

Worship Events in August and September

St Peter's, Swainsthorpe

Aug 6th	9:30	Swainsthorpe Special - Lesley Cox
Aug 13th	9:30	Holy Communion - Dawn Davidson
Aug 20th	9:30	Swainsthorpe Special - Lesley Cox
Aug 27th	9:30	Swainsthorpe Special - Philip Simmons
Sept 3rd	9:30	Swainsthorpe Special - Lesley Cox
Sept 10th	9:30	Swainsthorpe Special - Austin Uzoigwe
Sept 17th	9:30	Holy Communion - Coryn Stanforth
Sept 24th	9:30	Swainsthorpe Special - Coryn Stanforth

St Mary's, Newton Flotman

Aug 6th	11:00	Morning Worship - Lesley Cox
Aug 13th	8:00	Holy Communion - Coryn Stanforth
Aug 20th	11:00	Morning Worship - Lesley Cox
Aug 27th	11:00	Holy Communion - Austin Uzoigwe
Sept 3rd	11:00	Morning Worship - Lesley Cox
Sept 10th	8:00	Holy Communion - Austin Uzoigwe
Sept 17th	11:00	Holy Communion - Coryn Stanforth
Sept 24th	11:00	Morning Worship - Austin Uzoigwe



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Newton Flotman & Swainsthorpe
August & September 2023*

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SUMMER Space

Tuesdays

1st, 8th, 15th & 22nd August
9.30am - 12noon

St Mary's Church Newton Flotman

Immersive Bible Stories
Church Trail
Biscuit decorating
Coil clay pots
Bracelet making
Crochet
Sewing machine skills
Prayer space
Cafe
Tower tours*
Pre-School Music session
Suitable for 0-5s and carers
Knitting
Hunt for artefacts
Eco church crafts
Bell ringing
Painting

For all ages - share and learn new skills or just chill!

Activities and timings of activities may vary from week to week – see updates on Newton Flotman Village or Tas Valley Families Facebook group
No charge but donations invited for materials used

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Curate's Corner - Rev. Coryn Stanforth

Recently, I attended a conference themed around ecological issues and theology. It was an interesting and enjoyable occasion. I love opportunities to learn new things but I left feeling deeply worried.

I wonder if you have come across climate stripes? You can look at them online and they are sometimes used as a design on t-shirts, shopping bags and the like. They look rather like the barcodes found on items in shops and scanned at the till. These stripes are coloured rather than black and it is the colour that is significant.



Each stripe represents the average temperature for a single year, relative to the average temperature over the period as a whole. Shades of blue indicate cooler-than-average years, while red shows years that were hotter than average. The stark band of deep red stripes on the right-hand side of the image show the rapid heating of our planet in recent decades. It is a frightening image. For a number of years, we have heard about an impending climate emergency but now it is no longer something in the future, it has arrived. Our young people often have a far greater understanding and concern for the climate emergency. We should be listening to these fears and concerns.

We hear much about global warming from the media but there are a number of other environmental problems which are just as significant. One is the loss of biodiversity. From 1970 until 2018 there has been a 69% decline of the world's wild animal population. Another issue is that of nitrogen fertilisers which run off agricultural fields into water sources. When the nitrogen gets into the sea it creates areas of algal bloom which causes dead areas in the oceans.

God created our amazing world and gave humankind the responsibility of caring for it. As individuals our actions are small but together, they become more significant. It is also for us, as voters, to lobby our politicians to consider and prioritise ecological issues.

Have a lovely summer but as we enjoy time away from work, holidays and summer weather, let's try and consider small actions that we can all make to care for God's amazing creation.

I Hope to see lots of you at the Tuesday morning summer spaces in Newton Flotman church room.

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.

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 **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 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. :

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ST MARY'S CHURCH

Newton Flotman

At the time of going to press we are still awaiting to hear what our new expanded benefice will be called but plans are moving forward to integrate as a team. We have held our first

joint Tas Upper Tas Ministry Team and Wardens meeting where there were discussions on the worship rota and working with the schools.

Thank you to all who contributed via donation envelopes or the Village Café bric-a-brac sale we raised £266 for Christian Aid back in May.

We are actively looking to fill our Village Café rota up from September to early January, do get in touch if you would like to host over this period as a regular or as a one off! kirstenremer@gmail.com

As mentioned last month plans we are looking forward to welcoming you to our Summer Space on the first four Tuesdays of August, open to all ages, to share or learn a crafting skill, listen (and watch) as a story unfolds, let your hair go all spikey under the lycra at the pre-school music session, see the village from the top of the tower and much more. You can just chill and enjoy some refreshments! It takes place in and around the church and church room 9.30-12noon. Packed lunches and pasta dinner kits to take away will be available too. No charge for any of it but we are happy to accept a small donation or a donation in kind!

Some of the church regulars will be donning their safety glasses and masks and getting to grips with various implements as we take a masterclass in repointing, which David Wharton has organised for us. We hope to be able to carry out small low level maintenance tasks on the flint work to maintain our lovely church building in the future - if this sounds like something you too might be interested in then get in touch! You would be welcome to join us!

Harvest is on the horizon and there are plans coming together for a Pets' Service ...watch this space for more information!

NFaST Heritage Group

It was lovely to see so many at the NFasT Village Café at the start of July. We embarked on what we hope will be a regular occurrence of recording peoples memories of the village for our archive. Once the conversation got stated it was hard to stop! We have an NFasT 'business' meeting on 4th August in the Church Room 10-12 - all are welcome to join amongst other topics to cover will be the NFasT calendar 2024. See us at the fete on 27th August too!

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!

Car Show and the Village Fete, Sunday 27 August 2023

Do you have an interesting car you would like to show off at the Village Fete? Classic or modern – anything out of the ordinary qualifies. All you need to do is to bring it to the Playing Field by 12 midday on the 27th and be prepared to leave it there until 4pm. If you want more information please email: william.ball@outlook.com We look forward to seeing you there.

Crafting for a Cause

Crafting for a Cause has changed the day of their meetings to Wednesday afternoons, still 2pm to 4pm in Newton Flotman church room.

In August we will meet on Wednesday 2nd and in September we will meet on Wednesday 6th.

Those attending bring and share skills which are put to use to raise money for all sorts of good causes. This year our good cause is Priscilla Bacon Hospice in Norwich.

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

'Ready, Set, Read!' With The Summer Reading Challenge At Norfolk libraries

This year's Summer's Reading Challenge has begun, and Norfolk Library & Information Service is inviting all children aged four to 11 to take part.

Developed by the Reading Agency in collaboration with the Youth Sport Trust, this year's theme - Ready, Set, Read! - celebrates play, sport and games.

When children sign up, they receive a free pack that follows a fictional team, designed by the children's writer and illustrator Loretta Schauer, as they weave their way through a summer obstacle course. Each time children finish a book, they can collect a special sticker from the library to add to the pack. On completion, children will receive a certificate and a medal.

The library service recommends reading around six different books, but children can set their own reading goals. There is also a mini-challenge available so that pre-school children don't miss out.

You can take part at your local library, where children can borrow and read books, eBooks and audiobooks of their choosing. For inspiration about what to read, there's a Ready, Set Read! booklist, which includes picture books, early readers and non-fiction books.

To take part, just drop in to your local library and ask to register your child. If you are not already a member of the library, joining is free and easy (you will need to bring proof of address such as a utility bill).

If you can't make it to a library, children can also take part via the official Summer Reading Challenge website, where they can sign up for a free Challenge profile and get book recommendations and tips for accessing books for free at home.



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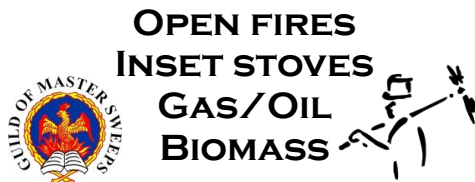
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What's On In Our Villages:

Social Club - Newton Flotman Village Centre

Every Friday during the summer months

Youth Club 8-16 year olds - NF Village Centre

September Wednesdays 6-8 pm

Summer Space

1st, 8th, 15th, 22nd August - 9.30-12midday

Newton Flotman Church Room

Cherry Tree Café

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

Newton Flotman Village Fete

Sunday 27th August midday-4pm - Alan King Playing Field

Musical Evening

23rd September 7.30pm - Swainsthorpe St Peter's

Film Night - Newton Flotman Village Centre

Bar open from 7pm; Film starts at 7.30pm

Tuesday 15th August - *The Fabemans*

Outreach Post Office - Newton Flotman Church Room

Wednesdays 9.30-11.30am

Village Café - Newton Flotman Church Room

Saturdays 10am - midday

Crafting for a Cause

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

NFaSt

4th August 10am -12pm - Newton Flotman Church Room

Village Walks

For more details contact Richard Beach 07963006091.

Meetings

1st August & 26th September 7:30pm

Newton Flotman Parish Council - Village Centre

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

Newton Flotman Village Cinema
TUESDAY 15th August
BAR OPEN 7:00PM, FILM STARTS 7:30PM



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See the village FB page for September's film
 

Mobile Library for August and September

The mobile library will be visiting Newton Flotman and Swainsthorpe on the 14th August and 11th September. Please note the changes in times below. The library is a vital resource for those who do not have transport - please use it to ensure the service is maintained!

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

Partnership Deadline

The next edition of Partnership will be for October 2023. Deadline will be 14th September 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.



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

Summer of 2023 is in full swing! How has it gone so fast is the question many of us ask each other. The answer is simple. Live each day to the full, ensuring we do our best for ourselves and for the community we live and work in. On this note, I move to the topic of the month.

C-Card Scheme and Chlamydia Testing

The Terrence Higgins Trust has a page on its website titled 'Young and Free.' This page gives a detailed explanation of the C-Card system for the 13-24 year olds. As it clearly states 'C-Card is a scheme for young people to access free condoms to improve sexual health. When used correctly during sex, condoms are the only type of protection that help prevent both sexually transmitted infections (STIs) and pregnancy.'

The practice is now set up as a C-Card condom distribution site for young people aged 16-24 years of age. If they are new to the scheme, there is the facility to get a C-Card and a starter pack from any of the clinicians.

The under 16s who already have a C-Card and have consulted with a trained person can also access free condom packs from the practice. The under 16s should have been consulted elsewhere by a trained person. The trained advisor can be found through this link - <https://youngandfree.org.uk/>

Chlamydia screening has been available freely for some years, for 16-25 year olds. This screening is for people who do not have symptoms. The practice encourages all the clinicians to opportunistically ask the 16-25 year olds if they have been screened in the past year. A free urine test kit is available which the person can then take home and post to the address mentioned on the pack. The results are sent directly to the patient.

As I write this article, I do realise the extreme sensitivity of this topic. Public awareness and education can prevent many conditions.

Enjoy the great summer of 2023!

Dr Mini Nelson



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



VILLAGE CAFE

Open 10-12 Saturdays

Newton Flotman Church Room

Serving hot & cold drinks and Homemade cakes

All welcome!



News from Newton Flotman Parish Council

Neighbourhood Plan Exhibition – on tour

Over the summer the Parish Council will be holding exhibitions at various locations in the village with more information about Neighbourhood plans. To find out more information about Neighbourhood Plans and what it can mean to residents and the Parish come along to one of the following events;

Social Club on Friday 18th August
Village Café on Saturday 19th August
Cherry Tree Café on Wednesday 23rd August
Village Fete on Sunday 27th August

The exhibition includes some really interesting maps of Newton Flotman over the years, come and see how the village has grown and developed!

Youth Club

The Parish Council are delighted that they have been awarded Community Foundation Funding to secure the running of the Youth Club until May 2024. This will allow young people to continue to meet in a safe place on a Wednesday evenings after school. A variety of activities are on offer with a different theme each week chosen in collaboration with those attending.

The club will take a break during the summer school holidays and will recommence in September with lots of exciting sessions planned.

For more information contact 07894935775, youthclubs@ymcanorfolk.org

D-Day celebrations

The 80th Anniversary of D-Day will be celebrated on 6th June 2024. The Parish Council will be marking the occasion with other organisations within the village. Mark the date in your diary – more information will be announced soon!

Meetings

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

1st August, 7:30pm, Village Centre
26th 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>

Contacting the Council

clerk@newtonflotmanpc.co.uk | 01508 447688

Maria Hutson, Clerk to the Parish Council

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WANTED wooden jigsaws for 0-5year olds and children's clothes and toys for the Cherry Tree café Newton Flotman please. 01508 471451 or 07879 416659

WANTED Carer/PA required for two shifts per week in Saxlingham Thorpe for food prep & light housework. Pay £11 per hour. For more information please email caroline@uv6.com or text 07855 838553 and your message will be forwarded

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Flowers, Trees and Butterflies.

In early June the Norfolk Wildlife Trust gave Newton Flotman village some wildflower plug plants to help promote wildflowers on the unmown village green. The trouble was that there were 700 plants and we only had a few days notice!

Happily, Andy Cox was able to mobilise a planting team and the job was done in a couple of hours. It is always a problem getting wild flowers to establish - the grass is so dominant it will smother them. To help we planted the wildflowers in carefully trimmed areas to give the flowers a chance.

The next challenge was to keep them watered. Catherine was willing to leave her hose and watering can available and helpers have been watering their favourite plants.

Do have a look for the plants - they are very small at present but hopefully getting bigger. Why not have a go at watering? If you can see to pull the grass away from the plants every little helps!

Last years planting of trees on the green seem to be doing well. We are pleased with their survival after last year's drought. One hornbeam near the Flordon Road looked very sickly in the spring and will probably need replacing this winter.

This year's planting of the avenue of whitebeam on the playing field seem to be doing well. After a dry spell we managed to water these in mid June. (Eight watering cans, two wheelbarrows, four people - two cans full per tree!). We are hoping to mulch them with woodchip if we can.

The copse of trees on the playing field planted during covid are also looking good, with most of them growing above their protective guards.



If you can think of sites for tree planting next winter do let us know.

If you enjoy the natural world why not join the

Big butterfly count? Find out more by following the link below. You can count where you like - your garden or the village green! The lower part of the churchyard is managed to promote the natural world so that might be a fun place to count butterflies.

<https://bigbutterflycount.butterfly-conservation.org/>

*Richard Beach, Andy Cox, David Wharton.
St Mary's Church Tree Promotion Group.*



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



Hethersett 'District' Lions Club (CIO) - Your Local Lions Group (Charity No:1179036)

Thank you to St Marys Church for letting us host the Saturday coffee morning on 17th June. We had a few people come and see us and take one of our 'Message in a Bottle' containers; these are for putting your medication details, contact details and any other information that might be of use to ambulance crews etc. The idea is to fill in the form, place it in the container and put it in your fridge. There are two green cross stickers provided, one to place on the inside of your front door and the other to be stuck on the front of your fridge. Emergency services, paramedics, etc. are fully aware of this system and could help with diagnosing your problems should you be unconscious or unable to communicate with them. If you would like one of these please contact Bob on Flordon Road 01508 470766 who would be pleased to give you one.

We continue to support the Trussell Trust food bank by donating £200 each month. Recently we have made donations to East Anglia's Children's Hospices, East Anglian Air Ambulance, Norfolk Integrated Domestic Abuse Service, Caister Voluntary Lifeboat Service and Brain Tumour Research.

On Friday 22nd September we will be holding a 'Charity Quiz Night' at Newton Flotman Village Centre. Teams of up to six, £5/head, bar will be open and there will be a raffle. Doors open at 7pm for a 7.30pm start. To book a team please contact John on 01508 570392.

Should you wish to know more about what Lions get up to feel free to come along to any of our meetings on the second Monday of the month at Mulbarton Village Hall Committee Room or the last Wednesday of the month at Bracon Ash Village Hall – both meetings at 8pm.

Club Secretary John Hewitt 01508 570392 or visit:
www.e-clubhouse.org/sites/hethersettuk/

Olive House Care Home

Come and join us for our summer party
on Saturday 12th August at 1pm until 4 pm
at Olive House Newton Flotman

Various stalls including: tombola, raffle, cake stall, hook a duck, games, refreshments and more. Entertainment from 2pm
Everyone welcome to come along and have some fun with us!



For lots of local news and events look up
www.facebook.com/groups/tasvalleyfamilies/ and
"Newton Flotman Village Community" Facebook pages.

Musical Evening

St Peter's church, Swainsthorpe
presents an evening with Norwich based
actor and musician

Chris Preece

(who featured in Team Olly on The Voice
in 2018)




Saturday 23rd

September at
7:30pm

Tickets cost £12.50
which includes a glass
of wine and a buffet

Contact Jill Haggith on 07941957542

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>

Wildlife Jottings

As there's an abundance of life in my garden and out in the front meadow, I always like to keep a diary on what's going on.

Sometimes you'll find juvenile newts in the most unexpected of places, so beware. Froglets, many of which have left the pond, are hiding around the garden. Adult frogs, too, hide in leaf litter under hedges. There are spiders spinning webs amongst pond plants, water boatmen, pond skaters, ramshorn snails, damselflies, green shield bugs, lots of young damselfly larvae and other tiny critters. Juvenile bluetits are now feeding themselves, and are joined in the garden by blackbirds, robins, great tits, goldfinches, wrens, dunnocks, pigeons, collared doves, chaffinch, goldcrests and nuthatches.

There is an abundance of mammalian species in the garden: hedgehog, yellow necked mouse, bank vole, wood mouse and common shrew. Grass snakes have been enjoying the heat of the summer sun.

Smaller species are numerous: solitary bees, bumblebees (mainly buff tailed), gnats and biting midges! There are snails and slugs, green shield bugs, millipedes and earth worms. The wild flowers and nettles have been attracting plenty of butterflies: comma, peacock, holy blue, cabbage white, brimstone meadow brown and gatekeeper.

Ladybird larvae often bamboozle people with black with orange stripes on their body, then a longer tail end. Caterpillars and aphids are everywhere - thank heavens for the sparrows and blue tits which keep them at bay! Bats and moths dart around the sky in the evening.

A baking June welcomed repeat-flowering roses and clematis. As much as I love the *Minea Haha* rose, it has to go, as it's not beneficial to pollinators which fly to it but can't land, as it's a double flower. Around the garden there are garlic mustard seed heads, lots of red campion and native geranium cut back to flower again later; marjoram is soon to flower, along with chives, rosemary, sage and mint. Flowering purple loosestrife is covered in bees, as are the lavender, star jasmine, climbing honeysuckle (native and red), as well as yellow shrub honeysuckle.

I thank my neighbour for letting my side of his privet hedge flower. Later it will later will have berries. It was initially left alone as sparrows had a nest until it was raided by the magpies! Salvia, hot lips and sedums are all coming into bud. All the hedges are fabulous and far more beneficial to wildlife if cut in February. The front wildflower meadow is full of grasses galore, with meadow cranesbill, carrot flower, yellow agrimony and a small bramble shrub. Bee orchids appeared in late June, along with lady's bedstraw, clover (red and white), field scabious, thistles, dwarf mallow, and bird's foot trefoil. The ground ivy and seed heads of the cow parsley make good hiding places for insects.

I shall also enjoy doing the BIG BUTTERFLY count on the 17th of July. So sit back and relax and enjoy your gardens, big or small, or look over the garden fence into your neighbours!

Happy holidays everyone!

Heidi Wheeler