATES FOR ST MARY'S, ST MICHAEL'S & ALL SAINTS', WACTON

Each year the churches have to hold an annual meeting to elect officers and report on the previous year's business. There are two sections to the meeting - the first section is open to the general public and it is where the church wardens are elected, the second section is for all those on the church electoral roll. The annual meeting dates are as follows:

St Michael's	Monday 1st April	2.00pm	St Michael's Church
All Saints'	Monday 1st April	7.30pm	Wacton Village Hall
St Mary's	Wednesday 10th April	7.30pm	St Mary's Church

Refreshments will be served from 7pm at St Mary's and All Saints' meetings.

**If you would like any further information please contact Revd. Heather Wilcox on 530238**



# WACTON

## COFFEE MORNINGS

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

For further information contact Caroline Squires on 01508 530111.

***Caroline and Rita***

## CREATIVE SINGING GROUP

Wacton's Creative Singing Group will host an **Easter Showcase** at Wacton Village Hall on **Tuesday 16th April** from 7 : 00 -- 8 : 30 pm. We will be raising money for a charity which has not been decided on at the time of going to print.

We will be showcasing a variety of songs that we have learnt since forming in September 2017.

You're welcome to come and watch, listen or sing-a-long with us ! You may even be tempted to join us for future sessions. Everybody welcome and it's sure to be another enjoyable evening.

Cost will be £5.00 per person and can be pre-booked by emailing [louise@louisebarton.com](mailto:louise@louisebarton.com) or calling 07765 920390.

## WACTON FOOTCARE

The next Wacton Footcare session will take place in the Village Hall on **Monday 8th April**. For further information or to cancel an appointment please contact either Clare (Footcare Specialist) on 07785 295358 or Rita on 01508 218407.

## CHURCH NEWS

On **Thursday 11th April** we will begin our twice monthly Craft 'n Chat mornings from 10.30am to 12noon. Pop along for tea/coffee and a chat. Bring along your knitting, crocheting or other crafty projects. Share skills and learn new ones. Also on Thursday 25th April. See page 25

Our monthly coffee mornings are back on **Saturday 13th April** for the summer months. Why not pop along from 10.30am for a coffee and a chat and of course to buy some home baked cakes! see page 15

We will be holding a Barn Dance in the Village Hall on Saturday 18th May with the Bacon Butty Band. More details on page 35.

## APRIL CHURCH SERVICES

Sunday 7th 9.30am Holy Communion

Good Friday 19th 3.00pm Hour at the foot of the Cross

Sunday 21st 9.30am Easter Holy Communion

There are Church services available at St Mary's and St Michael's - please see page 41

# VILLAGE NEWS

## 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 April 5th and 19th.

On the 5th of April there will be a Cash Bingo Night. Doors open at 7pm for a 7.30pm start. The 19th will be a normal club night.

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 coming events.

## PARISH COUNCIL

### ***Your parish needs you!***

Wacton Parish Council would like to echo what Long Stratton Parish Council said in last months Sexton's Wheel and ask that residents consider standing for election to the council in the upcoming elections in May. You have until 3rd April to submit nominations forms, which are available from South Norfolk Council via their website, to South Norfolk House. Wacton has space for seven councillors and has only been at five for the last year, due to the resignations of three people, only one of whom we have been able to replace. It would be great for democracy and the village if we have more people stand than seven, which would force an election, but if we have seven or less who put their names forward, these will be elected as unopposed.

Please see the March edition of this publication for information on what is involved in being a councillor. If you have specific questions on becoming a councillor in Wacton, please contact the Clerk in the first instance. If you need more information on the process or being a councillor, please contact South Norfolk Council.

### ***In other news...***

The woodland project is progressing well with bird/bat boxes now being installed and concrete pads are going down for the benches and bins. Most of the planting undertaken last year at ground level has survived the hot dry spell and the winter thus far, but some more plants will be put in through this coming season. Dead hedging work has started along the side of the woodland immediately adjacent to the lane and this will be completed soon.

The Parish Speedwatch volunteers put in three hours of work in February and captured 15 vehicles exceeding the limit, of these 11 received letters from the police. The team need more hands to undertake this important work; anyone interested should contact Tony Rowson in the first instance or the Clerk.

Date of next meeting: **Wednesday 3rd April** at 7.30pm in the Village Hall

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## WEEKLY EVENTS

<b>MONDAY ACTIVITIES</b>	<b>VENUE</b>	<b>TIME</b>
Craft Group <i>see page 21</i>	Library	11.00 am to 12.30 pm
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>
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
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 term time only	9.15 - 11.15 am
Short Mat Bowls	Coronation Hall, Great Moulton - Peter Grant 01508 536753	2 pm

<b>THURSDAY ACTIVITIES</b>	<b>VENUE</b>	<b>TIME</b>
Pilates <b>NOW TWO CLASSES</b>	Wacton Village Hall Jo Douglas 01508 530261 greenacresfarm@tinyworld.co.uk	9.00 am and 10am Both mixed ability
Lunch & activities	Day Centre	10 am to 3 pm
Coffee morning	Methodist Church	10 am to 11.30 am
Short Mat Bowls	Coronation Hall, Great Moulton -	2 pm - see above

### Easter Sunday Community Breakfast

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

**Sunday 21st April**

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

# The Sexton's Wheel

M	T	W	T
<p>1 Local Walk - <i>see page 9</i></p> <p>Long Stratton Men's Shed 2pm - Depwade Court</p> <p>St Michael's Church annual meeting 2pm in Church <i>see page 17</i></p> <p>All Saints' Church annual meeting 7pm for 7.30pm in Wacton VH <i>see page 17</i></p>	<p>2 Coffee Morning Wacton Village Hall 10.30am <i>see page 18</i></p> <p>E of E Co op Bereavement Support Group Rebecca - 01473 231460 10.30am LSVH</p> <p>Methodist Church Lunch <i>see page 39</i></p> <p>Information Event – organised by your Patient Participation Group <i>see page 17</i></p>	<p>3 Wacton Parish Council 7.30pm Wacton Village Hall <i>see page 19</i></p>	<p>4</p>
<p>8 Long Stratton Parish Council 7pm Methodist Church <i>see page 31</i></p> <p>St George's Dementia Support Group 10am - <i>see page 38</i></p> <p>Diabetes UK Wymondham <i>see page 34</i></p>	<p>9 Sunflower Cafe, Mayfields 10am - 01508 535500</p> <p>Diggers &amp; Dibblers Gardening Club - Forncett <i>see page 35</i></p>	<p>10 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p>	<p>11 Tharston W Wacton Thursday C LS Village Hall Craft 'n Chat All 10.30am - <i>see p</i></p>
<p>15 Film Afternoon 'Bohemian Rhapsody' Long Stratton VH <i>see page 29</i></p> <p>Long Stratton Men's Shed 2pm - Depwade Court</p>	<p>16 Coffee Morning Wacton Village Hall 10.30am <i>see page 16</i></p> <p>Creative Singing Group Easter Showcase - Wacton VH 7pm <i>see page 18</i></p> <p>Newton Flotman Evening Cinema - <i>see page 38</i></p>	<p>17 Long Stratton &amp; District WI 7.30pm Village Hall <i>see page 29</i></p>	<p>18</p>
<p><b>22 EASTER MONDAY</b></p>	<p>23</p>	<p>24 Long Stratton Lions 7.30pm contact Roy on 01508 531406 for venue</p>	<p>25 Craft 'n Chat All 10.30am - <i>see p</i></p> <p>Harleston <i>see pa</i></p>
<p>29 Long Stratton Men's Shed 2pm - Depwade Court</p> <p>Harleston Choral Society begin rehearsals - <i>see page 38</i></p>	<p>30 Rosedale Bereavement Support Group 5.30pm <i>see page 37</i></p>	<p><b>May 1st</b></p>	<p>2</p>



# April 2019

	F	S	S
	5 Wacton Social Club Cash Bingo <i>see page 19</i>	6	7
VI 7.30pm on VH Club 2pm I <i>see page 7</i> Saints' Church <i>pages 18 &amp; 25</i>	12 Long Stratton Bowls Club Easter Bingo LS High School 7pm <i>see page 10</i>	13 All Saints' Church coffee morning - 10.30am - <i>see page 15 &amp; 18</i>  Long Stratton Bowls Club pre-season roll-up from 2pm <i>see page 27</i>  Long Stratton Litter Pick 10am Playing Field <i>see page 31</i>	<b>14 PALM SUNDAY</b>  TenToTen 9.50am St Mary's Church  Long Stratton Bowls Club pre-season roll-up from 2pm <i>see page 27</i>
	<b>19 GOOD FRIDAY</b>  Wacton Social Club <i>see page 17</i>	20	<b>21 EASTER SUNDAY</b>  Community breakfast at the Congregational Church 9.45am <i>see page 21</i>
Saints' Church <i>pages 18 &amp; 25</i>  Cinema <i>page 38</i>	26	27 Messy Church - St Mary's Junior School 9am - <i>see page 35</i>  Beetle Drive & Pudding Party St Mary's Church 6.30pm - <i>see page 10</i>	28  Soul Shapers 7pm St Mary's Church
	3	4	5

## LONG STRATTON HIGH SCHOOL



*Write a description of a stormy sea, as suggested by this picture:*

My precious body was slowly being taken away by an uncontrollable monster. Its fierce strikes crashed against me, as I stood there, motionless and helpless. Every time it lashed at me, it retreated. Seconds later, it would come back to steal me and to drag me away again.

Not only was this beast trying to destroy me, but his horrible friend was fighting too. Its powerful blows wouldn't ever stop hitting me as I stood there, motionless and helpless. It was like someone had sent out an army to fight me as though I was a

terrorist. I had done nothing wrong.

In the distance, I could see my friend on the distant cliff face. I wasn't the only one getting beaten up and abused. He wasn't motionless, but he was definitely helpless. I could see that he was losing control of his thoughts. His life was tearing apart, just like mine. As the wind took another blow, his red and white clothes were slowly eroding away. All I could see was his little spinning head; not motionless, but definitely helpless. Every so often I'd get a flash in the corner of my eye as his head was shining at me, calling for help. But I was just motionless and helpless.

As I began to lose feeling in my body, the monster disappeared. Had he retreated for good? Thirty seconds had passed and there was no sign of him. Maybe he had gone. Possibly not. Another thirty seconds passed and I began to see a blue mountain forming in the distance. The enemy was building up his rage with the help of his friend. They both charged at me at the speed of light, one behind the other, pushing him along. With one massive crash, they slammed into me, causing me to lose my balance. I looked down and saw one tiny piece of me roll down my body.

As I stood there, motionless and helpless, I saw the shiny black stone fall onto the lap of the monster. Its sharp, strong edges did no damage to him. It only made one pathetic 'plop' as it landed. My life was slowly crumbling away because of him and I just stood there, motionless and helpless.

Freezing cold drops of rain fell onto my damaged corpse. The weather didn't help at all. In fact, it was on the side of the horrible creature. The wind laughed at me as the creature's blue eyes looked at me with an evil stare. The bitterly cold atmosphere made me weak, so the monster could strike with ease. I stood there, motionless and helpless.

My other friend had been taken away from me by the black clouds which towered over me. His light would always take away the monster and would bring me strength. He would always take away the enemies and was always there for me. But now that I need him most, he had been taken away by the monsters.

The enemies were still fighting strong, crashing against me as I stood there, motionless and helpless. Huge masses of water were flung into the air as we took another strike. My life had no meaning. I was just a beaten up cliff by the sea. Motionless and helpless.

*By Owen Mealing. Year 11.*

## LONG STRATTON LIBRARY

Across the Library Service in Norfolk in February, we held Digifest, a succession of coding events for children. Long Stratton Library's event was Code-a-pillar, coding a hungry caterpillar to help him find the food on the floor. In other areas we held different events, such as Scribblebots to create automated artistic patterns, and Coder Robot to try to prevent a robot from destroying a city of the children's own making. These events were a big success throughout the county and we hope to bring more in the future.

Speaking of all things digital, here's a reminder that at the start of the year we had five brand new public PCs installed. We've had strong feedback on their ease of use from our customers so far and they're also very convenient. For customers with Open Libraries access enabled, they are available – along with most other Library services – every day of the week. Our full opening hours are detailed below – please pop in during staffed hours if you would like to have Open Libraries access enabled on your card.

### **Opening Hours:**

Register for our Open Libraries service for easy extended access to the unstaffed library outside normal opening hours using your library card and PIN. Call us on 01603 774777 or pop in to the branch during staffed hours to sign up for the service.

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

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

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

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

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

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

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

## Craft and Chat

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**April Dates - 11<sup>th</sup> and 25<sup>th</sup> April**



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# LONG STRATTON BOWLS CLUB



We are next to the Playing Field on Manor Road. The club moved here in 1973, prior to that it was situated in the grounds of a house belonging to Lt Col Wandsbrough-Jones in The Street.

No one is quite sure when the bowls club was first established, but there is a record of two members of Long Stratton Bowls Club winning the county championship in 1929.

The present green is highly maintained and is an exceptional playing surface. We also have our own well stocked bar (including Real Ale) at club prices.

We have an accredited club coach who is available to support new players.

Why not pop along to one or both of our pre-season roll-ups?

They take place on **Saturday 13th and Sunday 14th April** between 2:00pm and 5:00pm.

We have spare bowls for you to have a try ... all you need is a flat pair of shoes and have a go!

We welcome members of all ages and have moved from wearing the white shirt and tie to our own designed club shirt in the hope that it will encourage younger people to take up the sport.

For more information please call Sally on 07595 639165 or drop me an email: [slovett1973@yahoo.co.uk](mailto:slovett1973@yahoo.co.uk)



The Borderhoppa 2019 outings leaflet is now available. We have many trips arranged throughout the year including pub lunches, garden centres, the coast, mystery tours, boat trips and many more. You can pick up a leaflet at your local library, information centre, GP surgery, from one of our drivers or by calling the office and we'll post one to you.

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## LONG STRATTON & DISTRICT WI

Have you heard of NARS? Neither had most of our members but we were informed about their work at our February meeting. The initials stand for Norfolk Accident Rescue Service. It is an emergency medical charity whose members are volunteer doctors and paramedics who are dispatched by the Ambulance Service to the most serious and life-threatening incidents. They are called out about 300 times a year in Norfolk and rely entirely on charity to maintain their service. When an emergency occurs there are often only minutes to save a life.

We have an excellent programme of talks for 2019. If any of them interest you please come along to the meeting and you will be made very welcome.

On Wednesday 17th April at 7.30.pm in Long Stratton Village Hall the Rev. Heather Wilcox will give a talk on how music has shaped her life.

We meet on the third Wednesday of the month in Long Stratton Village Hall and enquiries can be made to our Secretary Mrs. Shirley Housden on 01508 531154.

---

### *Let's Chat Coffee Group*

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



*Janet*

***Note there will be no meeting on the 2nd April.***



### Next film showing

## BOHEMIAN RHAPSODY

Long Stratton Village Hall

Monday 15<sup>th</sup> April - 1pm

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## ***Drones***

I would like to clarify the Council's position on drones. We do not endorse trespassing onto private lands or fields in order to fly drones. There is strict legislation surrounding the flying of drones that needs to be adhered to. At the time of writing, legislation is changing and therefore please check the Civil Aviation Authority website to ensure you are compliant.

## ***Pavilion build***

As is with all projects of this size delays are almost inevitable! The start date has been pushed back from March to 8th April 2019. I will, where possible, keep everyone updated through the website and social media and of course will provide updates through the Sexton's Wheel.

## ***Playing Fields***

In addition to the pavilion being built, I am pleased to announce that the fun fair will be returning in June and the Council are also looking into the possibility of car boot sales and other exciting opportunities.

## ***Elections***

Who are your prospective Councillors? I am encouraging all individuals who put themselves forward to represent their community as a Long Stratton Councillor to provide me with some information that I can place on the website. Unfortunately, at the time of writing, I do not know who has put themselves forward, therefore if you are standing for Long Stratton Council and/ or you know someone who is standing then please contact me on the above email address and I will happily place your details on the website.

## ***Big Litter Pick***

The Council are pleased to confirm that Long Stratton Council are participating in the South Norfolk initiative of the Big Litter Pick. This is in accordance with the National strategy Keep Britain Tidy. We are meeting on 13th April 2019 at 10am meeting at the playing fields. We will provide all equipment. If you can spare some time even if it is 20 minutes, come along; let's tidy up Long Stratton.

## ***Hedges***

Last but not least a quick note on hedges. The majority of hedges are privately owned, and the number of communications I am receiving surrounding overgrown hedges is increasing. Please be aware that the Council has no power to maintain private hedges therefore please be vigilant with hedges that are your responsibility. If cutting hedges is challenging for you please contact me and we will see what we can do to assist.

***Becky Buck, Clerk***



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# LONG STRATTON BYPASS

Dear residents of Long Stratton,

A recent meeting to hear updates about the Long Stratton bypass was really interesting and there are a few things everyone needs to know about the latest plans.

Most important is that South Norfolk planners think that because very few people have responded to the plans so far, everybody is happy with them. As they are drawing up new plans now, this is a good time to write and tell them what you think - the official period for comments has shut, but they still want to hear from us.

Please write and tell them what you like and don't like, and most important, ask that they do some more public consultation meetings, so we can all see the plans and have a say. The new plan has only 3 roundabouts and a bridge at Hall Lane, so lots of changes to think about.

The new plans are being drawn up by Norfolk County Council and a company they have employed, not by the developer and they are looking for funding through some money from central Government. This makes the bypass more likely to happen and to happen before the housing is built to the north east of the village. The housing to the west (near the allotments) will be a different planning application and will include an access road between Swan Lane and the A140.

Please don't think this won't happen - it will and we will only get the deal we want if we ask for it.

One thing to consider is public footpaths - seven footpaths and two quiet lanes used as footpaths (Edges and Parkers Lanes) will be lost to the bypass. The County Hall team looking at this want to create new circular walks, new paths and a footbridge (maybe 2?) over the bypass. BUT this is expensive and they would like our support for this. You can write in support of this to Green Infrastructure Team, County Hall, Norwich NR1 2SG.

Comments on the bypass in writing to Planning Department, South Norfolk Council, Swan Lane, Long Stratton NR15 2XE, marked "Long Stratton Bypass".

Further information can be found on: <https://longstrattonbypass.wordpress.com/>

***Name & e-mail address supplied***

## CALLING ALL QUILTERS

**St Mary's Church is holding a Quilt & Flowers Festival from the 22nd June to the 25th June. If you have made a quilt and are happy for us to use it our display please contact Heather on 01508 530238 or e mail [rev.heather@btconnect.com](mailto:rev.heather@btconnect.com)**

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**DIGGERS & DIBBLERS GARDENING CLUB**

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For further information contact Ally Rae -01953 788544 or [allylysonrae@btinternet.com](mailto:allylysonrae@btinternet.com)

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

The next **Messy Church** is on **Saturday 27th April**  
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.

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Dear Sir/Madam

In reply to a disgruntled patient concerning parking at the doctors surgery.



Some months ago I had a mid-afternoon appointment at the surgery, it was a nice afternoon so I left the car at home and walked to the surgery. On approaching the surgery I noticed the car park was extremely full and visualised that the surgery was full of patients. On entering the surgery waiting room it was nearly empty, only a few patients, glanced at my watch and almost solved it at once! Schools are leaving off!

Approximately thirty minutes later, after my appointment I walked outside, lo and behold the surgery car park was nearly empty, proving my theory correct. Selfish, misuse, and abusing the system.

I am afraid this modern society, concerning the school run, is not local but a national obsession.

When I attended school in the sixties I cannot remember pupils being transported everyday to and from school by private cars. We had three options - walk, cycle or bus whatever the weather.

Also we are told by health officials exercise and walking is good for our health, yet the motor car has become a lazy form of health especially on very short journeys, where it can be left at home and we all enjoy walking whatever the weather! Not wrapped up in cotton wool.

*Name & address supplied*

## **LONG STRATTON VILLAGE HALL AGM - 2ND MAY 7.30PM**

Please come and join us to find out more about your local Village Hall; find out what we have been focussing on over 2018 and plans for 2019 and beyond.

If you are interested in joining our committee please feel free to also come along to find out more information and join up!

Looking forward to sharing all of our exciting news with you on the night!

## **ROSEDALE BEREAVEMENT SUPPORT GROUP**

Grief is the price we pay for loving. Everyone's experience of grief is unique and there is no right or wrong way to grieve.

We will be holding complimentary course beginning on Tuesday 30th April from 5.30pm to 7pm at Rosedale Funeral Home, 63 Victoria Road, Diss. It will be led by a qualified bereavement group facilitator. This course welcomes everyone, no matter how long ago you were bereaved, or which funeral director you used.

For more information and to register for the course you can pop in and see Kerry at the above address, ring her on 01379 640810 or e-mail her at [info@rosedalefuneralhome.co.uk](mailto:info@rosedalefuneralhome.co.uk)

## LONG STRATTON DAY CENTRE

We looking for Voluntary helpers on a Tuesday and Thursday, if you could spare an hour or two helping with kitchen duties, chatting to our elderly members or serving tea & coffee our registered charity would benefit greatly. Please contact Marilyn on 01508 535901 for further information.

### EVENTS OUTSIDE LONG STRATTON & WACTON

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

**Diabetes Uk Wymondham - Tuesday 8th April - 2-4pm** Fairland Church, Wymondham NR18 0AW. Social event with guest Audrey Bowen - Medau are natural movements and encourage mobility and other benefits. For further information ring 01953 607494 or e-mail [wymdiabetes.com](mailto:wymdiabetes.com)

**Saxlingham Players - Wednesday 10th April to Saturday 13th April - 'Ladies Day' - Saxlingham Village Hall** - "Work, love and life are just one long, hard slog for the fish-filleting foursome Pearl, Jan, Shelley and Linda. But their fortunes are set to change when Linda finds tickets to Ladies' Day at Royal Ascot the year it relocated to York. Out go the hairnets, overalls and wellies as four ditch work, do themselves up to the nines and head off to the races for a drink, a flirt and a flutter. If their luck holds, they could hit the jackpot – and more besides!!" Tickets priced at £8 available from Vicky Stocks 01508 499631 between 9 am to 9 pm.

**Newton Flotman Cinema Evening - Tuesday 16th April - Bohemian Rhapsody (cert.12A)** Newton Flotman Village Centre, Grove Way, Newton Flotman – Bar opens at 6:30pm, film starts at 7:30pm – Adult ticket £4.50, Concessionary ticket £3.50, Family ticket (2 adults & 2 children) £15.00, On the door £5.00 – Contact Christopher Remer on 01508 471580 or [christopher.remer42@gmail.com](mailto:christopher.remer42@gmail.com) to book.

**Harleston Cinema - Thursday 25th April at 2pm and 7.30pm (doors open half an hour before) - First Man` (12A)** - at the Masonic Rooms, Harleston. There will be ice creams at the interval, plus a bar in the evening. Seats cost £4, please book at Harleston Information Plus, 01379 851917, or email [hip@harleston-norfolk.org.uk](mailto:hip@harleston-norfolk.org.uk) (please give the names of those booking and whether matinee or evening).

**HARLESTON CHORAL SOCIETY** will pick up its scores again after the Easter break on **Monday 29 April, 7.00 pm** in the London Road Church, Harleston. We're singing music by Purcell in preparation for our summer concert on Saturday 22 June. Do come along and join us - we're a friendly non-audition choir and music is provided free. Subs £40.00 per term (some concessions available). More information on our website [www.harlestonchoralsoc.org.uk](http://www.harlestonchoralsoc.org.uk) or from our Chair, Jo Curry [jo.curry@sky.com](mailto:jo.curry@sky.com)

**Hempnall Art Club Annual Art Exhibition Saturday 4th and Sunday 5th May - 10.30am to 4pm - Hempnall Village Hall** - Entrance £1 including catalogue - over 250 exhibits for sale by club members and invited local artists. Refreshments available.

## LONG STRATTON CHILDREN'S CENTRE

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

Date	Activity	Time	Venue
<b>Monday</b> 8th	<b>Messy Play</b> <i>A group for children aged 0-5 years to come along and enjoy some messy activities!</i>	10.00-11.00 am	LS Children's Centre
<b>Monday</b> 15th	<b>Easter Group</b> <i>Come along and enjoy some Easter activities. A group for 0-5 year olds</i>	10.00-11.00 am	LS Children's Centre
<b>Monday</b> 29th	<b>Sing and Play</b> <i>A group for children ages 0-5 years to come and have a play with singing and rhymes</i>	10.00-11.00 am	LS Children's Centre
<b>Tuesday</b> 9th, 16th, 23rd & 30th	<b>Story Garden</b> <i>Outdoor gardening and story group</i>	1.30-2.30 pm	LS Children's Centre
<b>Wednesday</b> 10th, 17th & 24th	<b>Feeding Group</b> <i>UNICEF trained staff will be available to observe and support you through breast feeding, as well as providing guidance on formula feeding and introducing solids</i>	10.00-11.30 am	LS Children's Centre
<b>Wednesday</b> 24th	<b>Introduction to solid foods</b> <i>support around feeding and weaning</i>	10.00-11.00 am	LS Children's Centre
<b>Friday</b>	<b>Book Start Corner</b> <i>A four week course to support you</i>	Please ring for details - 01508 536399	

**For further information please call 01508 536399**

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

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

## LONG STRATTON METHODIST CHURCH

**April lunch will be on Tuesday 2nd at 12.30pm.**

**Please call 01508 530518 to book - all welcome**

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

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## CHURCH SERVICES - APRIL

### St Mary's Church

7th	11.00 am	All Age Worship
14th	9.50 am	Ten2Ten Service - Palm Sunday
14th	11.00 am	Holy Communion - Palm Sunday
15th to 17th	9.00 pm	Compline - see page 16
18th	7.00 pm	Agape Meal with HC followed by Compline - see page 16
19th	10.30 am	All Age Good Friday Meditation
21st	11.00 am	Easter Day Holy Communion
28th	11.00 am	All Age Holy Communion
28th	7.00 pm	Soul Shapers

### St Michael's Church

14th	8.30 am	Holy Communion - Palm Sunday
19th	9.00 am	Good Friday Meditation
21st	8.30 am	Easter Day Holy Communion
28th	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

7th	9.30 am	Holy Communion
19th	3.00 pm	Hour at the foot of the Cross
21st	9.30 am	Easter Day 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

7th	10.45 am	Family Service with Holy Communion	David Dodd
14th	10.45 am	Palm Sunday Family Service	Colin Basham
21st	9.45 am	Family Breakfast	
21st	10.45 am	Family Service with Holy Communion	Rev Ian Jones
28th	10.45 am	Family Service	Trixie Dye

## From the Parish Registers

### Baptism

We welcome **Elizabeth Artemis Cutting** into the family of St Mary's Church.

### Funeral

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

David Bassingthwaite                      St Mary's

## LLOYDS MOBILE BANKING

The mobile banking van visits Long Stratton every Tuesday between 9.45am and 11.15am and it is parked in The Swan car park.

Services available are:

Daily cash deposits with a limit of a maximum five complete bags of coins

Cheque deposits

Set up, amend and cancel standing orders

Cancel direct debits

Make account enquiries

Enrol or cancel SMS alerts

Business and commercial customers also have access to the following:

Daily cash withdrawal limit of £300 [or £1000 if pre-ordered 48 hours before]

Cash deposit limit of £5000

## 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 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**

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.

## 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 for all editorial is the 10th 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

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