



12-18th May 2024

DONATION ENVELOPE DROP-OFF POINTS

With every copy of May's Partnership there is a donation envelope for Christian Aid.

Please give what you can and gift aid if you are a taxpayer!

Please drop your donation envelope off on or by 18th May at one of the drop off points around the village.

23 Alan Avenue 59 Alan Avenue 60 Alan Avenue 3 Flordon Road
Hazelwood, Flordon Road

14 Joy Avenue and at the Church when open!

THANK YOU

Spare envelopes can be obtained from: K Remer 59 Alan Avenue and the Church

Village Café

10-12 Church Room



Bric-a-Brac Stall

18th May 2024

*Donations of bric-a-brac, clothes, plants gratefully received
(01508 471580)*

Partnership

The Community Magazine

for the Parishes of

Newton Flotman & Swainsthorpe

May 2024



We are very grateful for the financial support associated with the printing costs of this Parish Magazine provided by: **St Mary's Church, Newton Flotman Parish Council, Newton Flotman Village Centre and our advertisers.** Without this support, this magazine could not be distributed free of charge to every household in our villages.



**Swainsthorpe
Village Green
Saturday June 22nd
2 - 4 PM**



raffle



Enjoy our homemade cakes, scones, buns, sandwiches, savouries, sausage rolls etc with hot and cold drinks. Yum!



Plant stall
Pimm's stall
Children's Games



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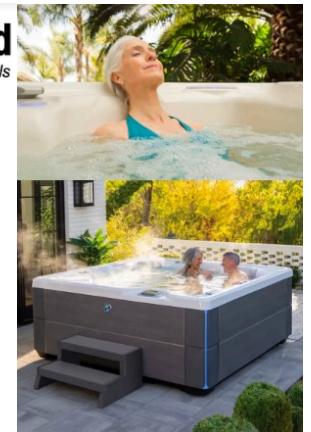
Please contact:

Bonnie 07905 732235 Or Annette 07876 202565

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Village Saturday Café
Church Room 10-12

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Team Vicar's Page

As I write this, I have just arrived in Tasburgh from my sunny (38°C) homeland, Nigeria. While in Nigeria I had a wonderful time of fun, resting, and taking refreshment with family and friends after one year of not being home.

Rest and recreation are an essential part of our lives. Our bodies need sleep and rest to survive, because it is only when we are properly rested that we can perform to the best of our abilities, and it is only when we are relaxed that we can fully enjoy the things that we like to do.

One of my favourites, Psalms 127:2, says, *"It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for God gives sleep to his beloved."*

We can often get consumed by the pressures of work, by the chores needed to maintain a home, or by looking after the family. We can all be very busy; but when we are busy, we can forget that we need time to rest.

It is important for us all to think about how much we do, and to recognise that there are times when we may need to step back, relax, and spend time with our friends and family.

It is through our hobbies and spending time with others that we can renew and invigorate ourselves. Sometimes, taking a moment to rest and relax is more productive than madly trying to complete that never-ending to-do list.

Alongside this, we also need to make sure that we look after each other, to ask those around us who are most vulnerable or indeed whether there is anything we can do to help lighten the load that they are carrying. We all need that rest and giving people rest can be one of the greatest gifts we can give others.

So, as summer approaches whether you are going away or staying at home, may you take some time off and enjoy God's blessing in times of rest, ready for whatever lies ahead.

With every blessing and prayer,
Rev'd Austin Uzoigwe,

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 07722413589, and I will be happy to have a chat or arrange a visit.

Rev'd Austin Uzoigwe



Are you a resident of Swainsthorpe?
Join our private group 'Swainsthorpe's Facebook page'!

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

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!

Worship Events in May

St Mary's, Newton Flotman

Sunday	5th	11:00	Morning Worship - Lesley Cox
Sunday	12th	11:00	Holly Communion - Austin Uzoigwe
Sunday	19th	11:00	Morning Worship - Kirsten Remer
Sunday	26th	11:00	Holy Communion - Austin Uzoigwe

St Peter's, Swainsthorpe

Sunday	5th	9:30	Swainsthorpe Special - Lesley Cox
Sunday	12th	9:30	Swainsthorpe Special - Austin Uzoigwe
Sunday	19th	9:30	Swainsthorpe Special - Philip Simmons
Sunday	26th	9:30	Holy Communion - Dawn Davidson

For other services within our benefice please see tasvalley.org/worship

Partnership Deadline

The next edition of Partnership will be for June 2024. Deadline will be 14th May 2024. Contributions by email to caroline@uv6.com or call **07855 838553**. The editor reserves the right to edit copy and print as space permits.

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ST MARY'S CHURCH
Newton Flotman

Thank you ever so much to those who joined us for the repointing sessions, helping to maintain the fabric of the church. Most signed up for two of the three days; we had a refresher of the techniques

on the Wednesday and flew solo on the Thursday and Friday. It was lovely to welcome some new faces to the repointing team - we now have a dozen trained volunteers which is fantastic. Limewashing was another skill we had considered looking into...watch this space!

Talking of space...it was so lovely to see so many families at **Easter Space** on Easter Saturday. Thank you to Becky Morgan for bringing the lamb and for the time and talents of all who led activities, baked and served refreshments. The tower tours were very popular and we had some amazingly confident youngsters make the trip to the top too! We are planning to hold **Summer Space again** - keep an eye open for more information.

Christian Aid week is held this month 12-18th May. Slipped into Partnership, you should find a donation envelope. Please do consider making a donation. Donation envelopes can be dropped off, on or by 18th May, at the following points: 23 Alan Avenue, 59 Alan Avenue, 60 Alan Avenue, 3 Flordon Road Hazelwood, Flordon Road, 14 Joy Avenue and at the Church when open.

Village Cafe
Saturday Church Room 10-12

At **Village Café on 18th May** we will be having a bric-a-brac sale alongside the usual 'fayre', **50% of donations will go to Christian Aid**. If you have any bric-a-brac, clothes, plants to donate we'd love to hear from you! kirstenremer@gmail.com

Kirsten Remer

**SPRING GROUNDS TIDYING
at NEWTON FLOTMAN CHURCH**

Please help for one or two hours between
9.00am & 12 noon on **SATURDAY 11th MAY 2024**
William Ball, Andy Cox & David Wharton will be
there to meet you.



NEWTON FLOTMAN OUTREACH POST OFFICE
WEDNESDAY MORNINGS 9.30am – 11.30am
(Newton Flotman church room)
Please note there will be no post office on 29th May as Anna will be on holiday

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 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!

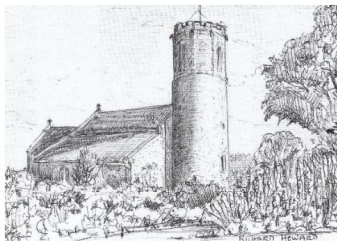
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FREE QUOTES

Swainsthorpe Meetings Invitation



Residents of Swainsthorpe are invited to the

Annual Parish Meeting
followed by the
Annual Parish Council Meeting
At 7 p.m. on Wednesday May 8th
in the Swainsthorpe Community Centre

- There will be presentations to update you on
 - developments affecting the Village.
- We will introduce the Swainsthorpe Neighbourhood Plan project.
 - Come along and find out about these and other local issues.
- Meet your Parish Councillors and join us in a glass of wine at the close of business.

<https://swainsthorpepc.wixsite.com/swainsthorpepc>

Place Free Ads At the Back of 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.

SWAINSTHORPE ART GROUP INVITE YOU TO AN EVENING CELEBRATING

SIR ALFRED MUNNINGS

Learn about his time living and painting in Swainsthorpe

KEY SPEAKER: Jenny Hand

Director of the Munnings Art Museum, Dedham

Saturday 11th May 7-9pm

Community Centre St Peters Church Swainsthorpe NR14 8PH

Display and mementos followed by cheese and wine.

TICKETS £12 from Sheena

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Any profits to Swainsthorpe Community Charity Trust. Charity Trust No: 287784



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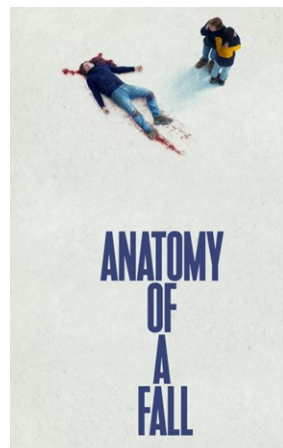
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Mobile Library for May

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesday 22nd May Please note times below. The mobile library is a valuable community resource especially for those without their own transport - use it or lose it!

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

TUESDAY 21st May
BAR OPEN 7PM, FILM STARTS 7:30PM



Anatomy of a Fall

A woman is suspected of murder after her husband's death; their half-blind son faces a moral dilemma as the main witness.

Cert. 15

Advance Tickets: £5.00

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



VILLAGE CAFE

Open 10-12 Saturdays

Newton Flotman Church Room

Serving hot & cold drinks and Homemade cakes All welcome!



What's On In Our Villages:

Social Club - Newton Flotman Village Centre

10th May - Social Club evening with Feast Burritos
17th May - Social Club evening with Peaky Pizzas
24th May - Social Club evening with Chim Chim Thai
31st May - Social Club evening with Brunch Bar

Youth Club - NF Village Centre

For 8 -16 year olds
Wednesdays 6-8 pm

Stay & Play - NF Village Centre

For parents/carers and preschool children
Tuesdays, 9:30am to 11am - Newton Flotman Village Centre

Cherry Tree Café

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

Village Café - Newton Flotman Church Room

Saturdays 10am - midday

Film Night - Newton Flotman Village Centre

Tuesday 21st May - Anatomy of a Fall
Tuesday 18th June - Wicked Little Letters
Tuesday 16th July - The Holdovers
Bar open from 7pm; Film starts at 7.30pm

Outreach Post Office - Newton Flotman Church Room

Wednesdays 9.30 - 11.30am
Please note - closed on 29th May due to annual leave

Crafting for a Cause

1st Weds of the month, 2 - 4pm, Newton Flotman Church Room

Art Group Swainsthorpe

An Evening Celebrating Alfred Munnings
11th May, 7-9pm - St Peter's Community Centre.

Village Walks

For more details contact Richard Beach 07963006091.

Meetings

Newton Flotman Parish Council
Tuesday 21st May, 7:30pm - Church Room
Tuesday 25th June, 7:30pm - NF Village Centre

Swainsthorpe Parish Council
May 8th 7pm Annual Parish Meeting & PC AGM
- St Peter's Community Centre.

Book a space:

Community Centre St Peter's Swainsthorpe - Jackie Baker 01508 470415
Newton Flotman Village Centre - Vicky Ball 01508 471506
Newton Flotman Church Room - Caroline Wolfe 01508 471238



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Wildlife Back Garden

Usually, through surgery or wearing a brace, our broken limbs heal - as my fractured elbow has after 8 months of rest. So, what about trees? In strong winds, my early flowering cherry prunus, which is a forked tree, is precarious. Forked trees form when, at a certain point, two main shoots develop and continue to grow alongside each other. Each side of the fork creates its own crown, so in heavy winds both sides sway back and forth in different directions, putting a great strain on the trunk where the two forks part company.

If the transition point is in the shape of a tuning fork, or U, then usually nothing happens. Woe betides the tree, however, that has a fork in the shape of a V, with two sides joining at its narrowest point, as breaks can occur. A break on a branch causes a tree distress, so it tries to form a thick bulge of wood to prevent further damage. Usually, however, this tactic doesn't work and bacteria-filled, blackened liquid bleeds constantly from the wound.

To make matters worse, the place where one side of the fork breaks off gathers water, which penetrates the tear in the bark and causes rot.

Sooner or later, a forked tree usually breaks apart, leaving the more stable half standing. This half-tree survives for a few more decades, but not for much longer. The large gaping wound never heals properly and fungi begin to devour the tree slowly from the inside out.

I shall wait and see how my tree fares; it did flower this year, so that is a sign of a healthy tree.

Pre-warning - my next article will be about spiders! I had learned to accept them, until an unwelcome visitor bit me!

Heidi Wheeler

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Healthy Weight & Healthy Living

The pandemic was a time that brought about many changes in the way we lived, interacted and communicated. There were numerous changes that occurred in every sector of life. One such change was a reflection on our eating habits, the realisation of the devastating effect of covid on people especially if they were overweight or obese and the importance at looking at our community and seeing what could be done to help people struggling with weight issues.

A policy paper published in 2020 '*Tackling Obesity: empowering adults and children to live healthier lives*' can be accessed through the **gov.uk** website. This paper starts with a rather sombre introduction: Tackling obesity is one of the greatest long-term health challenges this country faces. Today, around two-thirds (63% of adults are above a healthy weight, and of these half are living with obesity. We have 1 in 3 children leaving primary school who are already overweight or living with obesity with 1 in 5 living with obesity.

What are the implications of Obesity?

- reduced life expectancy.
- It is a risk factor for a range of chronic diseases, including cardiovascular disease, type 2 diabetes, high blood pressure
- at least 12 types of cancer
- liver and respiratory disease
- it can impact on mental health

It is never too late to make changes to our lifestyle by eating more healthily, exercising, like a brisk walk every day for 30 minutes, and ensuring adequate hydration with water.

What is available to help us:

Download the free NHS weight loss plan (through Apple store and Google play)

Healthy eating plans. The link below gives us some fresh ideas.

www.nhs.uk/better-health/lose-weight/healthy-eating-when-trying-to-lose-weight/

The NHS Digital weight management programme. The link below gives you information about this programme.

www.england.nhs.uk/digital-weight-management/how-to-access-the-programme/

Active NoW. This programme based in South Norfolk aims to support patients into exercise.

www.southnorfolkandbroadland.gov.uk/communities/active-now

Let us act now to ensure healthier lives and healthier weights. Let us inspire others around us and thereby ensure a healthier community and a healthier country.

Mini Nelson

Newton Flotman Climate Care

Carbon friendly gardening (Taken from BBC Gardeners World website)



The Newton Flotman Climate Care Group are looking at ways to reduce our Carbon Footprint. We have considered eating less meat and reducing our car use. Following on from Heidi Wheeler's helpful article last month about her Wildlife Back Garden, in May we will think about reducing our carbon footprint in the garden.

No Mow May Leaving your grass to grow a little longer can have huge benefits to your environment and to wildlife. Even grass mown every four weeks will provide plants for pollinators. Less mowing encourages wildflowers to grow in your lawn and this is beneficial to pollinating insects such as hoverflies, bees and butterflies. Wildflowers also provide food for other creatures such as birds and small mammals. Mowing paths through the lawn helps create interest and gives a more 'gardened' look.

Use Peat Free Compost Peat bogs store huge amounts of carbon. By using peat-free compost we can help ensure peat bogs remain intact and carbon dioxide isn't released into the atmosphere. It does vary in quality. We have bought some at the local nursery that seems fine.

Grow your own Pot-grown plants are usually grown in large nurseries, where they're exposed to artificial lighting and heat, and then transported in lorries to individual garden centers across the country. Most are grown in peat. By contrast, by growing plants from seed, you reduce enormous transport costs, can sow them at the right time of year (therefore reducing the need for artificial heat and light) and use a peat-free compost. To further reduce your carbon footprint, buy seed from local seed swaps and gardening groups, or save your own.

No more digging (hooray!) This may seem an unusual one for gardeners, but digging the soil is bad for the planet. Our soils hold huge amounts of carbon dioxide. By digging them we expose soil to the air and release CO₂ and other greenhouse gases. Improve soil and suppress weeds instead by using mulches, weeding by hand and growing green manures.

Reuse and Recycle Simply by using less, we can cut our carbon footprint. This means looking after the stuff we have: wipe down and oil garden tools, wash and carefully store existing plastic pots, propagators and cloches, and buy secondhand items where possible.

Container gardening Use second-hand containers. With a few exceptions, the larger your pot, the more your plants can spread out their roots. Choose pots that have a diameter of at least 45cm (18in). Or build your own planter boxes from reclaimed wood. When replanting annuals in spring, leave as much compost undisturbed as possible by digging out and replacing only the top 5cm (2in) of old compost.

Richard Beach 07963 006 091
Richard.beach1508@gmail.com

D-Day 80 CELEBRATIONS FISH AND CHIPS ORDER FORM

Name				
Phone				
Email				
I would like to have my fish and chips at (please tick one):				
7.00pm	7.30pm	8.00pm	8.30pm	
FISH	Medium	Large	Quantity	Total £
Cod	£7.80	£9.00		
Plaice	£7.80	£9.00		
Haddock	£7.80	£9.00		
Pensioners Cod with Chips.		6.50		
CHIPS	Medium	Large	Quantity	Total £
Chips	£3.00	£4.00		
Chips with Cheese	£4.50	£5.50		
KIDDIES BOXES WITH CHIPS AND FRIUT JUICE				
Sausage	£5.00			
Fish Cake	£5.00			
Fish Bites	£5.00			
4pcs Chicken Nuggets	£5.00			
Mushy Peas	Small	Large	Quantity	Total £
	80p	£1.40		
				Total £
Total Order				

Note: All the chips are cooked in Vegetable Oil

Orders to be placed and paid for by 31st May

Payments to be made as follows:

Bank transfer use the sort code 60-83-01 and account number 20428125. Please use the reference D Day 80 f and c

Cash payments can be put through the letterbox at Holland House, Flordon Road.

Alternatively, complete the order form online using this QR code





D Day 6th June 2024 Celebration in Newton Flotman

June 6th marks the 80th anniversary of D Day when Allied forces mounted the largest amphibious invasion the world has ever witnessed. 4,000 ships and landing craft set down about 132,500 troops on five Normandy beaches in an action that would bring about the liberation of north-west Europe from Nazi occupation.

Newton Flotman is marking this occasion by **lighting a beacon at 9.15pm** on the playing field beside the Village Hall in celebration of the 'light of peace' that emerged out of the darkness of war.

To celebrate D-Day 80, we are going to provide fish and chips in the Village Hall from 7.00pm as it is also National Fish & Chip Day. Fish and chips were the only food that was not rationed during the two world wars, and, to celebrate that fact we are going to have a fish supper in the village hall before the beacon lighting event. Fish and Chips may be ordered using the form on the following page, or scan the QR code to order online.



SAXLINGHAM PLAYERS' SPRING PRODUCTION



Prepare for an evening of TWO great one-act plays:



GRIMSTONE HALT

A mystery drama by Peter Robbie - Three TV executives arrive at a run down hotel to research for a new show. Stories of arson and murder soon arise but all is not what it seems...

LAST TANGO IN LITTLE GRIMLEY

An hilarious comedy by David Tristram - Little Grimley's Amdram association is in trouble and facing closure until Gordon the Chairman has a risky idea!

WEDNESDAY 8TH - SATURDAY 11TH MAY 2024

Box office online at:

www.saxlinghamplayers.org.uk

Or telephone Mark 01508 826516 (10 am to 5pm)

Newton Flotman Youth Club

NF Village Centre - For 8-16 year olds

Wednesdays 6 - 8 pm



Here for young people
Here for communities
Here for you



CHERRY TREE CAFÉ
NEWTON FLOTMAN VILLAGE CENTRE
SUPPORTED BY NEWTON FLOTMAN CHARITIES AND WAIVENCY FOODBANK

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 TOO!

Newton Flotman Parish Council Notes

Parish Partnership and Flordon Road traffic calming

The Parish has secured Parish Partnership funding towards traffic calming measures on Flordon Road. "Village gates" and hatching will be installed at the North end of Flordon Road over the coming months. We are still waiting for a date for when works will be undertaken.

Village Green Rewilding

As spring is (almost) here wild flowers are beginning to bloom and offering habitats for a wide range of wildlife. As part of the Parish Council's commitment to Biodiversity rewilding of the village green will allow both a number of flowers and plants to establish on the green and support a range of wildlife. The Parish Council are working closely with the grass cutters – paths are being cut into the green and there is a cutting schedule to allow the most effective maintenance of the area. Over the coming months the Parish Council will share more information on the different species that are growing on the green.

Meetings

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

Tuesday 21st May - 7:30pm, **Church Room**

Tuesday 25th June - 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 - www.newtonflotmanpc.co.uk/agendas-and-minutes

Follow the Parish Council on Facebook

Newton Flotman Parish Council is on Facebook. Follow the Parish Council at www.facebook.com/NewtonFlotmanPC

Contacting the Council

clerk@newtonflotmanpc.co.uk | 01508 447688

Maria Hutson, Clerk to the Parish Council

Newton Flotman Neighbourhood Plan



The Newton Flotman Neighbourhood Plan is a planning policy document written by the community to guide future development in the area over the next 20 years.

THANK YOU to all those who took part in the household survey we distributed in March and April, plus the online Placecheck map. The total number of responses to the household survey was 132 which is 22% of the total number

of households in the Parish. The results will be fed into the information we are collating and using to help us to write policies for the Neighbourhood Plan.

Meanwhile, in March and April, the Neighbourhood Plan Steering Group

(made up of Parish Councillors and residents) have been identifying several heritage assets, green spaces for protection and important local views, all photographed and written up for inclusion in the Plan.

A Housing Needs Assessment has also been undertaken by an external organisation, considering type, tenure and size of housing needed in Newton Flotman, which will be used to help us formulate policies for the Neighbourhood Plan.

Over the next two months we will be drafting planning policies. Once this is complete and we have a draft Neighbourhood Plan we will be asking for your feedback. Please look out for details about this next stage in our consultation process.

If you have any questions or comments please do not hesitate to contact me at paulweeksfnpsg@gmail.com

For more information about the Neighbourhood Plan, please go to: www.newtonflotmanpc.co.uk/neighbourhoodplan

Paul Weeks

Andy & Jill's Coffee Morning

We had our first coffee morning of 2024 in March at St Peters Church, Swainsthorpe and were amazed and stunned at the turn out we received. Over 70 people attended and enjoyed a morning of banter, laughter, and extremely delicious homemade cakes – what a fantastic atmosphere it was!

Andy and I would like to thank all of you who came to support us and donating to our ever increasing Bell Fund to which we are now in a position to apply for grants to further the project in getting our bells ringing again – such wonderful news!

We would also like to thank all our kind helpers in the making of the cakes, serving, washing up and clearing up – we could not do this without you, you are all stars!

Our next one will be on Saturday 29th June 10.30 am – 12.30 pm so put place it in your diaries now...once again, THANK YOU.

Jill Haggith



Free Ads

CHILDREN'S LARGE TRAMPOLINE free also...

FREEZER Black upright Russell Hobbs freezer £10 o.n.o. phone 01508 470010