

# **The Sexton's Wheel** Issue 254

The magazine for Long Stratton & Wacton



**March 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](http://www.longstrattonvillagehall.org.uk)  
Email us at [longstrattonvillagehall@outlook.com](mailto: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  
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Email: [bookings@wactonvillagehall.co.uk](mailto:bookings@wactonvillagehall.co.uk), or Tel: **Maz Richardson 07932269693**  
**Licenced bar available through Wacton Social Club. Contact [taylor169@btinternet.com](mailto: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](mailto:clerk@longstrattoncouncil.info)

For general enquiries Email: [office@longstrattontowncouncil.info](mailto: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.



This month it is a bit of a bumper issue with articles from new and old.

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## Reflection

As well as seeing some of those beautiful signs of Spring, March has us welcoming in the season of Lent. This is well known as a time where people are giving things up that they consider are luxuries or not good for them. Perhaps some try to go without chocolate or too much screen time. Others give up the sugar or caffeine in their usual hot drink of choice. More recently some people have chosen to take things on that they consider are more virtuous practices. Some read a chapter a day of a Lent book. Others choose to go for more walks or keep gratitude journals. Some take on doing an act of kindness each day for someone else, or put aside money each day for a charity donation. I wonder how you may choose to mark the season of Lent this year.

Whatever it is that people do during Lent it is about doing something different for the whole season as a sign. Much like those signs of Spring, these changes in our practices are about showing that we are reflecting on the way we live our lives and aiming for growth and development. The church has been known to be all about strict rules for life and our Lenten abstinence doesn't help this image sometimes, but actually it is not about rules, it is about signs of hope. You see as a Christian I live in hope that the world can be a better place and I can be a better person because of Jesus. So, what I do during Lent is intentionally reflect on making better choices to show that I have hope for what is to come because of Jesus, as I look towards the Easter story and remember that Jesus came to give life and light to all.

So, this Lent, may Christ, who out of defeat brings new hope and a new future, fill you with his new life and God bless you.

Rev Becki B



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



## St Mary's Quiz night

**29th March**

**Long Stratton Village Hall**

**1830 for 1900 start**

**Teams of six, £7per person.**

**Ploughmans in the interval included**

**Bring your own drink of choice.**

**To book call Janet on 01508 530121**

## **LONG STRATTON MEDICAL PARTNERSHIP**

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

The Patient Participation Group are meeting on Monday evening 17th February to discuss our next health education evening. The intention is that we will focus on the subject of "Heart Health," building on our Diabetes session held last year. We haven't settled on a date yet, but it will be during the spring (hopefully before Easter depending on venue availability).

This event ties in nicely with the recent news coverage about young people and heart health awareness as per this morning's article on the BBC News (Tuesday 4th February – which you can watch on iplayer).

Heart health affects everyone, no matter what age, and taking small steps to make lifestyle changes can dramatically improve your life. Your heart is a muscle that requires exercise and care, just as much as any other muscle!

The intention will be to have guest speakers from a range of services present. British Heart Foundation, a consultant from the cardiology team at the Norfolk & Norwich, and hopefully someone from a sport and nutrition background as well. The aim of the evening will be to help patients understand some of the more complex, but increasingly common terminology. To dispel some myths, and to open conversations about ways that you can take power over your own health. We will look to explore the complex world of cholesterol, statins, and have some dietary advice about balanced eating habits.

Please keep an eye open on Facebook, on the Parish Magazines, and on our TV in the waiting room. We really do want as many of you as possible to be involved – because this is an important issue which affects us all.

If you have an interest in joining our Patient Participation Group to get more involved in organising and supporting the surgery to put on events like this, then please contact Martin Lander, our Chairperson, at the following email address [martin.lander@me.com](mailto:martin.lander@me.com), or by dropping into the Surgery to speak with me.

Thank you  
Keith Burnett  
Practice Manager



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Borderhoppa Outings for March 2025:

Mon 3rd – Lunch at The Four Horse Shoes, Thornham - £8.00

Mon 10th – Thetford Town / Garden Centre - £15.00

Mon 17th – Lunch at Billingford Horseshoes - £8.00

Thurs 20th – Brunch at The Good, Bad and Hungry - £8.00

Mon 24th – Stowmarket Town - £15.00

Mon 31st – Notcutts Garden Centre, Norwich - £15.00

To book or for more information please call **01379 854800** or visit our website [www.borderhoppa.org](http://www.borderhoppa.org)



## **LONG STRATTON & DISTRICT WI**

We were pleased and interested to welcome Rebecca to our January meeting. She came from the local head office of Norfolk Citizen's Advice Bureau. The nearest branches to Long Stratton are in Norwich and Diss. There was lots of general information and members had the opportunity to ask specific questions.

Every month we have competitions, the results ably collated by Pam. January was the month when we awarded the prizes. Third prizes went to Christine and Valerie. Bonnie, last year's winner came second. The winner of the silver Rose Bowl, coming first, was Pandy. Well done to everyone including Sue and Lorna who chose the lovely floral prizes.

January is the month when we all individually choose which issue we would like our national organization to put forward to the government. The voice of the women's institute members has been very strong over the years resulting in many changes in everyday life.

We have a varied programme of speakers for the year ahead. At our March meeting there will be a demonstration of needle felting and the opportunity to have a go, although the choice is down to members.

We meet on the third Wednesday of the month in Long Stratton village Hall at 7.30pm. Do come along on Wednesday 19th March and meet our friendly ladies. Refreshments are free to visitors and there is plenty of social time.

If you need further information phone 01508 531154.



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## **BIKE ACTIVE NORFOLK**

As spring approaches, BikeActive Norfolk swings into, "full on action", and March 2025 sees us running our adult disability cycling group weekly from Earsham village hall. By April 2025 we really hit the ground running, with weekly sessions of our adult group at Topcroft Sports and Social Club on alternate Fridays and Earsham Village Hall on alternate Mondays. Adult weekly running then continues through until the end of October 2025. If you are interested in riding with our adult group, for those with disability or recovering from illness or injury, take a look at our website, [BikeActiveNorfolk.org](http://BikeActiveNorfolk.org) to find out more and then get in touch

Wednesday the 9th of April 2025 sees the return of BikeActive Norfolk Junior group for children under eighteen with any disability. This allows these children to ride our trikes, recumbent trikes, go karts, quadracycles, or be piloted on our wheelchair tandem trike or rear steer or side by side tandem trikes, in the safe traffic free environment of the multi-use games area at Long Stratton, Manor Rd Park. The group runs in Norfolk school holidays and will run two forty-minute sessions between 1300hrs and 1340hrs, and 1340hrs to 1420hrs. We will then run from 1420hrs to 1500hrs, with the Long Stratton Youth Café. Long Stratton Youth Worker, Anastasia Twigg will help run this session with the Youth Café's young people. If you are the parent or carer of a child with any disability, please feel free to take a look at our website [BikeActiveNorfolk.org](http://BikeActiveNorfolk.org) accessing the Junior group part of the site and see what we do. If you are interested get in contact or book your child on a session. Parents or carers must remain at these sessions. There is a further session on Wednesday the 16th of April 2025 during Easter which will follow the same format.

BikeActive Norfolk is a wholly voluntary organisation, no one is paid, and we constantly need to raise funds and find volunteers. If you would like to do something which is very rewarding with a group of friendly volunteers and grateful clients, then come along or get in contact through the website. Not being a regular cyclist does not prohibit people being involved, so get in touch

Finally, our 2025 fund raising event will be an amazing 24hr go kart and recumbent trike endurance race on the multi-use games area at Long Stratton Manor Rd playing field. We are raising money for a Van Raam Chat rickshaw to be used in Long Stratton to transport disabled and older people to appointments at the Medical Centre, to the library, pharmacists or to visit friends within Long Stratton, after the bypass is complete and traffic volume in the centre of the town is much reduced. This electrical assist cycle is an expensive piece of equipment. But similar schemes in Thetford, Bury SE and Clacton have been hugely well received giving disabled people a low cost, environmentally friendly way to get around the town, and a similar scheme in Long Stratton would be a community asset. For our fundraiser to be successful we are asking that people in the village get involved in taking part and running this event. It is to the benefit of our community. If you can help or would like to take part, please get in contact through the website

Jez Briggs

chair, BikeActive Norfolk

**07716103072 Website, [BikeActiveNorfolk.org](http://BikeActiveNorfolk.org). Email, [BikeActiveNorfolk@gmail.com](mailto:BikeActiveNorfolk@gmail.com)**

Long Stratton Congregational Church will run a 2 course lunch club every 2nd Thursday of the month from 12 noon in our church hall. Donations towards the lunch will be accepted, up to a maximum of £5.00. If you are interested in attending, please contact us either by calling **07968716698** or through our website so we can keep you informed and make sure we are catering for any dietary requirements.

<https://longstrattoncongregationalchurch.org.uk/contact/>

We also host a FREE Community Breakfast at 9.45am every third Sunday of the month at the church hall (and everyone is very welcome to just come for breakfast!).

**Directions to the church:**

We are located along Ipswich Road. Driving out of the village you will find us on the right hand side, just past White House Drive. If you are driving, parking is available on the field behind the church accessed through the drive by the Manse which is the building just past the church. The gate to the field is open during services and events. During heavy rain periods the field is sometimes too wet to park on, so then we request that people park along White House Drive with consideration for the residents.

**CRAFT FAIR**

Wacton Village Hall

29th March, 10:00am - 16:00pm.

Tables for hire - £20. For more information email: [jonnyx@yahoo.com](mailto:jonnyx@yahoo.com)

**LETT-UCE TALK**

The 2nd Lett-uce Talk gardening meeting will be on the 1st Saturday of April. (5th) Meeting at Huggers 10:00 a.m.

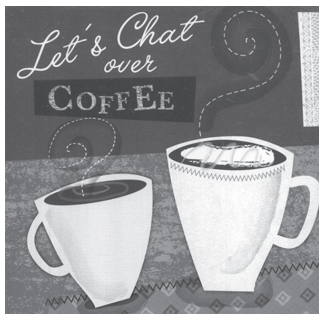
**DIGGERS & DIBBLERS**

Diggers and Dibblers Gardening Club.

Tuesday 11th March 7.30pm Forncett Village Hall

Dr Anne Edwards will be speaking to us about the John Innes Institute.

£1 members/£3 non-members includes a soft drink, nibbles and a raffle ticket. Wine £1 per glass.



**LET'S CHAT**

Let's Chat will be starting up again on **11th March 2025**, 1000 - 1200 in St Mary's Church where Janet and the team will be there to welcome you again with Tea, Coffee and homemade cakes.

All are Welcome



This month's theme is:  
Nature and Nurture

Stratton St. Mary  
Saturday 22nd March  
4pm-5:30pm

All children to be accompanied  
by an adult

Strattonmessychurch@gmail.com

Hello again from your Messy Church team. We had such fun at our January session with the theme of Unity. There was a demonstration about making cakes! The children were enthusiastic about the way all the different ingredients needed to be mixed and worked together for a cake to be yummy. We celebrated the way people are all different with cut out chains of decorated people and with fruit skewers. We looked at the different ways we work together with examples from the animal kingdom and within our own bodies. It was a lovely time with food, birthday celebrations, singing, and more. We look forward to welcoming you to our next session.

In March we will be looking at Nature and Nurture: learning from Nature about the way God loves us. Please do come along on Saturday 22nd March at 4pm at St Mary's on Ipswich Road. See the poster for details or get in touch via strattonmessychurch@gmail.com



## PENNOYER CENTRE

As a separate, one-off event, we are planning to show the documentary film **Wilding** at the Pennoyer Centre on 19 March, preceded by a short talk by Ben Potterton about the habitat and species restoration work being carried out in the Waveney Valley. Based on Isabella Tree's best-selling book of the same title, Wilding tells the story of a young couple who bet on nature for the future of their failing, four-hundred-year-old estate. They battle entrenched tradition and dare to place the fate of their farm in the hands of nature. Ripping down the fences, they set the land back to the wild and entrust its recovery to a motley mix of animals both tame and wild. It is the beginning of a grand experiment that will become one of the most significant rewilding experiments in Europe.

Start time: 7.30pm; Tickets: £12 to include a glass of wine. Booking advisable.

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](mailto:admin@pennoyers.org.uk), *tel.* 01379 676660





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# Long Stratton Town Council

Pavilion, Manor Road Playing Fields, Manor Road,

Long Stratton, NR15 2XR

Clerk: Mrs B Buck

Tel: 01508 530524 [office@longstrattontowncouncil.gov.uk](mailto:office@longstrattontowncouncil.gov.uk)

## VE Day Celebrations

Date for the diary! Saturday 10th May 2025. From 1pm until 5pm on the Manor Road playing fields we will be hosting another community event, very much hoping for sunshine this time!

We are looking for stall holders, food vendors, entertainers and volunteers to help with various jobs on the day. For further details please contact [office@longstrattontowncouncil.gov.uk](mailto:office@longstrattontowncouncil.gov.uk), call 01508 530524 or pop into the office in the Pavilion for a chat

## Youth Council

The 'Long Stratton Youth Council' is in the process of being set up. If you are aged 11+ and have an interest in having a say in what happens in YOUR Town, please contact [anastasia.twigg@longstrattontowncouncil.gov.uk](mailto:anastasia.twigg@longstrattontowncouncil.gov.uk)

## BikeActive Norfolk

On the 21st to 22nd June 2025 BikeActive will be holding a 24-hour bike ride around the MUGA on the Manor Road playing fields. Proceeds raised will go towards funding a rickshaw!

## Dog waste

We have received lots of comments recently regarding an increase in dog waste found on pavements particularly. Please help keep Long Stratton tidy and clean: Dispose of dog waste responsibly.

## Upcoming Full Council meeting dates

The Full Council meetings are held in the Pavilion community room. Anyone is welcome to attend the meetings but whilst members of the public cannot participate, a short period of time is given for members of the public to air their views on matters directly related to the Town Council.

The next meeting will be on **Monday 10th March 2025 at 7pm.**

Becky Buck, Town Clerk.



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**HOWARDS**

## **We wanted to give you an update from the High School:**

### **Student Results**

We have recently received official confirmation that Long Stratton High School came in the top 5 secondary schools in Norfolk for 2024 GCSE results and in the last 3 years, we have placed 3rd, 10th, and 5th in Norfolk for student progress (out of more than 50 secondary schools).

The (Progress 8) score of +0.54 also puts us in the top 8.1% of secondary schools nationally (out of more than 5800 schools) and is categorised by the Department for Education as 'Well Above Average', the highest possible category. This means that because they attended Long Stratton High School, every student (on average) made more than half a grade of progress in every subject compared to their peers nationally. The national average is a score of -0.03. We know that there is far more to an education than grades but we also know that it is important to celebrate success and making excellent progress opens doors and gives young people opportunities they might not otherwise have. I am extremely proud of all members of our school community who work so hard every day to go above and beyond to support our young people. Maintaining this level of Achievement for All over time is very difficult and is testament to the dedication of all staff as well as the hard work of our students and the huge amount of support that families put in place. As a community, we can be tremendously proud of our young people.

### **Leading Parent Partnership Award**

We are hugely committed to working with families to ensure we can support our young people in the best possible way and have recently started working towards a highly sought after award. Part of this is to look at and review how we work with families and the award focuses on a range of different objectives, including:

- Ensuring our school is a welcoming, friendly environment.
- Ensuring high quality, frequent communication.
- Reviewing policies to ensure they are accessible to all.
- Helping families to support their children with their learning.
- Facilitating opportunities for families to actively get involved with our school.

The Working Party (containing parents, staff, governors and a representative from the Town Council) has already met twice and we look forward to collaborating further and sharing our progress over the course of the year.

### **Collaboration with the Community**

At school, we are very keen for students to give back to our local community and get involved in charity projects or community work. If you have any ideas, suggestions or would like to get involved with the school, please contact:

[office@lshs.org.uk](mailto:office@lshs.org.uk).

Alexander Lewis

Headteacher

**Wacton Parish Council**  
**Village Hall**  
**Hall Lane, Wacton NR15 2UH**  
**Clerk: Mr Alan Arber**  
**Telephone: 07813 190516**  
**Email: clerk@wacton-pc.gov.uk**

#### DEFIBRILLATOR TRAINING

An offer from a couple of parishioners who are defibrillator and CPR instructors of their services was greatly appreciated and accepted. Training sessions for the community will be organised.

#### EAST PYE SOLAR

The East Pye Solar Scoping Assessment was discussed and agreed, along side other local councils, that Hempnall Parish Council's amendments would be adopted and submitted to the planning inspectorate.

#### COMMUNITY PAYBACK

The Community Payback scheme was agreed for assistance on any projects in the village that would benefit from their help.

#### TRAFFIC SAM MACHINE

Data from the traffic SAM machine, it was noted that the average speed through the village was 27.48 mph, which is down from last month. However we did have one speeder at 55 mph. The figures will be sent to the police as normal.

#### APRIL MEETING

The next council meeting will be held on 2nd April 2025 at 6pm.

  
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| <b>M</b>  | <b>T</b>   | <b>W</b>   | <b>T</b>  |
|---|--|--|---|
|   |  |  |   |
| <p>3<br/>Local Walk - see page 36</p>   | <p>4<br/>Community Sing<br/>Wacton Village Hall<br/>1900<br/><br/>Coffee Morning<br/>Wacton Village Hall 10.30am<br/><br/>Pilates - Hempnall Village Hall<br/>see p24</p>  | <p>5</p>   | <p>6<br/>Pilates - Wacton<br/>see p24</p>   |
| <p>10<br/><br/>LSTC Meeting<br/>Pavillion Community Room<br/>Manor Road<br/>19:00<br/>see p15</p> | <p>11<br/>Community Sing<br/>Wacton Village Hall<br/>1900<br/><br/>Pilates - Hempnall Village Hall<br/>see p24</p>   | <p>12<br/>Cup of Hope<br/>Pavillion community Room<br/>08:50am - 11:30am<br/><br/>Lions Club Meeting<br/>Phone Roy Woodhouse for<br/>details on 01508 531406</p> | <p>13<br/>Pilates - Wacton<br/>see p24<br/>Tharston &amp;<br/>Wacton<br/>7:30<br/><br/>Lunch Club 2<br/>Long<br/>Congregation<br/>Call 079687</p> |
| <p>17</p>   | <p>18<br/>Coffee Morning<br/>Wacton Village Hall 10.30am<br/><br/>Community Sing<br/>Wacton Village Hall<br/>1900<br/><br/>Pilates - Hempnall Village Hall<br/>see p24</p> | <p>19<br/><br/>Stratton &amp; District W.I<br/>LS Village Hall 1930</p>  | <p>20<br/><br/>Pilates - Wacton<br/>see p24</p>   |
| <p>24</p>   | <p>25<br/>Community Sing<br/>Wacton Village Hall<br/>1900<br/><br/>Pilates - Hempnall Village Hall<br/>see p24</p>   | <p>26<br/>Cup of Hope<br/>Pavillion community Room<br/>08:50am - 11:30am<br/><br/>Lions Club Meeting<br/>Phone Roy Woodhouse for<br/>details on 01508 531406</p> | <p>27<br/>Pilates - Wacton<br/>see p24</p>  |



| <b>T</b>   | <b>F</b>   | <b>S</b>   | <b>S</b>   |
|--|--|--|--|
|  |  | 1  | 2<br>Hope church Service<br>St Mary's Academy<br>10:30am.<br>See p22   |
| Wacton village Hall<br>see p24   | 7<br>World Day of Prayer<br>St Mary's Church Long Stratton<br>15:00pm<br><br>Wacton Social Club<br>open 7.00pm - 11.00pm with<br>Bingo | 8  | 9  |
| Wacton Village Hall<br>see p24<br>W.I.<br>Village Hall<br>10:30pm<br><br>12:00 - 2:00pm<br>Long Stratton<br>Village Hall<br>016698 to book | 14   | 15<br>Wacton Church Coffee<br>Morning 1030am.  | 16<br>Community Family Breakfast<br>9:45am at Long Stratton<br>Congregational Church Hall<br><br>Hope church<br>St Mary's Junior Academy<br>10:30am<br>See p22 |
| Wacton Village Hall<br>see p24   | 21<br>Wacton Social Club<br>open 7.00pm - 11.00pm<br>pool,darts etc  | 22<br>Messy Church<br>Stratton St Mary's Church<br>16:30<br>See p11  | 23   |
| Wacton Village Hall<br>see p2  | 28   | 29<br>Craft Fair<br>Wacton Village Hall<br>10:00am - 16:00pm<br>See p 10<br><br>Quiz night<br>Long Stratton Village Hall<br>see p5 for details | 30   |

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## HARLESTON CHORAL SOCIETY



Harleston Choral Society is now well and truly into its 25th anniversary year! Since Anne Gee launched the choir in 2000 it has gone from strength to strength and is currently flourishing under the baton of Justin Bindley. The high point of our anniversary year 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. So put the date in your diary and we hope you'll join us then to celebrate 25 years of wonderful music. Three more diary dates: our annual quiz with a delicious supper on Saturday 22 March, and a 'Come and Sing Messiah' day on Saturday 16 August, both in St James Village Hall IP19 0HP and both open to all. And to round off the year, our Christmas concert on Saturday 6 December. 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](http://www.harlestonchoral.org.uk) for more information about HCS or from our joint Chairs: Caroline Rodbourne [caroline@rodbourne.org.uk](mailto:caroline@rodbourne.org.uk) and Jo Curry, [jo.curry@sky.com](mailto:jo.curry@sky.com)

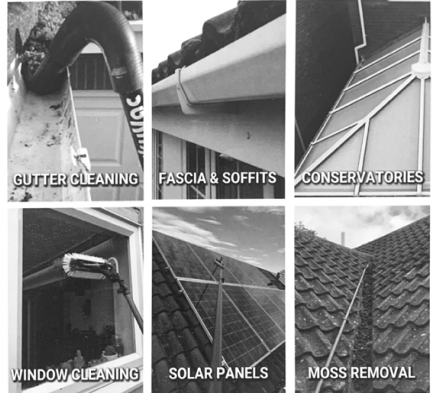
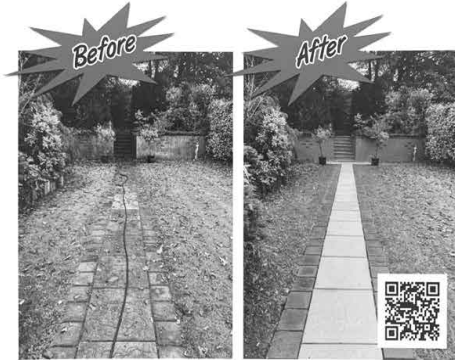
## HARLESTON & DISTRICT U3A

Harleston & District u3a would like to invite you to our next monthly talk – Garden Bugs: Cohabit, Control or Conserve? at 2.00 pm on Wednesday 19 March in St John's Church, Harleston. This will be given by Dr Ian Bedford, an esteemed retired Research Entomologist. Dr Bedford started out as an Amateur Entomologist, studying and conserving butterflies on the South Downs, and then went on to pursue a professional career as an Entomologist. He will speak about accepting the insects in your garden and their vital role in the wider ecosystem.



Photo by Erik Karits on Unsplash

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](http://www.harleston.u3asite.uk) or contact **Kim Poulton on 01986 788149.**



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## The First Sign of Spring

The first Monday of February was bleak but that didn't stop 13 of us from piling into each other's cars and heading for Tacolneston. The village hall provided ample parking so it wasn't long before we set off down Cheney Lane. Is February the depths of winter or the start of spring? On our left we saw a tiny primrose just opening up. On our right thick slabs of broken ice showed where cars had tackled the puddles on the narrow lane. They were little icy puddles at first but suddenly we saw the whole road ahead of us was blocked by a flooded pond. The edge shone white as though covered by snow but it was just ice pushed up the side by vehicles. As Liz, in her wellies, stood in the deep water we all started wondering how we could get through. To our relief she led us off to the left along a lovely grassy field edge with views back to the beautiful thatched farm house where the pond had its origin.

We seemed to be at the highest point in the area as we had a 360 degree view over the Tas Valley and beyond to the pylons (always a useful landmark as is the Tacolneston mast, much nearer in the other direction.) Everywhere there were magnificent oak trees. We watched as the ivy was being carefully removed from the trunks. Some of us had seen Chris Packham passionately praising the virtues of ivy while others were glad to see the oaks no longer smothered. There was plenty of lively discussion!

Some of the paths were grassy but some were muddy so when we arrived at Stickfer Lane we began to lighten the mud load on our boots as we went steeply down hill. The effort was wasted as mud accumulated more on the next stage, an uphill track beside a beautiful clear stream. Suddenly those of us at the back realized the others had disappeared. We soon saw them off to the right so we slid down a muddy bank, across a rather tricky bridge and up the other side. The weight of mud was getting serious and worsened as we crossed a sad looking field where everything looked dead. What a contrast to get into the woods where signs



of Spring were all around. The carpets of snowdrops were amazing, though they were waiting for a bit more sun to open out fully. The aconites shone brilliantly.

Suddenly we emerged onto the main road near the church whose tower we had glimpsed several times on our walk. If you have driven along the B1113 you'll know that the church and the fine Old Hall opposite are a long way from the village centre but we didn't have to follow the road. Another footpath cut the corner off and included another little wood where we could find sticks to clear our boots a bit before we reached the village hall again.

Many thanks to those who gave lifts to muddy folk and to Liz who led such a lovely walk into Spring!

*Join us for our next leisurely walk of not more than 4 miles. Everyone is welcome. Meet near the Long Stratton public toilets at 10am on March 4th*



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- Cuppa Care Project** - Emotional and wellbeing support, information and advice to people of all ages
- Hearing Loss Awareness Training**

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Hear for Norfolk is the operating name of Norfolk Deaf Association (NDA), a Charitable Company Limited by Guarantee registered in England & Wales No. 07966408 Registered Charity in England & Wales No. 1146883

## 2nd Long Stratton Brownies

One evening we had our Annual Parents meeting when we showed slides of Brownie Holidays and Sleepovers. We told the parents about our forthcoming Brownie Holiday in the Easter school holidays at Ipswich.

We also welcomed some of the Long Stratton Lions Club members to our meeting, where we were able to thank them for their donation to our Brownie Funds.

During February we will celebrate 'Thinking Day', the birthday of our founders Lord and Lady Baden-Powell. During that evening we will play games, try food and learn about Brownies from other countries, finishing with us all renewing our Brownie Promise together.

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## CHURCH SERVICES - March

2nd March – 9:00am - Holy Communion (BCP) at Stratton, St Michael  
9:30am - Morning Prayer - Wacton  
11:00am - Morning Worship at Stratton St Mary

5th March - 19:00pm - Ash Wednesday Service - Stratton St Mary

7th March 15:00pm- World Day of Prayer - Stratton St Mary

9th March – 9:45am - Holy Communion at Tharston St Mary  
11:00am - All-Age Communion at Stratton, St Mary

16th March – 9:00am - Holy Communion (BCP) at Stratton, St Michael  
9:30am - Holy Communion - Wacton  
11:00am - All-Age Worship at Stratton St Mary

22nd March – 4:00pm - Messy Church at Stratton St Mary

23rd March – 11:00am - Holy Communion at Stratton St Mary

30th March - 11:00am - United Benifice Service - Mothering Sunday - Stratton St Mary

### Congregational Church

2nd March at 10:45am – Family Service incl. Holy Communion - Bruce Thorn

9th March at 10:45am – Family Service – David Moore

16th March at 9:45am – Community Family Breakfast  
10:45am – Family Service – Rev Gill Osborne

23rd March at 9:45am - Prayer Meeting  
10:45am - Family Service - Rev Malcolm Simpkin

30th March at 10:45am - Mothering Sunday Family Service - Rev Malcolm Simpkin

### Hope Church

2nd March - 10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY  
16th March - 10:30am - Service for all ages - St Mary's Junior Academy NR15 2UY

### The Well

Every Sunday - 10:00am - Long Stratton Village Hall. email: [info@the-well.church](mailto:info@the-well.church)

### From the Parish Register:

Our condolences go to family and friends of:  
Cecilia Garwood - Earlham Crematorium - 13th February.

# THE SEXTON'S WHEEL

If you have something to tell us, an event coming up, an article of interest please contact us **email: [thesextonswheel@googlemail.com](mailto:thesextonswheel@googlemail.com)**

**tel: 07557 990169**

or send to: 37 St David's Close, Long Stratton, Norwich NR15 2PP  
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.*

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07557 990169 [thesextonswheel@googlemail.com](mailto:thesextonswheel@googlemail.com)

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DATE \_\_\_\_\_

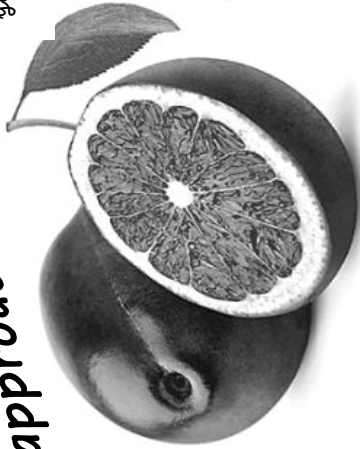
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