

The Sexton's Wheel Issue 212

The magazine for Long Stratton & Wacton



September 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, St Michael's & All Saints'

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

Congregational Church

June Braddock 01508 470701

Church Parish Office

The Parish Office is situated at the Rectory, 8 Flowerpot Lane is currently not staffed, but we are available for enquiries at anytime. Please ring the doorbell (by the front door) or ring 01508 530238 for all enquiries.

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team please contact the Parish Office (01508 530238).

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.



This month we have a bumper issue for you to enjoy with new articles and ads. We also have some sad news in 'Pastures New' where we are losing a well loved and staunch member of the community.

With kids going back to school let's hope that they have a less disruptive year than 2020.

The Sexton's Wheel Team

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Pastures New

On the 8th August it was announced in the parish churches that I would be leaving the Long Stratton and Pilgrim team after 10 wonderful years and moving to West Bergholt and surrounding area on the Essex Suffolk border.

I have loved living in Long Stratton for the last 10 years and will take with me many fond memories, but when God tells you it is time for a change and for a move, you really have to listen, especially if you are a vicar!

As a family we were immediately made to feel welcome by the whole community and not just the churches and we will be very sad to say goodbye, whilst looking forward to seeing what God has instore for us on the next stage of our journey. Whilst some of us are leaving, our daughter Megan and son-in-law Scott will continue to live in Long Stratton so don't be surprised if you see us around still as we come up to visit them. As I have been reflecting on the move, Psalm 23, a popular psalm to many, and one I am sure I have probably spoken of before in the Sextons wheel comes to mind.

The Lord is my shepherd, I shall not be in want
He makes me lie down in green pastures
He leads me beside quiet waters, He restores my soul
He guides me in paths of righteousness

I am sure we have all heard the saying, 'The grass isn't always greener on the other side.' And although we are moving to parishes which sit in the Dedham Area of Outstanding Natural beauty, I am sure we will find that to be the case. But we know that as we go, the Good Shepherd goes with us, He is leading us, He is guiding us and He is right beside us.

And as we leave, we also know that the same Good Shepherd will continue to guide the churches here and all who lead them, and He will guide the right person here to replace me in the future.

You will all be in our prayers as we leave and Long Stratton will always be a very big part of our lives and hold so many happy memories.

My final services will take place on the 17th October, with a service at 11am in St. Mary's church and a Songs of Praise in Carleton Rode at 6.00pm. We will then be moving shortly afterwards before I am licensed to my new parishes on the 11th November. (Time and venue to be confirmed at time of writing)

May God bless you all and thank you for the last 10 years

Heather



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Our Scouts rounded off their summer term by going hiking to practise their navigation skills which they had learnt during their sessions. Our Explorers enjoyed an evening of 'wide games' in the woods followed by a session where they each had to use their engineering skills to build a ballista designed to propel a water balloon in order to extinguish a small fire. Our Beavers & Friday Cubs ended their Summer Term with their annual 'Water Night'. This saw the young people playing a variety of games & challenges together involving lots of water & getting very wet!



We were pleased to present a number of Top Awards at the end of term to our young people - recognising their achievements from all the fun activities they've taken part in. Well Done to William, Mia, Sophia, Isaac, Charlie, Amelia, Mikey, George, Mayzee, Thomas & Layla for achieving their Bronze Chief Scouts Award from their time at Beavers. And Well Done to Romy, Mylo, Connor, Callum, James & Jack for achieving their Silver Chief Scouts Award from their time at Cubs. We are proud of all your achievements!

If you know a young person who might be interested in getting involved in Scouting then please do get in touch. Beavers (aged 6-8), Cubs (aged 8-10.5), Scouts (aged 10.5-13.5), & Explorers (13.5-18) could be just the adventure they are looking for!

And who says it's only the young people who have all the fun! Volunteering is #GoodForYou and has lots of benefits such as building confidence & self-esteem,

and giving a positive sense of wellbeing & fulfilment.

Perhaps you are looking for something to go on your CV or future University application, want to give something back to your local community or are simply looking for a new challenge. If you are interested in finding out more about our flexible volunteering opportunities for young people aged 14-18 or adults aged 18+ then please do get in touch.



Peter (Group Scout Leader) - 01508 531100 - pta.thurston@tiscali.co.uk
www.facebook.com/1stlongstrattonscoutgroup
www.norfolkscouts.org.uk/join



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2nd Long Stratton Brownies

Well Done to Lois who gained her Zero Waste and Space Interest Badges along with her Take Action Theme Award & Have Adventures Theme Award; which meant she achieved her Silver Theme Award at the end of the term. We wish Lois well as she moves up to the 1st Long Stratton Guides in September & we hope she enjoys the next part of her Guiding Adventure.



To finish off the summer term, our Brownies were joined by the Rainbows for a joint night. We played games outside together before enjoying hot dogs, fruit kebabs and cake. The Brownies, who are older, did a good job partnering with the Rainbows who are younger, and looking after them throughout the evening. They all really enjoyed finishing the evening with a “Water” Olympics – which was a great way to cool off! At the end of the evening, we presented one of our volunteers “Hedgehog” (June) with a gift from the 1st Long Stratton Rainbows to thank her for all the time she has helped the Group over the last ten years. June said, “Guiding fosters a wonderful spirit and I am pleased that I have been able to help over the last ten years. It has been lovely to see many of the girls starting off in Rainbows, going on to Brownies, Guides and Leadership.”

As we start back our sessions in September, we have some spaces available for girls aged 7-10 who would like to join us. Brownies learn new skills, take on challenges and have fun together with friends. If your daughter is younger, aged 5-7, then they could join the Rainbow Unit which meets before us on Wednesday evenings.

Please contact Brown Owl (Josie) on tel 01508 531100 for more information about joining Brownies or Rainbows locally or register your interest at www.girlguiding.org.uk

... Brown Owl



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We are pleased to announce that we are running our weekly outings again. Our September outings are as follows:

Thursday 2nd September – Southwold – Fare £15.00

Thursday 16th September – Lunch at The Black Horse, Thorndon – Fare £7.00

Monday 20th September – Thetford Town & Garden Centre – Fare £15.00

Thursday 23rd September – Cherry Lane Garden Centre & Goodies Farm Shop – Fare £7.00

Some outings do have limited space so please book early to avoid disappointment.

If you would like a copy of our 2021 outings leaflet, **please contact us on 01379 854800**

Harvest Themed Flower Festival

St. Mary's Church

Saturday 2nd October - Tuesday 5th October

11.00 - 4.00pm daily

(12.30 - 4.00pm on Sunday)

Come and enjoy looking around our Harvest themed flower displays

Sit and enjoy a cup of tea or coffee and slice of cake

or have a light lunch

& celebrate the wonder of the Harvest.

If you have any old farming equipment or photos of Harvest time that you would like

displayed during the Flower Festival

please contact Heather on 01508 530238



We are always on the look out for keen flower arrangers, so if you would like to give it a go please get in touch.

Concert in St. Mary's Church

Friday 1st October, 7.30pm

An evening of Musical entertainment with

Last, Will and Testament

Featuring music from Mark Knopfler, Dire Straits, The Beatles, The Eagles, Sandy Denny, Mary Black, James Taylor, Fleetwood Mac, Hooverphonic and The Jayhawks.

Tickets £6 which includes light refreshments.

To book tickets in advance contact Heather on 530238

Long Stratton & District W.I.

After our outdoor meeting in June it was a relief to get back to some version of normality for our July meeting in the Village Hall.

We invited back a speaker we had been unable to hear in 2020 because of the pandemic. She arrived dressed as a Viking and had a table display of headwear through the ages from Viking to Medieval times. Had it not been for Covid I'm sure many ladies would have enjoyed trying them on but instead our speaker modelled them for us and showed pictures where the headwear was part of the period dress. It was an amusing and informative start to the second half of our year's varied programme.

In September we welcome back another speaker we have missed and she will entertain us with her memories of attending a royal wedding.

We meet on the third Wednesday at 7.30pm in Long Stratton Village Hall. Visitors are always welcome and we look forward to meeting you. There is ample parking behind the Village Hall.

If you want further information please contact the **Secretary on 01508 531154.**

Tharston & District WI

What a long time since we had a normal meeting! We would usually meet inside in Wacton Village Hall with a speaker to entertain or maybe educate us, tea and cake to enjoy, and most of all – friends to chat and laugh with. We have tried to meet up in a variety of ways over the last eighteen months as well as holding some meetings via zoom. Several walks, a treasure hunt, afternoon tea and coffee mornings in a pub garden as well as a quiz and now it is almost time to have a proper meeting. Okay, the first meeting in August to celebrate getting back together, was outside and in the afternoon, but it was our own WI Fun Olympics and that is hard to do inside! Silly games and plenty of fizz to accompany a cream tea, what could be better? We also had a beautiful celebration cake, made by Cynthia Hill, to enjoy. We had 50 members present to join in with the games and also to watch the antics of others. The winning team members were each presented with a chocolate gold medal, a rosette and a posy of flowers.

In September we welcome Mary Newton, to talk about her work as a forensic scientist, and in October, Jackie Noy will tell us about the East Coast Truckers delivering fun to special children.

These meetings will be at Wacton Village Hall on the second Thursday of the month at 7.30.



Celebrating Harvest in our Parish Churches

**Sunday 5th September
6.30pm**

Harvest Evensong
Followed by light refreshments
St. Michaels Church



**Sunday 19th September
6.30pm**

Harvest Village Praise
On the Green in Wacton
Followed by Harvest Supper
(Tickets for the Harvest Supper £5 or £3 for children
To book contact Heather 530238 or Angie 536639)



**Sunday 3rd October
11.00am**

Harvest All Age Worship
St. Mary's Church
Alongside our Harvest themed flower festival

Long Stratton Fireworks



Unfortunately St Mary's church/Village hall will not be organising the Long Stratton Firework Display this year. We have been organising it for over ten years (although people thought it was the council) and each year St Mary's church underwrites the event. We have been extremely fortunate with the weather over the years and although coming close, we have never had to cancel the event.

However, the Covid pandemic has put a different complexion on it altogether and has seriously curtailed our ability to raise funds. In 2020 St Mary's church income was reduced by over 50% (our fundraising plummeted by 92%) all of which means that we are not in a position to afford to underwrite it.

We did approach Long Stratton Town Council to take over and put on the display, but unfortunately they couldn't see a way forward to take over where we left off due to the risk factor.

Although we organised the event, it would not have been such a success without the organisations and people that helped on the day and next morning clearing up. The list is quite extensive to name everyone here, but I'd like you all to know that we really appreciated the help and effort, and personally, I want to thank you all from the bottom of my heart for helping to make the event such a success over the years.

Finally, I'd like to thank you, the people of Long Stratton for turning up in droves each year to make all the effort of putting on the event so worthwhile.

We don't know what the future holds, especially with these current trying times, but hopefully someone will pick up the baton to continue where we left off.

Ian Hetherington



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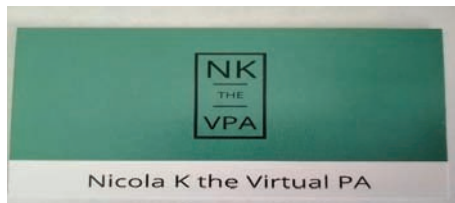
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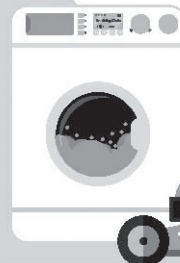
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Neighbourhood Plan

Following the independent examination of the Neighbourhood Plan, South Norfolk Council have issued a decision statement, approving that the plan should proceed to a referendum, subject to the specified modifications.

The referendum will allow local electors to vote on whether they wish to see the Plan implemented or not. If it passes a local referendum and is subsequently adopted by South Norfolk Council, it will become part of the statutory Development Plan for the area and will be used to help determine planning applications in the parish.

At the time of writing we are awaiting the referendum announcement from South Norfolk Council.

Please see their website for details at www.southnorfolkandbroadland.gov.uk/neighbourhood-plans and when we have further information we will update our website also.

This is a very exciting stage and we do hope you are able to participate in this referendum!

A handy booklet which includes a summary of the policies has been delivered to every household in the Neighbourhood Plan area. If you didn't receive your copy please do contact the **Long Stratton Town Council office on 01508 530524 or by e-mailing the Clerk at Becky.Buck@longstrattoncouncil.gov.uk**

Hedges

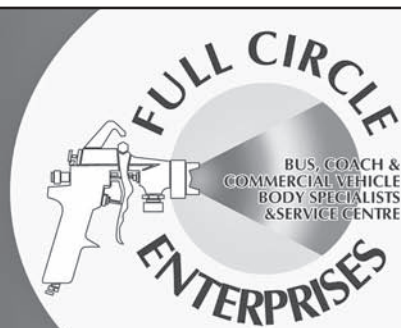
If you have a hedge on your property you are required by the Highways Act to maintain the hedge both sides to keep footpaths clear and safe, thank you.

Planning Application

The revised hybrid application for 1800 homes and a bypass has now been submitted to South Norfolk Council. If you would like to take a look please access the South Norfolk Council planning website and search using the planning reference number (2018/0111).

The next Town Council meeting is 13th September at 7pm.

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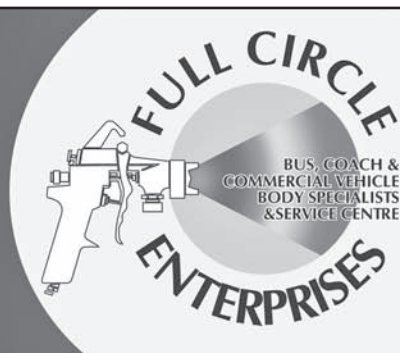
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Everybody Welcome

The Long Stratton & District Men's Shed



We are pleased to announce we have re-opened post covid and are keen to welcome new members.

If you are interested and would like more information please call:

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WACTON VILLAGE NEWS

Wacton Village Hall needs your help

Wacton Village Hall is in urgent need of additional friendly, approachable people to help run this very popular and attractive facility for the residents of Wacton and the surrounding community. We have some interesting roles with an opportunity to make a real difference to your community.

Without additional help there is a real possibility the Hall may have to close as there is not enough support to manage the facility effectively.

For more information or to express an interest in joining our friendly team please **email WactonVH@hotmail.com** giving your name, address and telephone number or **telephone Angie on 01508 536639.**

WACTON COFFEE MORNINGS

Hello everyone,

At last we can make plans! Unless the guidance changes, we will start our coffee mornings again on Tuesday 7th September and then, hopefully, carry on with meetings as usual on the first and third Tuesday of each month. To start with we will use the main hall to ensure that we have plenty of room to spread out as we hope that a lot of you will be able to come along.

Looking forward to seeing you all again

Caroline and Rita

WACTON FOOTCARE

The next session of will take place on Monday 6th September.

As before, anyone who already has an appointment will be contacted and their appointment confirmed beforehand to avoid any confusion on times etc.

Should anyone be considering a 1st appointment for Footcare please feel free to contact 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

Men on Wacton's Roll of Honour

by Robert Maidstone

This month we look at:

Edward Arthur Bailey

Stoker K17125, Royal Navy

Edward was born on 23rd April 1891 at Tibenham, son of Emily Bailey. In 1898 Emily married Robert Barrett of Bustards Green in Fornsett and Edward attended Wacton School with his step brother Jesse Robert Barrett.

By 1908 both boys had left school and moved to Yorkshire to find work, after a few years Jesse returned to Fornsett but by 1912 Edward had joined the Navy as a stoker serving on HMS Astrea, Westminster, Princess Royal and Victory.

Oddly Edward is listed on the Wacton Roll of Honour but not his step brother Jesse who was in the Norfolk Regiment and died of his wounds in December 1917.

After the war Edward married in Norwich then moved to Suffolk, he died in 1972 at Deben in Suffolk

William Betts

Private 2317 Norfolk Regiment

Sapper 131886 Royal Engineers

The William Betts on the Wacton Roll of Honour appears to be the grandson of William Betts, a widower, who moved to Wacton Common from Pulham in 1906.

In 1901 William senior and his wife Maria were living at Pulham with their grandson Willie, aged 17. Willie enlisted in the Norfolk Regiment in 1904.

He entered the war on 19th December 1915 at Alexandria Egypt as part of 54th (East Anglian) Division, 163rd Norfolk and Suffolk Brigade including 1/4th and 1/5th Battalions Norfolk Regiment. Later he transferred to the Royal Engineers as Sapper 131886.

After the war he was demobilised on 3rd July 1919 but retained in the files of the Z reserves. It is not known if he returned to the Wacton area. (134w)

These men complete the names on Wacton's Roll of Honour. I assume the Roll of Honour was completed around 1920 when the War Memorial was erected in Wacton churchyard. During my researches into Wacton's history I have identified a further 10 men listed as 'absent voters NM' in the register of electors for the year 1918 to 1920, and so far 7 men born in Wacton who served during the First World War that had left the village.

One thing that initially surprised me during my researches is the number of men who served in the 'Reserve' regiments. These regiments were used both for training men and horses, as horse drawn transport was then the major form of transport, and to accumulate the supplies of food for both the horses and men, then transport them to the front. Many men in these Reserve regiments were not drafted overseas until after the cessation of hostilities and they were engaged in the repair and rebuilding of roads and railways and generally tidying up the war ravaged countryside.

Other men and women associated with Wacton who have served in the Second World War and regular forces at other times have still to be researched.

If anyone has further information about any of these men, or would like details of the family, I can be contacted at robertwmaidstone@gmail.com

u3a Harleston & District is planning to resume its monthly talks in October. With safety precautions in place, we will meet at **St John's Church, Harleston IP20 9AZ at 2.00 pm on Wednesday 20 October**. Details about the talk will appear on our website - u3asites.org.uk/harleston - or, alternatively, please phone our Membership Secretary, **Kim Poulton, on 01986 788149**. We look forward to welcoming back members and guests to our meetings.

Come and join us for.....

The next **Messy Church** is on **Saturday 25th September**
from 9am until 10.45am



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



Long Stratton Messy Church

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

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**Early
Childhood
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Meet the Team

There will be 15 Early Childhood and Family bases across Norfolk.
Each base will have a team of staff delivering services to families in the community.

Family Programme Co-ordinators

Our role in the new Early Childhood and Family Service will be to plan the delivery of the services for 0-5 year olds in your area and to supervise the teams.

We will also support some families directly with one to one support in the family home.

We will work with other professional to support you to get the right service at the right time for you.

Family Support Worker

Our role in the new Early childhood and Family Service will be to deliver fun activities for children aged 0-5 yrs and their families.

The activities may include:

- Outdoor activities
- Health and wellbeing
- Baby and toddler's development
- Music sessions
- Sensory activities
- Messy play
- Language development
- Specialist support
- Baby Massage
- Crèches

Family Support Practitioner

Our role in the new Early Childhood and family Service will be to support families with children ages 0-5 years including:

- Activities to support child development
- Support with parenting 0-5 year olds
- One to one family support in the family home.
- We will also provide some specialist groups and services.



Information and Signposting Officer

Our role in the new Early Childhood and Family Service will be to find out about services for 0-5s and share this information with families.

We will use social media to provide lots of useful information for families.

We will provide helpful information from the 15 bases and in the community.



There will also be a Management and Administration team across the county to support the teams delivery services to families

www.norfolk.gov.uk/earlychildhood

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

tinurl.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.tinurl.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/UC...). 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/norfolklibraries) 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.

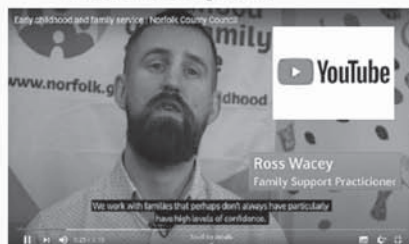
How to contact us

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
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LONG STRATTON MEDICAL PARTNERSHIP

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Tel: 01508 530781

Here at the practice we are constantly monitoring the planning and developments within the area and are in constant conversation with our landlords in Long Stratton, and the CCG (Clinical Commissioning Group) about premises, capacity, and the future.

Following the announcement last week (28.7.21) that the new bypass is definitely being funded by the Government with a completion date of late 2024, plus corresponding housing developments to the tune of around 1800 properties, we are very aware that our surgery needs to expand to accommodate circa 4000 new people.

According to NHSE (National Health Service England) data we would need to have an additional 4100 patients on our books, plus 400 at Newton before we would reach their expected population per square metre threshold for development to be considered. Our issue is having clinical room space available NOW which is why we are looking at making changes at Newton Flotman and why we are in conversation and planning stages with our landlords at Long Stratton.

Please be reassured that in the last year we have taken on a new Partner, we now have 4 clinical sessions more from GP's than we had a year ago. We have recruited a Paramedic and trained internally an Advanced Nurse Practitioner. We are recruiting into our nursing team x 2 additional nurses, and now have a First Contact Physio Service and Mental Health service operating from the Practice sites seeing people face to face.

Keith, our Practice Manager is leading on the project of writing our Primary Care Network Estates Strategy and we are driving the Practice forward to be future proofed over the coming years.

Expansion plans have been drawn, it is now in the hands of the CCG, and NHSE to secure the funding for what the Partners and Landlords want to do on your behalf. Please rest assured – we are very much involved in providing a healthcare service to Long Stratton and the neighbouring villages for years to come!

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Wellbeing Hub

The Norfolk and Waveney clinician commissioning group are looking to set up a 'Wellbeing Hub' within the South Norfolk area locally.

Seeing as the Methodist Church building has been disused for nearly two years it would be an opportunity to study the possibility under the Neighbourhood Plan, to do something positive toward a self help structure.

This would require councils and councillors to engage with the local community as a way to develop 'Community Cohesion'.

If, like me, you are concerned by the handling of the Methodist building regards its future use, now is the opportunity to address the issue. This town cannot see such a building with so much potential stand unused and abandoned.

For more information contact your local councillors or myself on **01508 530400**

Brian Webb

Covid kids

"The pandemic is crushing our children." "Our children will never recover" One headline reported "Exams limbo has sent anxiety soaring." Another reported "Lockdown causes mental health problems in one in six youngsters."

Initial findings

In fact, discerning the true state of mental health through the pandemic is hard to do. As the Lancet recently acknowledged, "few studies around the world cover children." The evidence we have is mixed. A study of 168 children in the east of England, with an average age of 10, found an increase in depressive symptoms. However, a study of about 1000 children aged 13 and 14 in south-west England found little overall change in anxiety, depression and well-being.

What my pupils have taught me

As a maths tutor I learn much from my pupils. I have been impressed with their resilience and adaptability during a strange and difficult year. In spite of school closures and exam cancellations, many of my pupils have been positive and hopeful. Many have been even more eager to learn.

The most resilient generation in decades?

I am quietly optimistic that Covid kids may emerge stronger through the pandemic. Research shows that resilience comes from challenges and emerging even stronger. A soft, easy childhood is not necessarily the gift we imagine it to be. Today's children are learning to deal with feeling anxious, bored, lonely, worried, confused and more. They have more to deal with than is always visible. Far from crushing them, Covid could be the force that helps lead this generation to become the most resilient generation in decades.

Gregg Bontly

Outline of our Village Past

The Age of Prosperity

We must imagine that the period from the Domesday Book (1086) onwards for the next 400-500 years was the most prosperous age in the whole history of our village, more prosperous than it has been at any time ever since. This was not due to any peculiar genius possessed by the people of Long Stratton and Wacton alone, but to the prosperity of East Anglia at large. Norwich during these centuries grew to become the second greatest city of the kingdom, after London, and the parishes south of Norwich were some of the most thickly populated in the whole of England. The wool trade was the cause of this prosperity.

Welholmes and Snape Hall

In Stratton the old Saxon system of common open fields farmed by villagers in strips continued during the earlier centuries, overlaid by a bewildering maze of duties and obligations imposed upon the earlier inhabitants by the Norman conquerors. The Norman Lord of the Manor was the great landowner of the district, and to him the Saxon tenant villagers owed service on an agreed quota of work-days. Generally called 'Stratton Hall' the lands of the manor of this district were parcelled up, shared up, and merged again and again in the course of the medieval centuries, but their ancient names have been preserved or revived for us still today, Rhees, Welholmes, Snape Hall and Sturmy.

Earliest Writing

In the early years following the Norman conquest, a ready means of distinction between Saxon serfs and Norman Lords of the Manor was by language, for whereas the Norman Lords of the Manor spoke French, the Saxons spoke only that development of their native tongue which was recognisably English. It is against the background of this bi-lingual situation that we must understand the first ever piece of writing from Long Stratton preserved to modern times. (1) It is an inscription found on a bell in 1734 and carefully recorded for us before the old bell was melted down and re-cast. It breathes the very atmosphere of feudal England with its clear divisions between baron and tenant, French and English.

'Iesu en le hou de toi
Sir John Styrmin fit feremoi
Thomas made me'

The bell was cast in about 1330 by Thomas, the Saxon serf, at the command of Sir John Styrmyrn, Lord of the Manor. In copying (indistinctly), the French inscription given him by Sir John, Thomas also added his own signature in the only language he could speak - English.

This article mentions Welholmes and Snape Hall - There were four other Manorial Houses in Strattons early days, this is what I know about the other Manors.

Stratton Hall up Hall lane was also known as Stratton St Mary's Manor or Bourne Hall in the reign of Richard 1st (1157-1199) it was the property of Richard Malherbe and in 1273 Gilbert de Bourne lived there. The Hall is the oldest of our Manorial houses, Whites Directory (1843) says the Hall that has a deep moat is now a farmhouse. In 1883 it says the Hall that has a deep moat has recently been rebuilt and the greater part of the Old Hall has disappeared. The Hall and its land was part of the Burroughes estate and in June 1910 was sold to RT Barnes for £3,300.

Snape Hall Manor

I'm not certain of the location of this Manor but it was in the middle of the village. It was granted to the Snape family. In 1307 Stephen de Brockdish lived there, it was a house with sixty acres of land.

Sturmins, Sturmy, Sturmys or Sturmer Manor

These are all different spellings of the Manor that I have found. I think this house was on Wood Green called after Robert le Sturmy, his son John was Lord of the Manor in 1262. In 1345 it was sold by John's son Robert to the Lord of Stratton Hall Manor. Bloomfields 1806 says the Manor House is now down.

Sayes Manor

This Manorial Manor was granted by the Bygods Lord of Forncett to William de Sy. In 1214 his son Jeffrey died, then it had many owners. The Manor was rebuilt in the 15th century and abandoned in 1605. It was an L shape and I think it was near St Michael's Church. In 1806 the Rev Mr Thomas Howes owned it.

Welholmes or Welhams Manor

I have no idea where this Manorial house stood, but I think it was in St Michael's. This Manor was granted by Stratton family to the Welholmes family and in 1274 it belonged to Robert de Welholmes.

Reese, Rees, Raze, Rhees, Rise (1878 1883 Whites Directory) Reeze(1905)

As you can see there are many spellings of this Manor which I think was on Rhees Green. In 1195 William de Stratton owned it. In 1270 Robert de Stratton sold part of the Manorial land to Richard de Boyland who joined it to his Manor of Boyland Hall. In 1806 John Howes was the owner.

Whatever happened to all the Manorial houses I do not know - the only one remaining is up Hall Lane. The Manor House that everyone thinks of was built much later and when we get to that part of Strattons History I will tell you more.

Information for this article was taken from the 1806 Bloomfields History of Norfolk's Towns, Villages and Hamlets, and also from White and Kelly's directories.

Judith Baker

Earliest Writing - (1) Since this section was first written, more is known about the history of the bells. The ancient bell with the inscription is actually the original one, never having been melted down and recast. It dates from about 1320, cast almost certainly by Thomas Belleyetere of Kings Lynn. It is still rung regularly today as one of the six bells in St Mary's Tower, and is one of the oldest in the country still rung.

LOCAL WALKS

We met, as usual, at 10.00 a. m. for our high-summer walk, on what had to be said, was one of the better mornings for weather than we had enjoyed for a week or so. There were six of us, including a welcome new member, Elaine, who set off in two cars for our starting point in Forncett St Mary, which was planned and led this month by Bonnie. Commencing from the village



hall we turned Left into Cheyney's Lane, a gently rising, hedge-flanked country road, where a small herd of cattle in an adjacent field were, it seemed, also enjoying a gentle morning walk. We remained on this road for only about half a mile, taking the first turning left until reaching the first public footpath into open farmland. Along this route were fields of newly harvested corn and various groups of farm workers, busily stacking up bales. The machinery being used was a far cry from the methods in use when the writer was a boy! Indeed, a little nearer to Tacolneston, the bales became huge 'wheels' which seems to have become the preferred method in agriculture these days.

It was along this section of the walk that Bonnie suggested we keep an eye out for a pair of Red Kites which were patrolling the skies when she walked the route a week or so before. Alas, there was no sight of them on this occasion. It doesn't seem long ago that Red Kites were an endangered species, confined almost exclusively to western parts in the U.K. They can now be found through the length and breadth of the country.

Having reached the eastern outskirts of Tacolneston, we turned south, towards Forncett End, remaining on the public footpaths and walking into the sun. There was little breeze this day making the warmth of the sun very noticeable. Reaching the western end of Cheyney's Lane, we came across a charming part-thatched farmhouse, where we stopped, briefly, to admire the bee-friendly gardens which surrounded it.



The walk continued along the lane for a while, where we passed paddocks on both sides, each containing several horses, some of which came to the gate and demanded a bit of fussing. Striking off onto a footpath once more, passing a small flock of sheep, we came across a recently placed wooden seat which bore a brass plaque to a local man who, we subsequently learned, loved this particularly

peaceful spot and spent many hours there. It was then a relatively short distance back to Forncett St Mary, where we reached Low Road, a few hundred yards from the church and our starting point and the end of a well planned 4.5 mile walk.

LONG STRATTON LIBRARY

Long Stratton Library is open

We look forward to welcoming you back! You can:

- follow our one-way system to browse the shelves
- pre-order a selection of up to 10 books for adults for free through Select and Collect. Use the online form at norfolk.spydus.co.uk or call 01603 774777
- collect reservations
- borrow our Grab and Go selection book bags
- book one 60-minute session per day on a computer. To book a session or if you need any help using our computers, call 01603 774777
- collect Tricky Period products and Toiletries To Go
- return items through the drop box or self-service kiosks
- download the FREE Spydus app to check out books on your smartphone
- download eBooks, audio books, newspapers and magazines by visiting www.norfolk.gov.uk/libraries

We've made some changes to keep you safe, so

- there is no 'Open Library' access
- please bring your library card with you or join in the library or online
- we may ask for details from you to help with Test and Trace
- you will need to wear a face covering in the library
- we have a one-way system for social distancing
- hand sanitiser is available for use on the way in and out of the library
- surfaces and computers will be regularly wiped down
- returned books will be quarantined for 72 hours
- sorry, there are no newspapers, magazines or seats in the library and the toilet is not available.

We've made some changes to our opening hours:

- Monday: 10-1
- Tuesday: 1-4
- Wednesday: CLOSED
- Thursday: 2-6
- Friday: CLOSED
- Saturday: 10-1
- Sunday: CLOSED

Ryan Watts, Library Manager - Diss, Harleston and Long Stratton Libraries
Norfolk Library and Information Service

CHURCH SERVICES - August

5th Sept

9.30am - Holy Communion - Wacton

11.00am - All Age worship - St. Mary's

6.30pm - Harvest Evensong - St. Michael's

12th Sept

8.30am - Holy Communion - St. Michael's

9.50am - Ten2Ten - St. Mary's

11.00am - Holy Communion - St. Mary's

6pm - Evening service - St. Mary's - this follows the deanery walk tea and evensong -

19th Sept

11.00am - Morning Worship with Baptism - St. Mary's

6.30pm - Harvest Village Praise - Wacton - on the Green in Wacton followed by Harvest supper. (poster to follow)

26th Sept

8.30am - Holy Communion - Stratton St. Michael

11.00am - All Age Communion - St Mary's

7.00pm - Soul Shapers - St. Mary'J38

Congregational Church Services

Sunday 5th September at 10:45am – Family Service incl. Holy Communion – Rev Ian Jones

Sunday 12th September at 10:45am – Family Service – Rev Pat Atkinson

Sunday 19th September at 9:45am – Community Family Breakfast

Sunday 19th September at 10:45am – Harvest Festival Family Service - Pastor Malcom Simpkin

Sunday 26th September at 10:45am – Family Service – Pastor Malcom Simpkin

From the Parish Registers

Baptisms at St Mary's:

Leo and Brandon Rayner - 1st August

Jayden Knights - 15th August

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 Rectory, 8 Flowerpot Lane, Long Stratton, Norwich NR15 2TS
using the form below.

If you would like to advertise any Community Events this is free and we can tell over 2200 households

Editorial: If possible all editorial to be sent by e-mail. This saves time putting the magazine together and more importantly this would ensure names of people etc are spelt correctly. **Deadline for 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 _____

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