The Sexton's Wheel

Issue 223

The magazine for Long Stratton & Wacton



August 2022

Long Stratton Village Hall -Booking Information

The hall can be booked as follows:

Via our facebook page, search Long Stratton Village Hall Via our website www.longstrattonvillagehall.org.uk Email us at longstrattonvillagehall@outlook.com Call Kirsty Dye on 07986942804 and leave a message Hire rates from as little as £7.50 per hour.





Wacton Village Hall - Booking Information

Attractive and welcoming community space available for hire: hall or meeting room Hire rates start at £6.00 per hour. To book go to wactonvillagehall.co.uk
Email: bookings@wactonvillagehall.co.uk, orTel: Angie Baldwin 01508 536639

Church Contacts

St Mary's Chrissy Briggs - (01508) 536724

St Michael's Rosemary Bennett - (01508) 530296

All Saints' Angie Baldwin (01508) 536639

Congregational Church June Braddock (01508) 470701

Church Parish Office

Due to current restrictions the Parish Office is not open. The Parish Administrator, Marianne, can be contacted on LSTpilgrimteam@outlook.com

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team, please contact the team vicar: Revd. John Madinda on 01953 789240.

Long Stratton Town Council, The Pavilion, Manor Road, Long Stratton

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

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

The Editors reserve the right to edit or decline any material submitted for publication. While every effort is made to ensure that the contents of the magazine are accurate, no responsibility can be taken for errors and omissions. The material printed does not necessarily represent the views of the magazine committee and no recommendation of products or services is implied. While the committee take reasonable care when accepting advertisements for publication, it cannot accept responsibility for any unsatisfactory transactions. Errors and omissions excepted.



Hooray! Holiday time is here, as I type this the sun is shining and the temperature is 27C. Need to get the factor 50 sun cream out, chilling drinks in the fridge, and of course, get the Barbi out.

The Sexton's Wheel Team

- Booking information Long Stratton & Wacton Village Halls. Church Contacts. LSTC opening hours.
- 5. Our World Our Life.
- 7. 1st Long Straton Guides
- 9. Long Stratton Bownies.
- 11. Bingo at Village Hall. Long Straton WI
- 13. Queen's Treasure Trail.
- 19. Borderhoppa. Messy Church. Let's Chat.
- 21. Harleston & District U3a. Thursday Club.
- 29. Wacton Footcare. Wacton Coffee Mornings.
- 31. Thank you from Wacton Church . Wacton church Coffee Morning.
- 33. Wacton notes for your diary.

- 34. The History of Wacton House
- 36. Local Walks.
- 37. Long Stratton Library
- 38. Church Services. From the Parish Register.
- 39. Contact details & information on the Sexton's Wheel.

HOMEFRONT

Handyman Maintenance Services

- Bathroom & Kitchen refurbishment
- Painting & Decorating
- Plaster Repairs
- Carpentry
- Plumbing
- Disabled Access work
- Garden Services

John Johnson 01508 531021 • 07958 606637 johnnyxj@yahoo.com



Richard Walpole Roofing

- New Roofs
- Re Roofs
- Roof Repairs
- Leadwork
- Chimneys Repointed
- Fascia, Soffit and Guttering FULLY INSURED

Contact Richard on **07747 784742**



Your Health & Wellbeing starts with taking care of you

Yoga can help with

- Strength, Flexibility and Mind-Body Awareness
- Physical Ailments, Recovery from Illness or Injury
- Weight Loss, Stress, Anxiety, Depression and Sleep Problems

Zoom Classes available for any age, any ability

Email hellen@beautifullybalanced.today or, What'sApp 07714700606

Our World our Life.

Talking about the environment, the environment remains an essential part to our thinking, behaving and planning. This is because whatever we do or we do not do has some form of impact on the environment.

Sometimes we do try to escape the idea of our ultimate responsibility by wondering whether there is any other form of existence in space. This comes with fear that this planet earth, which is increasingly being depleted, might one day be unsustainable, and maybe with life in space that could be the answer of avoiding extinction in planet earth. I think that we need to grapple with the idea of existence and non existence. That existence itself has a cause, and faith says that the cause is God, while science says that the cause was an accident called the Big Bang. Whatever the cause that brought about existence, existence was not a choice of humanity.

Whatever that cause, we see that humanity found itself in a wonderful bespoke world with everything needed for survival.

However it could make a difference when we ask the why question rather than the how question regarding human existence. Why we exist rather than how we exist. I am sure with anything there is a reason just like getting up in the morning and preparing to start the day. Even if the reasons may differ and vary there still is a reason. One of the theories for the reason humanity exists is to look after the created order. We have been given a mandate that if we would like to live and enjoy it we ought to look after it, there is no way around it. As it says, in every privilege there is responsibility and there is no freedom without boundaries. These boundaries can be trespassed or violated and they are there to safeguard.

This year with the Bishop of Norwich having been appointed as Lead Bishop on matters of the environment in the Church of England, with his advice we have added into our baptism vows the question which asks,

"Will you strive to safeguard the integrity of creation and sustain and renew the life of the earth?"

This is to remind ourselves that we have been given the care for the environment as a trust, and we are to look after it for the generations to come. Every small effort matters. We might not be able to do the big things and carry out the big project to save the environment, but we can do the small things which are within our reach and capacity to make our planet sustainable. Each day let us consider what we can do better.

Revd John Madinda.







At The Mayfields Care Home, we believe in a healthy, active lifestyle – one in which our residents can feel like winners. That's why we personalise each day to meet the individual activity needs of our residents and their families.

And hearing their laughter is music to our ears.

www.castlemeadowcare.co.uk

The Mayfields

SWAN LANE, LONG STRATTON, NORFOLK, NR15 2U'
CALL 01508 535 500 TO ARRANGE YOUR VISIT



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE | SHORT BREAKS



◆Tax ◆Accounts ◆Audit

Small and Medium Sized Businesses, Self Employed Individuals, Clubs and Charities

No-obligation free initial consultations, fixed competitive fees and personal service

T: 01379 309790 M: 07592 146144

E: anthony@ajbriceaccountancy.co.uk

W: www.ajbriceaccountancy.co.uk

10 The Thoroughfare, Harleston, Norfolk, IP20 9AX.



Ist Long Stratton Guides

The Guide Leaders



The Summer term has seen the Guides venture outside. The first task in the term was to reorganise the patrols and we now have 3 patrols; Bees, Foxes and Pandas.

Luckily the weather has been kind to us – sometimes too kind and a bit hot. The Guides have been on a penny hike ending with a Chip dinner. We have spent quite a lot of time getting ready for our Guide camp at Keswick, which will have been completed by the time your read this. Due to Covid hardly any of the Guides have camped so the whole camp will be one big adventure. To get ready the Guides have practised erecting tents, built fires and cooked chocolate cake in scooped out oranges, and practised tying knots.

The visit to Smockmill Common was fun (bit boggy in places). The Guides played "capture the sun" where you defend your flag from the opposition. Two of the leaders raided one camp and came out with the flag!!

Overall, it has been an interesting term with lots of games, fun and plenty of activities outside and away from our base. We are all looking forward to the summer break and recharging our batteries ready to tackle the new term in September.

We look forward to updating you with all our exploits in the new term. Happy Summer everyone!

Have you got a local event or organisation to advertise? Why not advertise it in the Sexton's Wheel?

Details of how to contact us and deadline can be found on page 39



- · All makes and models
- Insurance approved
- · Small dents to major repairs
- · Tyres at competitive prices
- Vehicle sales
- Courtesy cars available

Where quality counts!

01508 535888

Unit 2 | Robert Harvey Way Tharston | NORWICH | NR15 2FD

www.ymark.com | info@ymark.com



Family Run, Private Hire Taxi Based in Long Stratton

Offering a friendly, reliable service
Short and Long Distances
Airports and Stations
Courier Service
6 and 8 seaters

It is highly recommended to pre-book

Please call or message on 07464736667
Or visit www.kandjcars.co.uk

PAUL LOVETT

Repairs & Servicing

Home Appliances 07999 355267

E: lovett.repair@gmail.com



Covering South Norfolk and North Suffolk

20+ years experience

ARE YOU LOOKING FOR:

Dog Boarding Dog Walking Pet Sitting

If so contact Jane on: 07561106701

Long Stratton, Norwich & Surrounding areas

Also offer house sitting and security while people are away from home.

Police checked - Reference on request

2nd Long Stratton Brownies

This term the Brownies have been working on their Live Smart Stage 2 badge, from the Skills for my future theme. One evening they made stripy salad pots.



We have explained various jobs that people do and the

tools and equipment they would use. Some of our parents and other leaders came to talk to us about their working life and we heard from a Police Sergeant, Nurse, School Teacher, Accountant, Care Worker and Doctor. We will also be hearing from a RAF Flight Lieutenant and a Clinical Psychologist. The Brownies found this interesting and had lots of questions.



We also had a Japanese theme evening, folding origami ladies in kimonos, scratch art magnets and played Jingle ji-i-sa-n (grouchy grandad)!

Well done to the following Brownies who gained their Live Smart badge: Eleanor, Ellie, Evie, Hannah, Isla, Ivy-Lea, Leela, Mollie, Olivia, Scarlett and Sofia.

Other badges gained this term were:

Ellie - Mindfulness

Amelia, Ella, Ellie, Ivy-Lea, Scarlet and Sofia – Baking Amelia, Ella, Ellie, Ivy-Lea and Scarlett – Express myself theme award

We finished the term with a fun night outside with the Rainbows including some water games.

We have some spaces available for girls aged 7-10 who would like to join us. Brownies learn new skills, take on challenges working through our new programme and have fun together with friends.



(Rainbows also have spaces for girls aged 5-7.) Please contact Brown Owl (Josie) on Tel **01508 531100 for more information or register your interest at www.girlguiding.org.uk**.

Brown Owl



Susan Whymark Funeral Service Ltd

Independent and Family Run

Serving Eye, Harleston and the surrounding areas Since 2004

We offer a range of services to suit your individual needs

- Funerals tailored to your needs and budget
- Full estimates given at time of arrangement
- Pre-arranged funeral plans arranged in accordance with FCA Regulations
- Direct Cremations
- Support Groups
- Memorials

We provide an efficient but friendly service through our professionally qualified staff

Chestnut House, 12 Progress Way, Eye, Suffolk, IP23 7HU Ley House, 11a London Road, Harleston, Norfolk, IP20 9BH

Tel: 01379 871168 (24hr) Tel: 01379 851253 (24hr)

See our customer reviews at

www.susanwhymark.co.uk Email: susan@susanwhymark.co.uk



Long Straton Village Hall

23rd September, 7pm for 7.30pm eyes down.

All proceeds to St Mary's Church restoration fund

LONG STRATTON & DISTRICT WI

In June we had a very interesting talk from Angie about her experiences living on a canal boat and working as a waterways chaplain. She also brought along some interesting items to illustrate her talk.

Our August meeting will be a garden party by kind invitation of one of our members and then we will be back in the Village Hall again for our September meeting on the third Thursday at 7.30.pm.

Please contact our Secretary on 531154 if you are interested in joining us.

LIONS CLUB

Save this date!

Long Stratton Lions Quiz Night coming up October 15. Details next month.





Janette: a key part of the Howards team.

Janette, is well known in the town having worked for Howards for 25 years. Throughout lockdown Janette has continued to support her local clients and seen first-hand the benefits of being able to work flexibly from home.

"Now is exactly the time to be responding to our customer's needs," explains Janette. "For me this means not being tied to an office, but being out in the area meeting my clients when it suits them.

"I've been selling houses in this area for a quarter of a century and now I'm selling houses for my clients' children as well. I'm not going anywhere, so my reputation depends on me delivering an outstanding service at all times and that's exactly what I'm going to do!"

But don't just take our word for it; listen to what her existing customers have to say:

$G \star \star \star \star \star \star$

I have found Janette and Hayley to be both very professional, polite and kept me informed every step of the way. I have only dealt with Janette in person and she couldn't be more helpful, ten out of ten in my opinion. Keep up the good work. M. L., August 2021

$G \star \star \star \star \star$

I've rarely had such a kind, professional, caring and timely service from an estate agent's. I have felt treated as a valued client, not a potential fee. The difference that makes is huge, as looking for and selling your home is very emotional and kindness goes a very long way. They're stars and I want to publicly thank them for everything. C. C., August 2021

Call Janette Churchill
Partner & Long Stratton Property Expert
T 01508 532 244 E janette.churchill@howards.co.uk



MKL SERVICES HANDYMAN NORWICH

Trying to find a Handy Fixing Service in Norwich? Get in touch with MKL Services, The Reliable Handyman. We offer a selection of services including Plumbing, Tiling, DIY, Carpentry, Kitchen Fitting, Bathroom Installations, Blind/Curtain fitting and more.

EMAIL US AT: MKLSERVICES@ICLOUD.COM
CALL US ON: 07946774775



All services provided will adhere to social distancing rules and government guidelines regarding Coronavirus (COVID-19).

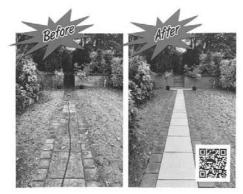
The Queen's Treasure Trail

To celebrate the jubilee, we have a free treasure trail available to all. This unique and exciting trail will take you on a quest throughout South Norfolk, helping you discover new areas of the district you may not have explored. Along the way there will be discounts available at local shops and cafes, as well as amazing prizes to win. Find out more and download your free map today at: southnorfolkandbroadland.gov.uk/snctrail









www.tasvalleyexteriorcleaningservices.co.uk

Tas Valley Exterior Cleaning Services



③ 01508 471 994 **⑥** 07796 503 096

www.tasvalleyexteriorcleaningservices.co.uk info@tasvalleyexteriorcleaningservices.co.uk

Tasburgh, Norwich, NR15 1NP



(PII) which covers each will to 2.5 million



- All makes and models of cars, vans and trucks serviced.
- MOT Preparation.
- Brakes, clutches, exhausts.
- Tyre supply and fitting service at competitive prices.
- Cam belts.
- Welding.
- 24hr Recovery.
- Courtesy car available.
- Friendly professional service

Tel: 01508 489066 24hr Recovery: 0779 664 1881

Mark's Vehicle Services, Unit 1, Red House Farm, High Road, Forncett St Mary, Norwich, NR16 1JR. Open Monday-Friday 8 til 5:30. Saturday 8 til 1. All major credit cards accepted

ACE PLUMBING DAVID MILLWARD

Established 1980

NEW TO THE AREA

Reliable, honest, quality workmanship.

Specialising in heating system problem solving and all other plumbing.

Walnut Tree Cottage - Silver Green Hempnall - NR15 2NL

plumber1.dm@gmail.com

01508 498005/07763 359313

www.aceplumbingnorfolk.co.uk



PEMF - A different kind of therapy...

- Drug Free pain relief
- Better quality sleep
- Improves health and well-being
- Backed by extensive research



<--Find out more about PEMF Contact Dean (Long Stratton)

07733 237869 info@thequantumalchemist.co.uk www.thequantumalchemist.co.uk

METRO PLUMB OIL BOILER SERVICE £95+VAT 0800 415 514

GENERATION

RYDER & ROOFING SPECIALISTS

TS O

GENERATION

BUILDING CONTRACTORS

Norwich 01603 458884 or 07850 597288 Norfolk 01508 532200 or 07825 908287

Unit 16 Salamanca Road, Tharston Ind. Est, Long Stratton, Norfolk, NR15 2PF www.mryderroofing.co.uk mryderroofing@outlook.com



BUILDING & ROOFING SPECIALISTS LTD

- New Roofs
- Re-Roofing
- Roof Repairs
- Leadwork
- Flat Roofs
- Interior Renovations
- Exterior Building
- UPVC Windows

- Free Consultations
- Free Quotes
- 10 Year Guarantee
- Established 75 Years
- 4th Generation
- Quality Service
- Council Approved
- Constantly Recommended

BARKER FAMILY FUNERAL SERVICES We're all inclusive

Family run with Family values and Family at heart

Provisions of all professional services, an obituary notice via social media, handling of all charitable donations, limousine, motorised hearse and bearers, 3ft coffin spray, includes all fees and choice of coffin.

Total £3,875

The Simplistic Funeral

Total £1,590

The Street, Long Stratton NR15 2XJ ST STATE OF THE ST

We will match any quote and £50 cashback if you pay in full before the date of the funeral 24 Hour Family Caring Personal Service Covering Norfolk & Suffolk



- Door to door dial-a-ride service
- Weekly members outings throughout the year



Group hires for not-for-profit organisations

Borderhoppa Outings for August 2022

Mon 1st - Fairhaven Woodland & Water Garden - Fare £15.00

Thurs 4th - Gorleston - Fare £15.00

Mon 8th - The Range & lunch at The Copper Beech - Fare £15.00

Thurs 11th - Notcutts Garden Centre, Norwich - Fare £15.00

Mon 15th – Great Yarmouth Summer Spectacular – Fare & Show £35.00

Thurs 18th – Lunch at The Black Horse, Thorndon – Fare £7.00

Mon 22nd - Southwold - Fare £15.00

Thurs 25th - Blickling Hall Estate - Fare £20.00

To book or for more information please call **01379 854800 or visit our website www.** borderhoppa.org

Comeand join us for....

"Messy Chuch" is on holiday this month.

Look out for the invitation in next month's Sexton's Wheel for Messy Church in September.







LET'S CHAT

Why not come along for a good old chat at St Mary's Church every Tuesday, 10.00am - 12.00pm.

Janet and the team will be there to welcome you all with tea, coffee and homemade cake. And as usual:

All are Welcome.



We offer a varied range of seasonal and novelty gifts, as well as toys, bags, homeware and furniture. With even more products coming soon.







ST_LEN FORM



Vintage Horse Box Limited

The Street, Long Stratton, Norwich, Norfolk, NR15 2XG Tel 07825 663132

Web www.vintagehorsebox.co.uk Email vintagehorseboxuk@gmail.com



@vintagehorseboxuk



HARLESTON & DISTRICT U3A

Harleston & District u3a's August talk on 17 August at 2.00 pm in St John's Church Harleston, presented by Bob Goddard, is entitled Our Colony on the Moon. Bob has spent eight years researching whether the Moon – given its plentiful water, ice and solar power, and our growing realisation that planet Earth is vulnerable to asteroid and comet impacts - is the obvious first destination for an off-planet human colony to ensure that the human species is safe from extinction.

Further information from Kim Poulton on **01986 788149 and on our website u3asites.** org.uk/harleston

THURSDAY CLUB

At our June Meeting members got together to celebrate the Queen's Jubilee. A good time was had by all as a variety of 50s refreshments and music was enjoyed along with games and a quiz.

There will be no Club meeting at the Village Hall in July or August.

Shotford Bowling Club, Harleston

OPEN DAY

Saturday September 3rd 10 am to 2:00pm



Shotford Bowling Club are holding their annual **indoor Open Day** on September 3rd, followed by six consecutive Saturday mornings of **free indoor bowls coaching** for prospective new members.

Our team of **NCBCA** accredited coaches will welcome you to the club, show you the facilities we have to offer and, if you are interested, sign you up to our **free coaching sessions**. Light refreshments will be provided.

No previous experience is necessary and bowls will be provided for the 2hr coaching sessions.

The club is situated in Spirketts Lane, Harleston, South Norfolk, IP20 9JL

From the town exit towards Needham, turn left into Shotford Road and left again into Spirketts Lane. The club is on the right just past the water tower.

From the A143, exit at the sign to the Industrial estate and turn immediately left into Spirketts Lane. The club is on the left.

Website: shotfordbowlingclub.co.uk



Specialists in the supply and install of new and replacement Pvc-u and Aluminium windows, doors, conservatories, secondary double glazing and roofline.

All available in a wide range of colours and styles.

Free surveys and estimates. Trade and DIY enquiries welcome.

For friendly advice and a competitive price.

E: info@moultonwindows.co.uk
W: www.moultonwindows.co.uk

01379 677730

Orchard Farm, Great Moulton, Norwich, NR15 2HA



Big enough to cope, small enough to care



CHRIS CLARKE OIL BOILER SERVICES

- Servicing
- Commissioning
 - Breakdown Repairs

Servicing/Commissioning 07377 516660 Breakdowns 07912 146619



Registered

CARRY-ALL

Mel Rogers Mob: 07850 402845 Tel: 01508 536182 e-m carry_all@btinternet.com

Suppliers of:

- Mixed hard and soft wood
- Shingle [Natural]
- Sand
- Hoggin
- Ballast
- Crushed Concrete
- Ornamental Granite Chippings
- Top Soil
- · Cultivated rolled turf
- Bark Chippings
- Compost & Peat
- Plumb Slate

No VAT - Free delivery

COMMUNITY UPDATE

LONG STRATTON NEIGHBOURHOOD TEAM

LONG STRATTON, HEMPNALL & FORNCETT WARD



www.norfolk.police.uk

YOUR LOCAL BEAT MANAGER



PC 1279 Andrew Barkway

WE ARE YOUR SAFER NEIGHBOURHOOD TEAM - WANT TO GET IN TOUCH?

CONTACT US - E: SNTLONGSTRATTON@NORFOLK.PNN.POLICE.UK

TEL: 101

FOLLOW US ON SOCIAL MEDIA FACEBOOK: South Norfolk Police TWITTER: @SouthNorfPolice

UPDATE FROM YOUR ENGAGEMENT OFFICER

NEIGHBOURHOOD WATCH WHAT ARE WE ALL ABOUT?

WHAT DO WE DO?

We support our members to create well-connected communities who support those who are vulnerable and isolated and thereby increase community health and wellbeing. All our schemes are run by local volunteers who want to make a difference. By Joining up with your neighbours you can help to reduce crime and the fear of crime together.



WHAT DO PEOPLE SAY **ABOUT US?**

COMMUNITY FOCUSED NEIGHBOURLY

SUPPORTIVE

HOW CAN YOU GET INVOLVED?

You can join us as a member and join your local scheme or if there isn't one, why not consider starting a scheme of your own with your neighbours.

If you are interested in volunteering, we have a number of both local and national volunteering opportunities





CURRENT NEIGHBOURHOOD PRIORITIES

- Road Safety (including speeding)
- Anti-Social Behaviour
- Concerns around drug dealing & use

WHAT'S HAPPENING IN YOUR AREA?

Over the past 3 months the team has continued to look at road safety, carrying out speeding checks, contravention of road sign enforcement, ASB visibility patrols along with engagement in the schools and presentations around internet safety and knife crime. With summer time coming up we are ready to meet everyone out and about having fun.

Thursday 31st March your Local Policing Neighbourhood Team held a virtual Priority Setting Meeting via Microsoft Teams, for Long Stratton and surrounding parishes.

Members of the community were given options to vote for their top policing priority - these votes were discussed at the meeting and the following Priorities have been agreed:

- Road Safety (including speeding)
- Anti-Social Behaviour
- Concerns around drug dealing & use

The Local Policing Neighbourhood Team would like to say 'thank you' to the community for your vote and voicing your local concerns. We will concentrate on these 3priorities over the next 3 months.

If you have any information or concerns, please contact me. Regards Andy

DATES FOR YOUR DIARY

Local Community Meeting - Wednesday 29th June 6.30pm via online Microsoft Teams

For local Engagement Surgeries see South Norfolk Police social media pages



CONTACT US THROUGH OUR SOCIAL MEDIA CHANNELS



CALL US ON 101 OR 999 IN AN EMERGENCY





M SHEPHERD OPTOMETRIST LONG STRATTON

OPEN for Eye Exams, Contact Lens appointments and all your eyecare needs.

NOW OPEN 6 DAYS PER WEEK









OUR PROMISES TO YOU:

- WE LOOK AFTER LONG TERM EYE HEALTH
- WE OFFER REPEAT EXAMINATIONS WITH THE SAME OPTOMETRIST WHERE POSSIBLE
- WE USE ADVANCED TECHNOLOGY TO EXAMINE YOUR EYES
- WE PROVIDE OUR PATIENTS WITH THE TIME THEY NEED IN THE EXAMINATION CHAIR
- WE PROVIDE PROFESSIONAL PRESSURE FREE ADVICE

Mon-Fri 09.00-17.00

Sat 09.00-13.30

33 01508 532 669

www.mshepherdoptometrist.com

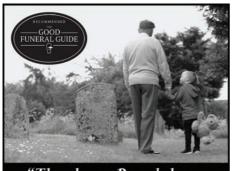
Trusted Service at Your Convenience

Fully Licensed and Insured



www.BartramsServices.com 07402356519 Contact@bartramsservices.com

- Garden Maintenance
 - Gutter Cleaning
 - Ivv Removal
- Tree Removal
- Garden Redesign
- Patio and Decking Clean
- · Hedge Cut + Disposal
- · Grass Cut + Disposal
 - Lawn Treatment



"Thank you Rosedale, your support and guidance made this difficult time a little more bearable."

- from a family we have cared for at Rosedale



Victoria Rd, Diss 01379 640810 www.rosedalefuneralhome.co.uk

We are a family business and promise to provide exceptional care and a truly personal 24 hour service, when you need it most.

JUMBO BAG DELIVERIES

SAND TOPSOIL **MULCH**



BALLAST SLATE

PLAY BARK STONE 6/10/20MM MUSHROOM COMPOST

CALL 01508 470674 **FOR A PRICE TODAY** Simons Landscaping Ltd

Electrician



Local, Friendly, Reliable N.A.P.I.T. Registered that works on all aspects of Domestic and Commercial Electrics including storage heaters

Contact Ian or Caroline @ ICD Electrics on

0779 0273 689 or 0788 8740 473

E-mail: icdelectrics@hotmail.co.uk or www.icdelectrics.co.uk



Bailiwick IT Ltd.

Having Computer Problems?

Windows and Apple Mac repairs, upgrades & troubleshooting virus & malware removal, printer supply, data recovery, Microsoft 365 services, 4G Broadband solutions, New & Factory refurbished machines, Security software, Domain names, emails & hosting, Networking services.

> Tel: 01953 718421 Mob: 07928 326008

Email: help@bailiwickit.com Web: www.bailiwickit.com











Activity Program

Free online activity programme for o to 55 in Norfolk





The Early Childhood & Family Service (ECFS) is still running, offering extra help to families who need it. Right now, due to Covid-19, we're providing a programme of online activities and groups that are available to families with children aged o to 5 years.







Live Online Groups

Baby Days Live Online

Six weeks of free online sessions for babies with their parents/carers. Each session will have a new learning activity to try out with your baby, plus an opportunity to meet other parents and talk to knowledgeable staff. Best suited to babies who are not yet walking.

Toddler Days Live Online

Six weeks of free online sessions for under 5s with their parents/carers. A chance to meet other parents, talk to knowledgeable staff and take part in fun, learning activities

Baby Massage Live Online

A free five week course introducing massage strokes that can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.



Register at tinuurl.com/ECFSevents

Sessions take place online via video call on Microsoft Teams. You only need an internet connection and a smartphone, tablet or computer to join.



If you would like to join but need help with technology, or you don't have a suitable device. please contact us on 0344 800 8020 to see how we can help.

Need extra help or someone to talk to?

We are here to help with things like:

- · Becoming a first time parent
- · Bonding with your child
- Parenting challenges · Mental wellbeing
- · Healthy relationships
- · Learning through play · Communication & language development

Please contact us and one of our team will be in touch



Online form:

www.tinuurl.com/

Emoil:

ecfs-families@actionforchildren.org.uk

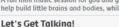


New videos or themed activity posts every day at facebook.com/EarlyChildhoodFamilyService Videos also on our You Tube channel. First view on the day/time shown or catch up later



Musical Monday with Magic Acorns

A fun mini music session for you and your little one to join in with at home. Designed to help build little brains and bodies, while encouraging communication and confidence.



Ideas and activities to get your toddler talking, plus information on how the things you do with your baby, from birth, can help their future language and development.

Children's Wellbeing

Tips to help you understand and nurture your child's emotional development, including how to deal with difficult situations.

Fun and Learning

A variety of indoor and outdoor activities for you to enjoy with your baby or toddler.

Cookalong

Step-by-step videos for easy family recipes which are fun to make together and will save you money compared to ready prepared food. No experience necessary

Monday

1.30pm

Tuesday

11.00am

Wednesday

1.30pm

Thursday

11.00am

Fridau

1.30pm

Norfolk County Council

Other activities for o to 5s and their families







Interactive 'Come and Try' taster sessions and online courses for families to enjoy together. For details and to



DIRECTORY

Weekly Online Bounce & Rhyme sessions, Story Week activities and Social groups via Zoom. Find out what's on from Facebaok or www.norfolk.gov.uk/libraries

Search for activities and services run by volunteers or other organisations in your local community. Visit

0344 800 8020 | www.norfolk.gov.uk/earlychildhood | ecfs-families@actionforchildren.org.uk









You can get more information on the service by visiting www.norfolk.gov.uk/earlychildhood

If you would like further information, help or support then please call us on 0344 800 8020 or email us at ECFS-Families@actionforchildren.org.uk

Any updates on services or groups can be found by visiting our Facebook pages. Search for Early Childhood and Family Service



See our video on You Tube to find out more

Courses offered by the Early Childhood and Family Service

Our courses are running online via Microsoft Teams, or in small face-to-face groups at our risk assessed bases. Extra hygiene measures are in place and we will ask you to wear a face covering, unless you are exempt.

Solihull Parenting Course

A 10 week course to help you learn more about your child's development and behaviour. What is their behaviour telling you?

Baby Massage

A 5 week course for introducing massage strokes. This can help with colic and support you and your baby to feel more relaxed, whilst strengthening your bond.

Freedom Course

A 10 week course for women who would like to look at healthy relationships and to have a safe environment to be able to discuss and understand previous and current relationships.

Triple P

An 8 week course that offers support, information and practical answers to everyday parenting concerns.

Circle of Security

An 8 week course based on supporting and strengthening the attachment between you and your child.

Our partners



DIRECTORY

<u>Home-Start Norfolk</u> and the <u>community offer in your local area</u> are also part of the Early Childhood and Family Service, and are available to support you and your family.

Useful contacts

If you are worried a child is at risk

please call Norfolk County Council

Children's Services on

Coronavirus Information norfolk.gov.uk/coronavirus Just One Norfolk (Health Visiting Team) 0300 300 0123 Leeway (Domestic Abuse Support) 0300 561 0077 Norfolk & Waveney Wellbeing Service 0300 123 1503 (Mental health support) Home Start Norfolk 01603 977040 01502 719830 Speech & Language Advice Line (ECCH) 01603 704070 Norfolk SEND Partnership National Breastfeeding Helpline 0300 100 0212 Norfolk Police (non-emergency) 111 CGL (Alcohol & drug behaviour change service) 01603 514096 Citizens Advice Bureau 03444 111 444 0808 800 4444 Shetter (Help with housing & homelessness) gov.uk/contact-jobcentre-plus tob Centre Mens Advice Line (for men in abusive relationships) 0808 801 0327

0344 800 8020

or 999 in an emergency

o344 800 8020 | www.norfolk.gov.uk/earlychildhood | ecfs-families@actionforchildren.org.uk

Happy Feet



Qualified Foot Health Professional

Treatment of corns, calluses, nail infections and much more.

To arrange a home visit please call Wendy Latoy MCFHP, MAFHP on

> 01379 676872 or **079 2345 4646**

Want to Advertise?

Why not use this space to advertise your Business or Services.

Very competative rates. it couldn't be easier

Just call: 07557990169

or email:

thesextonswheel@googlemail.co



Chris Rumbelow

Sandblasting & Welding

Engine parts Brake Discs

Matchbox Farm Aslacton

Call 07787 821 457

Brake Callipers Wheel Rims Rusty Parts



AQUATICS SHOP - DISS

We sell a large selection of tropical and coldwater fish and all your essential aquarium maintenance equipment.

Visit our Facebook page to see a list of all livestock currently in stock.

FIND US AT

Unit 22b Diss Business Park, Hopper Way, Diss IP22 4GT

OPENING TIMES

Closed

Tue, Wed, Thu 10am - 6pm Fri. Sat 10am - 7pm Sun 10am - 4pm

XPRESS.AQUATICS@OUTLOOK.COM

07359 099872

@XPRESSAQUATICS





The Street, Long Stratton NR15 2XG www.nethertonsteakhouse.co.uk



Great menu for all to enjoy inside or outside dining

17th Century inside plus heated pagoda and garden outside



FULL FOOD MENU

Wed eve: 5pm-9pm
Thu, Fri & Sat:
12 noon-9pm
Sunday: 12 noon-5pm
including full roast option



See Facebook or phone 01508 531500

TO BOOK EMAIL enquiries@ nethertonhouse.co.uk

WACTON FOOTCARE

The next session of Footcare will take place on Tuesday 30th August. If anyone is considering a 1st appointment for Footcare please call either of the numbers below for further information or to book an appointment.

The contact numbers are ---

Clare --- (Footcare Specialist) --- 07785 295358

Rita --- (for further information or to cancel an appointment) --- 01508 218407

WACTON COFFEE MORNINGS

The dates for our next Coffee Mornings are Tuesday 7th and Tuesday 16th August. We meet in the Village Hall on the first and the third Tuesday of every month from 10.30 through to 12 noon.

Caroline and Rita look forward to welcoming you for coffee, tea and cake as usual and of course lots of chats We are also pleased to invite anyone living locally from any of the local villages and can assure you of a warm welcome. So, if you are passing and see our "Kettles On" board displayed outside Wacton Village Hall do pop in we'd love to meet you.

Caroline and Rita

High quality, secure and stylish.

Garage Doors, Gates, Awnings and Automatic Roller Blinds supplied, installed and repaired.





Diss 01379 651959 **Norwich** 01603 270105

Contact us to arrange an appointment at our Diss showroom to view our range of high quality products and discuss the perfect solution for your home.

Unit 21, Court Industrial Estate, Vinces Road, Diss, IP22 4BF

www.chapeldoors.co.uk

A really BIG THANK YOU to everyone who has helped support our fund raising events so far this year in Wacton! We were blessed with good weather for the Green Garden Party, and there was a relaxed atmosphere as everyone enjoyed the refreshments, craft stalls and Helen's gardens (thank you Helen for opening your gardens to us, and all that that entailed). The two musical entertainment evenings and buffet in All Saints



Church were also well supported, informal and enjoyable events. Thank you to all the musicians that took part - what talent we have in these parts! These three events, plus our regular monthly coffee mornings, have raised almost £1,500 this year so far. This is a tremendous achievement and we are so grateful to all those of you who have supported these events in so many ways, from baking cakes and assisting in tidying the churchyard to donating money and attending the events. Without you there would be no hope or point in going forward, so thank you and well done!

All this means that we are in a good place going forward applying for grants to repair the roof and tower of All Saints Church. It will take time, but we are not sitting on our laurels. We plan to make the Church warmer and a more welcoming place to be, and as we await funding for the bigger projects, our funding raising does mean that we can go ahead with smaller projects to facilitate this. All Saints is not just our Church, but yours too, and we want the space to reflect that. If you have any more ideas for fund raising, or how you would like to use All Saints, then please have a chat with one of us.....

.....and thank you again,

The PCC of Wacton All Saints:

Angie Baldwin Val Fendick John Guttridge Peter Jacques Liz Jacques Mary Perry Caroline Squires Mary Womack

WACTON CHURCH COFFEE MORNINGS

Wacton Church holds a coffee morning every month (the second Saturday of each month) at 10.30 am,

The next coffee morning will be on Saturday 13th August 2022!!

All are welcome





MD WEALTH MANAGEMENT LIMITED

Associate Partner Practice of St. James's Place Wealth Management

01379 415511 | LONG STRATTON michael.duale@sjpp.co.uk www.md-wealthmanagement.co.uk



The Partner Practice is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct. Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website www.sp.co.u(products. The 'St. James's Place representatives.

SJP1202 V1 (04/20)

WACTON NOTES FOR YOUR DIARY

Wacton Community Lunches in aid of Church funds, are held in the Village Hall at 12.00 on the last Thursday of every month. £5 for a 2 course lunch and a cuppa. The next ones will be on 28th July and 25th August.

All welcome....



Outdoor Harvest Festival followed by Afternoon High Tea at All Saints' Church, Wacton, on Sunday 4th September at 3pm. Live accordion music to help us celebrate our harvest. Suggested donation for High Tea £5.

All welcome.



The History of Wacton House

Most of the larger properties in Wacton have had their histories researched by professional researchers, but those that I have seen have significant omissions or errors, probably due to working to a budget while looking at 'a property' only.

As Wacton House was the home of the Rector at one time, to understand its history one has to look at the history of the Rectors and, as I found out, history of the advowson and patronage as well.

The advowson, the right to present a nominee to the bishop for installation as the Rector, and the patronage, the duty to provide a dwelling for the Rector, for the church of All Saints Wacton was once held by the Lord of the Manor of Forncett.

Some time after 1715, when Rev John Soley of Long Stratton was installed as the Rector of All Saints Wacton, he moved to Wacton and bought the advowson and probably the dwelling house reserved for the Rector. By 1740 he had sunk a vault in Wacton Church and was burying family members there. He was also buried at Wacton in 1750.

Rev John Soley's son, the Rev John, was also the Rector of Wacton when he died in 1780 and was also buried at Wacton. At about the same time, he or his executors sold the advowson to Rev Joseph Hepworth, and the dwelling with a small farm to the Copsie's of Long Stratton. After his marriage in 1787, John Copsie lived at Wacton presumably in Wacton House.

Meanwhile Rev Hepworth was installed as Rector, but as there was now no dwelling reserved for the Rector, he lived in North Walsham until 1800 when he resigned and installed his son-in-law Rev Atkinson, who lived at Bacton, as Rector of Wacton.

The Census of 1811 records John Copsie as living in Wacton. He died in 1815 and left his lands to his son James Favill Copsie, a tea dealer living in York. The Tithe Commutation maps of 1840 show James as the owner of Wacton House and William Muskett Delf as the occupier of the house and farm.

In 1827 John Copsie's daughter, Barbara Ann Favilla Copsie, married John Colby Holmes and from 1844 they appear to have moved into Wacton House. When her brother died in 1847, he left the Wacton property to her.

John and Barbara only had one surviving child, Henry Tuke Holmes, who inherited Wacton House on the death of his father in 1866. Henry lived in Yorkshire where he joined the Lancashire Militia. He married Mary Fowler at Wadsley in 1863 and entered a Marriage Settlement, usually, such settlements held the marriage partner's lands in trust for their children. The couple stayed in Yorkshire, where they had two children. Ada and Robert Scott, before moving to Wacton in 1871.

In 1877, Henry enters into a settlement agreement with two members of the Fowler family in respect of Church Farm Wacton, a property John Colby Holmes had owned since about 1851. In 1881 Henry retires from the military but seems to be living beyond his means as he starts to borrow money, jointly with his son, on the strength of Church Farm property.

In 1893 Robert Scott married Ellen Rae and have three children Henry Favill Scott, Cecily Mary and Joyce Maud.

By 1901 Henry and Robert had debts of £1150. Henry had moved to Kent where he died in 1901. Robert inherited three quarters of the property held under the marriage and 1877 settlements which probably included Wacton house and Church farm; other land at Buttles lane and a cottage on the Green were also owned by Henry. But Robert continued to take out further loans until 1908 when he sold Church Farm and reduced the accumulated debt of £2,100 by £1,000.

By 1907, Robert and his family are living in Lowestoft and he puts Wacton House up for sale but get no buyer, so lets it to John Campbell Dick. By 1911 Robert had moved to Norwich where he died in 1930.

In 1914 the tenants left and Wacton house was again put up for sale, but no purchaser is found so it is let to Richard Denson Smith and his family. They stay as tenants until 1936.

In 1937 Wacton House is sold to Miss Sybil Harker. She also bought other properties in Wacton before her death in 1985, when Wacton House and a couple of fields were sold to Edward and Georgina Jewson.

Robert Maidstone.

LOCAL WALKS

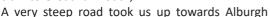
With the sun blazing in a blue sky with scattered white clouds we parked at All Saints church Alburgh. We made our way along Paynes Lane with ripening fields of barley and wheat on either side. After taking a shaded footpath we emerged onto a wide grassy pathway where butterflies (meadow browns?) fluttered around us as well as a large brown dragon fly. After a while we reached a road where we saw an intriguing sign



for "Old Dear's Cottage". Following the long track we reached a barn with neatly stacked wood piles and a sign saying "MEASURED ¼ MILE". The owner of the cottage emerged as we were looking at it and explained that he had saved the sign from the Broads. A few paces on we saw the Old Dear's cottage apparently named after the original owner, Mr Dear, who was the grave digger for both Alburgh and

Denton churches. The cottage

had been beautifully renovated and maintained. So far the going had been easy but when we reached a bean field we had to pick our way through nettles and thistles. There were tantalising glimpses of a better path on the other side of the hedge! We crossed a footbridge into a cool shaded pathway and eventually reached some steep steps which took us out close to the A143. We were intrigued by the house called The Old Armoury. The owners who were selling beautiful plants explained that the railway used to run along there . During the first world war armaments were stored there ready to go by train to Great Yarmouth,



but we turned off along a footpath lined with wild flowers. Two benches provided a welcome respite with a good view over the Waveney Valley. Eventually the interesting building of Alburgh and Denton primary school came into sight. It was good to hear the joyous sound of children's voices. Opposite the school we went through two kissing gates and turned right back to the church.



Eileen

New walkers are always welcome. There isn't any obligation to lead a walk or write an article. Just come and walk (usually about 4 miles at a slowish pace). Meet near the Long Stratton toilets at 10am on the first Monday of a month.

LONG STRATTON LIBRARY

We continue to restore services at Long Stratton Library. We currently have:

- 1. Tables and chairs, so you can sit comfortably again
- 2. PCs and public wi-fi, including printing and copying services
- 3. Just a Cuppa on Mondays from 11am
- 4. Bounce & Rhyme on Tuesdays at 2pm
- 5. Lego Club (age 8+) on Tuesdays at 3.45pm
- 6. Stitches & Knitters on Thursdays at 4.45pm
- Coming soon we have a Lego Club for ages 2-7 ask staff in-branch for further details

Look out for the Summer Reading Challenge, coming up in July! Search online for further details. You can keep in touch with us on Facebook by searching for 'Diss, Harleston and Long Stratton Libraries'. You can also call us on 01508 530797 with any questions. Our opening hours are as follows - please note that Open Libraries is unavailable for the time being.

- 1. Monday 11am-7pm
- 2. Tuesday 1-7pm
- 3. Wednesday CLOSED
- 4. Thursday 1-7pm
- 5. Friday CLOSED
- 6. Saturday 11am-4pm
- 7. Sunday CLOSED

Ryan Watts, Library Manager - Diss, Harleston & Long Stratton Libraries Norfolk County Council Library & Information Service



CHURCH SERVICES - August

7th August - 0930 - Holy Communion - Wacton 1100 - All Age Worship - St Mary's

14th August - 0900 - Holy Communion - St Michael's 1100 - Holy Communion - St Mary's

21st August - 0930 - Morning Prayer - Wacton 1100 - Morning Worship - St Mary's

28th August - 0900 - Morning Prayer - St Michael's 1100 - All Age Holy Communion - St Mary's

CONGREGATIONAL CHURCH

Sunday 7th August at 10:45am - Family Service incl. Holy Communion - Keith Scarff

Sunday 14th August at 10:45am – Family Service - Pastor Malcolm Simpkin

Sunday 21st August at 9:45am - Community Family Breakfast 10:45am - Family Service - Pastor Malcolm Simpkin

Sunday 28th August at 9:45am – Monthly Prayer Meeting

Sunday 28th August at 10:45am – Family Service - Colin Basham

From the Parish Registers

We offer our congratulations to:

Daniel Channell and Katherine Palmer who get married on 4th September at St Mary's.

THE SEXTON'S WHEEL

If you have something to tell us, an event coming up, an article of interest please

contact us email: thesextonswheel@googlemail.com

tel: 07557 990169

or send to the **Parish Office** 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 editorial is the 11th of the month**

Images: Any pictures you may have to accompany editorial would be welcome. Please send these as jpgs not embedded in a word document.

Adverts: Advertising rates per issue: -

Quarter page(6cm x 9cm) £19.20 Half page (13cm x 9cm) £33.60

Full page (13cm x 18cm) £60

Market Place: Advertise items for sale or wanted for £5 per item per issue. maximum 30 words. This is not for commercial items but private adverts only. There is a maximum selling price of £500 for goods and the editorial team reserve the right to refuse any advert they feel unsuitable. The Sexton's Wheel will not be held responsible or enter into correspondence for any transactions between the buyer and seller. No logos or pictures

Deadline for adverts 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 and DISTRIBUTION OF MAGAZINES - Ian Hetherington 07557 990169 thesextonswheel@googlemail.com

EVENT				
DATE				
TIME	·			
PLACE				
BRIEF DETAILS				
CONTACT				



Time for a new beginning?

Phone us now on **01508 531331**

Our friendly, experienced Long Stratton team look forward to seeing you safely home

Your local independent Estate Agent since 1994

T 01508 531331

E long stratton@whitleyparish.com

W www.whittleyparish.com

Beatrix Potter Cottage, The Street, Long Stratton NR15 2XJ

