

The Sexton's Wheel Issue 255



April 2025

Long Stratton Village Hall - Booking Information



The hall can be booked as follows:

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



Wacton Village Hall - Booking Information

Attractive and welcoming community space available for hire: hall or meeting room
Hire rates start at £6.00 per hour. To book go to wactonvillagehall.co.uk
Email: bookings@wactonvillagehall.co.uk, or Tel: **Maz Richardson 07932269693**
Licenced bar available through Wacton Social Club. Contact taylor169@btinternet.com

Church Contacts

Stratton St Mary's Rev Becki Bensusan - (01508) 813900

St Michael's Rev Becki Bensusan (01508) 813900

Tharston St Mary's Rev Becki Bensusan (01508) 813900

All Saints' Rev John Madinda (01953) 789240

Congregational Church June Braddock (01508) 470701

Church Parish Office

Due to a change in circumstances the Parish Office will no longer open.

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team, please contact Rev Becki Bensusan. (01508) 813900.

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

Usual office hours are Monday, Tuesday, Thursday and Friday between 10am and 2pm and by appointment on Wednesday.

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

For general enquiries Email: office@longstrattontowncouncil.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.



We hope you all have a happy and peaceful Easter.

The Sexton's Wheel Team

2. Booking information Long Stratton & Wacton Village Halls.
Church Contacts.
LSTC opening hours.
5. Reflection.
6. Long Stratton Medical Partnership.
7. Borderhoppa.
Long Stratton & District W.I.
9. Let-uce Talk
2nd Long Stratton Brownies
Pennoyer Centre
10. Bike Active
Let's Chat.
11. Messy Church.
15. Long Stratton Town Council.
Tharston & District W.I.
18. A Word from Rosedale
Diggers & Dibblers
19. Scouts - A Letter from the Chief Scout.
- 20/21. Calendar.
23. Harleston Choral Society.
U3A.
36. Local Walks.
37. Bring & Buy Sale.
38. Church Services.
39. Contact details & information on the Sexton's Wheel.

EASTFIELD GARDEN SERVICES

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- Hedging
- Weeding

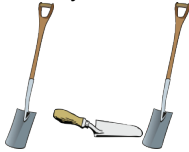
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REFLECTION

I wonder what you would say is the greatest event in history. Perhaps it is the discovery of something such as previously unknown places like the Americas or medical breakthroughs like the discovery of penicillin. Perhaps it is an invention like the wheel, or the industrial revolution and all that has flowed from that including the current digital revolution we find ourselves in today. Of course there are wars, conflicts and conquests which have and continue to shape the world we live in.

As we approach the Easter season, for the 2.5 billion Christians in the world it is a time when we reflect on and celebrate what we believe to be the greatest event in history. It is an event that has shaped the world and fuelled more innovation, discovery and transformation than perhaps any other. It is namely, the death and resurrection of Jesus. It is the greatest event in history because through it, God demonstrates his amazing love for you and me, and has provided a way for us to rediscover and reconnect with what we were created for, that is - a never-ending loving relationship with him.

I know hundreds of people personally who would say they have had and continue to have personal encounters with the living Jesus which have changed their lives. In turn this has empowered and inspired them to impact the world around them for good.

I count myself amongst them, having been apprehended by Jesus at the age of 17 giving me a new sense of purpose, a love beyond measure and power for living.

So, this Easter as we most likely celebrate the new life of spring through the giving of eggs and chasing bunnies, may I encourage you to consider the invitation of Jesus to experience the new life that only he can give.

And why not come along to one of the church services being held to find out more, you would be very welcome.

John Loaker

Hope Church, Long Stratton

Easter Lilies - If you would like to make a donation for an Easter Lily in remembrance of a loved one, please *phone 01508 530439*

THE MEN'S SHED

Welcome to the Long Stratton and District Men's Shed (Tasburgh)! A place to get together to share knowledge, learn skills, and to work on projects and hobbies. Men's Sheds (or Sheds) are similar to garden sheds – The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

Welcoming new members, we are currently meeting on Mondays 10am to 1pm. To find out more go to Home | Men's Sheds Association | UKMSA, look us up on Facebook or call our secretary **Len on 07530 448862**.

LONG STRATTON MEDICAL PARTNERSHIP
Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY
Tel: 01508 530781

I have written about Research in a past issue particularly about the importance of it and why we do it. In this issue I want to mention some of the ongoing Research studies our practice is involved in and some of you may have received invites to join studies. I lead the Research section in the practice. I am therefore involved in screening and finding the most appropriate patients for studies we are involved in.

A reminder about Research in healthcare. It lays the foundation for all advances in health and care and is the basis for evidence-based practice. Clinicians in the NHS practice evidence-based medicine. I do think that whatever we can contribute, however small will have an impact on the delivery of services and management of illnesses now for the future.

Ongoing studies:

1. Duration UTI study. This study is run by the clinical Trials unit, University of Oxford. It aims to find the shortest antibiotic duration needed to effectively treat Urinary Tract Infections in women. The study will also look at the impact of each antibiotic and treatment duration on antibiotic resistance in bacteria found in the patient's urine result. This is a randomised study. Resistance meaning that bacteria do not respond to certain antibiotics hence creating a major problem in delivering best practice of medicine.

Who can participate: Adult women, aged 18 years or above, assigned female at birth and if the clinician determines the patient requires antibiotic for a suspected bladder or kidney infection.

2. Asymptomatic study. This study is run by the University of Liverpool. This is a randomised controlled study assessing symptom driven vs preventer therapy for the outpatient management of Asthma in children. In simple terms – in children with mild Asthma, is the preventer inhaler when taken at the time of symptoms as effective as when taken on a daily basis.

Who can participate: Children between the ages of 5 and 15 who have mild Asthma. I will screen the eligibility based on the criteria of mild Asthma as set out by the study team.

3. INDIGO Community study. This is being run by Imperial College London. This study aims to fill the gap in knowledge about cancer survivors. It looks at long term outcomes and service use of people living beyond cancer. It focuses on collecting Reported Outcome Measures and Patient Reported Experience measures from patients to better understand their health status and quality of life after treatment.

Who can participate: All patients over the age of 16 who have had any type of cancer in the past.

If you do receive an invite, please take time to read. However small our contribution may be, it all adds up to possibly creating a major change for someone we may or may not know now or in the future.

Stay Safe.
Dr Mini Nelson

- Door to door dial-a-ride service
- Weekly members outings throughout the year
- Group hires for not-for-profit organisations



Borderhoppa Outings for April 2025

Mon 7th – Lathams and Lunch at Poppylands, Horsey – Fare £20.00

Thurs 10th – Great Yarmouth - £20.00

Mon 14th – Breakfast at Wortham Tea Rooms followed by shopping at B&M and The Range, Bury St Edmunds – Fare £18.00

Thurs 17th – Ipswich Town Centre – Fare £20.00

Thurs 24th – Hillcrest Nurseries, Stanton - £10.00

Mon 28th – Peter Beales Roses, Attleborough - £15.00

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

LONG STRATTON & DISTRICT WI

As announced last month, the winner of the silver rose bowl for coming first overall in our monthly competitions was Pandy. Here is the photo that we had hoped to publish in the March magazine. Congratulations Pandy and all those who entered.

Several members met up for lunch at The Chip Inn this month and others met for a knit and Natter.

If you want to socialise and enjoy new friendships, then do come along to one of our meetings. We start a new year on 1st April. Our annual subscription works out at just over £4 a month but if you would like to try a meeting before committing yourself still come along for a one-off fee.

We meet in Long Stratton Village Hall on the third Wednesday of the month at 7.30pm. Our next meeting is on Wednesday 16th April when a guide at Blickling Hall will be giving us an entertaining talk about life at the Hall, especially for the servants, in times gone by.

If you need further information, please **telephone 01508 531154** ***If there is no answer please leave a message.***





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LETT-UCE TALK

The 3rd Lett-uce Talk gardening meeting will be on the 1st Saturday of May, (3rd). Meeting at Huggers 10:a.m. The following Saturday 10th of May, plant sales outside Huggers, 9a.m. until 2p.m. With all plants sold, every penny will go to East Anglian Air Ambulance fund A second plant sales will be held Saturday 31st May, outside Huggers. All money raised will again go to EAAA. Both plant sales will be weather dependent. A further date for the diary will be our Christmas lights switch on. Bigger and better than last year. November 15th 2025. All details released later in the year.



2nd Long Stratton Brownies

Over 40 girls made up of Rainbows, Brownies, Guides and Rangers from Long Stratton and Bunwell went to the JUMP Warehouse in Diss to celebrate 'Anglia Girlguiding's Pyjama Party' on 21 February during half term. The girls had a very enjoyable evening on the trampolines and in the soft play area. They also had a supper of pizza, chips and vegetable sticks and finished off with squash and slices of fresh fruit. At the end of the evening all the girls, while standing on the trampolines, and their leaders renewed their sections 'Promise' to celebrate Thinking Day together. The girls all went home with a goody bag including the Anglia Pyjama Party camp blanket badge, a teddy bear T-shirt, bamboo toothbrush, bookmark and a cupcake.

We thank Fiona, our District Commissioner, for organising the event.

Long Stratton Guiders



PENNOYER CENTRE

Film Night at the Pennoyer Centre, Pulham St Mary

Would you like to enjoy a cinema visit without having to travel to Norwich or pay for parking? If so, how about trying the monthly Film Night at the Pennoyer Centre in Pulham St Mary? We show films on the third Friday of the month (except December), £6 per ticket on the door or pre-booked via the Pennoyer Centre. The bar opens at 7pm with the film starting at 7.30pm and ice creams are available at the interval. We also offer annual season tickets at £50, giving considerable savings for regular attenders. Season ticket holders also have reserved seats for all performances and may borrow the DVD free of charge after Film Night to view at home. We aim to show a range of films, mostly recent, though we occasionally show a classic, and always welcome film suggestions for future viewings. The next three films showing at the Pennoyer Centre are: Friday 21 March – She Said; Friday 18 April, Next Goal Wins; and Friday 16 May, Radioactive. Contact the Pennoyer Centre, Station Road, Pulham St Mary, IP20 for more information and bookings: **website <https://pennoyers.org.uk/>, email admin@pennoyers.org.uk,**

BIKE ACTIVE NORFOLK

April is a busy month for BikeActive Norfolk , as we see the resumption of our Junior group. Held on the multi use games area at Manor Rd, playing field , Long Stratton, the two public sessions over the Easter school holidays will see any child with any disability given the opportunity to ride our multitude of trikes, go-karts, quadracycles and for those who cannot pilot themselves our side by side and rear steer tandem trikes and wheelchair trike and transporter.

If you are a parent or carer of a child with disability looking for something fun to do with your child in the holidays, take a look at our website, BikeActiveNorfolk. and enter into the Junior site to see the fun we have. Booking is from the site, any problems with booking please get in contact. All parents and carers must remain throughout sessions with their child, All sessions are made up of two rides between 1300hrs and 1340hrs and 1340hrs and 1420hrs.

Long Stratton Youth Café will run a session for Youth Café attenders between 1420hrs and 1500hrs if young people would like to attend through the Youth Café and can be contacted on 01508 530524

Dates for Junior sessions through 2025 are :- Wednesday April 9th and 16th

Wednesday May 28th

Wednesday July 30th

Wednesday August 6th,13th,20th

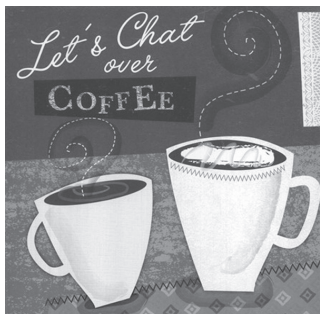
Wednesday October 29th

Our Adult cycling sessions for any adult with a disability, illness or injury, take place weekly from April 2025, with Monday sessions from Earsham village hall from 1030hrs and Friday sessions from 1030hrs at Topcroft Sports and Social club. Take a look at the website BikeActiveNorfolk.org to see what we do and to see the ways we are able to assist people with a very wide range of illness, injury or disability. Booking is on the site but please get in contact if you need more information before you come and join us. It's great fun.

April's dates for our adult group are :- Friday April 4th 1030hrs from Topcroft Sports and Soc club , NR35 2BL

Monday April 7th 1030hrs from Earsham village hall, NR35 2TL

Jez Briggs Chair, BikeActive Norfolk Email BikeActiveNorfolk@gmail.com T07716103072



LET'S CHAT

Why not come for a chat, every Tuesday 1000 - 1200 in St Mary's Church where Janet and the team will be there to welcome you with Tea, Coffee and homemade cakes.

All are Welcome



When we met in February we heard the story of the farmer who planted seeds. There were four different places the seeds went, and we learnt about how the different environments changed how well the seed grew. From paper-plate birds that pecked up seeds, to crushed Oreo cookies as “good soil”, our crafts helped us to understand the story a bit more. We even got the chance to plant some peas and sunflowers to take home. Our newest song, “Build Your Kingdom Here” by Rend Collective was a real hit with the help of instruments and ribbons. It was an enjoyable and creative session for the whole family. Thank you to everyone who came to make it such a nice time. We look forward to seeing you all again soon.

As you can see from our poster, our next session will be Saturday 26th April when we will be celebrating Messy Easter, where you can expect eggs, chocolate and some more energetic fun. We will be meeting at the same time as usual, 4pm and would love to meet anyone else who would like to come along. There will be our ever-popular muffins plus hot cross buns. We would welcome any donations of small plants or stones for our Easter Garden. If you have any questions, please get in touch with us via strattonmessychurch@gmail.com



Long Stratton Bowls Club
 Hop on over for our
EASTER
FAMILY PRIZE BINGO NIGHT
 B I N G O
 Long Stratton Village Hall
Friday 11th April 2025
 Doors open : 7:00pm
 Eyes Down: 7:30pm

NEW MEMBERS WELCOME
COME AND HAVE A GO!!!
OPEN DAY
 LONG STRATTON BOWLS CLUB

We are located behind the Council Office / Pavilion on Manor Road (Near the park)
Sunday 13th April 2025
 10:00am until 1:00pm

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Tel: 01508 530524 office@longstrattontowncouncil.gov.uk

VE Day Celebrations

Plans are going well for our next community event on Saturday 10th May from 1pm until 5pm. On stage will be a fantastic children's entertainer/magician, followed by a VE Day themed quiz, followed by music. On the field will be a fantastic climbing wall, a laser tag maze and bungee trampolines! Plus stalls of all kinds and yummy food vendors. Let's hope the sun shines for us this year!

The Council

The Annual Town Meeting for Long Stratton will be held in the Pavilion on Monday 19th May 2025 at 19:00. There will be refreshments available, and we hope to see you there! On Saturday 12th April, 10:00 – 12:00, we will be holding our first Councillor Surgery in the Pavilion! Feel free to come along and ask questions about the council or raise any concerns you may have. The Council will be undergoing community consultation work regarding Night Skies. We plan to have our streetlights turn off during the hours of 00:00 – 05:00 each night, to preserve energy as well as the beauty of the night sky. We will also be trialling noticeboards on bus shelters – with the first test to be on the bus shelter opposite the Plain (northbound).

The Youth Council and Youth Café

We have welcomed our first three councillors onto Long Stratton Youth Council: Councillor Alfie Leggett, Councillor Max Button and Councillor Nicole Nardi. The first official Youth Council meeting will be held on the 9th of April between 15:45 and 17:15, after the Youth Café session that day. This will also be held in the Pavilion. There will be 2 youth café sessions in partnership with Bike Active. These sessions will be: 9th April 13:45 – 15:15 (senior – school years 7+) 16th April 13:45 – 15:15 (junior – school years 4-6)

There is also a Nintendo Sports Bowling Tournament on Wednesday 30th April during Youth Café. This is a popular one, so you better strike fast when sign-ups begin! Winner gets a prize! We are always looking for volunteers to help with youth work. Please contact office@longstrattontowncouncil.gov.uk to get involved!

THARSTON & DISTRICT WI

Lots of confusion, laughter and friendly banter were enjoyed at our February meeting which was a social evening organised by our present committee. A glass of wine, soft drinks and savoury nibbles were offered upon arrival, followed by a series of Beetle Drive games, before the winner was announced.

Before our next scheduled meeting a group of our members visited the Pennoyer Centre for lunch: a unique heritage community building which was the former local Primary School in Pulham St. Mary. Several members will also be attending the Norfolk Federation Annual Meeting which is being held at the Theatre Royal in Norwich, at which Arit Anderson, award winning garden designer, writer and TV presenter from BBC2 Gardeners World will be the guest speaker. Join us at Wacton Village Hall on the 2nd Thursday of every month at 7.30pm and you will be made most welcome



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Partner & Long Stratton Property Expert
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janette.churchill@howards.co.uk

HOWARDS

A word from Rosedale.....

For some, the beginning of a new year can be a good time to make changes in life. A new year brings the possibility of a fresh start. Many people commit to new fitness or dietary goals or reassess career direction. In January, estate agents report a surge of properties coming onto the market as people decide to make changes to their living arrangements.

On a smaller scale, I like to take stock of my bookshelves, kitchen cupboards and wardrobe. There is something therapeutic about re-organising our personal space and clearing out things that are surplus to requirements. It feels good to donate clothes and books to charity shops, knowing that someone else can benefit from things we no longer need, whilst also making money for worthy causes. This form of recycling is also good for the planet.

For those who are bereaved, a new year is often not a cause for celebration but a reminder that the future must be faced without their loved one. For some, this fear can be quite overwhelming.

At our bereavement groups, we like to remind participants that they do still have a future (even though it might look very different to what they had planned.) None of us know the future or what good times may lie ahead.

We also remind our participants that they are still individuals of worth (even without their loved one) and they are still important - friends, family, colleagues etc, still need them.

No matter our circumstances, we all have something to offer. We each have a unique set of skills, characteristics and abilities that are needed in the world.

Most importantly, we all need to be reminded that we are not alone. Everyone is part of some kind of community, whether that be a family, a friendship group, neighbourhood, church, workplace or hobby club. At the most basic level, we are all part of the human race and have a part to play in making the world a better place.

I'll finish with a little story..... Whilst looking at some of the comments beneath an Instagram post about mental health, a doctor had commented that he was losing hope and didn't feel his life had a point anymore. I encouraged him to keep going and that I believed he had a unique combination of skills and abilities that no one else had. I reminded him that the world needed what he had to give. He replied with 'Thank you, I really needed to hear this today.'

We don't know what difficult situations someone else might be facing but we can all do a little something that might make a big difference- a smile, a helping hand, a kind word, or an act of generosity. If you would like some support with your bereavement, call Rosedale on 01379 640810 to reserve your free place on our next course.

This article written by Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator

Diggers and Dibblers Gardening Club.

The meeting for Tuesday 8th April
has been **CANCELLED**

I'm incredibly proud that Scouts is helping so many young people in Long Stratton gain skills for life. Since opening their second Scout Troop, they have gone from strength to strength. They've recruited some fantastic volunteers, engaged local families and members of the community. Most importantly, they've created some incredible opportunities for fun, adventure and friendship for young people aged 4 to 14 who live locally. It's vital our young people get the encouragement and support they deserve to help them find their place in the world and become the active citizens of the future. I remember as a nine-year-old Cub Scout joining my local group. It meant so much having leaders who believed in me. It gave me the confidence to step up and begin a lifetime of adventure that's taken me across continents.

If people in Long Stratton are thinking of volunteering on a flexible basis, then we would love to welcome you to the Scouts family too. You'll make new friends, use your skills and learn new ones. Everyone's welcome here – all genders, faith (including no faith) and backgrounds.

A huge thank you and well done to the whole team at Long Stratton Scouts. You're making all the difference to young people's lives.

Keep up the great work,

Dwayne Fields
Chief Scout



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M	T	W	T
	<p>1 Community Sing Wacton Village Hall 1900 Coffee Morning Wacton Village Hall 10.30am Pilates - Hempnall Village Hall see p24</p>	<p>2</p>	<p>3 Pilates - Wac se</p>
<p>7 Local Walk - see page 36</p>	<p>8 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24 Diggers & Dibblers CANCELLED</p>	<p>9 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406</p>	<p>10 Pilates - Wac see Tharston & Wacton 7:3 Lunch Club Long Congregation Call 079687</p>
<p>14 LSTC Meeting Pavillion Community Room Manor Road 19:00</p>	<p>15 Community Sing Wacton Village Hall 1900 Coffee Morning Wacton Village Hall 10.30am Pilates - Hempnall Village Hall see p24</p>	<p>16 Stratton & District W.I LS Village Hall 1930</p>	<p>17 Pilates - Wac see</p>
<p>21</p>	<p>22 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24</p>	<p>23 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406</p>	<p>24 Pilates - Wac see</p>
<p>28</p>	<p>29 Community Sing Wacton Village Hall 1900 Pilates - Hempnall Village Hall see p24</p>	<p>30</p>	

T	F	S	S
Wacton Village Hall see p2	4 Wacton Social Club open 7.00pm - 11.00pm with Bingo	5	6 Hope church Service St Mary's Academy 10:30am. See p22
Wacton village Hall see p24 District W.I. Village Hall 10:30pm 12:00 - 2:00pm Stratton Congregational Church Hall 016698 to book	11	12 Wacton Church Coffee Morning 1030am.	13
Wacton Village Hall see p24	18 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	19	20 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall Hope church St Mary's Junior Academy 10:30am See p22
Wacton Village Hall see p24	25	26 Messy Church Stratton St Mary's Church 16:30 See p11	27

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HARLESTON CHORAL SOCIETY



Harleston Choral Society will be on full speed ahead when we return from our Easter break on Monday 28 April. We'll be well into our 25th anniversary year. and the high point will be our Summer Concert on Saturday 28 June in Harleston Sancroft Academy, when we'll be singing Carl Orff Carmina Burana with professional soloists and orchestra, and the school's choir. It's not too late to join us on 28 April for the last term of rehearsals, and to celebrate 25 years of wonderful music: come at 7.00 pm for a 7.30 pm start, in The London Road Church (formerly The Harleston Methodist Church) at London Road, Harleston, IP20 9BH. Parking is available in The Original Factory Shop (TOFS) car park opposite on London Road, Harleston, IP20 9BZ. Another enticing date: a 'Come and Sing Messiah' day on Saturday 16 August, in St James Village Hall IP19 0HP, open to all. And to round off the year, our Christmas concert on Saturday 6 December, back in St John's Church. Throughout the year we'll also be setting up display panels in various locations, showing HCS's history, the many people who've been involved with the choir over the years, and choir members' memories.

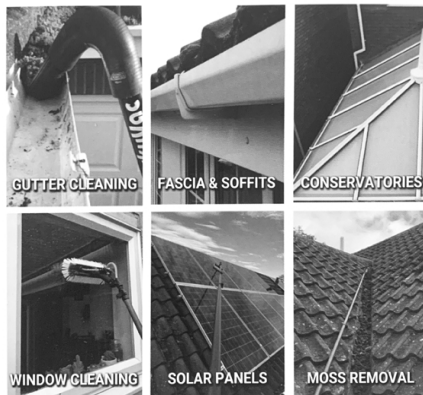
See the Home Page and the About Us and Location and Contact sections of our website www.harlestonchoral.org.uk for more information about HCS or from our joint Chairs: *Caroline Rodbourne caroline@rodbourne.org.uk and Jo Curry, jo.curry@sky.com*

HARLESTON & DISTRICT U3A

Harleston & District u3a invites you to our April 2025 talk Walking into Grandma's Kitchen in 1940s Madras, given by Jenny Mallin. Jenny was winner of "Best in World Cookbook" by the Gourmand World Cookbook Society for 2017, and she is a regular speaker to a broad variety of groups looking for an interesting and unique talk on her British Raj family. We'll discover how enticed they were by those exotic ingredients found in India, which with the help and careful consideration of their native cook, produced a different kind of cuisine.



Visitors welcome, admission £3.00 including refreshments. Further information about this and all Harleston & District u3a's activities is on our website www.harleston.u3asite.uk or contact **Kim Poulton on 01986 788149.**



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15 of us met at the co-op car park, we piled into 4 cars and drove to Bedingham Village – parking on Church Road beside At Andrew’s Church. Steven our leader said we would firstly walk 1 ½ miles along the road, so turning left the walk commenced. We passed Priory Farm and noted the sound of machinery from farm buildings – maybe a milking session was in progress? The “Silfield Herd” was signed. A kestrel was seen perched on a telegraph cable. As the walk proceeded the weather turned out very pleasant with blue sky, sunshine, and mild in complete contrast to the frosty start of the day. Hedges and trees lined the road, as yet no sign of green leaves. We reached a junction and turned left into Dulgate Road. Another bird observation – this time a red kite flying high over a field; also seen was a marsh harrier. On the ground a clump of primroses gave us a promise of spring just around the corner. A field of sheep came into view but no lambs as yet –



perhaps they were imminent? Crows and rooks were heard cawing loudly overhead. We also noted a common gull sitting in a field and there was blackthorn with white blossoms in a hedgerow. On walking past Forsters’ Farm we arrived at a junction and turned left into Ugate Street – carrying straight on, a type of wych elm was seen with buds forming



on its twigs. We stopped a while and looked across the fields to view “Spring Wood” on the horizon; at this point we were 3 miles from Hempnall. A house with a thatched roof and yellow painted walls looked picture perfect. As we walked on a pony over the hedge looked out at us as we walked by, his fur coat was very thick. In the next field a flock of black sheep with lambs. Soon after these wonderful sights we turned left onto a concrete bridleway. A buzzard was seen flying overhead, skylarks were heard, and on



a stubble field were a flock of yellow hammers (seen by binoculars) – some 14 or 15 of them feeding on the spoils of last years harvest.

Throughout our walk clumps of snowdrops could be seen in abundance along with some daffodils. The bridleway continued on then veered to the left and we then found ourselves on a mud track on the edge of a field. We then passed a rather unpleasant smell of slurry before reaching a road ,turning right things improved. We saw a clump of crocuses with purple/mauve coloured petals and orange stamens and a buff-tailed bumble bee was busy collecting pollen and nectar.

We passed an old school house. By this time Bedingham St Andrew’s Church was visible; we approached it steadily on a descending twisting road and down further we turned left into Church Road. The walk concluded with a visit to the church, then we said our goodbyes. Thanks Steven for a lovely walk.

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6th April– 9:00am - Holy Communion (BCP) at Stratton, St Michael
9:30am - Morning Prayer - Wacton
11:00am - Morning Worship - Stratton St Mary

13th April – 9:45am - Morning Worship- Tharston St Mary
11:00am - All Age Holy Communion - Stratton, St Mary

17th April - 18:30pm - Shared Supper - Stratton St Mary

18th April - 10:00am - Service of Prayer and Reflection - Stratton St Mary

20th April – 9:00am - Holy Communion (BCP) at Stratton, St Michael
9:30am - Holy Communion - Wacton
11:00am - Family Holy Communion at Stratton St Mary

26th April -16:00pm - Messy Easter - Stratton St Mary

27th April – 11:00am - Morning Worship followed by Shared Lunch and ACPM
at Stratton St Mary

Congregational Church

6th April - 10:45am – Family Service incl. Holy Communion - Rev Malcolm Simpkin

13th April - 10:45am – Palm Sunday Family Service – Rev Ian Jones

18th April - Good Friday Service - Rev Malcolm Simpkin

20th April - 9:45am – Community Family Breakfast
10:45am –Easter Sunday FamilyService – Rev Malcolm Simpkins

27th April - 9:45am - Prayer Meeting
10:45am - Easter Songs of Praise

Hope Church

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20th April - 10:30am - Service for all ages - St Mary's Junior Academy NR15 2UY

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