## Worship Events in November

## St Peter's, Swainsthorpe

6th	9.30am	Swainsthorpe Special Service - Philip Simmons
13th	10.45am	Service of Remembrance - Coryn Stanforth
20th	9.30am	Holy Communion - Austin Ozoigwe
27th	9.30am	Swainsthorpe Special Service - Lesley Cox

## St Mary's, Newton Flotman

6th	11am	Holy Communion - Austin Ozoigwe
	6.30pm	Remembering Loved Ones - Dawn Davidson and Team
13th	10.45am	Service of Remembrance - Lesley Cox/ Kirsten Remer tbc
	4pm	ECO Church - Lesley Cox (churchyard)
20th	11am	Morning Worship - Lesley Cox
27th	11am	Morning Worship with Baptism - Coryn Stanforth



## Free Ads in Partnership

If you have something to sell or pass on for free, or perhaps you have a 'wanted', then please consider placing a free advertisement here in Partnership. Send an email to **caroline@uv6.com**, or call/text **07855 838553**, stating your item(s), contact details and the price you want, and Partnership will do the rest. Reduce, reuse, repurpose, recycle!

# Partnership

The Community Magazine for the Parishes of Newton Flotman & Swainsthorpe Early for November 2022



## Curate's Corner - Rev. Coryn Stanforth

On my bookshelf I have a volume entitled Candles and Conifers. These are both appropriate themes for this time of year. Conifers and evergreen trees do not shed their leaves during autumn but remain green. They will appear in the next few weeks within wreaths and seasonal table decorations. Eventually they will be brought into our homes as Christmas trees and will help decorate our churches.



Candles are also significant at this time of year. Nights are drawing in and flickering, ethereal candle flames can be a sign of hope as well as providing light as the dark, cold days of winter approach. Lighting a candle in a church can be seen as an act of hope and remembrance.

At the end of September I was fortunate to spend a week walking part of an ancient pilgrimage trail in Tuscany. The Via Francigena is a pilgrim path which runs from Canterbury to Rome. The walk passes through olive groves and vineyards. On route are also a number of ancient churches and monastic communities. Some of these buildings have little natural light but are illuminated by clusters of candles. A number of my fellow walkers lit a candle to remember someone they loved who had died. Sometimes a guick prayer was said, but the symbolic candle continued burning long after we had left to continue our walk. Light is an important symbol, particularly at this time of the year. Jesus described himself as the light of the world, illuminating the darkest places.

If you would like to light a candle in memory of one of your loved ones who has died, there will be a service of Remembering Loved Ones at 6.30pm on Sunday 6th November in Newton Flotman Church. Please let me know if you would like the name of a loved one who has died read aloud as part of that service.

Later this month there will be more candles lit as on Sunday 27<sup>th</sup> November the season of Advent begins, a time of preparation for the celebration of the birth of Jesus who brought light into the darkness of the world.

You may like to light a candle and stand it in your window as a sign of hope.

## **Holy Communion at Home**

Are you unable to get to church but would like to receive Holy Communion at home? There is a tradition in the Church of England that Holy Communion is taken to those at home who are unable to get to church because of illness or other circumstances. Home Communion normally takes place once every four to six weeks and can be a one off or for a longer period of time. If you would like to receive Holy Communion at home or find out more please contact me on 07436 992347, and I will be happy to have a chat or arrange a visit.

Rev'd Corvn

## Community Announcement From Newton Flotman Preschool.

Sadly, after many successful years, our Preschool is closing on the community, for the support we have received over the years and a special mention to Carol Pownall for her support throughout.



We wish you all well from the staff and committee of Newton Flotman Preschool.

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Email: mobylec@gmail.com

### **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 kirstenremer@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

## **Partnership Deadline**

The next edition of Partnership will be a joint edition for December and January. Deadline will be 14th November 2022. Contributions by email to **caroline@uv6.com** or call **07855 838553**. The editor reserves the right to edit copy and print as space permits.

## ST MARY'S CHURCH **Newton Flotman**

### St Mary's Church, Newton Flotman

**Thank you** to all who donated goods for the Harvest festivals! Well done for all squeezing in at the School Harvest! It was

lovely to see people appreciating the harvest soup and socialising after our lovely Harvest Thanksqiving service on 2<sup>nd</sup> October – we gave thanks for the harvest, for the gifts so generously given by those who volunteer and Corvn led thanksgiving prayers for Elsie Stanley who is being baptised on 27th November – Advent Sunday! Do join us for the **Service of Remembrance** on 13<sup>th</sup> November.

Churchwardens have been called to a meeting to discuss potential models for the staffing and organisation of parishes in our Deanery which encompasses parishes from Long Stratton to Brooke. These are challenging times, with a parish share for Newton Flotman of over £19,000 (because we are a large village), with a congregation of about 15, we do our best to pay what we can towards these church expenses and wages. We are extremely fortunate to be fully staffed clergy wise, in our benefice with the majority of parishes having weekly services, but that is not the case everywhere in our Deanery and deployment will now favour, we are told, those who meet their annual parish share. Watch this space....



Don't forget Village Café is on tour on 29th October up at the Village Centre. The team are providing refreshments for the Church Room 10-12 Craft Fair. NFaST are hosting on 12<sup>th</sup> November with a Remembrance Theme. At the end of the month alongside the

usual Village Café chat, on 26<sup>th</sup> November we have **our 'Wreath Making Workshop'** with Caroline - come along and make your own festive door adornment! Caroline is happy to run on a bit after 12midday if there is demand. To book, please email caroline@uv6.com or sign up at any Village Café beforehand. More crafting ahead on 17<sup>th</sup> December with a **festive table decoration workshop!** 

Remember the 5<sup>th</sup> November - it's our church and churchyard maintenance morning - I don't think there's any chance of heatwave stopping us this time - the jobs have been piling up so do come along and lend a hand - there's coffee and cake at the end.





Have you spotted the star yet?! Closer to Christmas we'll be inviting you to look out for some round the village! Watch this space! Some dates for your festive diary: Carols on the Green is on 21st December at 6.30pm, our Traditional Crib Service with Carols is at 4pm on Christmas Eve (Saturday 24th December) and on the same night Midnight Communion at 11.30pm. Walking out of that service into the

early Christmas morning is very special.

Before that we need your help to host a special couple and their donkey, who need a room for each night of Advent as they make their way from the Advent Service on 27<sup>th</sup> November to the Christmas Eve Crib Service on 24<sup>th</sup> December! Yes it's POSADA time – it's a Mexican tradtion! All you need to do is to arrange collection or delivery from the previous hosts, look after the figures over night (maybe post a picture of them) and then



arrange collection or delivery to the next hosts the following day! If you would like to connect with others in the village and help Mary and Joseph on their journey, then please sign up at church, at Village Café or revdcoryn@btinternet.com

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The Friends of Newton Flotman Primary Academy have a 'bags2school' collection booked for Thursday 3rd November. Please fill up bin bags with unwanted clothes, linen, shoes, bags and belts and either deliver them to the school by 9am on the 3rd November OR leave them on outside your front door/driveway on Wednesday 2nd November by 4pm for collection. Proceeds raised from the collection will be used to provided additional resources and experiences for our school's children.

# CHURCH GROUNDS TIDYING NEWTON FLOTMAN CHURCH

Could you spare a couple of hours, between 9.30am & 11.30am?

Saturday 5th November 2022

If possible, please bring gardening tools ie rake, shears, spade, shovel, edger, stiff broom. Thank you.

David Wharton will be there to meet you.



### **Norfolk County Council Mobile Library Service**

This month the mobile library will be visiting on November 9th

Stop number	Village	Arrival time	Departure time	Stop name	Postcode
2	Swainsthorpe	09:50	10:05	The Church	NR14 8PN
18	Newton Flotman	14:30	15:30	School Road	NR15 1PR
20	Newton Flotman	15:35	16:05	Grove Dale	NR15 1QG
22	Newton Flotman	16:10	16:50	Joy Ave	NR15 1RD

### Saxlingham Nethergate Christmas Fair

We are holding a Christmas Fair this year from 11 am to 3pm on Saturday 19th November in Saxlingham Nethergate Village Hall, similar to the Fair held last time way back in 2019.

There will be Christmas Gift stalls, a book stall, a cake stall, a raffle and refreshments. So please put this date in your diary and come and join us on the day!

Stalls will be available if you wish to take part - please email Lynn Roberts at **robbosax@me.com** to reserve one.

## Wind In The Willows - Saxlingham Players

Saxlingham Players are putting on a production of "Wind in the Willows" as their Christmas production. The dates of the performances are Thursday, Friday and Saturday at 7.30 pm on December 1st, 2nd and 3rd December and a matinee on Saturday 3rd December at 2 pm. Tickets are £8 for adults and £5 for under 16s.

To order tickets please telephone Vicky Stocks on 01508 499631 between 9am and 9pm from 1st November 2022. Please come along, bring the family and enjoy the evening!

### Norfolk Crayfish Group Plea

Norfolk is one of the few remaining strongholds for our largest aquatic invertebrate, the white-clawed crayfish. Forming a major part of the food chain and vital for a healthy functioning ecosystem, this creature was once widespread through our rivers. Sadly, pollution and invasive non-native signal crayfish have almost entirely wiped out this native species.

In recent times, surveys have revealed that the River Tas is one of a few rivers that are still home to the white-clawed crayfish. Although this is hugely encouraging, these native crayfish remain highly vulnerable. Therefore, it is vital that special care is taken to ensure that water quality is maintained for the survival of this remaining population.

We are asking all landowners, farmers, developers and residents to take extra care around the Tas, including its tributaries and ditches. White-clawed crayfish are very sensitive to pesticides, in particular, flea and tick treatments from dogs, horses, cows and sheep. Therefore, keeping livestock and dogs out of the watercourse is crucial. Furthermore, surface run-off from fields and farm gateways containing sediment and pollutants (such as pesticides and phosphate) can also result in the rapid extermination of a crayfish population.

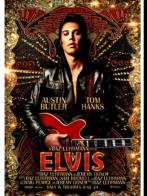
Leaks from septic tanks and misconnected drains and grey water can also impact crayfish and other species. Please ensure you maintain your septic tank by getting it checked and emptied on a regular basis.

Norfolk Crayfish Group are working with the Zoological Society of East Anglia to breed native crayfish at Banham Zoo to restock rivers where possible. We're also working with the Environment Agency and Internal Drainage Boards to continue research, enhance habitat, and investigate pollution events across the Tas catchment.

# TUESDAY 15<sup>h</sup> NOVEMBER - BAR OPENS 7:00PM FILM STARTS 7:30PM NEWTON FLOTMAN VILLAGE CENTRE



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### The Wonderous World Beneath The Fallen Leaves

"Leave the leaves!" That's what is happening on the corner of 1 Clabburn Close; no strimming or raking. There's an abundance of different beetles and on my first count, six lime hawk moth caterpillars. These caterpillars can easily be recognised as a group, because they are hairless and have a noticeable curved horn at the tail end. Look further under the leaves and you might see mushrooms, toadstools and microorganisms under the soil.

Biomes are great communities of the world. "Well my little world"; they are classified according to their characteristics such as the climate, vegetation, soil and wildlife. Biomes are important as they change constantly. They can be damaged because of human activities, therefore we should continue the preservation and conservation of Biomes. The biological definition of a biome is a major ecological community of organisms adapted to a particular climatic or environmental condition as a large geographic area in which they occur.

There are six types of biome in the world, four are on land: forest, desert, grassland and tundra. Two biomes are aquatic: marine and freshwater. Biomes such an interesting topic that I had to scale it down to fit my 400 words article, but you can find out more on any search engine.

I am delighted that I have a small scale micro habitat in my garden and will continue doing my bit for wildlife. Far too many lives will be lost if the area is strimmed; leaving the grass long will allow time for the caterpillars to hibernate as chrysalis. They often emerge around May. After this time, the whole area will be walked through to let any creatures move out of the way and then scythed. The grass will be put into the new composting site to allow even more hiding places for wildlife. Hedgehogs often nest under it and will use the lime leaves to line their nests.

Heidi Wheeler

### Calling All Walkers, Dog Walkers and Joggers

Now that the evenings are drawing in, please could all walkers, dog-walkers and those out running ensure that high visibility clothing is worn and torches are carried. Please also travel facing oncoming traffic, especially where there is no footpath on the roads. It's advisable not to wear headphones too, so you can hear traffic approaching. This comes from a concerned motorist in Newton Flotman.

## Let's talk about being **Breathless**

Are you or someone you know affected by a lung condition?

Breathe Easy Norwich is your local Asthma + Lung UK Support Group, run by volunteers from your community.

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On the First Tuesday of the Month 2pm until 4pm

### For more information contact:

01603 289779 (Respiratory Medicine NNUH) supportgroups@asthmaandlung.org.uk asthmaandlung.org.uk/support-for-you



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### Movember - Men's Health Awareness Month

November arrives and it brings with it several issues – winter, energy bills, flu, covid and then Christmas soon with it's associated expenses. This month however has much more to it. It is the month dedicated to men's physical and mental health. International Men's Health day is November 19<sup>th</sup>.

Why is there a month dedicated to Men's health? I looked at various websites to find an appropriate and justifiable answer. The one I liked best was on the City, University of London Student hub website: This month is Men's Health Awareness Month which marks an important time to talk about the mental health of men and how we can reduce stigma, do away with societal expectations and increase the likelihood of support uptake among men.

The charity MIND which deals with mental health, published a document in December 2020, right in the middle of a disastrous period of the pandemic: Get it off your chest. Men's health 10 years on. Some of the key facts from it were:

Two in five men (43%) regularly admit to feeling worried or low, an increase from 37% in 2009.

The number of men who have suicidal thoughts when feeling worried or low has doubled to 10% since 2009

Men are still more likely than women to drink alone, go to the pub with friends, or take recreational drugs to relax when feeling worried or down.

Men's preferred alternatives to being prescribed medication are face-to-face therapy and physical activity.

The important take home message from me is 'Never hesitate to ask for help.' Asking for help is not a failure. Asking for help can change your life and thereby improve your quality of life.

### Who can you approach

Your own GP

The Pit Stop – Wymondham - Contact Ben Holland 07864 697718 or email ben@menscraft.org.uk. Norwich - Contact Colin Howey 07784 307970 or email colin@menscraft.org.uk.

Men's Shed – Contact Gordon Wilcox 07443 041140 or email longstrattonshed@gmail.com.

South Norfolk Community Connectors – 01508 533933 or email helphub@southnorfolkandbroadland.gov.uk

MIND Norfolk and Waveney - 0300 330 5488 or email enquiries@norfolkandwaveneymind.org.uk

Wellbeing Service – 0300 123 1503 or self-refer via website wellbeingnands.co.uk

Samaritans – 116 123 or email jo@samaritans.org

Let us all make an effort to look after ourselves and especially in this month of November, let us ensure the men we know are aware of their physical and mental health. Stay Safe.

Mini Nelson

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## What's On - November 2022 - events subject to change

What 3 On 540 ventoer 2022 events subject to change				
Date	Time	What	Where	
Fri 28th	6pm - 10pm	Halloween themed Social Club night	NF Village Centre	
Sat 29th Oct	10am -3pm	Christmas Fair & Village Café	NF Village Centre	
Tues 1st Nov	2 - 4pm	Crafting for a Cause	NF Church Room	
	7.30pm	NF Parish Council Meeting	NF Village Centre	
Weds 2nd	9.30am - 11.30am	Outreach Post Office	NF Church Room	
	6 - 8pm	Youth Club for 8-16 yr olds	NF Village Centre	
Thurs 3rd	9am	Bags2School Collection	NF Primary Academy	
Sat 5th	9.30 - 11.30am	Churchyard Maintenance	NF Church	
	10am -12pm	Village Café	NF Church Room	
Weds 9th	9.30am - 11.30am	Outreach Post Office	NF Church Room	
	9.50 - 10.05	Mobile Library	Swainsthorpe	
	2.30 - 4.50pm	Mobile Library	Newton Flotman	
	6 - 8pm	Youth Club for 8-16 yr olds	NF Village Centre	
Fri 11th	6pm - 10pm	Social Club night	NF Village Centre	
Sat 12th	10am -12pm	Village Café with NFaST	NF Church Room	
Sun 13th Nov	10am	U18s Footbal Match	NF Village Centre	
Tues 15th	7 for 7.30pm	Cinema Night - Elvis	NF Village Centre	
Weds 16th	9.30am - 11.30am	Outreach Post Office	NF Church Room	
	6 - 8pm	Youth Club for 8-16 yr olds	NF Village Centre	
Sat 19th	10am -12pm	Village Café	NF Church Room	
	11am - 3pm	Christmas Fair	Saxlingham Village Hall	
Sun 20th	1.30pm	Veteran's Football Match	NF Village Centre	
Weds 23rd	9.30am - 11.30am	Outreach Post Office	NF Church Room	
	6 - 8pm	Youth Club for 8-16 yr olds	NF Village Centre	
Fri 25th	6pm - 10pm	Social Club England vs USA World Cup Match	NF Village Centre	
Sat 26th	10am -12pm	Village Café & wreath making workshop	NF Church Room	
Sun 27th	10am	U18s Footbal Match	NF Village Centre	
Tues 29th	6 - 10pm	Social Club England vs Wales World Cup Match	NF Village Centre	
	7.30pm	NF Parish Council Meeting	NF Church Room	
Weds 30th	9.30am - 11.30am	Outreach Post Office	NF Church Room	
	6 - 8pm	Youth Club for 8-16 yr olds	NF Village Centre	

### A Tree Lined Path Around The Alan King Playing Field





At a recent meeting the playing field committee agreed with a proposal from the church tree promotion group to develop a tree lined path or track around the edge of the playing field, after sharing the proposal with the neighbouring residents.

The idea is to plant an avenue of trees about 8 meters in from the boundary. The trees will start near the Blundeville Manner entrance and run to the right along the South east boundary and then up the North Eastern boundary towards

the Grove Road entrance. The path or track will run between the new row of trees and the existing boundary.

The planting will not create a dense hedge but a pleasant avenue of trees planted 5 - 8 metres apart. The trees will be small to medium British native trees. Most will be whitebeam with some field maple and wild cherry to add variety. The path will to be wide enough for mowing and for equipment to enter to maintain the existing boundary, trees and ditches.



We hope the path as the trees grow will be a great resource for the village - ideal for walking for health or pleasure - or exercising the dogs. In time it could be developed into a waymarked circular path around the whole field. This could include the path through the copse of trees planted in 2020 and paths through the existing woodland. Parts of the route could be modified for runners seeking a 500m circuit.

The initial plan would be to leave the path as grass. If it were heavily used and became muddy in the winter consideration might be given to a more substantial path. Woodchip has been suggested as an economic and sustainable option

The selection of tree varieties and their position have been chosen to avoid any bad effects for properties adjoining the field.

We hope the cost of the trees will be met by local sponsorship as in previous years.

We plan a community tree planting session in late November or early December to get the project underway. If you would like to join the planting look out for local notices or email me for details

St Mary's Church tree promotion group.

Andy Cox. David Wharton. Richard Beach. Richard.beach1508@gmail.com

## **Crafting for a Cause**

The 'Crafting for a Cause' group will now meet every first Tuesday of the month, 2-4pm in the church room, Newton Flotman. Those attending bring and share skills, which are put to use to raise money for all sorts of good causes.

If you would like to be involved, either to bring your specialist skill to pass on or to learn something new, then please come along and join us. Call Vicky on 01508 471506 for more information, or just turn up!



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

### Newton Flotman Parish Council Meeting Notes - 27th September 2022

### **Anti Social Behaviour**

Over the summer there have thefts and vandalism at the Village Centre including the theft of swings and damage to the football goals. Replacing the seats is underway but this will take time and come at a cost which could be spent elsewhere. Residents are urged to report any ASB that they see to the police using their online forms https://www.norfolk.police.uk/contact-us or by calling 101

### Could you be who the Parish Council is looking for?

The Parish Council [Newton Flotman] currently has two vacancies for Councillors. Do you have an interest in your local area, would you like to help make improvements or would you like to have your say on how the village evolves? If this isn't for you, do you know someone who would be good at representing your views? More details can be found on the website – https://www.newtonflotmanpc.co.uk/vacancy or get in touch – contact details below

### **Potholes**

Potholes can be both an inconvenience and a danger to road users. They can be reported to Norfolk County Council using the online form <a href="https://www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem#roadicons">https://www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem#roadicons</a>

### Road signs

The Parish Council encourages drivers to travel within speed limits through the village. Please help motorists to adhere to speed limits by ensuring that road signs are not obstructed by hedges or parked vehicle.

### Youth Club

If you are aged between 8 and 16 or know someone that is why not come along and meet others at the youth club held on a Wednesday at the Village Centre. To book and for more details call 07894935775 or email youthclubs@ymcanorfolk.org

## Meetings

The Parish Council meets every month (except August and December) on a Tuesday evening. The meeting dates for the remainder of the are;

1<sup>st</sup> November, 7:30pm, Village Centre 29<sup>th</sup> November, 7:30pm, Church Rooms

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

### **Articles Wanted for Partnership**

Please send your contributions to the editor by email at: caroline@uv6.com

## Free Ads

SCALLYWAGS TRAVEL COT - Free, Call Sue McKibbin 01508 470766

**VAX ONE POWER** Hard wood floor cleaner. Only used once (not suitable for laminate floors). £50 - Call Sue McKibbin 01508 470766