

# Christmas Space



Come and join in with our festive crafts or just chill with drinks and snacks

Come and choose your nativity role and costume for the Christmas Eve service!

Share Christmas story books or take a trip up the tower!

*Free Festive Fun  
in the Church Room St Mary's Newton Flotman  
On Saturday 21st December from 10am-12pm*

# Partnership

*The Community Magazine for the Parishes of  
Newton Flotman & Swainsthorpe  
Joint edition for  
December 2024 and January 2025*



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 & Swainsthorpe Parish Councils, 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.

 **Come and Celebrate Christmas** 

 **at our**  
**Village Crib**  
**and Carol Service** 

On Christmas Eve at 4pm in St Mary's Newton Flotman followed by seasonal refreshments!

Children are welcome to come dressed up or borrow costumes on the day



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# CHRISTMAS FAIR & FUNDRAISER

**SATURDAY 7TH DECEMBER 12 - 3PM**

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Gift stalls, tombola, games, crafts and refreshments

**Free entry!**

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**NF Village Centre - For 8-16 year olds**  
**Wednesdays 6 - 8 pm (term time only)**

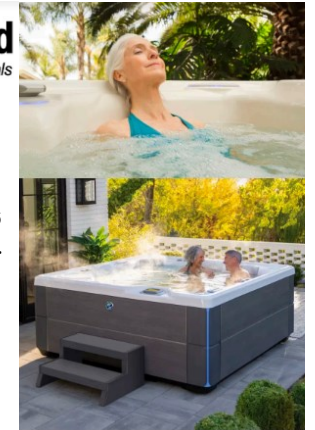
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# Village Saturday Café

Church Room 10-12

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## Team Vicar's Page

Over the last few weeks, I have found myself in various conversations with family members about Christmas presents. Annette and I talked about what we would buy for people, and others asking us what we want. You know the sort of thing. I am sure that many of you have been having similar conversations and similar thoughts. It's nice to buy someone a surprise gift, but it's also nice to buy something they want or need. It's extremely hard to pull off both of these things at the same time – buying someone a surprise that is something they want or need. Often the wonderful surprise gift turns out to be something that the person already has. Drawers and cupboards are full of such gifts!

I was thinking about this and thinking of surprise gifts I have received over the years. I can remember one year my brother-in-law bought me a luxury watch. A wonderful gift and a complete surprise.

Isn't it wonderful when someone knows you so well and cares about you so much, that they can give you something so perfect, just right for you, without you even having thought of it yourself? It's wonderful to look back on such gifts and remember the moment, care, and love that lie behind the gift and be grateful to the person who knew you so well and cared for you so much.

That's really what we are doing at Christmas. Christmas isn't really about the gifts that we give or receive from each other. It's about us remembering that one, perfect gift, just right for us, that God gave us when he gave us Jesus. A gift that would change us forever, now and on into eternity, a gift that was given thoughtfully, caringly, and lovingly. A gift given by someone who knew us so well that he knew just what we needed, even if we hadn't thought about it ourselves.

I hope you have a wonderful Christmas and a Happy New Year. I hope you manage to find that perfect gift for those you love. I hope you receive something so special that you will remember it in years to come. But, most of all, I hope you remember, appreciate, and give thanks again for Jesus, the wonderful gift that God gave to each of us.

With every blessing,

*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*

## 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](mailto:dawndavidson@btinternet.com) tel: 498924 The Rectory, The Street,  
Saxlingham Nethergate, NR15 1AJ

**Rev'd Austin Uzoigwe** (Team Vicar)  
[revaustinuzoigwe@aol.com](mailto:revaustinuzoigwe@aol.com) Tel: 01508 470901 The New Rectory, Church  
Hill, Tasburgh, Norwich, NR15 1NB

**Rev'd Rachel Hayden** (Curate) [racheljhayden@outlook.com](mailto:racheljhayden@outlook.com) 01508 826971

**Lesley Cox** (Reader) [coxlesley16@gmail.com](mailto:coxlesley16@gmail.com)

## 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](mailto: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](http://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.

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Host **Mary and Joseph** on their journey through Advent by joining in the village **Posada**  
 Contact Lesley Cox to book an 'overnight stay'  
 coxlesley16@gmail.com

**Village Café 10-12 Saturdays @ Church Room in December**

Alongside our usual refreshments we have some activities to get you into the seasonal swing!

**Saturday 7th December** **Decorating the Church**  
 Come and help decorate the church!



**Saturday 21st December**  
 ~ Seasonal Crafts & stories  
 refreshments and tower trips – something for all ages ~



**Carols on the Green**  
 Sunday 22<sup>nd</sup> December 6.30pm  
 on Kings Green

**Follow The Star**  
 CALM and BRIGHT

**Village Crib and Carol Service**  
 Christmas Eve  
 Tuesday 24<sup>th</sup> December  
 4pm

## Newton Flotman and Saxlingham Thorpe Heritage Group



The NFaST 2025 calendar is OUT! If you have pre-ordered, then your copy/ies should have arrived through your door already! If you would like a copy, they are available for cash at Village Cafe and Film Nights or you can order and pay by bank transfer - details issued when your calendar is delivered. As we have produced the calendar 'in house' this year, we are able to offer it for £5, £12 for three. All profits go to the work of St Mary's Newton Flotman.

To order contact [nfasthg@outlook.com](mailto:nfasthg@outlook.com) (monitored every couple of days).

### Worship Events in December

#### St Mary's, Newton Flotman

Sunday	1st	11:00	Morning Worship - Lesley Cox
Sunday	8th	11:00	Morning Worship - Rachel Hayden
Sunday	15th	11:00	Morning Worship - Austin Uzoigwe
Sunday	22nd	11:00	Holy Communion - Austin Uzoigwe
Tuesday	24th	16:00	Village Crib & Carol Service - Kirsten Remer & Lesley Cox
Sunday	29th	10:30	Benefice Service Upper Tas, Wreningham - Dawn Davidson

#### St Peter's, Swainsthorpe

Sunday	1st	9:30	Swainsthorpe Special - Lesley Cox
Sunday	8th	9:30	Swainsthorpe Special - Rachel Hayden
Sunday	15th	9:30	Holy Communion - Austin Uzoigwe
Sunday	22nd	18:30	Village Carol Service - Dawn Davidson & Rachel Hayden
Sunday	29th	10:30	Benefice Service Upper Tas, Wreningham - Dawn Davidson

For January services please see the Tas Valley Churches website: [tasvalley.org](http://tasvalley.org)

## Swainsthorpe's Christmas Carol Service

Sunday 22nd December at 6.30 in St Peters Church.

Lessons and carols to celebrate Christmas, complete with a heavenly choir.

Mulled wine and mince pies to follow.

All welcome so join us to start your happy Christmas.



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## Newton Flotman Climate Care

It's been a bad month for climate news. Donald Trump - a renowned climate change denier - is elected leader of the United States. Scientists report that 2024 will be the hottest year ever. Dreadful floods in Spain. The COP meetings struggle to produce meaningful progress. We even had days and days without wind or sun messing up our renewable power system.



So what are we to think - is it all hopeless? NO!! Things are changing. At last governments, businesses and people are taking the climate more seriously. Kier Starmer announced new lower targets for CO2 reduction for the UK at COP29.

But we do need bold decisive leadership from government at all levels. When asked, three quarters of us say we are worried about climate change and 8 out of 10 say that our government should do more.

The Newton Flotman Climate Care group talks about our climate and encourages lifestyle changes where possible but we also work to lobby our leaders to do more. We are in regular contact with Ben Goldsborough our MP. We have written to the government supporting solar panels on all new homes and have looked at South Norfolk's environmental strategy.

So if you are one of the many local people worried about our climate why not join our lobbying? Don't worry, you don't have to wave a flag or glue yourself to the A140! At present when we write to someone we have about 15 names. With hundreds of local people concerned about climate it would be so powerful to add 50 or one hundred names to our letters.

So if you are concerned for the climate drop me an email or like one of our Facebook posts. Let's let them know what we want from them.

[Richard.beach1508@gmail.com](mailto:Richard.beach1508@gmail.com)

## Nominations now open for the Broadland and South Norfolk Business Awards 2025

Nominations are open for Broadland District and South Norfolk Councils' Business Awards sponsored by local law firm Birketts LLP.

Businesses are invited to nominate themselves in 10 categories, including: Business Growth, Business Innovation, Employer of the Year, Environmental Impact and Excellence in Advanced Manufacturing.

Residents are also invited to vote for their favourite Retailer of the Year and Pub of the Year. By voting they will automatically be entered into a prize draw and be in with a chance of winning £100 of shopping and pub vouchers. There will be four lucky winners, two from each district.

Nominations close on Friday 13 December and winners will be announced on 19 March 2025 at an awards ceremony at Norwich City Football Club.

To nominate your business, or to vote for your favourite retailer and pub, visit [www.southnorfolkandbroadland.gov.uk/businessawards](http://www.southnorfolkandbroadland.gov.uk/businessawards)



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**Partnership Deadline**

The next edition of Partnership will be for February 2025. Deadline will be 14th January. Contributions by email to [caroline@uv6.com](mailto:caroline@uv6.com) or call **07855 838553**. The editor reserves the right to edit copy and print as space permits.

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## What's On In Our Villages:

### Social Club - Newton Flotman Village Centre

Friday 6th December - Christmas Party

(ticketed event) with Peaky Pizzas

Friday 17th January - Food van TBC

Friday 31st January - Brunch Bar

### Christmas Fair

7th December 12-3pm - 43rd Saxlingham Nethergate

Scouts & Guides Group

### Carol Singing and Carol Services

Sunday 22nd December at 6.30pm in St Peters Church Swainsthorpe

Sunday 22nd December at 6.30pm - King's Green Newton Flotman

Tuesday 24th December 4pm - Crib & Carols - St Mary's Newton Flotman

### Youth Club - NF Village Centre

For 8 -16 year olds - Wednesdays 6-8 pm (term time)

### 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 to include:

Saturday 21st December - Christmas Space

### Film Night - Newton Flotman Village Centre

Tuesday 17th December - One Love (Bob Marley)

Tuesday 21st January - Thelma

Bar open from 7pm; Film starts at 7.30pm

### Outreach Post Office - Newton Flotman Church Room

Wednesdays 9.30 - 11.30am

### Crafting for a Cause

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

3rd Saturday of the month - 10-midday at Village Café

### Village Walks

For more details contact Richard Beach 07963006091.

### Meetings

Newton Flotman Parish Council:

Tuesday 30th January 7:30pm - Village Centre

Swainsthorpe Parish Council:

Wednesday 17th January - 7.30pm - St Peter's Community Centre

Newton Flotman Church Room - Caroline Wolfe 01508 471238

## News from Newton Flotman Parish Council

### Season's Greetings!

The Parish Council would like to wish residents a Merry Christmas and a Happy New Year. Councillors look forward to working with residents in 2025

### Christmas closures

The Parish Council will be closed over Christmas and New Year from 20<sup>th</sup> December until 6<sup>th</sup> January. During this time support is available at <https://www.southnorfolkandbroadland.gov.uk/help-hub-1> or by calling 01508 533933

For highways issues please contact Norfolk County Council on 0344 800 8020 or go to <https://www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem>

### Meetings

The Parish Council meets every month (except August and December) on a Tuesday evening. The next meeting is being held on;

Tuesday 28<sup>th</sup> January at 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>

Follow the Parish Council on Facebook

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

### Contacting the Council

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

## A Message From France

Dear Ex-Neighbours

I have now been living in NE France for 18 months and it is starting to feel like home although I will always miss the village atmosphere of Swainsthorpe.

Mouvaux, where I live, is a 20 minute, 2€, tram ride from the centre of Lille. Although a small town in its own right with all facilities on the doorstep it does feel like the suburbs of an extremely large urban area. Metropolitan Lille has well over a million inhabitants. As a born and bred country girl that takes some getting used to.

May I take this opportunity to send you all seasons greetings and thanks to those who keep me updated. I look forward to visiting and seeing some of you when my application for a residence permit reaches the top of the pile in the French bureaucracy and I am able to return legally to France if I leave its (her?) borders.



**CHERRY TREE CAFÉ**  
NEWTON FLOTMAN VILLAGE CENTRE

**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!

TOYS AVAILABLE FOR TODDLERS

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



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

**Happy Christmas  
to all our advertisers!**

### *Free Ads*

#### **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](mailto: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!

### *Business Ads*

**Reflexology, Facial Reflexology,  
Menopause Reflexology,  
Reflexology Lymph Drainage,  
Ear Reflexology - Including Ear  
Seeds, Reiki, Facial massage,  
Indian Head Massage,  
Ear Candling**

**Melanie Purdy – Holistic Therapies**

**[www.melaniepurdytherapies.com](http://www.melaniepurdytherapies.com)**

**07523 471309** Newton Flotman

Email: [melaniepurdytherapies@gmail.com](mailto:melaniepurdytherapies@gmail.com)

Facebook: [Melanie Purdy-Holistic Therapies](https://www.facebook.com/MelaniePurdy-HolisticTherapies)

Instagram: [melanie\\_purdy\\_therapies](https://www.instagram.com/melanie_purdy_therapies)

## Crafting for a Cause

We are a friendly group who meet to bring and share skills which are put to use to raise money for good causes. We are currently supporting the work of the Priscilla Bacon Hospice in Norwich.



We now meet twice a month, on the first Wednesday of each month from 2-4 pm and on the third Saturday from 10am to midday at the Village Cafe. Both meetings will be in the Church Room.

Do come along and see what we are up to. We have spare materials for you to have a try at a new crafting skill, if you'd like to have a go. If you would like more information contact Vicky (01508 471506) or Hilary (07806762296). All are welcome.

## Would you like to join a monthly Circle Dancing group in Swainsthorpe?

Circle dancing's a gentle form of dancing (in a circle) to celebrate different

festivals, seasons, countries and even birthdays!

The dancing would be led by an experienced dancer, who will guide you through the various dance patterns.

It is simple and uplifting.

There will not be a charge but if you wish to give a donation it would go to help the church bell fund.

It would be on a weekday.

If you are interested please contact Susan on 07912 664066.



Saturday  
**Village Café**  
Church Room 10-12



Come and join us in Newton Flotman for  
home made bakes & a cup of something hot.

Everybody welcome!

In the meantime if anyone would like to explore Lille I would be so delighted to welcome visitors – or even do a house exchange (for myself and ageing dog – yes she is still going strong and terrorising the neighbouring chiens she does not like).

It would be nice to get news and I am curious to know if St Peter's church now has the bells. As an ex bell ringer it was a cause close to my heart.

Very best wishes for Christmas and the New Year

Anne Wells and Bran the boxer.

Late of 9 Briar Lane.

[swainsthorpe@gmail.com](mailto:swainsthorpe@gmail.com)



Keeping the villages in touch: Visit us on Facebook

[www.facebook.com/newtonflotmanvillage/](http://www.facebook.com/newtonflotmanvillage/)  
Swainsthorpe's private group for residents:  
<https://www.facebook.com/groups/151438831588930>



# FLOTMAN AT THE FLICKS

BAR OPEN 7PM, FILM STARTS 7:30PM

## TUESDAY 17TH DECEMBER



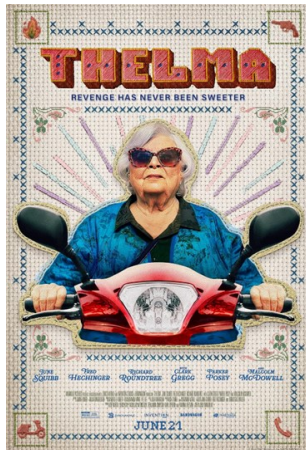
### ONE LOVE

A celebration of the life and music of an icon who inspired generations through his message of love and unity. Discover Bob Marley's powerful story of overcoming adversity and the journey behind his revolutionary music.

Cert. 12 Cert. PG

Advance Tickets: £5.00

## TUESDAY 21ST JANUARY



### THELMA

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.

Cert. 12

Advance Tickets: £5.00

Call or email William Ball to book your tickets on 01508 471506 or [william.ball@outlook.com](mailto:william.ball@outlook.com)



### New Activity at the Village Centre for 2025

Starting from February 2025 on the 4th Sunday of each month, 2-3 pm at Newton Flotman Village Centre: Soundbaths by the Hum of the Universe (incorporating Magic Maggie Yoga and Reiki).

A Soundbath is a meditative experience where you are 'bathed' in the healing vibrations and frequencies of sound waves. These frequencies are produced by dragon healing tubes, gongs, chimes, bowls and percussion. Whilst the sounds are heard, the frequencies are felt throughout the body. This combination balances the nervous systems producing calm and peaceful states in the brain, as well as many other benefits for the body and mind.

All you need to bring with you are a mat, or something to lie on, a cushion, a blanket and a bottle of water. Please wear comfortable clothing so you can relax fully, be warm and chill out. Also, ensure you have a pair of warm socks or slippers as shoes will be left outside the hall during the session.

Booking is essential as spaces are limited and payment will be required before the session. You should arrive 10 mins before the session to get comfortable and settle.

Please contact Maggie via text on 07838 246981 or email at [maggiestickney24@yahoo.co.uk](mailto:maggiestickney24@yahoo.co.uk) Your investment in your wellbeing is £15 per person. Concessions may be available to those on low incomes, subject to availability. Please ask.

1-2-1 yoga and reiki sessions are also available and if enough interest is shown a regular group yoga session could be started. Anything is possible!



### Christmas at Cherry Tree Café

Cherry Tree Café will be celebrating Christmas this year on Wednesday 18<sup>th</sup> December 9.00am – 12.00noon.

We will have a Christmas sing-a-long with Mister John, mince pies and mulled wine to get us into the festive mood for the season.

Food from Bread Source will also be available that morning at the café.

Please come and join us if you can.

Christmas jumpers are optional!

Cherry Tree Café will be closed on Wednesday 25<sup>th</sup> December and 1<sup>st</sup> January.

Wishing you all a Merry Christmas and Happy New Year.



### I Can't Believe Christmas...

...is almost upon us again! I'm sure that the older I get, the quicker time seems to fly. For many, Christmas can't come soon enough. For others, it can be a very stressful time of year. Difficulties within families can be magnified and those already struggling financially may feel that the burden becomes heavier.

For those who are bereaved, Christmas can be yet another painful reminder of all that has been lost. There is no right or wrong way to grieve and there is no timescale for grief. Whether our loss was recent or years ago, grief can still surge on special days. Grief expert Dr Bill Webster calls this a 'temporary upsurge of grief'. Sometimes it can be triggered by hearing a particular song that reminds us of our loved one or carrying out a family tradition. Often there seems to be no reason at all for these surges, they can hit us at the most unexpected moments and fill us with sadness.

Christmas can be a time when we experience these upsurges of grief. It is important to be kind to yourself, there is no rule book. Ignore pressure from others and do what you feel you can manage.

At Rosedale, we offer ongoing monthly friendship groups to all who have completed our eight week bereavement support group. At this time of year, they are busy organising their annual Christmas get-togethers. Though each person in this group is bereaved (some recently, others many years ago) there is a still a desire to come together, share a meal and celebrate the season.

It is an important reminder that **grief and new life co-exist**. We can be grieving yet also allow ourselves to experience enjoyment without feeling guilty.

Everyone, no matter our circumstances, has a need for community, joy and celebration. There is much comfort and hope to be found in knowing that we are not alone and that the present and future can hold happy times.

Every year, Rosedale offers a complimentary **Christmas candle** to anyone who is bereaved. At eleven am on Christmas morning, we invite the collective lighting of the candles and time to pause and think about our loved ones. It can be comforting to know that we are not alone in our grief. Rosedale also extends a warm welcome to all (no matter how long ago the bereavement or which funeral director was used), to our **Christmas services of remembrance** happening throughout December in Norfolk and Suffolk. These services provide another opportunity to come together, pause and remember our loved ones at this special time of year. Details can be found on our website [rosedalefuneralhome.co.uk](http://rosedalefuneralhome.co.uk) or by calling in to your local branch.

If you would like some help with your bereavement, details of our upcoming bereavement support groups can also be found on our website. They are free and are open to everyone. These groups begin again in January and take place throughout the year at locations across Norfolk and Suffolk. Call 07901 888 122 to reserve your place.

*Sarah Howard, Rosedale Funeral Home Bereavement Support Facilitator.*



International Women's Day

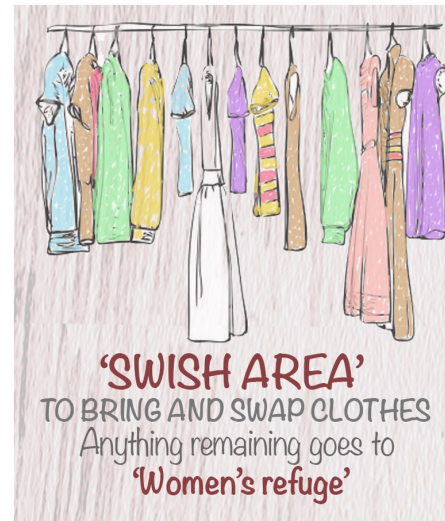


Fabulously inspiring women speakers

# International Women's Day

Saturday 8th March 1pm - 4.30pm

Swainsthorpe Community Centre St Peters Church NR14 8PH



**'SWISH AREA'**  
TO BRING AND SWAP CLOTHES  
Anything remaining goes to  
**'Women's refuge'**



Please bring toiletries for the ladies in Women's refuge fleeing domestic abuse

Things that make you feel like a women

**Tickets £5.00**

Make an ideal Christmas present

For tickets email:

[swainsthorpefigs@gmail.com](mailto:swainsthorpefigs@gmail.com)

**Please Note!!**

We are not collecting bra's this year

Swainsthorpe Community Charity Trust – Charity Number 287784

## Long Stratton Medical Partnership

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

We are at the doorstep of Christmas 2024. I keep repeating myself that time has flown a wee too quickly for us at LSMP. It has been an extraordinary year. We have had many a high and many a low with staff change overs, external pressures that have meant changes that are just too quick to assimilate and sickness. Yet I call it an extraordinary year as there have been so much good things happen to us. I start with the state of the art and modern extension of our building which was much needed. It has given us an extra 7 clinical rooms and our Nurses and HCAs are using it effectively.

We have an array of allied health professionals working with us including the First contact Practitioners, Mental Health Practitioners, Pharmacists, Pharm Tech, Advanced Nurse Practitioner, Emergency Care Practitioner and Social Prescriber. They have added to the skill mix within the practice. Training is in full swing in the practice. We now have 4 GP Registrars training in the practice as they work towards becoming GPs. We also have a Foundation Year 2 doctor (junior doctor). After a break of two years during the pandemic, we have brought back our medical students from the UEA.

To add to all this excitement, we have been lucky to recruit 2 salaried GPs. Dr Ong is a very experienced GP who had spent some time in Malaysia setting up the primary care equivalent training for the university. He returned to the UK and we were lucky that he approached us. Some of you have met him. He will become a full-time partner as of February 2025. Dr Richard Draeger returns to the LSMP fold and many of you will remember him as GP Registrar, and then as a salaried GP. We are thrilled that he is rejoining us on the 18th of November as a full time GP.

GPs have been featured regularly in the news. We are under pressure just like the rest of the NHS. We want to do our best at all times but I have to admit, it has been an extremely tough few years. Let us learn from the past, live the present and look to 2025 with hope.

Our Patient Participation Group organised an excellent educational event regarding Diabetes in early October. There were 6 guest speakers and it proved to be a good opportunity to engage with services relating to diabetes. Did you know that we have a total population of 11,300 patients on our books – of whom 2,300 are either diagnosed as diabetic, or pre-diabetic – a total of 20% or 1 out of every 5 patients!

They are keen to run 2 events per year, one in Springtime, and 1 in Autumn and we would really like to know what you – our patient population – would like us to focus on. Ideas so far are Heart Health, The Digestive System, Dementia, or even an open Q&A session where you can engage directly with Keith, the Practice Manager and maybe one of the Partners, in order to ask questions about Primary Care in our catchment area. Please do let us know if there are any other subjects you may wish us to focus on.

Along the theme of our Patient Participation Group – they are actively trying to

recruit more members onto the committee so – if you are interested in joining us, please contact the Practice on our generic email address which is [lsmp.d82037@nhs.net](mailto:lsmp.d82037@nhs.net) or ask our Reception Team for more information.

Finally, from us all at LSMP we would like to wish everyone a very happy and healthy festive period and we are looking forward to 2025 in anticipation.

*Dr Mini Nelson*

## Newton Flotman Neighbourhood Plan Steering Group



The Newton Flotman Neighbourhood Plan Steering Group thanks everybody who attended the drop-in exhibition on 21<sup>st</sup> October and has submitted a Draft Neighbourhood Plan Consultation Response Form.

The consultation period has been extended to 5th December 2024; the Steering Group will be reviewing all the comments in December and January. We aim to produce the final version of the Neighbourhood Plan in January 2025 which will be submitted to South Norfolk District Council. It will have the plan externally examined by an Independent Examiner and, assuming it is approved by the examiner, the plan will be submitted to all residents in a referendum sometime later in the year. If the majority of residents approve the plan it will come into force.

We would wish all residents a Happy Christmas and New Year.

Information on the Neighbourhood Plan can be found in the Neighbourhood Plan section of the Parish Council website [www.newtonflotmanpc.co.uk/neighbourhoodplan](http://www.newtonflotmanpc.co.uk/neighbourhoodplan). You can also view the agendas and minutes of the meetings on this website.

If you have any questions or comments, please do not hesitate to contact me at [paulweeksnfnpsg@gmail.com](mailto:paulweeksnfnpsg@gmail.com).]

*Dr Paul Weeks  
Chairman*

*Newton Flotman Neighbourhood Plan Steering Group*

## Mobile Library for December & January

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesdays 4th December and 29th January. 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