

Worship Events in December & January

St Peter's, Swainsthorpe

- Dec 4th 9:30 Swainsthorpe Special - Coryn Stanforth
- Dec 11th 9:30 Holy Communion - Coryn Stanforth
- Dec 18th 18:00 Carol Service - Coryn Stanforth
- Dec 25th 9:30 Holy Communion - Coryn Stanforth
- Jan 1st 9:30 Holy Communion - Coryn Stanforth
- Jan 8th 9:30 Swainsthorpe Special - Austin Uzoigwe
- Jan 15th 9:30 Swainsthorpe Special - Dawn Davidson
- Jan 22nd 9:30 Swainsthorpe Special - Lesley Cox
- Jan 29th 10:00 Tasburgh Benefice Service for all parishes

St Mary's, Newton Flotman

- Dec 4th 11:00 Holy Communion - Coryn Stanforth
- Dec 11th 8:00 Holy Communion BCP - Austin Uzoigwe
- 16:00 ECO Church - Lesley Cox
- Dec 18th 11:00 Holy Communion - Coryn Stanforth
- Dec 24th 16:00 Trad. Crib Service with Carols - Coryn Stanforth
- 23:30 Holy Communion - Coryn Stanforth
- Dec 25th 10:30 Christmas Worship - Lesley Cox
- Jan 1st 11:00 Holy Communion - Austin Uzoigwe
- Jan 8th 8:00 Holy Communion - Coryn Stanforth
- 16:00 ECO Church - Lesley Cox
- Jan 15th 11:00 Holy Communion - Dawn Davidson
- Jan 22nd 11:00 Morning Worship - Lesley Cox
- Jan 29th 10:00 Tasburgh Benefice Service for all parishes



Partnership

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

Joint Edition for

December 2022 & January 2023



We meet in the churchyard of St Mary's Church, Newton Flotman or other local venues – see school emails, posters or call 01508 471334



Every 2nd Sunday
please see calendar for times lasting about an hour



We enjoy being outside, exploring our natural surroundings and getting creative in simple outdoor projects. We include a short reflection and prayer. We are mindful of keeping our social distance whilst having the opportunity to get involved individually or in household groups. If our amazing world fills you with awe and wonder, come and give us a try!

Curate's Corner - Rev. Coryn Stanforth

As you read this, Christmas will be fast approaching. As the nights get darker, one of the things I particularly enjoy are Christmas lights providing cheer in the darkness. At the first Christmas, the light was provided by a shining star over the stable where Jesus was born. This star guided the wise men to the stable so they could worship the new born King.

We are currently living in uncertain times with economic hardship and war in Europe and there are echoes of these challenges in the Christmas story. Mary and Joseph were living in an occupied land and had to travel to Bethlehem because their Roman ruler decided he wished to know who was living in his kingdom. This entailed a lengthy journey on foot for Joseph and a heavily pregnant Mary. Even when they arrived in the city of Bethlehem, it was crowded and bustling. The young couple could find no spare guest room and ended up in a draughty stable. In that stable God's son was born.



In our villages we will be celebrating the birth of Jesus at Christmas in a number of exciting ways. Thank you to those of you who are taking part in Posada and are hosting Mary, Joseph and the donkey over night as they travel around the village. Mary and Joseph will end their journey on Christmas Eve, when they will arrive in Newton Flotman church for the 4pm Traditional Crib Service with Carols.



We are also inviting all of you to follow the star which shone over the stable where Jesus was born. In the two weeks leading up to Christmas keep your eyes open for rocks with a star on around the village. If you find one, it is yours to keep but we ask you to bring it to the Traditional Crib Service with Carols in Newton Flotman church at 4pm on Christmas Eve. This is a special service aimed at both adults and children and will tell the Christmas story. We will again celebrate Midnight Communion in Newton Flotman at 11.30pm on Christmas Eve and there will be a service at 10.30am on Christmas Day.

In Swainsthorpe the carol service is at 6pm on Sunday 18th December and Christmas Communion is at 9.30am on Christmas Day.

I wish you all a peaceful and joyful Christmas.



Rev'd Coryn

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.

Articles Wanted for Partnership

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

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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 February 2023. Deadline will be 14th January 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.



ST MARY'S CHURCH
Newton Flotman

Our **Traditional Crib Service with Carols** is at 4pm on **Christmas Eve** (Saturday 24th December) where we invite you to bring any painted rocks that you might have found around the village during advent. On the same night **Midnight Communion is at 11.30pm.**



The 'Deanery Deployment Deliberations' are ongoing. Views on the possible ways of clergy working in our communities are being fed back to the Archdeacon and it is anticipated that we will hear about which parishes we are going to be working more closely will

be announced early in the new year.

Village Café is open every Saturday in the church room. Alongside the usual cakes and bakes we have a festive table decoration workshop on 17th December, we'll be open Christmas and New Years Eve and we welcome Debs Johnson from Swainsthorpe on January 28th as our host. Debs organises the hugely popular and inspirational *International Women's Day annual* event at Swainsthorpe. She's going to give us at Newton a little flavour of what to expect! If you are sorting out your underwear drawer, bring over any surplus bras...and come along on 28th to find out how your bras can help both raise money for Breast Cancer Research and protect women in societies overseas from harassment.



Carols on the Green this year - 21st December at 6.30pm

Wrap up warmly and bring a torch to join us for informal carol singing and festive refreshment on Kings Green, near the village sign (lasts about an hour).



NFaST Heritage Group At the time of going to press we are working on this year's calendar and are hopeful that it will get published this year! Prices held from last year £6 or 3 for £15. They will be available at village events before Christmas, but if you'd like to put your name down for one so that we can put it by then please contact Kirsten Remer 01508 471580 kirstenremer@gmail.com

Norfolk County Council Mobile Library Service

The mobile library will be visiting on 7th December and 4th January

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

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!



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What's On In Our Villages:

Social Club Newton Flotman Village Centre

Friday 16th December Grillz for the Grill Seekers
Sunday 18th December World Cup final & Caribbean Street food.
Friday 6th January
Friday 20th January

Youth Club 8-16 year olds - NF Village Centre

Wednesdays 6-8 pm

Film Night - NF Village Centre

Bar open from 7pm; Film starts at 7.30pm
Tuesday 20th December - The Railway Children Return
Tuesday 17th January - The Lost King

Outreach Post Office - Newton Flotman Church Room

Wednesdays 9.30-11.30am

Village Café - Newton Flotman Church Room

Saturdays 10am - midday

Swainsthorpe St Peter's Dew Drop In Coffee Morning

Saturday 3rd December - 10.30am-12pm

Concert of Festive Music

Swainsthorpe St Peter's - Sunday December 4th 3pm-4.20pm

Crafting for a Cause - Newton Flotman Church Room

1st Tuesday of the month 2-4pm

Meetings

NF Parish Council 7.30pm 31st January - NF Village Centre
Swainsthorpe Parish Council 7.30pm 11th January - St Peter's Church

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

Norwich Foodbank

St Mary's Church is taking in food donations for Norwich Foodbank. It is vital we support their work as people are struggling now more than ever. Donations of food in packets or tins, toiletries, toilet rolls, LHT milk and more. The church is open for donations on Wednesday mornings 9:30am to 11:30am and Saturday mornings 10am to 12noon.

All donations are taken personally to the Norwich distribution centre for local people in need.

For further information contact William Ball - william@tasvalley.org



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TUESDAY 20TH DECEMBER - BAR OPENS AT 7:00PM FILM STARTS 7:30PM
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Coming Soon:
 The Lost King



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TUESDAY 17TH JANUARY - BAR OPENS AT 7:00PM FILM STARTS 7:30PM
 NEWTON FLOTMAN VILLAGE CENTRE



**Newton
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An amateur historian defies the stodgy academic establishment in her efforts to find King Richard III's remains, which were lost for over 500 years.
 Cert. 12A

Advance Tickets: £5.00

Coming Soon:
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Wildlife In Our Village

A slight detour from my wildlife garden - walking back through Newton Greenways, we were stopped in our tracks by a tree. Anyone could have been mistaken into thinking that this tree had been sprayed white for the coming festive season! It was, in fact, a White Poplar, *populus alba* of the family *Salicaceae*. White Poplar is a deciduous broadleaf tree which can grow to 20m.

The bark is pale grey with lines of black diamond-shaped pores called lenticles. Its twigs are white; young twigs have a covering of dense white hair that lasts until their second year. Look out for the underside of the leaves which is paler than the upper side. The stems of the leaves are also distinctly flattened. It is the whitest tree in the landscape and from a distance it can appear to be covered in snow.

In winter the White Poplar's twigs, especially older ones, are very knobby. Buds spiral round and are closely pressed to the twig. Its leaves are dark green-grey, and whitish on the underside thanks to a bright white coating of woolly hair. Most of the leaves have five lobes and have irregular teeth around the edge.

The tree gives huge value to wildlife: a variety of moth caterpillars feed on its leaves, including the puss moth, pink-barred sawfly, poplar grey, yellow-line quaker, dingy shear's and the sawfly kitten. The catkins are an early source of pollen and nectar for bees and other insects and its seeds are eaten by birds.

In ancient Greek mythology the white poplar was consecrated to Hercules after he destroyed Cacus, a fire-breathing giant, next to the Aventine Hill which was covered with white poplars. People offering sacrifices to Hercules were always crowned with branches of white poplar and those who conquered their enemies in battle wore white poplar garlands.

Historically, the white poplar has been used in medicine, particularly its bark, which has astringent, antiseptic and anti-inflammatory properties. Taken internally, it was used for many complaints, ranging from rheumatism and digestive problems to lower back pain and gout. Externally the bark was made into a poultice to treat infected wounds, haemorrhoids and chilblains. Nowadays, the leaves are used to treat tooth decay. Did you know that the white poplar is non-native, but references to "Abel" trees in historic documents indicate it has been here for a long time.

Take time to stop and look when out and about.

Heidi Wheeler



"Dew Drop in"
Christmas Coffee morning
Saturday 3rd December 10:30am - 12 noon
St Peter's Community Centre Swainsthorpe
Coffee, tea and delicious cakes
Raffle & Jan's £1 present stall
Christmas cards for sale
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As our thoughts turn to the festive period I thought it might be good to reflect on 2022 at LSMP.

First, I would like to pay tribute to the whole team here at the Surgery. Have we got everything right? – NO. Have we been able to provide the service that we so desperately want to provide to you, our patients? – NO – not consistently, and not to the level we want. Have there been mistakes made – YES – and from each one we have reflected and learnt from it, and tried very hard not to ever repeat it. Have the team worked above and beyond, gone out of their way to do their absolute best, worked through isolations, sickness, serious personal difficulties with bereavements and family issues – YES

I am proud of every single one of our team for keeping going when they could so easily have voted with their feet and left the NHS. Most importantly – we care! We care so much that when things do go wrong – or we read negative posts on social media when sat at home with our families – it hurts. We, too, are human beings. We, too, have issues with our morale. We, too, feel overwhelmed by the sheer volume of demand that is pouring down on us. We, too, go home in the evening and have sleepless nights thinking about that person who was: upset; shouted at us; sometimes made us cry at work when our hands are tied by the system or the lack of appointments. Do we want to ask “Is it an emergency for today?” – NO we don’t – but if there is no other way, what do we do?

I have got to say that this year has been the toughest of my five years in post for many reasons, far harder than the two COVID years, because this year has been about trying to get back to some semblance of normality, while facing the highest levels of demand ever.

I really don’t want this to sound negative, because it is not, but I would just like to tap into some of that festive spirit out there to say – do you know what? There is a huge population out there who really do appreciate what we have done, and are trying to do. I would like to celebrate the fact that our overwhelming positive feedback on Friends & Family responses makes us feel valued by the majority. We have a real unity at Long Stratton Medical Partnership that I have never seen or found in any other workplace. That unity is led by our GP Partners and it permeates throughout the whole team, and I, for one, am proud to say that LSMP does its level best to provide a Primary Care service to you, our patients.

Looking forward into 2023 I am positive that our development plans will start to alleviate some of our problems. We are having a new extension built giving 7 extra clinical rooms – space to expand as Long Stratton and surrounding district develops. The car park will be extended, our existing rooms will be retrofitted and brought up to new standards. It will be an exciting year, but I do need to add the caveat that during the build there will be some disruption. We will keep it to a minimum, and try hard not to have impact on our clinical capacity but working around a building site will be interesting to say the least. Please bear with us; we are building for the future, and learning from our past. I want us to have a fantastic building and service provision for you all going forward into 2024!

We would like to wish all our patients a very happy and healthy Christmas & New Year! Please feel free to come down and join us on Wednesday 21st December from around 2pm when we will have members of the Salvation Army in with us again bringing some traditional festive cheer.

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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!

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WANTED - help for one morning a week to assist with ironing and other similar household chores. Hours and remuneration to be agreed. Please call Sheila on 01508 470484

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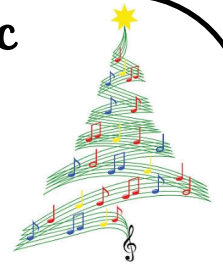
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A Concert of Festive Music



At St Peter's Church
 Sunday 4th December
 3pm-4.20pm

Come and get in the Christmas mood with a concert of
 seasonal music performed by a local choir and musicians

Tickets £5 per adult, children free

For tickets phone 07912 664066

Please stay with us for light refreshments after the concert

All funds are for the church building for community use



'It's that day of the year again'

and still collecting Bras for Africa

Swainsthorpe's
 International
 Women's Day



Saturday 4th March
 1pm - 4.30pm

Swainsthorpe Community Centre St Peters Church, NR11 6QE

'Bring and share cakes'

'Book Swap'

'Clothes Swap'

Laughter and tears!!
 all for a fiver

For tickets email: swainsthorpefigs@gmail.com



Fiona will share her
 experience of losing her
 sight and living life to
 the full with 'Winnie,' her
 guide dog.

News from the Newton Flotman Parish Council - 1st November 2022

Budget Setting and Community Grants

The Parish Council are now considering the budget for the next financial year. In addition to funds being allocated for grass cutting area such as King's Green, the emptying of dog waste bins and the running of the Youth Club, money is also allocated to local groups and organisations through grants to projects such as NFaST, maintaining the churchyard and the wildlife there and Village Centre projects. The Council is aware of the cost-of-living crisis and wants to ensure that the budget reflects this. The budget will be confirmed at the meeting on 29th November and the precept for 23/24 set. The precept is the portion of money from residents council tax that is allocated to the parish council. More information can be found on your council tax bill which will be sent out by South Norfolk Council in the spring.

Youth Club

Did you know that there is a youth club run by the YMCA in Newton Flotman?

The youth club meets every Wednesday at the village hall between 6:00 and 8:00 PM and is aimed at children between 8 and 14 years old. Staff from the YMCA, who are trained and have all the safeguarding certification, supervise and manage the children's activities each week with themes this autumn around fireworks, Armistice Day, road safety, St Andrew's Day and diabetes awareness.

At the present time there are vacancies in the youth club so if you would like your child to have the opportunity to be with other children of a similar age in a safe environment one evening a week, then please contact the YMCA at 07894935775 or youthclubs@ymcanorfolk.org to book a place.

Neighbourhood planning

At the Parish Council meeting on 29th November, we will be examining the subject of neighbourhood planning. Neighbourhood planning was introduced by the government in 2011 and "*is an important and powerful tool that gives communities statutory powers to shape how their communities develop*" according to Locality (locality.org.uk).

Locality state that a neighbourhood plan is a document that sets out planning policies for a Parish or Town which can:

- Protect local green spaces
- Encourage better designed places
- Bring forward housing that genuinely meets local needs.

The document is written by the local community and helps get the right types of development, in the right place.

To find out more about neighbourhood planning please visit the Locality website at locality.org.uk.

On 29th November you are welcome to join us as we explore the subject of neighbourhood planning to see if we should create a neighbourhood plan for Newton Flotman. We will receive a presentation from South Norfolk District Council's Officer responsible for neighbourhood planning and the Chair of the Committee in Tasburgh Parish Council who are currently creating a neighbourhood plan for their Parish.

Councillors

The Parish Council co-opted David Segans onto the Council at the most recent meeting. David brings a wealth of knowledge to the Council and takes the number of Councillors to 6. There is still one vacancy on the Council for a Parish Councillor. To find out more about what being a Parish Councillor involves, contact a Councillor

or the Parish Clerk for a chat, <https://www.newtonflotmanpc.co.uk/councillors>
Application form can be found at <https://www.newtonflotmanpc.co.uk/vacancy>

Keep Warm and Well This Winter

Struggling with the rising cost of living? Norfolk Libraries are here to help. Until the end of March 2023, bags of essential items and hot drinks will be available to take for FREE from all Norfolk Libraries.

They will be providing:

- Warm And Well (Adult and Child bags) containing: a scarf, a hat, gloves, a blanket, socks and a hot water bottle.
- Warm And Well - Toiletries To Go (Adult bags) containing: shampoo, bodywash, deodorant and toothpaste.
- Warm And Well - Toiletries To Go (Children's bag) containing: shampoo, bodywash, bubble bath & toothpaste.
- Tricky Period To Go: Two packs of sanitary pads (1 normal, 1 super/night or long in the case of some supplies).
- Vests and toothbrushes will also be available on request.
- Hot drinks will be available during staffed library hours: tea, coffee, instant soup, hot chocolate and biscuits.

Please help yourself, no questions asked. For library opening times please **visit their website**. They've also put together a helpful list of **books to help you budget**.

Help for Households Campaign – energy saving advice update

The government has this week (26 October) published energy saving advice as part of the Help for Households Campaign. Advice is given for:

- Reducing boiler flow temperature
- Turning down radiators not in use
- Draft-proofing windows and doors

Councils are encouraged to share this information as appropriate. Help for Households website: <https://helpforhouseholds.campaign.gov.uk>
Energy saving advice: <https://helpforhouseholds.campaign.gov.uk/help-with-your-bills/energy-saving-advice/>

Meetings

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

- 29th November, 7:30pm, Church Rooms
- 31st January, 7:30pm, Village Centre
- 28th February, 7:30pm, Village Centre

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