

Worship Events in November

St Peter's, Swainsthorpe

5th 9:30 Holy Communion - Austin Uzoigwe
12th 10:45 Remembrance Service - Coryn Stanforth
19th 9:30 Swainsthorpe Special - Lesley Cox
26th 9:30 Swainsthorpe Special - Philip Simmons

St Mary's, Newton Flotman

5th 11:00 Holy Communion - Austin Uzoigwe
12th 10:45 Remembrance Service - Kirsten Remer
19th 11:00 Morning Worship - Lesley Cox
18:30 Remembering Loved Ones - Dawn Davidson & team
24th 18:30 Farewell Service for Coryn Stanforth
26th 11:00 Holy Communion - Austin Uzoigwe

Partnership

*The Community Magazine
for the Parishes of
Newton Flotman & Swainsthorpe
November 2023*

Please join us to say goodbye
and good luck to



Rev Coryn Stanforth

Farewell Service in
Newton Flotman Church on
Friday 24th November at 6.30pm
followed by refreshments.

Support is also welcomed at her
Induction Service at St Mary's Church,
Hickling (NR12 0BQ)



FANCY A COFFEE OR A CUPPA?
WEDNESDAYS
CHERRY TREE CAFÉ
9-12 NEWTON FLOTMAN
VILLAGE CENTRE
COME AND HAVE A
DRINK & SNACK ON US
ALL WELCOME!

WELL BEHAVED DOGS ON A LEAD ARE WELCOME
SUPPORTED BY NEWTON FLOTMAN CHARITIES AND WAVENEY FOODBANK



Christmas Craft Fair
Saturday 4th November
10am-2pm
Newton Flotman
Village Centre

Free Entry

Local handmade products Refreshments available

Everyone Welcome

Newton Flotman Village Cinema
TUESDAY 21st November
BAR OPEN 7:00PM, FILM STARTS 7:30PM

Oppenheimer

The story of American scientist, J. Robert Oppenheimer, and his role in the development of the atomic bomb.
Cert. 15

Advance Tickets: £5.00

Coming Soon:
 19th December
 The Old Oak

Call or email William Ball to book your tickets on
 01508 471506 or william.ball@outlook.com

NEWTON FLOTMAN VILLAGE CENTRE
 ALAN KING PLAYING FIELD




SUMMIT HEATING LTD WWW.SUMMITHEATING.CO.UK
01603 904300



Boiler Replacements

Your boiler is at the heart of your home. If you need yours replacing, our expert Plumbing, Heating and Maintenance team are on hand to help you out.



Boiler Cov-

If you own your home you'll need some sort of insurance cover for your boiler in case it goes wrong. We can provide you with cover in case the worst does happen.



Bathroom Installation

If you are looking to refresh your bathroom, Summit Heating can offer you a full bathroom installation service. Our team can help you create your dream bathroom.



Underfloor Heating

Underfloor heating is a great alternative to traditional radiators or hot-air systems; it is hidden away out of view, doing away with the clutter of radiators.

BAXI ideal **megaflo** **HETAS** **GONE** **safe** **ORFED**

Tel: Office: 01603 904 300 Mob: Andrew: 07969 608792
Mob: Neil: 07884 061 741 Email: info@summitheating.co.uk

CALLING ALL PARENTS, FAMILY AND FRIENDS

Bag2School

Our next **Bag2School** collection has been arranged for **Monday 13th November** www.bag2school.com

Yes please to: clothing, paired shoes, handbags, hats, bags, jewellery, scarves, ties, lingerie, socks, belts, household linen, household curtains, household towels, household bedding (sheets, pillowcases, duvet covers)

Bags will be sent home before half-term. Collection also available on request for larger pick ups, these would be made on Sunday 12th.
 All Newton Flotman households welcome to donate, bin liners are acceptable and bags can be left outside your house or school on the 12th.




Ben Willis
 REGULAR GARDEN MAINTENANCE
 GARDEN CLEARANCE • FENCING
 DRIVE WAYS • TURFING • PATIOS
 FRIENDLY LOCAL TRADESMEN • NO JOB TOO SMALL
 CALL BEN ON: 01508 488 465 or 07717 822 609

WWW.WILLISLANDSCAPING.CO.UK



EMAIL: BEN@WILLISLANDSCAPING.CO.UK

FREE QUOTES



**bluefrog
digital.**

Exclusive
offer just for
Partnership readers
(see below)

Need a website? We can help.

We will help you grow your business with an affordable and effective website that works for you, and your customers.

Exclusive Partnership reader offer - 10% off! Visit: www.bluefrogdigital.co.uk/partnership

Email hello@bluefrogdigital.co.uk for more information. Let's have a chat.

Rachel's Mobile Hair & Beauty

**Gents cuts • Cut & Blow Dry
Colouring • Sets & Perms
Eyebrow & Lash Tinting
Manicures & Pedicures
Waxing**

*Quality products used
Fully trained & qualified*

Prices from £5

For more info or to book an appointment

Call Rachel on

07742 115784 or 01508 578596

MARTIN'S GARDENS

01508 498936

**Garden Design &
Maintenance
Hedge Cutting &
Tree Services
Mowing and Borders
Patos and Decking
Fencing - New & Repairs
All jobs considered -
Just call for a quote**

Home Maintenance Service

Complete Bathroom CAD design
&

Installation (in your home).
Plumbing and heating,
Domestic appliance installation
& repair (all manufacturers).

All works guaranteed.

Contact Mike on

**01508 578676 or
07889039729**



**COMPUTER
REPAIRS**

Whether it be home PC repairs, installation of new computers, upgrades, advice or virus removal

Call Darren on **01508 471459**
or email info@pcassistonline.co.uk

Visit www.pcassistonline.co.uk for more details

Curate's Corner - Rev. Coryn Stanforth

I have been thinking about the herb called rosemary recently. I love bread flavoured with rosemary and also enjoy combining it with garlic to flavour roast lamb. Rosemary is a herb native to the Mediterranean. As well as being a joy to cook with, it is also symbolic of remembrance. In church, rosemary stems are sometimes used in worship when the congregation are splashed with water and urged to remember their baptism. The herb is also associated with remembering those who have died. The tradition of laying sprigs of rosemary across a tomb stone or coffin dates back to Ancient Egypt and continued until the Middle Ages and beyond. More recently the funeral wreath of the late HM Queen Elizabeth II included sprigs of rosemary.



November can be seen as a season of Remembrance. As I write, poppies are starting to go on sale and services of Remembrance where we honour those who died in two world wars and more recent conflicts are being planned. Services will be taking place in Newton Flotman and Swainsthorpe on Remembrance Sunday, 12th November and Newton Flotman School will be holding their own commemoration in the church.

On the next Sunday of this season of Remembrance, the focus moves to our loved ones who have died. There will be a special service for remembering loved ones on Sunday 19th November in Newton Flotman church at 6.30pm. This is a quiet service with time for reflection. The names of those who have died recently will be read aloud and there is an opportunity to light a candle.

Finally, I have some news for anybody who has not heard. I will be on the move later this month. I have been appointed Rector of the Coastal Group of parishes comprising Happisburgh, Bacton, Walcott, Ridlington, Witton, Hempstead with Lessingham, Sea Palling with Waxham and Hickling. I have had a wonderful three plus years in the Tas Valley Team and will be very sad to leave. It would be lovely to see lots of you at my leaving service in Newton Flotman or at my induction in Hickling. My arrival in the villages here was very low key in 2020 due to the pandemic. I would love my ending to be a joyful celebration of the past three years.

Hence you are warmly invited to attend a **Farewell Service in Newton Flotman Church on Friday 24th November at 6.30pm followed by refreshments.** You are also warmly invited to come and be part of my **Induction Service at St Mary's Church, Hickling (NR12 0BQ) at 7pm on Wednesday 6th December.** This service will be led by Bishop Ian, formerly of the Tas Valley Benefice. Please speak to churchwardens or myself for more information.

I am very happy if people wish to stay in touch. My phone number and email will remain the same. The new address is: The Rectory, The Hill, Happisburgh, Norwich, NR12 0PW.

Revd Coryn

Church Contact Details

For home visits, Communion at home, or to enquire about Christian faith, please contact:

Rev'd Dawn Davidson (Team Rector),

dawndavidson@btinternet.com tel: 498924 The Rectory, The Street, Saxlingham Nethergate, NR15 1AJ

Rev'd Austin Uzoigwe (Team Vicar)

revaustinuzoigwe@aol.com Tel: 01508 470901 The New Rectory, Church Hill, Tasburgh, Norwich, NR15 1NB

Rev'd Coryn Stanforth (Team Curate)

cstanforth@btinternet.com The Rectory, Church Road, Newton Flotman, NR15 1QB tel: 07436 992347

Lesley Cox (Reader) tel: 471334

Church Buildings and Church yards

On matters to do with the church buildings or churchyards, please contact one of the church wardens:

Kirsten Remer 01508 471580 St Mary's Newton Flotman

Susan Peters Corbett 01508 470539 - St Peter's Swainsthorpe

To donate to St Peter's Church, Swainsthorpe, contact the treasurer **Andy Haggith** - 01508 470921

How to donate: Newton Flotman Parish Church Council sort code 20-62-53 a/c 70651028 it is classed as a business account. Please reference it 'Fabric'. To give regularly, why not become a *Friend of St Mary's*? - contact Kirsten Remer – 01508 471580 **kirstenrem@gmail.com**

To contribute to the running costs of the church and provision of clergy please go to **DofN.org/donate** to donate to our Parish Share. If you wish to leave a legacy please visit for further details

www.churchofengland.org/our-faith/church-legacy Thank you!

St Peter's Church Community Centre

Swainsthorpe Community Centre is situated within St. Peter's Church on Church Road in Swainsthorpe. The centre is available for hire on a one off or regular basis at £7 per hour. There is a well-equipped kitchen area with cutlery, crockery and glasses to serve 40 people. The entrance and toilet have wheelchair access.

For enquiries please contact: Jackie Baker 01508 470415

Church Room for Hire Newton Flotman

The Church room at St Mary's in Newton Flotman is available for hire at £7 per hour. It is suitable for meetings and small birthday parties. It has kitchen facilities and disabled access. Please call Caroline Wolfe on 01508 471238 for availability. You can also check availability by looking at the public calendar on Google Mail. :

uv6.com_cl4d7i04arlc1dtsc4ctl3rh74@group.calendar.google.com

LMN TREE & HEDGE CARE

The solution to all your tree and hedge care problems or concerns, with simple advice and free quotations on all enquiries



LMN
TREE & HEDGE
CARE

Tree pruning • Raising • Thinning • Reduction • Felling
Tree & Hedge Planting • Stump Grinding • Cherry Picker Work
Hedge Cutting • Reducing & Removals
Wood Chip and Soil Deliveries

Covering Norfolk & Suffolk • Fully Qualified & Insured

STUART HAWES

01508 219179

lmtreeandhedgecare@hotmail.com Find us on Facebook

CARRY-ALL

Mel Rogers

Home 01508 536182

Mobile 07850 402845

carry_all@btinternet.com

Suppliers of:

Sand ~ Hoggins shingle (Golden Natural) ~ Ballast

Top Soil ~ Crushed Concrete ~ Bark Chippings

Compost ~ Aggregate ~ Plum Slate

Peat & Turf (Sovereign, cultivated)

Children's Play Sand & Play Bark

No VAT ~ free delivery

Complies with British Standards

Now delivering mixed logs, hard and soft wood per truck load



Barking Mad

Dog lovers wanted to care for friendly dogs whilst their owners are away.

01603 340595

helen.tyler@barkingmad.uk.com

BarkingMad.uk.com

**Happy Dog. Happy Holiday.
Happy You.**

S W CONTRACTORS

Groundworks

Patios, Shed Bases, Block Paving
Paths, Drives

Sewer & Storm Water Pipe Work

Gardening Services

All types of Fencing & Gates
Hedge Trimming & Tree Lopping
Garden Maintenance

All other work considered

Ring Simon - 01508 495528



A&K

**ROOFING &
GUTTERING SERVICES
WITH OVER 30 YEARS
EXPERIENCE**

01508 471341

A/ 07759 993441

K/ 07572 285789

Purdyp375@gmail.com 10% off with this ad

ARKSCAPE

General Landscaping & Gardening Services

- *Planting
- *All clearance
- *Seeding
- *Patios
- *Turfing
- *Walls
- *Pruning
- *Steps
- *Hedge Cutting
- *Decking

FULLY TRAINED STAFF

Free Quotes

Call 01508 470482

KENT SKIPS

SOUTH NORFOLK & NORTH SUFFOLK
PROMPT & RELIABLE SERVICE
NEXT DAY DELIVERY
LARGE OR SMALL LOADS



Yew Tree Farm, Pulham Market, Diss,
IP21 4XN



David Pownall

Qualified Tree Surgeon
& Horticulturist

All aspects of garden design,
construction and maintenance -
from start to finish

2 Railway Cottages, Swainsthorpe,
Norwich, NR14 8PP



ST MARY'S CHURCH
Newton Flotman

Planet friendly Cleaning St Mary's Newton Flotman has *Bronze Award Eco Church* status. We are very concerned about the climate crisis and are doing what we can to look after this amazing planet we have been given. We have recently moved to using only environmentally friendly cleaning products at church. These can be expensive, so at home we now use white vinegar for most of our cleaning.



Homemade Kitchen Cleaning Spray:

250 mls cooled boiled water + 250 mls distilled white vinegar

Pour into a spray bottle (I use an empty one saved from products I have bought), add the spray top, give it a shake and you are good to go. For an extra cleaning boost, you can add 1 teaspoon of environmentally friendly washing up liquid to the vinegar and water solution. If you want it to smell nice, then add up to 20 drops of essential oil such as lavender, tea tree, or lemon. Lemon helps as a degreaser, and lavender and tea tree have anti bacterial properties. I infuse lemon or orange rind in vinegar for a couple of weeks before adding the water.

The recipe can also be used as a general cleaner. Just use equal amounts of vinegar and water and use it for cleaning floors and surfaces. Please note that vinegar shouldn't be used on granite, marble, quartz, or other forms of natural stone. There are lots of recipes like this on line. Some recommend using a combination of vinegar and bicarbonate of soda. If you do this it makes a pleasing fizz which looks like it must be effective. However vinegar is an acid and bicarbonate of soda is a base. When mixed they neutralise each other and you end up with salty water! The recipe above comes from the Moral Fibres website. Distilled white vinegar can be bought from most supermarkets. You can also buy cleaning quality vinegar in bulk on line. This is stronger than the culinary vinegar. It contains some impurities, so should not be used for cooking, salad dressing or sprinkling on your chips!

Hilary Beach. St Mary's church.

Other Church News:

Please note Village Cafe will be 'on tour' at the craft fair at the village centre on 4th November .

Do join us for Coryn Stanforth's leaving service - details on the back cover.

Our Service of Remembrance is on 12th November at 10:45 and NFaST will be hosting village cafe 10-12 on 11th November where you can find out more about those who gave their lives and are remembered on our village war memorial.

Autumn Grounds Tidying at Newton Flotman Church

Can you help for one or two hours, between

9.00am & 12noon on SATURDAY 18th NOVEMBER?

If so, it will be greatly appreciated - just turn up between the times mentioned. It would also be helpful if you are able to bring one of your gardening tools (i.e. rake, loppers, shears spade, shovel, hand fork, edger or stiff broom) but not essential.

William Ball, Andy Cox & David Wharton



WHEREVER,
WENN-EVER...

Norman Wenn

DOMESTIC - COMMERCIAL
- AGRICULTURAL - INDUSTRIAL

MINI - MIDI - LARGE
- EXTRA LARGE SKIPS
WITH DOORS

01603 881292

SKIP, TIPPER & GRAB HIRE

www.normanwenn-skiphire.co.uk
Email: info@normanwenn-skiphire.co.uk
Unit 2, Frans Green Industrial Est, Sandy Lane,
East Tuddenham, Dereham, Norfolk, NR20 3JG

News from Newton Flotman Parish Council Flordon Road traffic calming measures

A number of issues were raised regarding the proposed scheme of positioning "gateways" at the North end of Flordon Road and adding hatching along the road on the first bend coming into the Village from Flordon. The consensus from members of the public is that something should be done to try and reduce speeding which the residents stated was mainly from traffic traveling from the A140 Ipswich Road along Flordon Road. Residents stated that they didn't think that the proposed scheme would be sufficient to reduce the speeding problem. They suggested a trod, speed bumps or a chicane as alternative solutions.

The Councillors discussed the proposed scheme and considered residents' comments. The proposal discussed, currently the only scheme that is accepted by the Highways department, can be applied for under the "Parish Partnership scheme" and could be considered within the Parish Council's own budgets.

It was agreed that the Parish Council will apply for Parish Partnership funding for the proposed scheme as an initial step. The Parish Council must provide 50% funding for the scheme. However, Highways have been contacted to look into further measures that could be put into place additionally in the future to further calm the traffic.

Re-wilding of the village green

Over the past couple of years volunteers have worked hard to "re-wild" the village green, planting a variety of different wild flowers that has encouraged a wealth of wildlife to the green. However this process takes time and at times over the summer the area has looked very "wild"!

As a result there has been a mixture of positive and negative comments regarding the area. At the recent parish council meeting it was stated that it will take a number of years for the wild flowers to become stronger than the grasses. Councillors have asked that a different cutting plan be developed. The parish council will continue to work closely with the volunteers and grass cutters to ensure that the area is accessible for all and better looking next year.

Update on the development of a Neighbourhood Plan

The consultation events over the summer have been very popular and a number of residents have come forward who would like to be involved in the development of a Neighbourhood Plan. The Parish Council agreed that a steering group can be formed led by Paul Weeks. If any other residents would like to be involved or find out more please contact Paul, chairman@newtonflotmanpc.co.uk

Meetings

The Parish Council meets every month (except August and December) on a Tuesday evening. Forthcoming meetings are being held on;

7th November, 7:30pm, Village Centre

28th November, 7:30pm, Village Centre

ARTS

ANGLIA
REGION
THEATRE
SCHOOL

...discover your star factor!
every age and ability welcome



Tel: 01508 471792
www.artstheatreschool.com

The Old School, Ipswich Road
Newton Flotman, Norwich NR15 1PN

Cosy Cuts Grooming

Professional Grooming for dogs & cats



All breeds welcome, C&G qualified
Over 20 years experience
3 Kingsway
Saxlingham Thorpe
NR151UA

Magy Cassidy
fully licensed & insured
07703 051633 or 01508 470954
cosycutsgroomingservices@gmail.com
Instagram; [cosy_cuts_grooming_services](#)



THE SEWING ROOM

curtains ☀ blinds
& soft furnishings

Cynthia Hill
01508 470078
Thesewingroom03@talktalk.net
The Sewing Room
[@thesewingroom03](#)

Beautifully designed handmade curtains, blinds & soft furnishings made on site, we offer experience advice and supply a full range Tracks, Poles, Blinds & Accessories.



STRATTON AUTO SERVICES

- MOTs, Servicing, Repairs
- Tyres, Exhausts, Brakes, Batteries
- Competitive Prices, Courtesy cars



www.strattonautoservices.co.uk
Tel: 01508 532356
Fax: 01508 531114

Unit 2, Santareen Road,
Tharston Industrial Estate,
Long Stratton, NR15 2NZ

Time Share **SWIMMING** at Mangreen

for you, your family and friends, **Water Temp 30 -31°C**
Enjoy the privacy and warmth of the water of our pool.

Accommodation at Mangreen

If you have any guests you need to accommodate, rates from £65 bed and breakfast. Give us a call.

Or pop in to our Thursday Coffee Shop for a chat and a coffee 10am – 3pm every Thursday.

For more information on the above Call 01508 570444
Email: swimming@mangreen.co.uk or info@mangreen.co.uk
Mangreen Country House, a trading expression of the Mangreen Trust

Flute & Piano Tuition

Anna Hopkins
G.R.S.M A.R.C.M. P.G.C.E.
Experienced and popular teacher of
flute & piano



All ages welcome
Beginners to Advanced
Concerts/Festivals/Exams/
or just for fun
Competitive Rates

TCG SCAFFOLDING SERVICES

FOR HIGH QUALITY SCAFFOLD
PRIVATE DOMESTIC TO
COMMERCIAL
WE GIVE YOU THE SAFE ACCESS
REQUIRED FOR ANY
JOB LARGE OR SMALL

Call us today for a no obligation
free quotation and advice
On 01508 531765 or Email us at:
enquiries@tcgscaffolding.co.uk



www.mrchimney4u.co.uk

**MEMBER OF THE GUILD
OF MASTER CHIMNEY
SWEEPS**

**WOOD BURNERS
MULTI-FUEL STOVES
INGLENOOK FIRES
AGA/RAYBURN
OPEN FIRES**



**INSET STOVES
GAS/OIL
BIOMASS**
CERTIFICATES ISSUED
STOVES SERVICED/REPAIRED
CCTV FLUE/CHIMNEY CHECKS
DAVID WILSON

54 CAWSTONS MEADOW
info@mrchimney4u.co.uk

**01508 493219 OR
07835 757528**

The public are very welcome to attend parish council meetings and there is always an opportunity for you to ask questions and to have your say. Minutes of all meetings are posted on the Parish Council website:
<https://www.newtonflotmanpc.co.uk/agendas-and-minutes>

Contacting the Council

clerk@newtonflotmanpc.co.uk | 01508 447688
Maria Hutson, Clerk to the Parish Council

LONG STRATTON MEDICAL PARTNERSHIP

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

November is Diabetes awareness month with World Diabetes Day recognised on the 14th of November. Currently one in fifteen people in the UK have diabetes, including one million people who have type 2, but have not yet been diagnosed and evidence has shown that the NHS currently spends around £10 billion a year on diabetes – around 10% of its entire budget.

There are two main types of diabetes: type 1 and type 2:

Type 1 diabetes is an autoimmune condition which means that your body cannot make any insulin at all. Although often diagnosed in childhood, people can develop type 1 diabetes at any age.

Type 2 diabetes is a bit different. The insulin you make either cannot work effectively, or you cannot produce enough of it and may also be referred to as insulin resistance.

They are different conditions, but they are both serious and can lead to significant chronic complications including heart attack, stroke, increased risk of certain cancers, kidney disease, eye problems, nerve problems, foot ulcers and limb amputations etc.

You can also develop acute complications when blood sugars go either too high or too low and this can result in admission to hospital and can be life threatening.

Risk factors for developing type 2 diabetes include:

- Age and ethnicity; White and over forty or over twenty-five if you are African-Caribbean, Black African, or South Asian.
- You are two to six times more likely to get type 2 diabetes if you have a parent, brother, sister, or child with diabetes.
- High blood pressure or being over-weight.

If you have been told you have prediabetes, this is a warning sign that you are at elevated risk of developing type 2 diabetes. The good news is you do not have it yet, and with the right support up to 50% of cases of type 2 diabetes can be prevented or delayed.

At Long Stratton Medical Practice just under 10% of our 11,000 patient population have been identified as having prediabetes. In addition, approximately 7% of our registered population are already diagnosed

and living with type 2 diabetes. There are currently three nurses at Long Stratton who have completed a specialist diploma in diabetes care who can provide support to people living with diabetes and who carry out regular reviews on their diabetic control.

Prediabetes means that your blood sugars are higher than usual, but not high enough for you to be diagnosed with type 2 diabetes. You are at high risk of developing type 2 diabetes and are unlikely to be experiencing any symptoms yet. The good news is that being at risk does not mean that you will develop type 2 diabetes and so now is a great time to start making healthy changes to your diet and lifestyle.

If you are already diagnosed as pre-diabetic you could be eligible for a place on the *Healthier You: NHS Diabetes Prevention Programme*. Please speak to the practice nursing team if you would like further information, however if you know that you have had a blood test in the last 12 months which confirmed a raised blood sugar result (HbA1c between 42 and 47mmol) you can self-refer now by contacting Reed Wellbeing on **0800 092 1191**.

Research by Diabetes UK suggests that getting support to eat healthily or to move more can help you adopt new habits longer term. So please speak to your GP or the diabetes nurses at the practice to find out more about available local weight management groups or activity classes in your area. Many people also find the support of a partner or family member helpful. In addition, you can also chat to trained advisors at Diabetes UK about making lifestyle changes – or if you have any other questions about diabetes by calling 0345 123 2399.

Nicola Outten - Lead Nurse

Crafting for a Cause

Crafting for a Cause has changed the day of their meetings to Wednesday afternoons, still 2pm to 4pm in Newton Flotman church room. In November we will meet on Wednesday 1st.



Those attending bring and share skills which are put to use to raise money for all sorts of good causes. This year our good cause is Priscilla Bacon Hospice in Norwich.

If you would like to be involved, contact Vicky (01508 471506) or Hilary (07806 762296) for more information. All are welcome.

Partnership Deadline

The next edition of Partnership will be a joint one for December 2023/ January 2024. Deadline will be 14th November 2023. Contributions by email to caroline@uv6.com or call **07855 838553**. The editor reserves the right to edit copy and print as space permits.



NEWTON FLOTMAN OUTREACH POST OFFICE
WEDNESDAY MORNINGS 9.30am – 11.30am
 (Newton Flotman church room)



HotSpring® World
The Hot Tub Professionals

Come and visit our Showroom at **Notcutts Garden Centre**, Daniels Road, Norwich NR4 6QP
 Tel : **01508 491540** or **Maxine (Showroom Manager) 07488 314 156**

Energy Efficient Hot Tubs. An investment in your health and wellbeing & fun



DKC PLUMBING

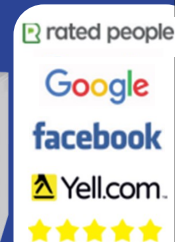
Oil Boiler Specialists

- Oil Fired Boiler Servicing
- Boiler Breakdowns
- Boiler Repairs
- Oil Tank Repairs
- Radiator Power Flush
- General Plumbing

Out of Hours
 call outs available

Fully Insured

95% of all break-downs fixed within the first



Call today for a quote
07375 995 198
www.dkclumbing.co.uk

T. C. GARRETT

ROOFING CONTRACTOR

Your Local Contractor For All Your Roofing Requirements

Flat/Tiled/Slated

Including all timberworks & UPVC fascia & guttering works

Call us today for a no obligation quotation and advice on

01508 531765

or email us at:

enquiries@tcgarrettroofing.co.uk

118 IPSWICH ROAD,

LONG STRATTON, NR15 2TJ

Electrician



Local, Friendly, Reliable

N.A.P.I.T. Registered that works on all Aspects of Domestic and Commercial Electrics

Re-wires, new installations, new sockets, Fitting of new lights,

Extension and Conservatory wiring,

Outside sockets and lighting,

Security lighting, Fire alarms,

Burglar Alarms and CCTV Systems

Contact Ian or Caroline @ ICD Electrics on

0779 0273 689 or 01508 813802

Advertise in Partnership for as little as £10

Email: caroline@uv6.com or call 01508 471238

Don't forget to mention Partnership when contacting our advertisers !

Free Ads facility also offered for local sales



Committed to helping people live independently in the comfort of their own home.

We pride ourselves on delivering **quality home-care services**.

Available 24 hours a day, 7 days a week.

Covering Newton Flotman, Long Stratton and surrounding villages.

For an informal chat, please contact Nicola or Naomi

07871 352961 / 01508 813572

email: enquiries@acorn2oakcare.co.uk



Available for hire by individuals and organisations

Ideal for: Meetings, family functions, birthdays, weddings, children's parties, anniversaries and events

Centrally heated with a fully fitted kitchen (including a catering sized oven, fridge and dishwasher), disabled access and toilets

Rates of hire for Newton Flotman and Saxlingham Thorpe residents:

Regular bookings £6.50 per hour
Occasional bookings £10.50 per hour

Rates of hire non-residents:

Regular bookings £9 per hour
Occasional bookings £13.50 per hour

To book please contact Vicky Ball:
01508 471506 vmball@outlook.com

R.B. COPPING FUNERAL SERVICE

Independent Family Funeral Directors Since 1935

For Personal Attention with Dignity and Respect

Private Chapels of Rest

Memorials & floral tributes supplied

Pre-paid funeral plans available



Tel. 01508 494434

125 The Street, Poringland, Norwich, NR14 7RP

www.coppingfunerals.co.uk



What's On In Our Villages:

Social Club - Newton Flotman Village Centre

Fri 10 November; Fri 24 November (Prize Bingo)

& Sat 9 December Christmas Party & Disco

Youth Club - NF Village Centre

For 8 -16 year olds

September Wednesdays 6-8 pm

Stay & Play - NF Village Centre

For parents/carers and preschool children

Tuesdays, 9:30am to 11:30am - Newton Flotman Village Centre

Cherry Tree Café

Wednesdays, 9am to 12 midday - Newton Flotman Village Centre

Film Night - Newton Flotman Village Centre

Tuesday 21st November

Oppenheimer

Bar open from 7pm; Film starts at 7.30pm

Outreach Post Office - Newton Flotman Church Room

Wednesdays 9.30 - 11.30am

Village Café - Newton Flotman Church Room

Saturdays 10am - midday

Crafting for a Cause

Weds 1st November, 2 - 4pm, Newton Flotman Church Room

Early Christmas Craft Fair - NF Village Centre

Saturday 4th November 10am - 2pm.

with refreshments

Christmas Fair - Newton Flotman Primary Academy

25th November in the school hall 10am-2pm TBC

Bags2School- Newton Flotman Primary Academy

Monday 13th November - see advert on page 2

Village Walks

For more details contact Richard Beach 07963006091.

MacMillan Coffee Morning

Meetings

Newton Flotman Parish Council - Village Centre

6th & 28th November 7:30pm

To book Newton Flotman Village Centre contact Vicky Ball 01508 471506

To book the Community Centre St Peter's Swainsthorpe
contact Jackie Baker 01508 470415

To book the church room Newton Flotman contact
Caroline Wolfe 01508 471238

Mobile Library for November

The mobile library will be visiting Newton Flotman and Swainsthorpe on 8th November. Please note times below. The library is a vital resource for those who do not have transport - please use it to ensure the is maintained!

Village	Stop Name	Arrival Time	Departure Time	Postcode
SWAINSTHORPE	THE CHURCH	09:50	10:05	NR14 8PN
NEWTON FLOTMAN	GROVE DALE	12:00	12:20	NR15 1QG
NEWTON FLOTMAN	JOY AVE	12:45	13:05	NR15 1RD
NEWTON FLOTMAN	SCHOOL ROAD	14:20	15:30	NR15 1PR



Are you a resident of Swainsthorpe?

Join our private group 'Swainsthorpe's Facebook page'!

Free Ads

Place Free Ads Here in Partnership!

Email: caroline@uv6.com or call 01508 471238 / 07855 838553
You can sell items, give them away for free, or even post a 'wanted' ad.

Business Ads



THE AGENCY UK

Are you looking for an *experienced* Estate Agent?

Buying or selling can be a stressful time, especially if you do not have the right estate agent working for **you**.
With over 22 years of experience in the local market, I guarantee you are in safe hands with me.

For friendly, professional advice & free valuation...give me a call

Tracy Fisher

Your local, personal & dedicated
ESTATE AGENT
01508 500 884 / 07711 800 114

Property Sold Properly






Est 1995

PC & Laptop Sales and Services.
Solid State Drive Upgrades (10 X Faster)
Cloning of existing Hard Drive.
Networking solutions
Server Support
Remote support
Virus & Malware removal

Email: info@eurocomputers.co.uk
Tel 07702 358582



Mobile Foot Health Practitioner

DipFH - MAFHP MCFHP
RMN - Dementia Nurse

Home Visits:
Nail cutting, Callus, Corns etc.

Matt: 07900 362596
mattsfoothealth@btinternet.com



CMT
MUSCLE HEALTH AND WELL-BEING

With over ten years of experience in a number of modalities, the goal is to work with you to ease unwanted tension and discomfort using massage therapy and medical acupuncture.

Contact Courtenay on
07949883381 or
courtenaytherapy@gmail.com

Prices from £30



NORFOLK WINDOW COMPANY

Your local, family run business offering great prices on the supply and installation of windows, doors, conservatories and warm roofs.

We offer a free, friendly quotation service, with no pushy sales pitch.

No overheads, no salesman salaries to cover. Just affordable, great quality products with a professional and hassle free installation.



T: 01603 555209 / M: 07966 348242
info@thenorfolkwindowcompany.co.uk • www.thenorfolkwindowcompany.co.uk