

# The Sexton's Wheel

Issue 203

The magazine for Long Stratton & Wacton



**December 2020**

## Long Stratton Village Hall - Booking information



The hall can be booked as follows:

- Via our Facebook page, search for '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 07986 942804 and leave a message
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## 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. Christine Goreham 01508 530823 or [Wacton.VH@outlook.com](mailto:Wacton.VH@outlook.com)

## Church Contacts

<b>St Mary's / St Michael's &amp; All Saints'</b>	Rev. Heather Wilcox	01508 530238
	<a href="mailto:rev.heather@btconnect.com">rev.heather@btconnect.com</a>	
<b>Parish Administrator</b>	Linda Mills	01508 530238
	<a href="mailto:linda.parishadmin@btconnect.com">linda.parishadmin@btconnect.com</a>	
<b>Congregational Church</b>	June Braddock	01508 470701

## Church Parish Office

The Parish Office is open 8.30 - 12.30 Monday to Thursday, but you can still contact us at the Rectory outside these times. Callers are always welcome. 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 (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](mailto:clerk@longstrattoncouncil.info)

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After a very hard year due to Coronavirus we end the year on a more positive note with news of a vaccine. No doubt this is welcome news to us all.

We have another full issue for you and many thanks to all the organisations for still sending in their contributions. It is good to see how you are all coping at this time. Don't forget the Christmas Tree Trail - see

page 13.

St Mary's Christingle service which always sees a full Church is going virtual this year - see page 25 for more details. Please do support The Children's Society in their fantastic work with children.

Our District Councillors have also provided us with an update, this can found on page 20.

And finally we would just like to wish all our readers, contributors and advertisers

### **A VERY HAPPY CHRISTMAS**

*The Sexton's Wheel Team*

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**Janette: a key part of the Howards team, now a haart partner agent.**



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

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

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LONG STRATTON

# LONG STRATTON REMEMBERED

The Knights family in St Mary's Road decorated their house for Remembrance Day. Leo, Brandon and Josh Knights enjoyed finding out the names of the fallen in long Stratton and making crosses for each. ***We will remember them.***



*St Michael's Church*

As you can read on page 35 the Town Council purchased Unknown Tommies which were placed throughout the Town along with a wreath from the Council.



*War Memorial*

*see page 35 for more pictures*



*Congregational Church*



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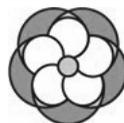
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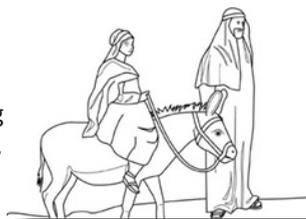
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an application pack.

## POSADA 2020 – COVID STYLE

For the last few years, throughout Advent we have been looking for individuals, families, schools and organisations to host Mary, Joseph and a donkey for the night, in knitted form I hasten to add.



2020 sees us having to rethink how this can be done in a Covid secure way, whilst still giving us an opportunity in the busyness of Advent, to take time, to slow down and reflect on the journey the Holy Family made to Bethlehem in the days leading up to Jesus' birth and what it is like for travellers today, seeking a place of refuge from war, violence or natural disaster.

This year, as people sign up to host Mary and Joseph, there will of course be no physical hand over of the knitted figures, instead we will encourage hosts to phone up the next host and hand the family over virtually.

Every person or organisation who signs up, will be sent some materials to help them to reflect on Mary and Joseph's journey and what it means to us today and be given some paper figures to 'host'.

... and another first for 2020 – Posada will now also form part of an Advent calendar trail.

Every host, on the day they host Mary and Joseph, will be asked to create an advent calendar window, which people will be encouraged to find. Templates will be provided, but in decorating the templates, people can be as creative as they like and extravagant as they wish in decorating their window.

If you, your family, or your organisation, would like to get involved, please contact Chrissy Briggs on 01508 536724 to book your day or for more information.

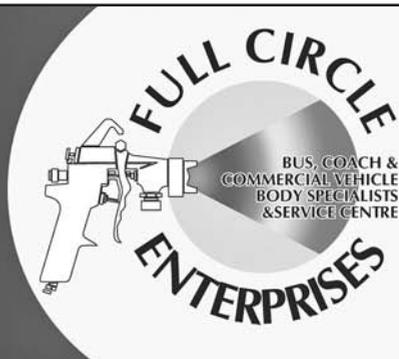
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### THURSDAY CLUB

As I started to write this piece we had just entered a month's lockdown to combat the rising covid numbers, then it was announced that there was a possibility of a vaccine that could be rolled out before Christmas. Suddenly there was a light at the end of the tunnel, and how quickly this message can change. The last months have been like nothing we have experienced before and we still have a long way to go, but from a message of not sure when we can meet again to the possibility of resuming our meetings in the new year. In the meantime I wish all members a healthy, happy Christmas and new year.

*Shirley Warne*

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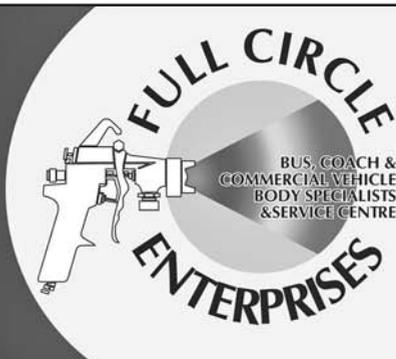
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# REVEALED: WACTON SET TO RECEIVE HYPERFAST FULL-FIBRE BROADBAND AS CONSTRUCTION WORK BEGINS



Work to build next-generation full-fibre broadband in Wacton is due to start as thousands of residents and businesses in south Norfolk prepare to receive some of the UK's fastest speeds, it can be revealed.

County Broadband, a specialist rural full-fibre network and broadband provider, has announced 6,500 rural premises across 33 villages in total in the Breckland and south Norfolk areas have been earmarked to receive the new Hyperfast digital infrastructure anticipated to be built by spring 2021. Speeds of up to 1,000 Mbps will be available – nearly 20 times faster than the UK average.

The East Anglia-based provider, backed by a £46 million private investment by Aviva Investors, has confirmed that Wacton, along with 17 other villages, has met the sign-up target required to give the green light to start construction.

Engineers have been granted key worker status and are following health and safety rules.

Prime minister Boris Johnson is relying on local providers like County Broadband to achieve his flagship target of UK-wide gigabit-speed connectivity by 2025. It forms part of his “infrastructure revolution” to catch up with the rest of the world and support the Covid-19 economic recovery. The news also follows his fresh advice to work from home during winter.

Lloyd Felton, chief executive of County Broadband, said: “The Covid-19 pandemic has exposed the fragility of our creaking copper infrastructure that is stifling productivity and holding back innovation at such a critical time. Boris Johnson has told the nation to remote work but some of us can't even have a Zoom call. We need future-ready networks now more than ever.

“That's why we're driving our plans to build Hyperfast full-fibre networks in Wacton with great gusto. We want to help restart the economic engine and give Norfolk a huge investment in its infrastructure to support residents and businesses.”

Full-fibre broadband uses fibre-to-the-premises (FTTP) infrastructure in which fibre optic cables are installed directly into the premises, offering download and uploads speeds of 1,000Mbps. It replaces fibre-to-the-cabinet (FTTC) Victorian copper-based infrastructure on which 'superfast' is based.

The deployment of full-fibre broadband could be worth £5.38bn to the East of England economy over the next five years, according to the Centre for Economics and Business Research.

Visit [www.countybroadband.co.uk](http://www.countybroadband.co.uk) to see if the service is available in your area and for more details.

## LOCAL WALK .....

The prescribed six of us met in the car park as the rain simply poured down! However, after we had walked through Long Stratton into Haynton's Lane, we were able to remove our rain hoods, and listen for birdsong. Multicoloured autumn leaves lined the muddy path, and the hedges were bright with berries. Blue sky appeared, with tiny cotton- wool cumulus clouds!

Chatting in distanced pairs, we came to Le Grys farm. A herd of cows peacefully grazing round the pond on Wacton Common was a lovely sight. The clouds, now a low band across the horizon, had a faintly pinkish hue in a clear blue sky, reflected in the puddles.



There was a flock of birds murmuring, too big to be starlings, and too small to be rooks. At the time we decided they must be pigeons, but Bonnie has since looked up fieldfares, which are white underneath and migrate here in the autumn.

Walking further down Common road, we were fascinated by the veil of low grey clouds moving across a light sky, giving only small glimpses of blue. After crossing the Stratton road, we chatted to a friend in his garden, and continued up past pretty Wacton church. By now the sun had come out in a bright blue sky, with white fluffy cumulus!

We had heard that the footpath extension of Buttle's Lane, whose hedges had been so overgrown that the path had been impassable all the year, had been cut back. We did a detour to check, and found it was now a charming little wooded path. A big thank you to whoever did this, together with clearing away the debris. In the sunlit hedging tunnel was bright pink spindle.

Coming out into the open onto flat muddy footpaths across recently cultivated fields, wide skies enthralled us. We watched with wonder the changing cloud patterns from cirrus to cumulus, ominous black and steely grey changing in minutes to white. This was a cloud- walk!!

*Louise has sent this beautiful link to browse - A listening heart – Head in the clouds blog by Richard Sutton. Some excerpts: 'Cloud-watching a display that changes throughout the day rarely fails to hold our interest. Its wonder sometimes takes our breath away. What does today have in store? From the flat two dimensional world of everyday, I look up at these silent travellers across the skies. Always changing, ever moving as if to a destination, they melt into vaporous nothingness even as I watch.*

We can echo that!

**Ann**

**Why not join us on Monday 7th December. We meet in the Long Stratton car park at 10am ready for a 4 mile (approx) walk. Everyone welcome.**

# COMMUNITY FOOD TABLE

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# Christmas Tree Trail

## 4th December – 2nd January 2021

This year, we can't have our usual Christmas Tree Festival in St. Mary's church, so why don't we move it from inside the church building, to outside in the community and have a Christmas tree trail instead?

Last year we had nearly 50 trees decorating St. Mary's church, from local organisations, businesses and schools.

Wouldn't it be fantastic to have a trail of trees around Long Stratton, decorated by organisations, businesses, schools and individuals, lifting everyone's spirits as we approach what looks like it will be a very different Christmas this year.

If you would like to get involved, please contact Heather – 01508 530238 or [rev.heather@btconnect.com](mailto:rev.heather@btconnect.com) for more information or to let me know where you will be placing your tree, so a map can be drawn up enabling everyone to find all the trees.

Please make sure the trees you put up are on your own land or land you have permission to put trees up on and not on someone else's private property. 😊

Let's light up Long Stratton for Christmas.



### **Come and join us for.....**

*December Messy Church - watch out for crafts and stories to be placed on our face book page*



Messy Church continues to meet through Facebook, with crafts uploaded in the week before Messy Church and then on the day, the story and worship are delivered through livestreaming and everyone is encouraged to upload pictures of their crafts



**Long Stratton Messy Church**

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

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# CHRISTMAS - DIFFERENT BUT ALWAYS THE SAME

2020 has been a difficult and challenging year. So many things we take for granted have had to change because of Covid-19. A handshake, a hug, a chat, a cuppa shared, a shopping trip, a visit to a loved one.....the list is endless. Simple acts require us to stop and think...wash our hands, sanitise, put our mask on, keep our distance...taking care to protect us and protect others. As I write we are in lockdown again, without being sure when it will end and what it means for Christmas and beyond. Whatever happens this year the festive season will certainly be different. We often ask "are you ready for Christmas?' I'm sure this year there will be an even greater sense of added pressure with all the restrictions and uncertainty of who we will be able to share it with and how we can buy all that's needed. Maybe we will have to adapt our plans to concentrate on the things that really make Christmas special for us, our loved ones and our friends. Perhaps we will have to think about what is really important this year, so while it is different it is still memorable for the right reasons and full of love and laughter.

Even if in many ways it is different, in the most important way of all it is the same. Christmas is about God's love for us. A love that was so great and enduring that He sent His Son Jesus Christ as a gift for all of us. Jesus came for: the lonely, the sick, the dying, the homeless, the rejected, the hungry, those in pain, those that feel forgotten and hopeless, those that are outcast, those in despair, those racked with shame. He came to: comfort, heal, strengthen, forgive, inspire, love, set free and bring hope. That little human baby placed in a wooden manger, and as a man crucified on a wooden cross, came to show God's love for us. In the midst of whatever the world throws at us this same gift is given. How can we respond to God's love this Christmas? Like Jesus did, by sharing our love and life with those who need it. A donation, an extra gift, an extra guest at our table (restrictions allowing), helping someone who needs it, a call to say I'm thinking of you. And hundreds of other ways I'm sure you can think of if you take the time.

Are you ready for Christmas? I hope you have a wonderful time in this very different year. I hope too, that you have some quiet time to think of what is always the same: God's gift of love for each of us and His call to love one another.

Happy Christmas.

*Pastor Malcolm Simpkin*

---

## **CAROL SERVICES AT ST MICHAEL'S AND ALL SAINTS', WACTON**

### *A Carol service with a difference!*

The service format is yet to be decided, but they are likely to be outdoor services so please do dress appropriately.

Please do join us at this special time of year and celebrate together the wonder of Christmas.

*See page 42 for details of other services*

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## 2nd Long Stratton Brownies

We were very pleased to present Jessica with her Brownie



Gold award at our last indoor, in-person meeting at the beginning of November. Over the last two years Jessica has gained six theme awards, each theme consisting of a staged skills builder, an interest badge and 240 minutes of unit meeting activities. Jessica's interest badges were Mindfulness, Grow Your Own, Space, Local History, Baking, Zero Waste and Languages and she gained Stage 2 First Aid, Camp, Communicate, Reflect and Lead and Stage 3 Make Change. Jessica worked on some of the badges and activities during the first lockdown when she also took part in Zoom meetings with the Guides. Jessica has created a wonderful scrap book of her work and re-made her Promise too, we congratulate her on being the first Brownie in our unit to achieve this award.

Our Brownies have also completed an activity called Stones of Remembrance, hearing stories about those in World Wars One and Two or working in other caring or key worker roles. They decorated a pebble and have coloured posters to display at home in their windows. Our Guiding Units purchased a special poppy badge and we will be sending their donations to the British Legion Poppy Appeal.

Brownies decorated Christmas cards which we will deliver to the residents of Harker House. Unfortunately this year we will be unable to do our usual Christmas visit to entertain them due to Covid-19 restrictions.

During the second lockdown our Brownies will be continuing via Zoom and looking forward to in-person meetings as soon as we are allowed.

Brown Owl took part in the small Remembrance Service at the Memorial on Remembrance Sunday and laid a wreath on behalf of our Guiding Units.



## CHRISTMAS LUNCH

Unfortunately due to Coronavirus there will be no Christmas Lunch this year. Hopefully we will be back in 2021.

# WACTON HISTORY

Over many years Judith Baker has given an insight into the history of Long Stratton in her articles in the Sexton's Wheel magazine, now with her blessing, I would like to introduce some of the history of Wacton.

## ***Wacton Roll of Honour***

As well as the War Memorial for those who lost their lives in the First World War Wacton has a 'Roll of Honour' listing 31 men that served in WW1, now after several years of researching the history of the people and properties of Wacton I feel I can reveal something of the lives of those mentioned in the Roll of Honour.

The information has been drawn from a number of sources, some apparently conflicting and for many of the survivors somewhat incomplete.

Oddly I have decided to start at the end, in reverse alphabetical order, partly because those names were related to properties I had researched more fully, partly because they belonged to some of the smaller families of Wacton and partly to introduce you gently to the characters and 'goings on' in Wacton, but more of that later.

During my researches I have also discovered many other servicemen that have been born or lived in Wacton who served in the military. It appears that only those that returned to Wacton after the war are mentioned on the Roll of Honour, family members who moved to other parishes are not included.

***Robert Maidstone***

## **MEN ON WACTON'S ROLL OF HONOUR**

***by Robert Maidstone***

This month we look at:

### ***PERCY HAROLD WOOLVERTON***

#### ***Private 9670, 1st Battalion Dorset Regiment***

Percy was the illegitimate son of Emma Mary Copeman and his birth was registered in 1895 in the Henstead Registry district. Emma married Arthur Woolterton in late 1896 at Norwich.

The sale catalogue for Wilderness Farm in 1910 gives Arthur Woolterton as the tenant of one of the cottages to the north of the farm. In the 1911 Census Percy was listed as Percy Woolterton aged 16, a labourer on farm living with his father and siblings

Percy signed up at Dorchester in February 1914 giving his occupation as groom and left England for France in December. He took part in the 2nd Battle of Ypres which began in April 1915. The Dorset Regiment were in trenches 43, 45 and 46 where on the 1st May they were caught within a cloud of poisonous gas when the Germans released poison gas into the allied lines north of Ypres. This was the first time gas had been used by either side. On 2nd May Percy was amongst those listed having died.

On the Wacton War Memorial Percy's name is marked with two asterixes indicating he died in hospital and it is likely he was buried near the Field Ambulance Station but subsequent battles obliterated the graves so he was commemorated on Panel 37 of the Ypres (Menin Gate) memorial. (218w)

### **FRANK WOODROW**

#### **Chief Petty Officer, 95528 Royal Navy**

Francis was born on 16th November 1859, the illegitimate son of Emma Woodrow of Plumstead Road Thorpe Hamlet Norwich. In 1876, aged 16, he attended HMS Fisgard, a shore based Naval training establishment at Woolwich.

He then enlisted for 10 years in the Royal Navy, his first sea-going ship appears to be the Duke of Wellington, a wooden hulled sailing ship that had engines fitted in 1852, and rises to the rank of Ordinary seaman 2nd Class in May 1879. Between 1895 and 1902 he serves on twelve ships, most of which are training ships or shore bases, he rises to Petty Officer 1st class then Acting Chief Petty Officer and in 1900 had signed on for a further five years.

He leaves the Navy in late 1905 and returns to Norwich where he marries Annie Brudenell. They take on the position of club steward at the Freemasons Club at 47 St Giles Street Norwich where they are recorded in the 1911 Census They appear to remain there until 1914.

In 1915 Frank takes on the licence of the Kings Arms Inn in Watton, however he returns to Naval service in October 1915 on Pembroke 1, the land based training buildings at Chatham until February 1919 when he is demobbed.

Meanwhile Annie having left the pub in Watton moves as tenant into 2 Victoria Cottages Wacton, now 3 Hall Lane, where in 1918 and 1919 both she and Frank register to vote, Frank's entry is marked NM absent voter, a member of the Naval or Military services.

After returning to Wacton, Frank lived until January 1923 and he is buried in Wacton Churchyard and is mentioned on the Roll of Honour in the Church. (321w)

*[If anyone has further information about any of these men, or would like details of the family I can be contacted at [robertwmaidsone@gmail.com](mailto:robertwmaidsone@gmail.com)]*

---

## **ALL SAINTS' CHURCH GIFT MONTH**

We would like to thank everyone who gave so generously for our October Gift Month.

At the time of going to print it has raised £895 which is a fantastic amount.

It is not too late to donate to the Church, donations can be sent to The Rectory, 8 Flowerpot Lane - cheques payable to All Saints'.

# Cllr Alison Thomas & Cllr Joshua Worley

Your District & County Council Representatives



Once again, we would both like to say a huge thank you to everyone in Long Stratton, for staying at home, where possible, in order to prevent the spread of this virus. We truly are all in this together.

## Good Neighbour Scheme

Following on from the success of the Stratton COVID-19 Volunteer Group earlier in the year, we are working to carry on this fantastic work after COVID has been controlled.

Crucially, we want everyone in Long Stratton to understand that this scheme IS for them. Whatever you need help with, we want everyone to reach out for help from our new 'Helping Hands' scheme whenever they need it.

We've already got a steering group to get the scheme off the ground, and now we're looking for other willing volunteers.

If you think you might be able to lend a hand now and again, please contact us on [helpinghand@strattontories.org.uk](mailto:helpinghand@strattontories.org.uk) or give one of us a call!

## Long Stratton Bypass

The Long Stratton Bypass a step closer!

The County Council have given support for the delivery of the Long Stratton Bypass and it was agreed to add this to their capital spending programme.

Additional funding of £570,000 now supports the progression and submission of an Outline Business Case (OBC) to the Department for Transport.

The draft OBC estimates the overall cost of delivering the Bypass at £37.44m. The project would be mainly externally funded with 70% from the DfT's Major Road Network Fund and 30% from local contributions made up primarily of developer contributions and Community Infrastructure Levy (CIL) contributions.

The target date for work to start on construction is mid-2023, with the road open to traffic before the end of 2024.

If there's anything you need help with, please contact us, and of course, we wish you all a very Happy Christmas!



**Cllr Joshua Worley**  
District Councillor

T: 07856 404879  
E: [jjworley@s-norfolk.gov.uk](mailto:jjworley@s-norfolk.gov.uk)



**Cllr Alison Thomas**  
District & County Councillor

T: 07920 286603  
E: [athomas@s-norfolk.gov.uk](mailto:athomas@s-norfolk.gov.uk)

## WACTON VILLAGE HALL RE-OPENING

We are updating local residents and those beyond Wacton in response to the challenges we are all facing because of the pandemic.



The trustees are very aware of the concerns about the village hall reopening safely, what this means to hirers and practical considerations.

There are lots of things to consider, as the Hall is at the heart of our community and a host for many positive activities.

After working towards the time when we can re-open the hall keeping within the forever changing guidance and restrictions from ACRE (Action with Communities in Rural England) and CAN (Community Action Norfolk)

We are pleased to let you know that the hall is now classed as a Covid secure venue and is open for hirers. All hires must keep to government guidance or local restrictions for the safe use of the hall.

If you would like more information on hiring the hall our terms and conditions including prices are available to see on our web site - [www.wactonvillagehall.co.uk](http://www.wactonvillagehall.co.uk)

If you would like to discuss a booking please contact our booking secretary via email [wactonvh@outlook.com](mailto:wactonvh@outlook.com) or telephone 01508 530823.

## Wacton Footcare

As villagers know, despite all the trials and tribulations that this year 2020 has seen fit to test us all with, Footcare has managed to continue against all the odds. Therefore, the last session of this year will be on **MONDAY 7TH DECEMBER** so anyone requiring an appointment please contact Footcare Specialist Clare --- 07785 295358.

For further information or to cancel an appointment please call Rita --- 01508 218407

WE wish you all ----- A SAFE AND A VERY MERRY CHRISTMAS

## WACTON COFFEE MORNINGS

Hello again everyone – Rita and I are very sad that it is still not possible for us all to meet up again on Tuesday mornings and we are especially sorry that we will miss our usual Christmas lunch meeting.

We hope that with the news of a possible vaccine, we may be able to meet again early in the New Year. In the meantime, we hope you are all keeping your spirits up and we send everyone our best wishes for both Christmas and the New Year.

*Caroline and Rita*

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## LONG STRATTON & DISTRICT WI

As I write this we are back in Lockdown again. Our members had been disappointed when our planned September meeting had to be cancelled and then the rule of six came into force.

We heard that a walking group could meet up outdoors so a country walk was planned. On a warm and sunny October day nine members and a dog met up and enjoyed a socially distanced walk led by two of our members, Louise and Bonnie. Bonnie is the local footpath warden and took us across the playing field over Chequers Road and off into the Tas valley.



It was the first time some members had seen each other since March although others had enjoyed garden visits or seen each other shopping or walking. It became more of a ramble as members chatted away and we all enjoyed the autumn scenery. Being at home in a rural village no doubt many will have seen more agricultural activity than before Lockdown so we were not surprised to come across two enormous piles of sugar beet and decided to stop for a photograph.

From time to time some members enjoy activities organised by the Federation Office. In October they ran a walking Treasure Hunt in Norwich. Originally it had been planned to picnic in the office's garden but the rule of six stopped that idea. However, the treasure hunt went ahead and we were sent on a socially distanced trail around a quiet part of Norwich on a Sunday afternoon looking for clues to find our way and also answer the sheet of picture questions. Some members of our W.I. took part and remarked that it was great to do something "normal". Occasionally ladies from another W.I. were spotted and despite the light showers it was all very enjoyable.

Many of the answers were quite easy to find as they appeared on wall plaques. See if you can answer these from your armchair. Answers are on page 41.

- 1) Who opened the Forum?
- 2) Who designed the Arcade?
- 3) Who originally owned Strangers' Hall?
- 4) What was Bridewell Alley originally called?

By the time this is printed we will have dealt with our annual general meeting and hopefully made further plans for Christmas and the New Year. If you would like further information about Long Stratton & District W.I. please contact the Secretary on 01508 531154.

## Free virtual 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 virtual activities and groups that are available to families with children aged 0 to 5 years.



**Early Childhood and Family Service**

# Activity Programme

October to December 2020



New videos every week at [facebook.com/EarlyChildhoodFamilyService](https://www.facebook.com/EarlyChildhoodFamilyService) and on our [You Tube channel](#). First view on the day/time shown or watch anytime later



<b>Baby Days Bitesize</b> Information and ideas for activities, suitable from birth, which will help encourage your baby's brain development and strengthen your bond	Monday	1.30pm
<b>Toddler Days</b> Inspiration for fun, learning activities, plus tips to get your toddler talking	Tuesday	11.00am
<b>Talk &amp; Play All Through The Day</b> Easy to use ideas for you to talk and play with your child, as you go about your every day lives, helping them build good language.	Wednesday	1.30pm
<b>Outdoor Explorers</b> Videos and simple activities to help you encourage your child's enjoyment and understanding of their natural world	Thursday	11.00am
<b>Cookalong</b> 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



## 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.

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

Courses running regularly

Check dates and book at [tinurl.com/ECFSevents](https://tinurl.com/ECFSevents)



## Norfolk Libraries for Families



<b>Story Week</b>	Monday to Friday 12.00pm	New storytime video every Monday, with activity ideas to bring the story to life Tuesday to Friday. Available on Facebook.
<b>Bounce &amp; Rhyme</b>	Tuesday 10.00am	Available on Facebook and You Tube.
<b>Just a Cuppa: Babies and Toddlers</b>	Tuesday 11.00am	Social session over Zoom Video Call. Email <a href="mailto:libraries.icconnect@norfolk.gov.uk">libraries.icconnect@norfolk.gov.uk</a> for info.



## Family Learning Online



<b>Family Learning Online Cafe</b>	Tuesday 7.00pm Friday 11.00am	Take part in an activity and find out about Family Learning courses. Visit <a href="https://www.facebook.com/norfolkadultlearning">www.facebook.com/norfolkadultlearning</a> for dates and Zoom access codes.
<b>Family Learning Online Courses</b>	Various Days and times	For details and to book visit <a href="https://norfolk.gov.uk/familylearning">norfolk.gov.uk/familylearning</a>

## Need extra help or someone to talk to?

We are here to help with things like:

- Bonding with your child
- Speech and language development
- Parenting challenges
- Mental wellbeing
- Healthy relationships



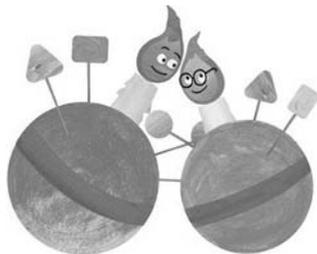
Please contact us and one of our team will be in touch.

**Online form:** [www.tinurl.com/ECFShelp](https://www.tinurl.com/ECFShelp)  
**Email:** [ecfs-families@actionforchildren.org.uk](mailto:ecfs-families@actionforchildren.org.uk)

0344 800 8020 | [www.norfolk.gov.uk/earlychildhood](https://www.norfolk.gov.uk/earlychildhood) | [ecfs-families@actionforchildren.org.uk](mailto:ecfs-families@actionforchildren.org.uk)

# Join us for our VIRTUAL Christingle Service Christmas Eve at 6.00pm

Via our youtube channel 'Long Stratton and Pilgrim Team'  
or the website <https://longstrattonandpilgrimteam.co.uk/>



## ***Enter our Christingle competition***

Create your own Christingle at home ... be as creative as you like!  
Can you make one out of lego? Or create a giant papier mâché one?

Send in your pictures to [rev.heather@btconnect.com](mailto:rev.heather@btconnect.com) (with contact details) **by the 21st December** for your Christingle to feature in the service and your chance to win the prize!! *(Please just the photos of the Christingle and no photos of children!)*

Our Christingle services support the work of **The Children's Society**, you can donate through our dedicated fundraising page (see below) ... let's see if we can exceed our target of raising £300

<https://thyg.uk/CUS046412>

## **EARLY CHILDHOOD AND FAMILY SERVICE**

- Families can contact the ECFS via 0344 800 8020 or by emailing [ecfs-families@actionforchildren.org.uk](mailto:ecfs-families@actionforchildren.org.uk) or by using the green button on the [www.norfolk.gov/earlychildhood](http://www.norfolk.gov/earlychildhood) website.
- The ECFS can be accessed from across Norfolk and here in the South District, our staff work from two bases, Long Stratton and Diss, out in the community and we also provide support to families by telephone and other digital tools.
- All ECFS bases have been closed during the Covid lockdown but we can now offer self-weigh appointments-booked through your health visitor on the Just One Norfolk number 0344 300 123 and outdoor sessions-booked with your allocated Family Support Practitioner through the ECFS.
- The ECFS is sharing activity ideas via our Facebook pages including photos of home learning activities, The Summer Cook-a-long and The Giant Wiggle video clips at [www.facebook.com/ECFSSouth](http://www.facebook.com/ECFSSouth)

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## ATTACK ON MY CAT

I would like to say thank you to the people who have responded to the above article in November's Sexton wheel. I now have the details and it is now being dealt with by the Police.

Once again thank you very much.



**Alasdair Cook**  
*address supplied*

---

## LOOKING FOR DESCENDENTS

Hi

I wonder if you can help me.

I am trying to trace any descendents of a lady called Elsie (I don't know her surname) who in 1958 was living at 1 Council Houses, Long Stratton. She was my father's nanny and he always spoke very fondly of her - I am sure she was very important to him when he was growing up. I remember my parents taking me to see her at her home in Long Stratton. My father was called Robin Harrison and he was born in 1900. His father was the Rector of Yelverton from 1908 to 1918 when he died. My father's two older brothers had already been killed in WW1 so he had a sad childhood.



I think Elsie might have been from Walsham Le Willows in Suffolk (probably born around 1880) my grandfather was Vicar there from 1900 to 1908. I attach a photo which is titled "Alice and Elsie at the Vicarage". I think one of them must be her. I think it is in front of Walsham Le Willows Vicarage and taken in about 1905.

Elsie had a son called Robin and in her letter to my father in 1958 she says he was just about to become a grandfather. She refers to him being "very busy in the hospitals".

I live in a little village in Pembrokeshire which has a very keen History Group who have long memories so I am hoping that there are similar folk in your area!

With kind regards.

**Rosemary Mecklenburgh**

*If you do have any information please e-mail it to [thesextonswheel@googlemail.com](mailto:thesextonswheel@googlemail.com) and we will forward on to Rosemary.*

---

## LONG STRATTON YOUTH CAFE

Youth Cafe is now closed until further notice, as soon as we have any updates on when we can safely open up again we will let you know.

Stay safe.

**Mat, Wil, Tina, Doug and Joanna.**



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Contact Mandy Porter & Joanne Rowe at

Chestnut House, 12 Progress Way, Eye, IP23 7HU

Tel: 01379 871168 Email: [mandy@susanwhymark.co.uk](mailto:mandy@susanwhymark.co.uk) or  
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## THE IMPACT OF COVID-19 ON WAVENEY FOODBANK

All our work this year has of course been overshadowed by the impact of COVID-19. It has changed how we obtain our food as well as how we are able to distribute it. Unsurprisingly it has also greatly increased the numbers we are helping and the quantity of food support we are supplying. Our working practices have also changed with the need for social distancing for volunteers as well as with those we help.

We've seen a 150% increase in clients already this year with more people needing support in the first six months of this year compared to the whole of 2019.

With so many of our regular food donors in isolation or restricting their social involvement this has clearly led to a large shortfall, especially during Lockdown. At the same time supermarket collections were also reduced as more home deliveries were being made.

During Lockdown we did have to spend several thousand pounds on buying food from county reserve wholesalers. A couple of supermarket chains were especially helpful at this time too, donating food, vouchers and funding.

This position has now improved with a gradual return to earlier food donation levels. Additionally, we have been able to benefit from substantial food supplies provided by the national Fairshare charity which distributes surplus food from producers and retailers.

Social distancing has meant that volunteer numbers working at any one time have had to be kept lower than before but several changes have made the warehouse work easier to manage. Food donations are now being put into prepacked boxes (the actual boxes were a donation) according to type (eg family or individual). In anticipation of referral requests, ready for delivery to centre or individual. A smaller unit adjacent to our Brome warehouse has been leased and is used as a sorting area allowing for better social distancing. Extra equipment has been bought to make working arrangements easier for the reduced levels of staffing allowed.

Lockdown saw most of our referral agencies close down. Thanks to our volunteers we were able to keep the majority of Centres open, again working within the bounds of social distancing. Churches made referrals throughout lockdown, however referral agencies have taken longer to return. Making up for this, referrals for help can also be made at Centres and we have a Trussell Trust helpline. We have been much more involved in the provision of school pupil support with 20,000kg of food being delivered for child holiday provision in Suffolk and a further 2,000kg going to local school foodbanks in Beccles and Harleston.

If you need help from Waveney foodbank just email us [info@waveney.foodbank.org](mailto:info@waveney.foodbank.org). uk or call us on 07484 394749. If you wish to donate to Waveney Foodbank go to [www.waveney.foodbank.org.uk/donate](http://www.waveney.foodbank.org.uk/donate)

**To all our supporters and volunteers we wish you a Merry Christmas  
and a Happy New Year**

***Matthew Scade, Project Manager***

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## NEW ACTIVITIES TO SUPPORT YOUNG CARERS IN OUR COMMUNITY

The East of England Co-op have awarded a grant to local charity Norfolk Family Carers to help fund a new Mental Health and Wellbeing Programme to provide support to young carers across Norfolk.

The funding will enable a new activity-based mental health and wellbeing project for young carers aged between 5 and 11, and 12 and 18 years old.

Alison Easton, Chief Operations Officer at Norfolk Family Carers, said: “A chance to offer respite and new activities that can be used to help manage wellbeing and poor mental health, or the chance to attend tailored support sessions, is key to helping the youngsters manage stress and anxiety plus build resilience and coping strategies.”



*Alison Easton*

These new activities, including drawing, animation and creative cooking, will help reach 200 young carers in our area. Working with The Garage, young carers will also get the chance to express feelings and emotions through a song writing and music project.

The East of England Co-op is providing funding for Norfolk Family Carers who are providing support to young people caring for loved ones living with Autism. Alison explained: “When a member of their family has Autism, young carers miss out on the family time and outings that others take for granted. Challenges with travel, crowded places and sensory overload make outings more difficult, often to the extent that families don’t bother.

“This funding from East of England Co-op means families can have fun, quality time and make memories in a non-judgmental, calming environment. Workshops will help participants achieve a better understanding of the condition and provide helpful tools and techniques.”

One of the many barriers that carers face is when and how they are able to access information and support. Whether it is because they can’t find a moment to themselves, leaving the house to attend an event can be difficult or they have no time due to balancing life at work or school with their caring role, the traditional nine-to-five provision of services just doesn’t work for them.

Niall O’Keeffe, Joint Chief Executive for the East of England Co-op, said: “This past year has been difficult for many, with social distancing and shielding, working from home and lockdown removing the opportunity to spend time with family and friends.

“For those with caring responsibilities, lockdown measures have compounded the feeling of isolation.

“With Coronavirus very much still impacting our daily lives, we felt it important to ensure that those who are doing so much for others, get access to the support they need personally.”

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# Long Stratton Town Council

The Street, Long Stratton, Norwich NR15 2AH

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

01508 530524 clerk@longstrattoncouncil.info www.longstrattoncouncil.info



## Remembrance Day

Remembrance Day this year looked very different, with Unknown Tommy's being placed throughout Long Stratton to mark the occasion. The Council would like to thank everyone that took the

time to remember those that fought for us. The Unknown Tommies were purchased by the Town Council and therefore will be available every year to mark this important time.



*Memorial Garden, Swan Lane*



*Ice House Shopping Precinct*

## Hedges

It is an offence under the Highways Act 1960 to have unruly hedges. If the hedge is on your property it remains your responsibility to maintain both sides of the hedge. I am receiving lots of reports of overgrown hedges impeding footpaths and making walking in Long Stratton dangerous. Please inspect your own hedges and take action if required.

## Dogs and Manor Road Playing Fields

Please can I remind all dog owners that dogs are only allowed on the playing fields on leads and only on the path. They are not allowed off lead at any time. They are not permitted in children's play areas which include the playground, the skate park and the BMX track. There are plenty of Public Rights of Way that you can take dogs, if you require more information as regarding these please get in contact.

Please also ensure that you pick up after your dog, there are plenty of dog bins around the village.

## Christmas

Santa is coming to visit Friday 18th December and will start a tour of the village at approx. 4.30pm. You do not need to register and there is no cost. This is for Long Stratton residents only and subject to stocks lasting.

Stay safe.

**Becky**



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## LONG STRATTON MEDICAL PARTNERSHIP

The month of December arrives at our doorstep. We look forward to a peaceful Christmas and an exciting New Year. The Covid19 pandemic is still in our midst and we are experiencing the pain and loss that it leaves behind. However there is hope that we are finally at the point where we may begin to see the start of the end of this pandemic. Two vaccines have grabbed the headlines – Pfizer Courageous and AstraZeneca Talent. There has been much speculation and expectations in these past few months about these vaccines.

In the past few weeks, NHS England and the various Clinical Commissioning Groups throughout the country have been busy, they continue to look for the most efficient way of rolling out this mammoth vaccination programme. One can only imagine the logistics and planning needed for the success of such an initiative. Primary care (through the primary care networks) has a definite role to play in this roll-out programme. We have always been at the forefront of prevention of illness through lifestyle advice and immunization schedules which includes our successful yearly Flu vaccination schedule.

However, the present pandemic and the impending Covid19 vaccination schedule puts us into uncharted waters and we have to be careful how we approach this. We have to ensure that we do not compromise on providing a safe and efficient service to our patients, that we keep our staff morale upbeat and that clinicians are not stretched beyond their capabilities.

Sending you all our heartfelt seasonal greetings from everyone here at the practice.

*Dr Mini Nelson*

## THE MARKET PLACE

**Have you got something to sell? Or are you looking for something?**

**Then why not advertise here for £5 per item per issue?**

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.

The adverts will cost £5 per item per issue up to a maximum of 30 words, no logos or pictures.

Please send in your wording to the address on the inside back cover and the deadline will be the 11th of the preceding month of issue.

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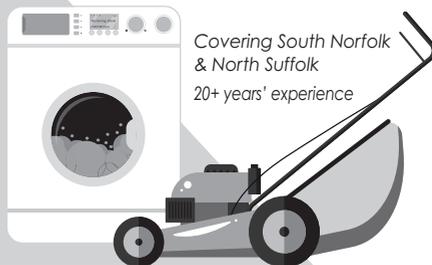
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Big enough to cope, small enough to care





Our young people managed to get in a few more face-to-face outdoor activities before lockdown started as you will read below. We then moved our sessions back online during lockdown as part of our blended programme.

Our oldest section Explorers, for young people aged 13.5 up to 18, have had a few sessions outdoors this term which have included building fires, an egg drop teamwork challenge and a local night hike. Our Scouts held a session cooking outside on fires and an online session to help them brush up on their map reading skills.

We were also able to present Aaron, Archie, Harvey & Josh with their Chief Scouts Silver Award – the highest award at Cubs – just as they moved up to Scouts! A really super achievement – Well Done!

As a Scout Group we commemorated Remembrance Sunday at home with our families this year with a TWO minutes silence at 11am. Please take a look at our Remembrance Video on our Facebook Page - [www.facebook.com/1stlongstrattonscoutgroup](http://www.facebook.com/1stlongstrattonscoutgroup)

During November and until 11th December, we've joined the #RaceRoundTheWorld which is a sponsored race, aiming to raise funds to support over 500 Scout Groups across the UK hardest hit by the crisis and who are at risk of closing. Our young people have been challenged to get outdoors and walk, run or cycle a set number of miles & to get sponsored along the way. Our Scout Group will also be able to keep 20% of the donations too - which'll be a great help to us as we have been unable to organise our usual annual fundraising events this year.

We are supporting the campaign to help make sure young people in our community and across the UK don't miss out on all the life-changing skills and experiences being in the Scouts can bring. If anyone would like to support us by sponsoring our efforts that would be really appreciated! Please donate via our Explorers Team Fundraising Page: <https://scouts.enthuse.com/pf/1st-long-stratton-explorers>

If you know any young people who would like to join us and get involved next year, then please email [pta.thurston@tiscali.co.uk](mailto:pta.thurston@tiscali.co.uk) or message us via our Facebook Page - [www.facebook.com/1stlongstrattonscoutgroup](http://www.facebook.com/1stlongstrattonscoutgroup)

Wishing everyone a Merry Christmas, and a Happy & Healthy New Year,

**Peter Thurston, Group Scout Leader**





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

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## FROM THE ARCHIVES

*We have come across this article from the old Village Magazine dated January 1977 and thought our readers might be interested in reading it.*

### ECONOMIC EATING

The magazine returns this year to the battle against inflation, and against the background of the news that food prices could rise by 24% during the year ahead. Rising world commodity prices, the fall in the value of the pound, and the effects of last summer's drought could contribute to half of the rise. The other 12% might follow if the Common Market's 'Green Pound' is phased out... although this might not happen this year.

We hope this year to publish every month on page 11 of the magazine recipes submitted by people in the village which can help towards nourishment and money saving. For the first month however, Delia Smith, the popular television broadcaster on cooking, has kindly given us one of her own economical recipes with permission to publish it. Later in the year a second one will also appear.

#### **Potato Soup with Bacon**

To make this warming soup for four people you will need: 1lb potatoes, 2 large carrots, 2 celery stalks, 1 small parsnip, 1 medium onion, 2oz butter, 2 pints beef stock, half teaspoon dried marjoram, 2 rashers of streaky bacon, salt and freshly milled black pepper.

Take a large thick-based saucepan and melt the butter in it gently, then add all the prepared vegetables. Stir them round to get them all nicely coated with the butter, then cover with a well-fitting lid and, keeping the heat very low, let them 'sweat' for about 15 minutes, giving the pan a shake every now and then to prevent the vegetables sticking. Now pour in the stock and the marjoram and some salt and pepper. Put the lid back on, slightly tilted to leave a half inch gap at one edge, and simmer gently for a further 20 to 25 minutes, or until the vegetables are soft. Now you can either liquidise or sieve **half** the contents of the saucepan, then return it back to the remaining half and reheat gently. For the garnish, grill or fry the bacon rashers till crisp, then crumble them into the soup in little bits. Serve very hot.

Good luck, and thank you for thinking of me.

**Delia Smith**

## From the Parish Registers

### Funerals

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

Jean Castle and Alan Drake

All Saints' Church

Doreen Leggett and Iris Cuttress

Earlham Crematorium

Damon Murrin

Green Acres, Colney

## LONG STRATTON & DISTRICT WI

Here are the answers to the questions on page 23.

1) The Queen    2) George Skipper    3) The Paston family    4) Seint Andreu Lane

## CHURCH SERVICES - DECEMBER

### St Mary's Church

6th	11.00 am	All Age Worship
13th	11.00 am	Holy Communion
20th	11.00 am	Morning Worship
24th	6.00 pm	<b>VIRTUAL CHRISTINGLE SERVICE - ONLINE ONLY</b>
24th	11.30 pm	Midnight Communion
25th	11.00 am	Christmas All Age Celebration
27th	11.00 am	All Age Holy Communion

St Mary's is open for individual prayer every Wednesday - 2pm to 4pm and 7pm to 8.30pm. Morning Prayer is also said every Monday morning at 8.30am. Everyone welcome whilst observing social distancing.

### St Michael's Church

13th	6.30 pm	Carol Service with a difference - <b>service format yet to be decided, but likely to be an outdoor service, dress appropriately!</b>
27th	8.30 am	Holy Communion

*There are Church services available at St Mary's and All Saints' on Sundays when there are no services at St Michael's. Everyone is welcome.*

***St Michael's will be open for private prayer every Tuesday - 8.30am to 4pm***

### All Saints' Church

6th	9.30 am	Holy Communion
20th	6.30 pm	Carol Service with a difference - <b>service format yet to be decided, but likely to be an outdoor service, dress appropriately!</b>
25th	9.30 am	Christmas Communion

*There are Church services available at St Mary's and St Michael's on Sundays when there are no services at All Saints'. Everyone is welcome.*

***All Saints' will be open for private prayer every Thursday - 8.30am to 4pm***

At the time of going to press, we are unable to confirm services will resume in December, but it is hoped that we will be able to resume physical services, with social distancing measures in place in our churches. Either way our services continue to be available weekly online through our youtube channel 'Long Stratton and Pilgrim Team' or through the website <https://longstrattonandpilgrimteam.co.uk/>

***Everything is subject to change, and we will do our best to advertise any changes as widely as possible.***

### Congregational Church

We are holding shortened weekly Sunday services.

6th	10.45 am	Family Service with Holy Communion	Pastor Malcolm Simpkin Dr Rolfe King
13th	10.45 am	Family Service	Pastor Malcolm Simpkin
20th	10.45 am	Family Service	Rev Ian Jones
27th	10.45 am	Family Service	

# 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: 07518 207494**

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:**      Linda Mills      07518 207494 [thesextonswheel@googlemail.com](mailto:thesextonswheel@googlemail.com)

**DISTRIBUTION OF MAGAZINES:** Ann Lorne      01508 530987

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DATE \_\_\_\_\_

TIME \_\_\_\_\_

PLACE \_\_\_\_\_

BRIEF DETAILS \_\_\_\_\_

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