

Swainsthorpe Community Charity Trust – Charity Number 287784



The Community Magazine for the Parishes of Newton Flotman L Swainsthorpe February 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.



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#### Curate's Page

Flowers, chocolates, wine, cuddly toys and romantic cards: the supermarkets are full of gifts for the one you love this Valentine's.

Have you noticed how we use the word 'love' so easily? From loving a new handbag, a holiday destination, football team or even a slice of chocolate fudge cake!

So much has been written about love in songs and literature; Shakespeare wrote, 'love is merely a madness.' In contrast, the Bible has 'love' as a central theme which expresses beautifully God's unconditional love for each of us.



What does real love look like? A popular Bible reading at Weddings and Funerals is from Paul's letter to the Corinthians: "Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance". It's often suggested we reread this putting "I am" in place of "love is;" certainly a challenge!

May your relationships flourish in this month when 'love is all around'!

#### Reverend Rachel Hayden

#### 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.

Reverend Rachel Havden

#### Worship Events in February

#### St Mary's, Newton Flotman

Sunday	2nd	11:00	Morning Worship - Rachel Hayden
Sunday	9th	11:00	Morning Worship - Kirsten Remer
Sunday	16th	11:00	Morning Worship - Rachel Hayden
Sunday	23rd	11:00	Holy Communion - Austin Uzoigwe

#### St Peter's, Swainsthorpe

Sunday	2nd	9:30	Swainsthorpe Special - Rachel Hayden
Sunday	9th	9:30	Swainsthorpe Special - Philip Simmons
Sunday	16th	9:30	Holy Communion - Dawn Davidson
Sunday	23rd	18:30	Swainsthorpe Special - Lesley Cox

#### **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 Rachel Hayden** (Curate) racheljhayden@outlook.com 01508 826971 **Lesley Cox** (Reader) 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 **kirstenremer@gmail.com** 

To contribute to the running costs of the church and provision of clergy please go to **DofN.org/donate** to donate to our Parish Share. If you wish to leave a legacy please visit for further details

www.churchofengland.org/our-faith/church-legacy Thank you!

#### St Peter's Church Community Centre

Swainsthorpe Community Centre is situated within St. Peter's Church on Church Road in Swainsthorpe. The centre is available for hire on a one off or regular basis at £7 per hour. There is a well-equipped kitchen area with cutlery, crockery and glasses to serve 40 people. The entrance and toilet have wheelchair access.

For enquiries please contact: Jackie Baker 01508 470415

#### **Church Room for Hire Newton Flotman**

The Church room at St Mary's in Newton Flotman is available for hire at  $\pounds$ 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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#### Swainsthorpe Neighbourhood Plan

Thank you to everyone who attended the open consultation on November 25<sup>th</sup>. A lot of information was obtained and can be found on the Swainsthorpe Parish Council website (drop down menu – Neighbourhood Plan). The information you gave us has been used to formulate the next community consultation which is the **Household Survey**. The survey will be delivered to all residences during the week commencing February 3rd **so please look out for it!** 

This Household Survey is vital in reflecting the views of the community and ensuring an inclusive process that every resident can contribute to and help shape the final Neighbourhood Plan.

The Swainsthorpe Neighbourhood Plan. once completed and accepted, will become a legal document that has to be considered in planning future anv applications. This includes: any development; the type of buildings that can be erected; access to green spaces plus potential for more green spaces; and protection of any heritage assets including views of Swainsthorpe.

Please help our village by filling in what you can in the survey. Support will be available if you need any help, and there will also be a drop-in event on Friday 14th





## HOUSEHOLD SURVEY

Your survey will be collected in person, or please drop off in the phone box at the the village green or at the Vale (next to the bins), or fill in online

https://swainsthorpepc.wixsite.com/ swainsthorpepc/neighbourhood-plan by 1st March 2025. THANK YOU.



drop-in event on Friday 14th February 11.00-2.00 at the Community Centre, St Peter's Church, where residents can ask questions and fill in their survey (aided by tea and cake).

The survey will be delivered to your door during the week commencing February 3<sup>rd</sup>.

#### **Partnership Deadline**

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



THANK YOU to all those who joined us over the Advent and Christmas period for crafting, decorating, singing, hosting the Posada and getting immersed in the nativity at the Carol and Crib

service. Huge thanks to those beavering away in the background preparing, hosting and baking for these events. The relocation of Carols on the Green to the bus stop proved popular!

A 'Village Events Group' WhatsApp group has been set up to help with the co-ordination of village events. We have representatives of the Newton Flotman charities, the Parish Council, Village Centre, Church and Friends of the school and Saxlingham Scouts in the group – if you want to be included in this group please get in touch with Kirsten Remer **kirstenremer@gmail.com** 

Village Café is held every Saturday 10-12 in the church room and coming up on Saturday  $1^{st}$  February Ben Goldsborough MP will be speaking to the Climate Care group – all welcome; the Crafting for a Cause group will be present on February  $15^{th}$ .



The 'Village Calendar' has once again proved popular - there are still some copies available for  $\pounds 5$  (contact Kirsten Remer). The curator of many of the photographs, used in this and previous calendars, a founder member of NFaST, Mike

Wilkinson died in November. For those of us who knew him in his retirement, it was always fascinating hearing about his role as a pioneer of running events and groups in Norfolk and beyond. He was a runner of the first and subsequent London Marathons – one of the what is known as 'Ever Presents'. He was a bit of an 'Uncle Albert' when it came to regaling his tales of his Navy days! This interest was sustained with his involvement with the Royal Naval Association. We are very grateful as a church for his drive to head the project to restore the village war memorial, housed in the church.



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#### Newton Flotman Climate Care

As I write this Los Angeles is on fire. Climate scientists have long warned that increased global temperatures will lead to alarming weather patterns - droughts, storms, flooding and wildfires.



We have been seeing the truth of these predictions for years but it has all seemed pretty distant - flooding in Bangladesh, droughts in Africa, storms in New Zealand,

scorching temperatures in the Middle East - but recently disasters seem closer, happening in places we know and may even have been to. Terrible floods in Spain and now fires in Los Angeles. How long, we wonder, before some dreadful weather disaster hits us here?

So what are we supposed to think?

Some choose denial. They blame the fires on the forest managers or the fire service. The trouble is that if they are wrong, and these disasters are climate related, they will get worse as we do nothing.

Many people agree that man-made climate change is happening but feel helpless. But it's not hopeless. The change to a sustainable future is happening. So let's support that change - in our lifestyles and in pushing our leaders to do more.

We have a climate care group in the village to help with both lifestyle change and political lobbying. If you would like to join the group just send me an email.

Richard.beach1508@gmail.com



### What's On In Our Villages:

Social Club - Newton Flotman Village Centre Friday 14th February - Quiz Night! with Peaky Pizzas Friday 28th February - Bingo! with Brunch Bar

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

Film Night - Newton Flotman Village Centre Tuesday 18th February - The Critic 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 25th February, 7:30pm, Village Centre Tuesday 25th March, 7:30pm, Village Centre Swainsthorpe Parish Council: Wednesday 19th March - 7.30pm - St Peter's Community Centre

#### **Room Booking**

Newton Flotman Village Centre: Martin Brooks 01508 470075 martinbrooks949@msn.com

> Newton Flotman Church Room: Caroline Wolfe 01508 471238

Swainsthorpe St Peter's Community Centre: Jackie Baker 01508 470415

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9.30am - 11.30am (Newton Flotman church room)

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#### **Business** Ads



## What's on in Swainsthorpe for 2025



Unless otherwise stated, all events take place in St Peter's Church & Community Centre. Details will follow in Partnership and Swainsthorpe's Facebook page.

Sat 8 <sup>th</sup> Mar	International Women's Day
Wed 19 <sup>th</sup> Mar	Parish Council Meeting
Sat 22 <sup>nd</sup> Mar	Andy and Jill's Coffee Morning
Sat 5 <sup>th</sup> April	Jumble Sale
Sat 3 <sup>rd</sup> May	May Mardle
Sun11 <sup>th</sup> May	VE Day Celebration (Village Green)
Wed 14 <sup>th</sup> May	Annual Parish Meeting and Annual Parish Council Meeting
Sat 17 <sup>th</sup> May	Wayland Shantymen
Sat 21 <sup>st</sup> June	Andy and Jill's Coffee Morning
Sat 28 <sup>th</sup> June	Caribbean Evening
Sat 5 <sup>th</sup> July	Swainsthorpe Fête (Village Green)
Wed 9 <sup>th</sup> July	Parish Council Meeting
Wed 10 <sup>th</sup> Sept	Parish Council Meeting
Sat 20 <sup>th</sup> Sept	Andy and Jill's Coffee Morning
Sat 27 <sup>th</sup> Sept	MacMillan Coffee Morning
Wed 12 <sup>th</sup> Nov	Parish Council Meeting
Sat 6 <sup>th</sup> Dec	Andy and Jill's Christmas Coffee Morning
Wed 24 <sup>th</sup> Dec	Carols on the Green (Village Green)

Proceeds from events will go to the Swainsthorpe Community Charity Trust (No. 287784) or St Peter's Bell Fund.

#### Long Stratton Medical Partnership

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

I was reminded by our ever-capable Administrator Dawn that it was that time of the month to write an article for the parish magazines. She also suggested a relevant topic for the month of February – healthy eating. This is such a relevant topic at any point in time. We hear so much about obesity and the related co-morbidities, childhood obesity and the impact for the future, the implications for the NHS and the economic implications.

We hear and read about healthy eating and once every so often, a refresher is important. This may help us reflect on our eating habits and make necessary changes with the aim of prevention of several illnesses and improving our physical and mental health.

Health professionals employ the phrase 'healthy eating' frequently. Healthy eating involves eating a balanced diet. Our current healthy eating model in the UK is called the Eatwell guide. There is a scientific basis to this guide, and it looks at the balance of food and drinks needed in our diet. It recommends the amounts of nutrients needed for a healthy state of the body.

I am adding a couple of links which discusses the Eatwell guide in detail:

#### https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/ eating-a-balanced-diet/

#### https://www.nutrition.org.uk/creating-a-healthy-diet/a-healthybalanced-diet/

I want to add a paragraph about the 5 a day concept. It encourages us to add different types and colours of fruit and vegetables to our diet. This also has a scientific basis. The NHS website gives us 5 reasons to include 5 a day in our diet:

- Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C, vitamin A and potassium.
- They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.
- They can help to reduce your risk of heart disease, stroke and some types of cancer
- Fruit and vegetables contribute to a healthy, balanced diet.
- Fruit and vegetables taste delicious and there's so much variety to choose from.

One does not have to wait for another New Year to make a resolution. Let this February 2025 resolution be about looking after ourselves. The community benefits, the country benefits, the world benefits from individuals who can make the change.

Stay Safe.

Mini Nelson

#### 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 n 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.

# **Newton Flotman Youth Club**

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



Here for young people Here for communities Here for you

YMCA Here for young people Here for communities Here for you



Everybody welcome!

#### Holistic Wellness With Mel - Seasonal Self Care Ideas

Hello, some of you may know me as the Holistic Therapist (Reflexology, etc) up the road in Newton Flotman, and former Childminder.

One of my passions is to support people in finding self care practices that help achieve better wellness - mentally, emotionally, physically and spiritually.

#### This month I'd like to focus on letting go and goal setting.

Holding on to things in the past may hold us in fight or flight mode, which is not a healthy state to be in, contribute to energy blockages which may manifest as physical symptoms and hinder us from moving forward.

Letting go of things from the past can help us feel freer and less stuck, bring a sense of relief and support us in our healing process.

Setting goals and having an achievable step by step plan can keep us focused and motivated, support us with time management and moving forward and encourages a sense of pride and purpose

#### Achieving our goals can release happy hormones.

The other day I attended an online meeting with my Weleda 'family'. Weleda have been making and selling 100% natural body products and medicines for over 100 years. One of the speakers was telling us about some self help tools she'd come across. I was inspired and I'd like to share them with you.

First, if you go to **www.yearcompass.com/eng** there's a free booklet. You can print it out or download the digital version. The booklet is in two parts. First it encourages you to contemplate the last year, using thought provoking questions. The second part of the booklet focuses on this year ahead. There's plenty of space for you to write your answers.

Second, choose a word for the year, a word that can be your North Star or Beacon. Divide the year into 4 sections each of around 3 months (seasons?). At the beginning of each section we set a goal/theme of what we'd like to achieve for that period. Then we choose 3 subgoals, one per month perhaps and for each subgoal we choose 6 actions that will help us reach the subgoal. So 6 actions per month, for 3 months, 4 times a year to help us achieve our goals over this coming year.

I drew myself a spider diagram to help me visualise the whole process.

I'm planning on using these tools for the year ahead. Will you join me? If so, I'd love hear how you get on. These tools could be used in a group setting, let me know if you're interested in us forming a group, perhaps meeting monthly to share our experiences?

I'll upload a photo of my spider diagram template to my social media pages, feel free to leave a comment :-)

Facebook: Melanie Purdy – Holistic Therapies Instagram: melanie\_purdy\_therapies Website: www.melaniepurdytherapies.com

#### Notes from Swainsthorpe Parish Council held on Wednesdays 20<sup>th</sup> November 2024 and 8<sup>th</sup> January 2025. Green Energy projects affecting Swainsthorpe

At the January meeting we received an update from representatives from Equinor on their plans to build a new electrical substation south of the existing Norwich Main substation. This will enable connection to the grid of offshore energy from the Sheringham Shoal and Dudgeon Extension project. Villagers had the opportunity to comment on the proposals.

An application has been received from EDF for alterations to the approved Bloys Grove Solar Farm project. These include re-siting of the service cabins further away from the village and a decrease in height of the solar panels. The proposed access to the site is now to be *via* the existing entrance between the village and The Vale, removing the need for an additional access.

#### Other matters discussed:

- The new Christmas tree on the green was very well received by villagers and proved surprisingly robust in the face of strong winds.
- Our Neighbourhood Plan is under way, and will be reported separately.
- The Tree Preservation Order for the Trafalgar Oak on the Millennium Green has been granted.
- The defibrillator has been installed in the recently refurbished telephone box at the entrance to the Village Green. At least 20 residents will be trained in its use.
- The SAM2 traffic speed indicator has been delivered and will be in use imminently.
- The Speed Watch team reports that there is a significant reduction in cars exceeding the speed limit through the village.
- We await news of Lottery funding for the new play area on the Village Green.
- The Swainsthorpe Parish Council website is in the process of being upgraded particularly to report regularly on the progress of the Neighbourhood Plan.

The next meeting has been arranged for Wednesday 19<sup>th</sup> March 2025 and all residents are warmly invited to attend.

Council contact: Nicola LeDain (Parish Clerk) - 07855 947797 swainsthorpepc@gmail.com

Keeping the villages in touch: **F** Visit us on Facebook

www.facebook.com/newtonflotmanvillage/ Swainsthorpe's private group for residents: https://www.facebook.com/groups/151438831588930

#### **News from Newton Flotman Parish Council**

#### Parish Council meetings and 2025 dates and venues

Parish Council meetings are normally held on the last Tuesday of the month (except August and December) in the Village Centre at 7.30pm. Agendas are posted on the parish council noticeboards on Lime Bank, beside the Bus Stop and School entrance on School Road and the website at least three days beforehand.

The Public are welcome to attend all Parish Council meetings; there's an opportunity to speak and ask questions.

Please note, if you would like an item to appear on the agenda, details must be sent to the Clerk at least ten days before the meeting. The Council is unable to make a decision on anything not included on the agenda but can discuss newly raised matters and refer them to the next meeting.

Minutes of meetings are posted on the website:

https://www.newtonflotmanpc.co.uk/agendas-and-minutes and are available from the Clerk but remain in draft form until they are agreed at the next meeting.

Meeting Dates 2025:

Tuesday 25th February, 7:30pm, Village Centre Tuesday 25th March, 7:30pm, Village Centre Tuesday 29th April, 7:30pm, Village Centre, including Annual Parish Meeting Tuesday 20th May, 7;30pm, Church Room Tuesday 24th June, 7:30pm, Village Centre Tuesday 15th July, 7:30pm, Church Room Tuesday 23rd September, 7:30pm, Village Centre Tuesday 21st October, 7;30pm, Church Room Tuesday 25th November, 7:30pm, Village Centre December – no meeting

#### 2025/26 Precept

The Parish Council precept is a proportion of your Council tax bill that goes to the Parish or Town Council. Newton Flotman Parish Council is responsible for the management of the village allotments, street furniture such as dog bins, bus shelter, seats, notice boards as well as the cutting of the Village Green. Grants are also given to a number of village organisations such as the church towards the upkeep of the churchyard and the Village Centre towards grass cutting and play equipment maintenance. The Parish Council also supports the running of the Youth Club.

At the November 2024 Parish Council meeting the precept for 2025/26 was agreed at £31,000, a 4% increase on the current financial year in line with inflation. To achieve this increase, the Parish Council were unable to provide grants to some of the organisations that had requested them. This equates to an annual precept of £66.52 on a band D property or £1.28 per week.

The Parish Council will continue to offer exceptional good value for money to it's residents.

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

#### Newton Flotman Neighbourhood Plan Steering Group



The **Newton Flotman Neighbourhood Plan Steering Group** had meetings in January to review the responses received during the consultation period which finished on 27<sup>th</sup> November 2024.

Adjustments have been made in light of the consultation responses. The main change arising from the consultation responses was that the Steering Group decided to remove Policy NF6 Heritage Assets.

The final version of the Newton Flotman Neighbourhood Plan was completed in January 2025 and signed off by the Parish Council. It is being submitted to South Norfolk District Council in February who will have it 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 in the near future. If the majority of residents approve the plan it will come into force.

Information on the Newton Flotman Neighbourhood Plan can be found in the Neighbourhood Plan section of the Newton Flotman Parish Council website **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.

Dr Paul Weeks Chairman Newton Flotman Neighbourhood Plan Steering Group

#### Mobile Library for February

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesday 26th February.

Village	Stop Name	Arrival	Departure	Postcode
		Time	Time	
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