

The magazine for Long Stratton & Wacton



Community Christmas Event!

**Swan Lane car park, Long Stratton
Friday 3rd December 4.30pm - 8pm**

**Children's fun fair rides, games stalls, craft stalls,
tombola, food and drink and more! And of course
Father Christmas!**

Looking forward to seeing you there!

Hosted by Long Stratton Town Council

December 2021

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

The meeting room has seating for 22, suitable for small functions. The main hall has a semi-sprung floor with capacity for 80 seated or 120 standing. There is a fully equipped kitchen and a full complement of tables and chairs. All areas are accessible for wheelchairs, there is a baby changing station. Hourly rates are £6 and £10 respectively or £13 for the hire of the whole hall. **Angie Baldwin 01508536639 or wactonvh@outlook.com**

Church Contacts

St Mary's Chrissy Briggs - (01508) 536724

St Michael's TBC

All Saints' Angie Baldwin (01508) 536639

} or contact: **Parish Administrator Marianne**
} **at lsphilgrimteam@outlook.com**

Congregational Church June Braddock (01508) 470701

Church Parish Office

Is open, Mondays and Wednesdays 9.30 - 12.30pm. At other times email the Parish Administrator, Marianne on LSTeamAdmin@btconnect.com

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team please contact (to be confirmed)

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.



Once again we have a bumper issue with regular and new articles advertising things to do during December. Let's hope we can all have a happy and peaceful Christmas with our loved ones this year.

For more information about St Marys Christmas Tree Festival and how to enter call Janet on 01508 530121

Please note change of email contact in Church Contacts

The Sexton's Wheel Team

- | | |
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Winter draws on!

Forget November, the month of remembering. Remembering All Saints , All Souls and the fallen from more wars than I care to mention. A time for looking back and giving due respect and reverence to things past. Well, that's now behind us and we move on to the looking forward, the anticipation which is Advent. We start thinking about Christmas cards and presents, carol services and the birth of Jesus, what size turkey to order and when to put the sprouts on! Excitement is in the air and the first doors of the Advent calendar are being opened.

As I walk my dogs around the fields in Wacton, I notice the shadows get longer, the wind colder and the colours seem to have been leeched from the landscape leaving stark monochrome shapes, just as beautiful in their own way as the glowing colours of autumn.

It's now that we start to shut ourselves away into the warmth of our homes, turn up the central heating and move from salads to stew and dumplings.

Before I came to live in Wacton, I lived aboard a narrowboat on a canal and as part of my church ministry, I became a Waterways Chaplain. So I know well that it's at this time of the year that boat dwellers batten down the hatches, stoke up the woodburners and think twice before casting off for a cruise. And they're the lucky ones. There are those who live on or near our waterways who do NOT have the benefit of the cosy stove or even a cabin roof over their heads, who rely on bridges, gateways and shop doorways to keep off the worst of the increasing cold, frosty weather. These are the folk I'm challenged to support in whatever way I can as I transfer my chaplaincy to The Broads.

But it's not only on the waterways. I'm also a Lay Minister here in the Long Stratton and Pilgrim Team and I can't help but recognise that there are many rough sleepers and folk who are struggling to make ends meet on an inadequate income. These people too need our support and care. If you know of anyone who is cold, hungry, lonely or ill, please make time for them and let me know if I can help in any way. Help them to have a Christmas to look forward to rather than dread.

And, of course, please don't forget to donate to the foodbank and help a family to keep fed and warm.

But alongside any practical help, we have another more powerful gift to offer. The gift of prayer for God's love and care. The gift of his Son who was born to suffer with us and bring us hope. Prayer is immensely powerful and should never be under estimated.

So, as we approach the festive season, may we all give a thought to those less fortunate than ourselves and make a contribution to their lives both practical and prayerful accompanied by a warm smile and kind word.

And I wish you all a very happy and blessed Christmas.

Angie Baldwin



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We would like to wish the whole community a Merry Christmas & Happy New Year!

From all our young people & adult volunteers.



2nd Long Stratton Brownies

During November we celebrated 'Parliament Week' with a fun quiz, Around the Houses dice game and Parliament key dates bingo.

One evening we talked about Remembrance Day and held a 2-minute silence around the 'Tommy' silhouette statue in the Congregational Church graveyard. The Brownies also decorated biscuits with icing poppies to take home.



We have been making Christmas decorations to decorate the Brownie Tree for the Long Stratton Christmas Tree Festival in St Mary's Church in December.

This term we have been very pleased to enroll 5 new girls and welcome Ella, Regan, Ellen, Ivy-Lea and Scarlett into our Pack.

Well done to Evie who gained her Painting interest badge and Express Yourself theme award, this means she also gained her Brownie Bronze award.



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What a fun filled exciting month we have had.

Firstly we looked at our individual genetic traits as part of the “Reflect” skills builder badge and made DNA (double helix) models out of sweets and cocktail sticks. The models were excellent and tasted as good as they looked.



The next topic was Geocaching. For anyone who has not tried it, it is a fun way to explore an area and track down caches which can contain treasure and swaps and can be ticked off as being found on an app on your smart phone. Initially the Guides split into groups and went hunting for 2 caches near to the meeting venue as part of our normal weekly meeting. Then we all had an afternoon including a picnic at Caistor Roman camp where we all found various caches hidden around the camp and sourced suitable spots where we aim to locate new caches made and set up by the Guides.

The Roman camp also provided a wonderful setting for 2 new Guides to make their promise. The weather was very kind to us seeing as it was mid-October.

Another night saw a trip to Long Stratton Police station where we all learnt about the police service and what they do to help the Community at large. The highlight (for Leaders') was seeing how many Guides we could fit into the cell in the riot van! We got 6 in but there was definitely room for more.

Finally we looked at the British Parliament as part of UK Parliament week. The Guides were divided into patrols and all had to come up with a campaign about matters they were passionate about. The campaigns chosen were based around 'Sexism', 'Animal Cruelty', and 'Saving the Planet'. Each group did an amazing job of presenting their campaigns and dealing with questions from the floor. Watch this space, we have politicians in the making in Long Stratton.

The following weeks will take us to Christmas and will be filled with further interesting and creative ideas to occupy the Guides. Watch this space for further updates.

The Guide Leaders



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LONG STRATTON & DISTRICT WI

How quickly the last few months have sped by! We are now meeting each month in Long Stratton Village Hall and enjoying interesting talks by a variety of speakers. Covid precautions are always adhered to, but otherwise life is fairly normal.



In October we were pleased to welcome Cindy, now retired but remembered by all our members as the very helpful Federation Secretary from our county office in Norwich. Cindy told us about her life, that she was born and grew up in America. Later she came to England and met the man who later became her husband. This provided the background to her main talk about why and how she applied for British citizenship. It was a very complicated business as we were to find out when our members attempted a sample quiz of the sort of questions she had to answer.

By the time you read this we shall have had our November annual general meeting and have made plans for Christmas. We will be having a stall at the Long Stratton Village event on Saturday 3rd December, so do come and see what is on offer.

We are also decorating a tree for St. Mary's Church Christmas Tree Festival which runs from 4th - 8th December. Yes, the Christmas Tree Festival is back in the church again after Covid restrictions last year meant taking part in the tree trail around the village.

By our Christmas Tree you will find leaflets with a contact telephone number and we always have an article in the Sexton's Wheel. You don't have to telephone beforehand to come to one of our monthly meetings. Just turn up on the night and you will receive a friendly welcome.

Except for December, when we meet a week early, our monthly meetings are on the third Wednesday at 7.30.pm in Long Stratton Village Hall. If you have a question, the **Secretary's telephone number is 01508 531154**. Face coverings are optional and social distancing is recommended.

TEXTILE BANK

People using the Textile Bank in the fire station grounds will be pleased to see a notice that states £605 has been raised since the bin was put there in 2012 (actually we didn't get a bin until early 2018). The money raised was in aid of the Firefighters Charity which has three centres, Jubilee House in Penrith, Harcombe House in Devon and Marine Court in West Sussex. These centres give physical and psychological rehabilitation on a residential basis for UK fire and rescue personnel. The Textile Bank can be used to donate clothes (including underwear), linen, handbags and shoes (in pairs). Please do not put in toys, books, bric a brac or electrical goods.

Judith Baker

Here is a lovely piece of creative writing from one of our Year 9 students in our Young Writers' club.

Somewhere Only We Know



"Daddy! Daddy!"

Claudia hurried towards her father, tears swelling in her large green eyes and falling down her rosy cheeks as she tugged on his trouser leg. Her father placed his book down on the oak table beside him and leant down, a puzzled expression crossing his face as he attempted to console his daughter.

"What's wrong, dear?"

"I," she hiccupped through her tears, "I can't reach the book I want. It's too high!"

"Show me where this book is, okay?"

Her father wiped the tears from her eyes with his sleeve and pointed to the large, delicately built bookcase behind them. Claudia nodded, her miserable expression changing into a tearful smile as she grabbed her father's hand and led him to the correct shelf. She described every attribute of the book, from the title to the length of the cover, just to make sure he knew which one.

As she guided him, she took a moment to admire the architecture of the library. The small fluorescent lights embedded into the ceiling pleasantly lit the room, making every elegantly carved detail visible. It was simply, and utterly, beautiful.

She could have stared at every feature of the building and its furniture all day, and she often did, wandering the many halls with her brother when their father had business to attend to. The two of them would spend countless hours exploring the library, running and playing, and only sometimes using it for its intended purpose.

"Almost got it, let me just..."

Her father was on his tiptoes, trying to reach something from one of the higher shelves. Claudia watched in awe as he reached for the binding of the book.

"No one wonder you couldn't get this yourself... Ah!"

He placed the leather-bound book in his daughter's hands as a huge smile covered her face. She tilted her head and her eyes lit up as she hugged the book to her chest.

Her father smiled tenderly, placing a gentle hand on the top of her head and ruffling her soft black hair.

"Come now, find your brother. We're going home."

Claudia dipped the quill in the pot of ink before holding it above the parchment, the dark liquid falling and forming small blotches on the letter. Her hand shook slightly, and she breathed slowly to collect herself before she wrote.

Cont on page 13.

Hi Dad, it's been a while,

We miss you, it's been so long, and I was hoping that we could see you soon. Perhaps we could go to the library; you used to take us both there when we were younger. I still visit sometimes, you know. For the memories, I suppose, I found the book that you got for me that one time, when I ran to you crying, saying that I couldn't reach the shelf it was on. Didn't the world feel so bright to you then? It did to me.

I'm so sick of being on my own.

I love you. Please, just get back to me this time.

...

I think I'm going to burn this letter.

LONG STRATTON LIONS

This year I had high hopes that there would be less rubbish in and around Long Stratton as to my knowledge there have been some other stalwarts from the town out collecting rubbish. Sadly, it was not to be. Six members of the Lions Club went for their annual litter pick as a group and had no problem filling nine bags of rubbish, which was three more than last year. There was also a bag of cleanish cans and bottles that could be re-cycled, and these were placed in a green bin. Much of the collection came from the outskirts of Long Stratton and had been heedlessly thrown from cars: containers from take away food and plastic coffee cups in particular but also various crisp and sweet wrappers. I fail to see why people buy the contents, eat and drink them, then throw them out of the car for someone else to pick up, or to lie there forever. What is the problem with putting it in their own bin when they get home? It is against the law to throw down litter no matter how small an item: there was a case of someone fined for throwing down a cigarette packet. While out for a walk we often take a carrier bag and pick up rubbish and put it in our own bins; we also report to South Norfolk large bags and rubbish items too big for us to carry with us. They react very quickly to remove it. I notice in the local papers there are now more cases of people being fined for litter offences so I hope that this will focus people's minds on keeping our town and the county clean and tidy. During lockdown I was watching an American film on T.V. and in it a woman was with her children, and one threw down a sweet packet. The mother said, 'Pick that up. You're not in England'. It made us watching feel terribly ashamed to think we could have such a reputation. It should not have to be an offence to cause litter, people should be pleased to keep our countryside clean and tidy, and children should be taught at a very early age not to cause it. If the area around our schools is an example they are not.



Roy Woodhouse



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.

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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 ★★★★★

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THURSDAY CLUB

Members were welcomed by the chairman, it was lovely to see some new faces to our club.

We were disappointed that our speaker was unable to attend today's meeting but hopefully we will re-book at a later date.

As it was Remembrance Day a minute silence was observed to remember those who have lost their lives through conflict, those due to the pandemic and members of the Thursday Club no longer with us.

A robust Happy Birthday was sung to members celebrating their birthday this month with a plant and card to Margareta for her 'special' birthday.

Although it had been decided not to do a Christmas tree for the tree festival this year one member had entered, well done. We will be having a stall at the Long Stratton Town Council Christmas event on Friday 3rd December. We look forward to seeing you there. The Pavilion have been so accommodating but we have decided to return to the village hall for our meetings starting with the Christmas party on December 9th. Thank you to Becky, Jess and Tom for all your help in the last three months.

Events coming up:

Dec 3rd.....stall at L.S Town Council Christmas event.

Dec 9th.....Christmas party (village hall)

Jan 13th.....New Year lunch (sugarbeat)

Once club business was finished, we played three enjoyable games of bingo. Followed by much needed cup of tea and cake.

The quiz provided by Carol was won by Sue and Lorna.

Thanks to Val and Marianne for refreshments, Sheila for raffle, Jean and Christine for sales table and Carol for another excellent quiz.

Our meetings are held every second Thursday in the month at L.S village hall at 2pm apart from January and August. Tables and chairs are cleaned before and after meetings. Social distancing where possible, face coverings are optional. Ladies serving tea and cakes are wearing masks and gloves. We are trying to keep all members as safe as possible so that we all can enjoy our meetings.

All new members are more than welcome, just come along or **contact Shirley on 07884244359** for more information.



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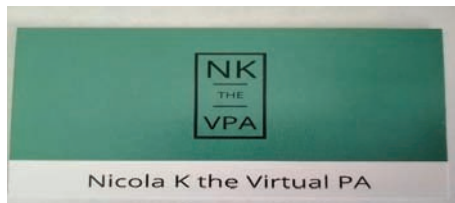
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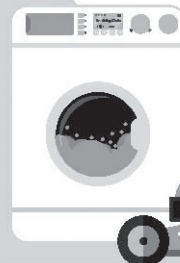
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Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

Tel:01508 530524 clerk@longstrattoncouncil.info



Christmas

We are having our Christmas event this year on 3rd December, there will be fun for all. Please look out for our posters and updates on social media.

Remembrance Day

We have recently been heavily scrutinised regarding the organisation of the Remembrance Day parade and road closure and therefore wanted to update you on the Council's position. The Council took on the organisation of the road closure a number of years ago when the police advised that they were no longer able to facilitate the management of the closure. The Town Council have never been responsible for organising the parade or the service, this was the responsibility of the Church. I contacted the road management company that has assisted in Remembrance Day parade historically in September to which they didn't engage, communication was also chased. I also spoke with Reverend Wilcox who advised that she assumed a parade and service would take place however nothing had been arranged at that point in time. I took the information to the Council meeting in October, there was a real concern regarding the rise in Covid19 and whether a parade and service would be held, combined with the lack of engagement with traffic management companies and not knowing if the Church was organising a parade, it was decided not to pursue a road closure. It was early November when the Council was made aware that a parade was occurring however it was then too late to get a road closure organised and that is if the traffic management companies would engage. It is with deep regret that the Council have not been able to arrange a closure. The Council did purchase additional Remembrance Day figures for the village to allow residents to pay respects with social distancing in place. Remembrance Day is always an important date to remember and the Council look forward to ensuring all steps will be taken to ensure next year is appropriately honoured.

Anti-social Behaviour.

We have had a few incidents of anti-social behaviour at the playing fields on Manor Road. We really want to encourage the use of the playing fields but please can you be respectful of your neighbours. We have incidents of the ball being kicked against the MUGA late at night which is exceptionally noisy and is very disruptive. We have also had spray painting vandalism which is not pleasant for anyone to see.



Christmas Tree Festival St. Mary's Church Long Stratton

**Saturday 4th - Wednesday 8th
December**

**11am—4pm Daily
(12.30 - 4pm Sunday)**

Refreshments served all day

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Donations appreciated



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*Become a “Friend” of
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All Saints' Church is one of the finest examples of an Anglo Saxon Round Tower church in the country and has been at the heart of village life for over 1000 years.

The building, rich in history, is threatened by its age and the elements.

We need to raise significant amounts of money for critical repairs through funding and other sources.

This is not a plea for money. If you feel that you can offer help in any way, we would love you to join the group and share your views on how we can keep this unique historic community monument alive.

*To be a friend of the church please just email below your support and contact details to one of the following and we will keep you updated with progress on this vital project. **Thank you.***

Caroline Squires caroline.squires44@outlook.com

John Fendick fen@cimint.com

LONG STRATTON MEDICAL PARTNERSHIP

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY
Tel: 01508 530781

Where has the time flown? Every year as we approach winter and especially the Christmas period, the practice team finds it incredibly intriguing as to how the year has flown by - this year in particular with its ups and downs, the opportunities and challenges that we have faced and most importantly how patients would have viewed the experience they have had with us in this pandemic times. General Practice has faced one of its most challenging and difficult periods in recent times especially with media negativity and harsh government demands. These are opportunities that we are given to reflect and improve our practice in every way and at the same time feedback to the CCG or NHS England when the targets set are beyond our capacity. These opportunities to improve patient care arise from personal feedback, practice feedback and various patient surveys done across the year for research purposes and by the NHS GP Patient survey. The GP Patient Survey assesses patients' experience of healthcare services provided by GP practices, including experience of access, making appointments, the quality of care received from healthcare professionals and patient health. We do encourage you to continue to give us constructive criticism to help us improve services and positive feedback which is known to improve team morale.

If you would like to view the results of this year's GP Patient Survey for Long Stratton Medical Partnership please follow this link or search GP Patient Survey for 2021.

<https://gp-patient.co.uk/PatientExperiences?practicecode=D82037>

Wishing you all a very Happy Christmas and a Healthy New Year!

Mini Nelson

CHRISTMAS TREE FESTIVAL

For more information about St Marys Christmas Tree Festival and how to enter call Janet on 01508 530121

THANKS

Dennis Perrin.

Eileen and family would like to thank Dr Verity, Community Nurses and palliative care for making Dennis's last few hours comfortable and painless. I would also like to thank friends and neighbours for their support and condolences and to the people who waited in the cold to pay their respect as we drove past the allotments. I would also like to thank the Coop Funeral Service for their help and support at this time, and to the King's Head Woodton for the Wake.



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**Harlestone and District u3a would like to wish readers a
Merry Christmas and a Happy New Year.**

We hope to have a full programme of monthly meetings in 2022 and if you would like information about these, or our group activities, please take a look at our website: u3asites.org.uk/harlestone or phone Kim Poulton on 01986 788149.



Everyone at Borderhoppa would like to wish all of our passengers and supporters a very merry Christmas.

We have lots of great outings booked for 2022, pub lunches, trips to garden centres, the seaside and much more. Our 2022 outings leaflet will be available from early December.

If you would like a copy, please contact us on 01379 854800 or email adminborderhoppa@btconnect.com.

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Why not come along to St Mary's church on Tuesday mornings 10:00 to 12:00 for a good old natter over a cuppa and a piece of home made cake.

Everybody Welcome

Coffee Morning/Bring&Buy Sale.

Saturday Dec 11th 10.30-12.30
At Court Cottage, The Street,
Long Stratton.

In aid of Cancer Research UK.

ALL SAINTS CHURCH WACTON
MINI CHRISTMAS TREE



COMPETITION

***The theme for our trees this year is
SUSTAINABILITY***

Trees must be smaller than 2 feet tall and can be made of anything! Card, Wood, Branches, Twigs, Recycled Materials etc. There will be a prize for the best children's tree, up to 16yrs, and a prize for the best adult's tree, trees done by groups very welcome. Decorated Trees should be delivered to All Saints Church Wacton on THURSDAY 16th December between 9am and 6pm or by arrangement see below for contact details, and they will be blessed at the Candlelit Carol Service on Sunday 19th December 6.30pm.

We are able to supply plain card trees for £2 that can be individually decorated...or make your own. Please contact Mary on 01508 536818 for details or to obtain a card tree.



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DEPWADE COURT LONG STRATTON

Every Wednesday at 1.30pm IT'S BINGO come and play, enjoy a chat, cuppa and biscuit.

Further events:

Wednesday December 22nd CHRISTMAS LUNCH.....cost £ 7.50

To book your place call Joyce on 01508 218501

All held in Depwade common room.

A treasurer is required for Depwade Residents committee. For further details please contact **Shirley Warne on 07884244359.**

FOODBANK CHRISTMAS HAMPERS

Once again, we are hoping to distribute Christmas Hampers to some of our local Foodbank clients, but we will need your help. From the beginning of November, there will be a Collection Box in the South Porch of St Mary's Church. These are the items we will need:

Christmas Puddings, Mince Pies, Stuffing, Gravy, Pickle/Chutney, Tinned Ham, Cranberry Sauce, Sweets, Chocolates, Tinned Peas, Tinned Salmon, Hot Chocolate, Biscuits, Crackers & Co-op Gift Vouchers. We will also be supplying Chickens and Fresh Vegetables.



Thank you in anticipation of your generosity.



Outline of our Village Past

Population Through the Centuries.

By this time we have seen in our series of historical notes the origins and part of the development of our village. One method of putting into perspective is to look at the growth of the village through its population. The early population of the village, say in Roman times, is difficult, if not impossible to ascertain. The earliest clue that we have about our neighbours in time is just after the Norman Conquest of 1066. Soon after the conquest King William ordered a survey of the whole country. So the Domesday Book was written, in which was recorded all the information that could be found about his new domain.

Using the Domesday records for East Anglia, we find the most thickly populated areas, of which Long Stratton is a part, having about twenty persons to the square mile. The area of the combined parishes of St Mary's and St Michael's was at this time four miles three furlongs by two miles four furlongs. This gives us then an estimate of the population for the combined parishes some one thousand years after the Romans first arrived of two hundred and twenty persons.

Cont on page 31.

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ECFS

The Early Childhood and Family Service supports families with Children from 0 – 5 years who need a little extra help. This might be for support with understanding their child's needs, accessing a group for some peer support or more intensive help with relationships.

As Christmas approaches, some families find this adds additional pressure at home. Relationships can be strained and finances stretched. At **ECFS** we work closely with a number of organisations to support families even more so at this time of year.

Foodbank 0808 208 2138

Ealy Help Hub 01508 533933

Just One Norfolk 0300 300 0123

If you feel you need support with any area of being a parent have a look at our website it's super easy to get in touch.

Outline of our Village Past Cont:

After Domesday there is another big gap in written records so that it becomes impossible to get any details until the beginning of church records in the sixteenth century.

Church Records

Local historians have studied church records, especially the baptismal records, for many years in order to get some idea of population. In doing so they have devised a relatively accurate formula for discovering statistics from baptismal registers. In Long Stratton we are fortunate in that our church records have survived the years since the sixteenth century, apart from a short period during Cromwell's time. So using the formula we find the population of St Mary's as follows:

Date	Population
1550	174
1600	381
1650	357
1690	480
1740	474
1780	561

Similar figures can be obtained for the parish at St Michael's but what is immediately obvious is that our village is growing steadily bigger.

Census Figures

During the late eighteenth century there was a growth of the Nonconformist Church, so that the Church of England baptismal records were no longer reliable. However, in 1801 there was the first national census, so that very accurate records become available. In 1801 we find 549 people inhabiting St Mary's, thus confirming the previous figures. In 1851, 751 people, and so on, the population steadily increasing until the Second World War, when it might be said to explode. Today (1976) we find the village with a population of around 2,500, and with the new development is expected to grow half as big again. In the short space we have here we cannot hope to answer all the questions raised in the foregoing. However, you can ask them of yourself, and in answering them remember that our forbearers were people, just like us.

I am not certain what the population of Long Stratton is now. In the 2011 census there were 4,424. According to SNDC at the moment there are 3,327 people on the electoral roll. The earliest population figures I have are for 1086 when there were 220 people living in the parishes of St Mary's and St Michael's. As the article states, some of the early population figures are just for St Mary's, as up until 1935 St Mary's and St Michael's were two separate civil parishes. As in the 1976 article, we in 2021 are awaiting an 1,800 house new development over several years - I wonder what our population will be in a few years time.

Judith Baker

Activity Programme

April to September 2021

Free online activity programme for 0 to 5s 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 0 to 5 years.



Early Childhood and Family Service



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

tinyurl.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](mailto:ecfs-families@actionforchildren.org.uk) 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.tinyurl.com/ECFSHelp

Email:

ecfs-families@actionforchildren.org.uk



New videos or themed activity posts every day at [facebook.com/EarlyChildhoodFamilyService](https://www.facebook.com/EarlyChildhoodFamilyService)

Videos also on our [YouTube channel](https://www.youtube.com/channel/UCqJ8K8K8K8K8K8K8K8K8K8K). 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.



Monday

1.30pm

Let's Get Talking!

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.

Tuesday

11.00am

Children's Wellbeing

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

Wednesday

1.30pm

Fun and Learning

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



Thursday

11.00am

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!

Friday

1.30pm

Other activities for 0 to 5s and their families

Norfolk Libraries for Families

Weekly Online Bounce & Rhyme sessions, Story Week activities and Social groups via Zoom. Find out what's on from [Facebook](https://www.facebook.com/norfolk.gov.uk/libraries) or www.norfolk.gov.uk/libraries



Norfolk Family Learning

Interactive 'Come and Try' taster sessions and online courses for families to enjoy together. For details and to book visit www.norfolk.gov.uk/familylearning



Norfolk Community Directory

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



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

Keep up to date with
the free
Action for Children
Services App



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



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

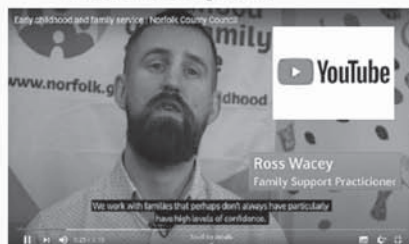
How to contact us

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 YouTube to find out more


Useful contacts

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 (Mental health support)	0300 123 1503
Home Start Norfolk	01603 977040
Speech & Language Advice Line (ECCH)	01502 719830
Norfolk SEND Partnership	01603 704070
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
Shelter (Help with housing & homelessness)	0808 800 4444
Job Centre	gov.uk/contact-jobcentre-plus
Mens Advice Line (for men in abusive relationships)	0808 801 0327

If you are worried a child is at risk please call Norfolk County Council Children's Services on


0344 800 8020
or 999 in an emergency

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Nominations are now open for the Broadland and South Norfolk Business Awards 2022

Nominations for Broadland District and South Norfolk Council's Business Awards are now open. The awards recognise and celebrate the amazing array of successful businesses in both districts.

Despite the challenges of the past 18 months, many businesses have survived and even thrived, not just financially, but by being adaptable, innovative and excelling at supporting the very communities that have supported them.

To recognise this, the councils have added five new categories to the awards, including Outstanding Employer, Business in the Community, Working Together, Business Resilience and Business Innovation.

Businesses are invited to nominate themselves for an award in any of the 10 categories and residents can support their favourite business by nominating them as 'Retailer of the Year', with the chance to win £100 of shopping vouchers.

This year's categories are:

Business Growth

Business Innovation

Business in the Community

Business Resilience

Environmental Impact

International Business Growth

New Business

Outstanding Employer

Visitor Experience

Working Together

Retailer of the Year – open for public nomination only



View the criteria and nominate online by 13 December 2021 at www.southnorfolkandbroadland.gov.uk/businessawards. Retailers can request a marketing pack to advertise the Retailer of the Year award to their customers by emailing: business.awards@southnorfolkandbroadland.gov.uk

The next **Messy Church** is on **Saturday 18th December**
from 9am until 10.45am



The above Messy Church will be held in St Mary's church



Long Stratton Messy Church

Just come along and join the fun

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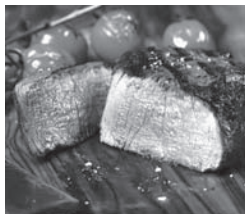
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Thu, Fri & Sat:

12 noon-9pm

Sunday: 12 noon-5pm

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See Facebook
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**TO BOOK EMAIL
enquiries@
nethertonhouse.co.uk**

WACTON FOOTCARE

The next session of will take place on **Tuesday 7th December**. All appointments will be confirmed beforehand.

Anyone considering a first time consultation for FOOTCARE, please call either of the contact numbers below for further advice, and/or an appointment.

The contact numbers are

Clare (Footcare Specialist) --- 07785 295358

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

WACTON COFFEE MORNINGS

Our next Coffee Morning is on 7th December as usual. Our meeting on 21st December will be our Christmas 'Bring and Share' Lunch starting at the later time of 12 am. We look forward to seeing you there to enjoy the lovely food and mulled wine.

Rita and Caroline

Victoria Cottages 1884 to 1959

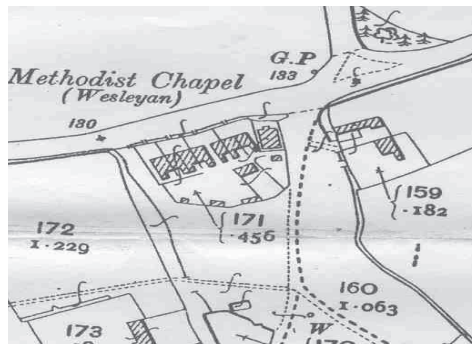
Shortly after Rev Chadwick bought the site he must have demolished the old Poor Cottages and blacksmiths premises and built the two blocks of Victoria Cottages, however he left the more recent cottage built by Batley. On the roof timbers inside one of the cottages there is an inscription "Colemans 1887" presumably the builder, matching the plaque on the front wall.

In June 1893 Chadwick raised a mortgage of £800 on a cottage occupied by widow Dye and seven newly erected cottages – Victoria Cottages. In this document the tenants are named as John Long, widow Alexander, widow Dye, widow Loyd, William Pidgeon, Robert Dye and John Roberts.

By 1902 Rev Chadwick was now 65 and in poor health, so he put all his properties up for sale but failed to get any purchasers. He then raised a further mortgage of £267 with another lender in May 1903. By November of that year he had arranged to exchange the living at Wacton with the living of Rev Brent of Minsterworth Gloucestershire.

Rev Chadwick died suddenly on 2nd December at Minister, having made no will, because of this probate was not granted until 1907 and Victoria Cottages was not sold until October 1910.

The Ordnance survey map of 1905 shows the new layout of the site



The new purchaser was Sarah Blomfield Hammond of All Saints Green Norwich who had made her will in 1902 leaving £2000 in trust as a marriage settlement to her newly married nephew Rev. John Henry Bell Hammond and Catherine, his wife, then any children they may have. The tenants in 1910 are listed as Mrs Preston, Mrs Hargrave,

When Sarah died in 1922 the trust fund received the £2000 and used part to buy Victoria Cottages off Sarah's estate.

As John and his wife had no children they lived partly on the income from the trust. In 1951 John made his will and appointed Lloyds Bank as trustee to manage the trust on their behalf. After Catherine died in 1955 John was entitled to the trust funds but left them in the hands of the Bank.

After John died in 1957 the bank continued to let the properties until 1959 when the Bank offered the cottages first to the sitting tenants then to other interested parties. The deeds record the sale of no 1 to Charles Feavearyear; no 2 to K W Hipkin; no 3 to Ethel Mellor; no 4 & 5 to Jack Aldrich; no 6 & 7 to William F Miller; the cottage on the green was sold to Harry James Goodswen.

Between 1910 and 1959 there was no mention of the names of tenants or occupiers in the deeds, even the Census and Register of Electors are of little help as few people used 'Victoria Cottages' as an address, just giving 'the Green'.

1959 to date

After the properties were sold, the Wacton Archive has some deeds or Land Registry documents for several of them but not a complete run for all, and I as the Archive holder would be grateful if current owners could supply any information on the previous owners. Also several of the cottages were owned by absentee landlords and let, but there is no record of the tenants.

If anyone knows the names of the occupiers during this period, and can give an indication of the years I would be grateful for the information. I can be contacted on **01379 677106** or at **robertwmaidstone@gmail.com**

THARSTON & DISTRICT WI

What a long time since we had had a normal meeting! We managed it in September when we welcomed Mary Newton, to talk about her work as a forensic scientist. She told us about some of the high profile cases that she had worked on and also referred to 'Prime Suspect'. Very interesting and certainly the audience was enthralled.

In October, Jackie Noy came to talk about the East Coast Truckers delivering fun to special children. The sound of the truck's horns constantly blaring out, was a bit too much for most of us but the enjoyment and excitement of the children was a joy to see.

We also held our traditional evening of Quiz and Lasagne. As always, this was a most enjoyable evening. The questions were varied and although the team I was in did not win, we did not get the booby prize.

During the summer we managed to meet in the garden of The Jolly Farmers or we went for walks. How great that we can again meet inside with a speaker. Our programme is usually quite varied and the speakers interesting. We have tea and cake to enjoy, and most of all – friends to chat and laugh with. Our WI year is coming to an end with our annual meeting, when we vote for a new committee, and then finishing with a Christmas party. Where has the year gone?

Heather Jeary

LOCAL WALKS

Around Saxlingham

On the first of November a sunny, blue sky beckoned and we welcomed a new walker, Janet, all the way from Wymondham. The four of us set off in a car for Saxlingham Nethergate. We started our walk near the impressive, flint-faced church of St Mary the Virgin and admired the unusual clock with sundial on the tower. After catching a glimpse of the rectory designed by Sir John Soane, the footpath led us down the side of the church and out along open fields of newly planted crops where we heard skylarks, and saw flocks of little birds fighting against the gusty wind as they rose and landed again. We buttoned our coats up and eventually reached Wash Lane, where we could see the outskirts of Great Wood and Little Wood at Shotesham before turning right onto Boudicca's Way footpath. A lone red admiral butterfly was still about and the colours of the trees were



turning yellow and gold. The path was sheltered alongside an overgrown hedgerow laden with sloes, haw berries and exotic-looking pink and orange spindle fruit.



We enjoyed the sun on our faces as we headed back towards Saxlingham past paddocks of cattle and sheep that had left their wool on the barbed wire. We were glad the footpath was fenced off from the bull!

Stepping out on a quiet, leafy lane we passed historic cottages and noted the ornate chimneys on one. A sleek muntjac deer stepped out of the undergrowth into full sun and we got a lovely view of him before he realised we were there. Some of us investigated the Boudicca Way information in the old telephone

box near Saxlingham Hall and we continued down Saxlingham Green before turning right down a leafy path, a continuation of Boudicca's Way. This brought us out on a busier road past the cricket ground and school. We were soon back at the topiary surrounding the village sign, near the church and our car.

Thank you to Louise for leading us so well on a circular walk of about 4 miles along the fields and leafy lanes of Saxlingham.

The Long Stratton Walkers meet on the first Monday of the month at 10am by the toilets in the car park.

New walkers are always welcome.



LONG STRATTON LIBRARY

We're working to restore our services at Long Stratton Library – and we'd love to welcome you!

At the time of going to print, here's what we have up and running:

1. Browsing and borrowing, in both the adult and children's libraries
2. Reservations from other libraries restored
3. PCs for customer use
4. Bounce & Rhyme on Tuesdays at 2pm
5. Stitches & Knitters on Thursdays at 4.45pm

We'll be working on other offers and activities through the autumn, including our Just a Cuppa sessions, and 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.

We've also restored our usual staffed opening hours - 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

Come in and say hello – we'd love to see you!

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



Norfolk
County Council



Christingle Service

***Christingle Service by Candlelight on Christmas Eve
at St Mary's Church, 1830.***

CHURCH SERVICES - December

5th December - 0930 Holy Communion - Wacton
1100 All Age Worship - St Mary's

12th December - 0900 Holy Communion - St Michael's
1100 Holy Communion - St Mary's

19th December - 1100 Morning Worship - St Mary's
1600 Carol Service - St Michael's
1830 Carol Service by candlelight and blessing of the christmas trees- Wacton

24th December - 1500 Carols on Village Green - Wacton (If rain in the Village Hall)
1800 Christingle - St Mary's
2330 Christmas Service - St Mary's

25th December - 0830 Holy Communion - St Michael's
0930 Holy Communion - Wacton
1100 Christmas Service - St Mary's

Congregational Church Services

5th December - 10:45 Family Service incl. Holy Communion – Pastor Malcom Simpkin

12th December - 10:45 Family Service - Mr Colin Basham

19th December - 0945 Community Family Breakfast
1045 Nativity Family Service Led by the Young People
1830 Carols by Candlelight Service

26th December - No Service

2nd January - 1045 Family Service incl. Holy Communion – Rev Ian Jones

From the Parish Registers

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

Dennis Perrin - 3rd November, Earlhams CrematoriumJ38

Bert Hostler - 3rd November, St Michael's

Niall Fair - 3rd November, St Michaels

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 _____

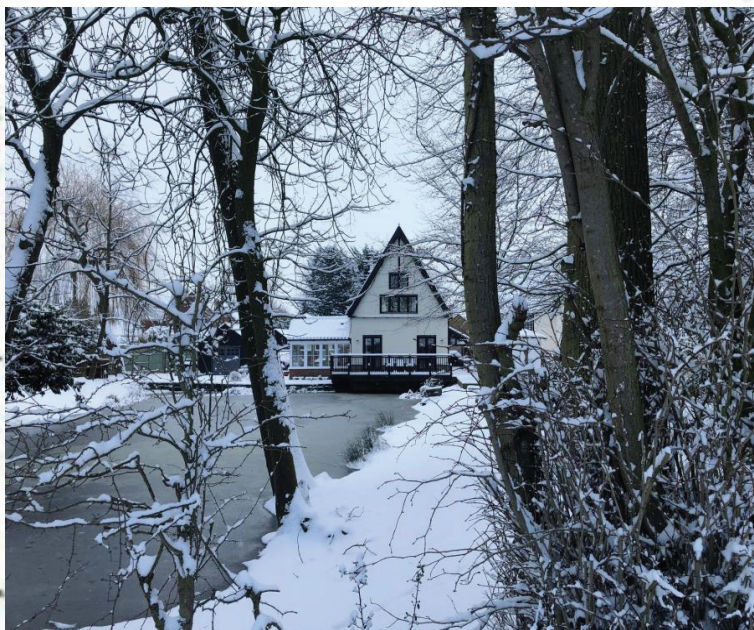
TIME _____

PLACE _____

BRIEF DETAILS _____

CONTACT _____

WISHING YOU A BRIGHT & MAGICAL FESTIVE SEASON



**Rachel, Alex, Chloe, Sonia and Lene
hope ChristCmas 2021
is wonderful in every way**

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