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



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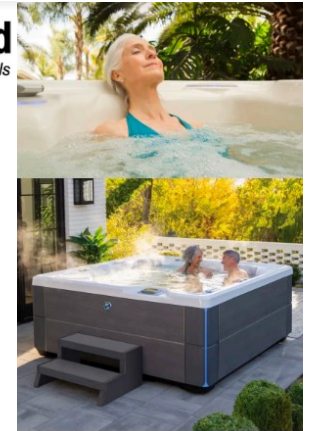


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Team Vicar's Page

In the weeks that followed the historic 80th anniversary of the Normandy landing, I am very pleased to be able to have spent a lot of time watching a number of films and series that dealt with D-Day and the fight to liberate Europe from Nazis.

Like me, many of us, I know, will have watched the celebrations of the 80th anniversary of the D-Day landings with great interest. It was truly a turning point in history. Most of us are too young to remember it; few of us had any real insight into what those gallant servicemen faced, or really understood the cost at which our liberty was preserved.

Can it be that now we will value our freedom more? Those men landing on the Normandy beaches were fighting to drive back a terrible tyranny which threatened to engulf the world, and it was deeply moving to see the profound honour in which so many young French people hold the veterans who liberated their parents and grandparents from the Nazi occupation.

Freedom is a precious thing never to be taken for granted. Fortunately, many in Britain may have not known the horror of occupation by enemy forces with an alien outlook on our lives just like the people in Gaza and Ukraine are experiencing today.

We have always been able to say what we think, to express religious and political opinions, to associate freely and to protest against political and social changes of which we do not approve.

Watching the films of the D-day landings and listening to the memories of those who were there shows us the price that others paid for our freedom. So, let's value it and honour it, and do everything we can to preserve it; there could be no better way to honour their memory and the sacrifice they made. For it is in freedom that human beings attain their highest potential, and in defending it that they show their noblest characteristics.

Thinking of all this makes me think of the freedom that God has provided for us through Jesus Christ (Galatians 5:13). The freedom to live in love, not hate, live in peace, not war and live in unity, and not disunity. So, as we honour the dead of our wars, may God grant that we may preserve and respect our freedom in peace time so that we never again have to resort to war to defend or reclaim it.

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

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 July

St Mary's, Newton Flotman

Sunday	7th	11:00	Morning Worship - Lesley Cox
Sunday	14th	11:00	Holy Communion - Austin Uzoigwe
Sunday	21st	11:00	Morning Worship - Austin Uzoigwe
Sunday	28th	11:00	Morning Worship with Baptism - Austin Uzoigwe

St Peter's, Swainsthorpe

Sunday	7th	9:30	Swainsthorpe Special - Lesley Cox
Sunday	14th	9:30	Holy Communion - Dawn Davidson
Sunday	21st	9:30	Swainsthorpe Special - Philip Simmons
Sunday	28th	9:30	Swainsthorpe Special - Lesley Cox

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

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ST MARY'S CHURCH
Newton Flotman

THANK YOU to those who donated a total of £173.77 for Christian Aid through envelopes or at Village Café. Thank you too to the mystery plant donor complete with care notes – much appreciated! All left over bric-a-brac and clothes went to Future Projects' charity shop in Norwich, they were very grateful!

Congratulations to our Eco champions Richard and Hilary for steering us to the Silver Eco church award - testament to the ongoing efforts to reduce our church and our personal carbon footprints and raise awareness of the climate and nature crisis.



THE NORFOLK CHURCHES TRUST

On yer bike! Are you a keen cyclist and want a challenge? Cycle for St Mary's – there are willing sponsors only too pleased not to be riding! The Norfolk Churches Trust bike ride is on Saturday 14th September!

SUMMER SPACE is back this August! Thursday mornings in the church, churchyard and church room, free activities and refreshments for all ages! Watch this space for more details in next month's Partnership.



NFaST
Heritage Group

The 2025 calendar photo selection is taking place in July, if you have a photograph of the village and or village 'people' please do get in touch.

Get in touch with Kirsten Remer kirstenremer@gmail.com for further details about all of the above!



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

Crafting for a Cause

Crafting for a Cause meets on the first Wednesday of the month, 2pm to 4pm in Newton Flotman church room. Those attending bring and share skills which are put to use to raise money for all sorts of good causes. Our current cause is Priscilla Bacon Hospice in Norwich. The next meeting will be 3rd July



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

Place Free Ads At the Back of Partnership!
Email: caroline@uv6.com or call 01508 471238 / 07855 838553
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Partnership Deadline

The next edition of Partnership will be a joint edition for August and September 2024. Deadline will be slightly earlier, on 10th July 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.



Newton Flotman Neighbourhood Plan Steering Group

The Newton Flotman Neighbourhood Plan Steering Group has been working over the last few months to develop the Neighbourhood Plan for Newton Flotman. 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.

We have been collecting information to give us evidence that will help us to create suitable policies for the village. The information has been collected from three sources:

1. The Household Survey, which we distributed in March and April and received your opinions about the village. The results have been put together in a report.
2. A data profile which one of our consultants has produced for us and contains a broad range of information about the village.
3. A Housing Needs Assessment undertaken by AECOM which identified the types of housing the village will need over the next twenty years given the predicted demographic trends over this time period. It has also highlighted the issue for 'can rent, can't buy' households who are able to afford to rent privately but cannot afford home ownership.

These reports are available to read on the Neighbourhood Plan section of the Parish Council website www.newtonflotmanpc.co.uk/neighbourhoodplan. You can also view the agendas and minutes of the meetings on this website.

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 paulweeksnfnpsg@gmail.com



Members of the Newton Flotman Neighbourhood Plan Steering Group about to undertake a character appraisal of the village

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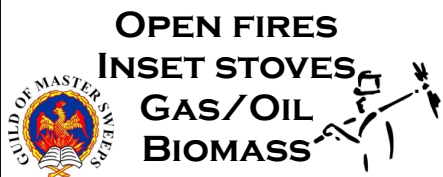
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Newton Flotman Climate Care

We are happy to say that our local church, St Mary's in Newton Flotman, has achieved a silver A Rocha Ecochurch award, and I thought it would be good to explain a bit about what this means.



A Rocha UK is a Christian charity working to protect and restore the natural world. They run an 'ecochurch' scheme to equip churches of all denominations to care for creation. As churches follow the guidance and use the resources they can receive Bronze Silver or even Gold awards.

The challenges for the awards fall into 5 areas - so here are some of the things St Mary's has done to get a silver award:

Worship and teaching: We pray for the natural world at all of our weekly services. We have regular climate theme services. Care for creation is regularly covered in our teaching.

Buildings: This is a challenging area for us. The church building does not lend itself to double glazing or cavity wall insulation. Nevertheless we do what we can. Our electricity is from a sustainable provider. We use low energy light bulbs. We minimise power and heating use where possible.

Land: Part of our church land is managed to promote wildlife. Under guidance from the Norfolk Wildlife trust this area grows long grass and wild flowers in the summer. There is a bird bath for birds and a bug hotel for insects. We are planning nest boxes for next season.

Community engagement: We share information and advice on climate related matters in this magazine and on the village Facebook page. We have a tree planting group and a local walks group - getting out into the natural world. There is a community allotment - really local food! We have a WhatsApp group to share climate related matters. We work with the parish council on ecological matters. We lobby our elected representatives pushing climate related themes.

Lifestyle: A difficult area this! We know that some parts of our lifestyles are not sustainable. As society we need to eat less meat, use less petrol in our cars and less gas to heat our homes. We need to fly less. As a church we promote changes in our lives whilst understanding that these changes present real challenges in different ways for different people.

As you can see there is quite a lot to it - and this is only a brief summary of a complex survey.

If you are interested in climate related matters you would be welcome to join our WhatsApp group or receive a monthly email update. You are also welcome to join the community allotment team or come on a local walk. Just let me know.

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

News from Newton Flotman Parish Council

Parish Councillors and District Councillors

The Annual Parish Council meeting was held on 21st May. Paul Weeks was voted in as Chairman and Bruce Turnbull as vice-chairman. Drew Broad, Lesley Crump and Cate McNerney are also Parish Councillors for Newton Flotman. They can be contacted through the Clerk on the details below. Following the meeting David Segens has stepped down as a Councillor. The Parish Council would like to thank David for his time as a Councillor.

There are now two vacancies to stand as Parish Councillor. If you are interested in becoming a Councillor or would like more information please contact an existing Councillor or the clerk.

Cllr John Cook is District Councillor for Newton Flotman. He can be emailed on John.cook@southnorfolkandbroadland.gov.uk and where possible attends Parish Council meetings.

Highways and village issues – who does what?

There are many different organisations that play various roles in the village and beyond.

Nuisance parking – more information on what is considered nuisance parking can be found on the Norfolk Constabulary website and who to contact in each instance

<https://www.norfolk.police.uk/advice/advice-and-information/asb/asb/antisocial-behaviour/nuisance-parking/>

Highways issues are dealt with by Norfolk County Council and can be reported on their website www.norfolk.gov.uk It is possible to report issues to the highway such as potholes and overgrown verges and hedges. You can also read the Norfolk Speed Management Strategy on the website.

The Parish Council maintains the Village Green which is carefully managed to encourage wildlife but still allowing access by foot across the green. The access to the river at Joy Avenue is also maintained by the Parish Council; the grass is cut here monthly and the undergrowth cut twice a year.

The playing field and play area at the Village Centre are maintained by the Village Centre with support from the Parish Council.

Other grass verges in to the village are maintained by either Norfolk County Council or housing associations. Unfortunately, despite trying to make contact, it has not been possible to obtain the cutting schedules for these areas. Concerns regarding these need to be addressed directly with Norfolk County Council or the housing association.

Councillor objectives 2024/25

The following issues have been set as objectives for the Parish Council for the following year;

1. Continue developing the Neighbourhood Plan
2. Seek to recruit two more Councillors to meet the full allocation of Councillors



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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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3. Encourage biodiversity within the Parish and support the work of the Climate Care group
4. Continue to support the Youth Club and seek further funding
5. Continue to support the Village Centre and activities it hosts
6. Consider how future CIL funding can be spent

Over the forthcoming year the Parish Council will work to meet these objectives and continue to make Newton Flotman a lovely place to live. More information about how these objectives will be made will be discussed at future Parish Council meetings.

Meetings

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

Tuesday 16th July, 7:30pm, **Church Room**

August – no meeting

Tuesday 24th September, 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

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Maria Hutson, Clerk to the Parish Council

Newton Flotman Youth Club

NF Village Centre - For 8-16 year olds
Wednesdays 6 - 8 pm

YMCA

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Keeping the villages in touch:  [Visit us on Facebook](#)

www.facebook.com/newtonflotmanvillage/

Swainsthorpe's private group for residents:

<https://www.facebook.com/groups/151438831588930>

Newton Flotman Broadband Relief as Village Connected

Broadband relief for 1,600 rural residents and business owners in Newton Flotman is on the horizon as engineers begin to provide properties in the village with a full fibre connection.

Work to connect the village, and the surrounding communities of Tasburgh, Hempnall, Saxlingham Thorpe and Saxlingham Nethergate began in November when engineers from telecoms company Gigaclear began extending its network from the nearby village of Long Stratton using fibre optic cables.



With the cable connection between the two communities now live, engineers are in the process of taking the network to almost 1,600 properties either by digging new trenches or using existing infrastructure such as poles and ducting.

The majority of homes and businesses are expected to have access by the end of the year.

Senior Project Manager Ben Robertson said Gigaclear was working hard to ensure rural, often hard to reach communities such as Newton Flotman and Long Stratton were able to access the same fast and reliable full fibre broadband enjoyed by larger urban areas. He said: "We've already cabled to around 400 properties in the village and we'll be completing the remainder over the next six months.

"Taking our full fibre to rural communities that would otherwise have copper or an inferior broadband connection fundamentally changes them for the better because it creates choice for the people in those communities about how they work and how they live their lives."

Richard Arquati
Gigaclear Communications Manager
Richard.arquati@gigaclear.com

Part-Time Work Opportunity

Support required at home near Newton Flotman with food preparation, light housework and possibly other help depending on availability etc. The job requires two shifts of 1½ to 2 hours per week. This is a temporary cover role but can become long-term. The candidate will also provide an ad-hoc role to cover for holiday/sickness of one extra shift per week. Pay Rate: 12.25/hour. For more information please email alexander.scott96@googlemail.com



VILLAGE CAFE

Open 10-12 Saturdays
Newton Flotman Church Room
Serving hot & cold drinks and Homemade cakes All welcome!






The commemorative beacon of peace for D-Day 80 is lit at 9:15pm

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, 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!



NEWTON FLOTMAN OUTREACH POST OFFICE WEDNESDAY MORNINGS 9.30am – 11.30am

D-Day 80 Celebrations

D-Day 80 and the National Fish and Chip day were celebrated at the Village Hall on 6th June in the evening. The highlights were:

We commemorated *Fish and Chip Day* and its role in the two World Wars as 18 people sat down to a hearty meal of fish and chips at 7.00pm.

Students from ARTS singing four songs which included a solo from a young performer and groups across a number of age groups. Everybody enjoyed the singing.

A beacon of peace was lit at 9.15pm by Bruce Turnbull and a tribute read out to pay tribute to all who were involved on D-Day.

A bonus for us was that BBC Look East reporter – Shaun Peel – attended the event to watch his daughter sing with the ARTS group. He videoed the lighting of the beacon and included it in an item he did on the D-Day celebrations in the Look East region that was part of the late bulletin that evening. Thank you Shaun!



Participants enjoying a fish and chip supper at the Village Centre for D-Day 80

What's On In Our Villages:

Social Club - Newton Flotman Village Centre

Friday 5th July - Social Club evening
Friday 12th July - Social Club evening with East Coast Pizzas
Friday 19th July - Social Club evening with Brunch Bar
Friday 26th July - Social Club evening with Peaky Pizzas

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

Summer Space

Thursdays throughout the school summer holidays - details next month

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 16th July - The Holdovers
Tuesday 20th August - Next Goal Wins
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

Village Walks

For more details contact Richard Beach 07963006091.

Meetings

Newton Flotman Parish Council
Tuesday 16th July, 7:30pm - Church Room
Swainsthorpe Parish Council
12th July 7.30pm - 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

LONG STRATTON MEDICAL PARTNERSHIP

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

I am writing this whilst sitting in a high rise building in London this weekend, just enjoying the sights. We have had a weekend away, just my husband and myself, and it is has been really lovely just to walk around London and visit a museum. One is really made aware that you do not have to travel abroad; there is so much to see here in England. However, this is not the topic from me this month.

As this parish magazine comes to you it will be July 2024, and we will be in the middle of summer. The 1st to 7th of July is Alcohol Awareness Week. What is alcohol awareness? It is one where we are educated about alcohol and the safe use and if needed to change our drinking habits. This has been especially brought about by Alcohol Change UK that run this awareness week campaign every year.

This year we are given some statistics about the use of alcohol in the UK. It is quite a scary figure that Alcohol Change mentions on its website. There are an estimated 602,391 dependent drinkers, and it is said only 18% of this population are receiving treatment.

Now what is the problem with excessive alcohol use? Of course, we know it is a problem and most people are aware of liver cirrhosis, but this is not the only problem - it is only one of the many, many problems that excessive alcohol misuse can lead to. Cancer is of course the top of the list. This includes mouth, throat, stomach, liver and breast cancers, of course many other cancers are associated with excessive alcohol use, but these particularly. Excessive use can also cause high blood pressure and depression. One does wonder how many of these people will be admitted to hospital. It is said that in 2019/20 there were just under a million hospital admissions related to alcohol consumption, this is 12% higher than the admission rate in 2016/17.

One of the other associated problems is crime. In 2018/19 39% of people living in England were said to have witnessed some kind of anti-social behaviour in their local area, and 11% of this was alcohol related.

We should touch on the influence of alcohol on youngsters too. The figures from 2018 show that in England 44% of pupils aged 11-15 reported having drunk alcohol at some point, 14% of the 11-year-olds reported having drunk an alcoholic drink compared to 70% of the 15-year-olds. 6% of these pupils said that they drank alcohol at least once a week and by the time you get to 15 this went up to 14%.

Of course, alcohol is not all completely bad, and how I have always told my patients in consultations is that it is something that we control, and we should never allow alcohol to control us, or our lives, and that's the balance we need to find. So, it is important to know what the safe limits of drinking alcohol in this country are. Years ago we had a figure that said 28 units per week, however, in the last few years this has come down to 14 units for both men and women. Of course, a safe limit of 14 units does not mean that we should drink 14 units a week; it is saying what the upper limit is.

If you need support to stop drinking in excess, or you need support to help someone you know, there are many services there to help. You can approach your GP, or locally you can refer yourself to:

Change, Grow, Live is Norfolk's Alcohol Change service. Tel 01603 514096
Norfolk.info@cgl.org.uk

The Matthew Project, Norwich based. Tel 01603 626123
hello@matthewproject.org

Let's enjoy the summer, let's look after ourselves in every way, let's look after and protect our skin in the sun, ensure we hydrate ourselves beautifully, ensure we drink sensibly, ensure we eat sensibly and ensure we exercise sensibly. Happy summer to all of you.

Dr Mini Nelson

Mobile Library for May

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesday 17th July 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



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!
SUPPORTED BY NEWTON FLOTMAN CHARITIES AND WAVENEY FOODBANK

Articles Wanted for Partnership

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