Worship Events in July St Peter's, Swainsthorpe

• •	<u> </u>	
2nd	9:30	Holy Communion - Coryn Stanforth
9th	9:30	Swainsthorpe Special - Coryn Stanforth
16th	9:30	Swainsthorpe Special - Kirsten Remer
23rd	9:30	Holy Communion - Austin Uzoigwe
30th	10.30	Benefice Service with the Upper Tas Valley,
		Wrenningham Church

St Mary's, Newton Flotman

2nd	11:00	Morning Worship - Coryn Stanforth
9th	8:00	Holy Communion - Coryn Stanforth
	16:00	ECO Church - Lesley Cox
16th	11:00	Morning Worship - Kirsten Remer
23rd	11:00	Holy Communion - Austin Uzoigwe
30th	10.30	Benefice Service with the Upper Tas Valley,
		Wrenningham Church



we enjoy being outside, exploring our natural suboundings and getting creative in simple outdoor projects. We include a short reflection and prayer. We are mindful of keeping our social distance whilst having the opportunity to get involved individually or in household groups. If our amazing world fills you with awe and wonder, come and give us a try!



The Community Magazine for the Parishes of Newton Flotman & Swainsthorpe July 2023





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 * Conditions apply

SUMMIT WWW.SUMMITHEATING.CO.UK 01603 904300 68 Sn -8. Des 11 Boiler Replacements **Boiler Cover Bathroom Installation Underfloor Heating** If you own your home you'll need some sort of insurance cover for If you are looking to refresh your bathroom, Summit Heating can Your boiler is at the Underfloor heating is a heart of your home. If great alternative to traditional radiators or you need yours replacing, our expert Plumbing, Heating and vour boiler in case it offer you a full hot-air systems: it is aoes wrong. We can bathroom installation hidden away out of Maintenance team are provide you with cover service. Our team can view, doing away with the clutter of radiators. on hand to help you n case the worst does help you create your happen. dream bathroom **BAXI** Ideal HETAS GONE Tel: Office: 01603 904 300 Mob: Andrew: 07969 608792 Mob: Neil: 07884 061 741 Email: info@summitheating.co.uk **Ben Willis REGULAR GARDEN MAINTENANCE GARDEN CLEARANCE • FENCING DRIVE WAYS • TURFING • PATIOS**

FRIENDLY LOCAL TRADESMEN • NO JOB TOO SMALL CALL BEN ON: 01508 488 465 or 07717 822 609

WWW.WILLISLANDSCAPING.CO.UK



EMAIL: BEN@WILLISLANDSCAPING.CO.UK



Need a website? We can help.

We will help you grow your business with an affordable and effective website that works for you, and your customers.

Exclusive Partnership reader offer - 10% off! Visit: www.bluefrogdigital.co.uk/partnership

Email hello@bluefrogdigital.co.uk for more information. Let's have a chat.

Rachel's Mobile Hair & Beauty Gents cuts • Cut & Blow Dry Colouring • Sets & Perms Eyebrow & Lash Tinting Manicures & Pedicures Waxing Quality products used Fully trained & gualified

Prices from £5 For more info or to book an appointment Call Rachel on 07742 115784 or 01508 578596

PC ASSIST whome

Whether it be home PC repairs, installation of new computers, upgrades, advice or virus removal

Call Darren on 01508 471459 or email info@pcassistonline.co.uk

Visit www.pcassistonline.co.uk for more details

MARTIN'S GARDENS 01508 498936 Garden Design & Maintenance Hedge Cutting & Tree Services Mowing and Borders Patios and Decking Fencing - New & Repairs All jobs considered -Just call for a quote

Home Maintenance Service

Complete Bathroom CAD design & Installation (in your home). Plumbing and heating, Domestic appliance installation & repair (all manufacturers). All works guaranteed. Contact Mike on

01508 578676 or 07889039729

Email: mobylec@gmail.com

Curate's Corner - Rev. Coryn Stanforth

At the time of writing, there has been yet another beautiful summer day. It has been an interesting few weeks, it was lovely to spend a day with Newton Flotman Primary Academy whilst they had their SIAMS (Church Inspection). The inspection focused on the impact of the school's Christian vision on pupils and adults. I was delighted that the school was graded as good by the inspector. This is much deserved and reflects all the hard work of the staff, children and wider school community.



We have decided to hold a Summer Space in the church and church room in Newton Flotman this summer. This will be held on Tuesdays in August: 1st, 8th, 15th and 22nd from 9.30am to 12 noon. This is mainly aimed at families and children but is also open to all others who are interested. There is no need to pre-book and you can turn up at any time during the morning. You can come each week or just one or two. There will be lots of fun activities on offer and some will change so there should be something different to do each time. Activities will include biscuit decorating, immersive Bible stories, friendship bracelet making, crochet, outdoor crafts, bell ringing, pre-school music sessions, prayer activities, clay pots, painting and tours up the church tower. There will also be a café for that much needed refreshment.

It's all free but we would appreciate it if you were able to make a donation towards the costs. It is an understatement to say that I am very excited about the Summer Space. Please contact me if you would like further details and check village Facebook groups and the school newsletter for further details.

Have a wonderful summer and I hope to see lots of you at the Summer Space.

Blessings *Revd 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.

Rev'd Coryn

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

Articles Wanted for Partnership

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

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 Uzoiqwe (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

Leslev Cox (Reader) tel: 471334

Church Buildings and Church yards

On matters to do with the church buildings or churchvards, 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 £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. :

uv6.com cl4d7i04arlc1dtsc4ctl3rh74@group.calendar.google.com

Partnership Deadline

The next edition of Partnership will be a joint one for August/September 2023. Deadline will be earlier than usual - 10th July 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.



Home 01508 536182 Mobile 07850 402845 carry_all@btinternet.com

Suppliers of: Sand ~ Hoggin shingle (Golden Natural) ~ Ballast Top Soil ~ Crushed Concrete ~ Bark Chippings Compost ~ Aggregate ~ Plum Slate Peat & Turf (Sovereign, cultivated) Children's Play Sand & Play Bark No VAT ~ free delivery **Complies with British Standards** Now delivering mixed logs, hard and soft wood per truck load

S W CONTRACTORS Groundworks

Patios, Shed Bases, Block Paving Paths, Drives Sewer & Storm Water Pipe Work **Gardening Services**

All types of Fencing & Gates Hedge Trimming & Tree Lopping Garden Maintenance All other work considered **Ring Simon - 01508 495528**



Barking Mad Dog lovers wanted to care for friendly dogs whilst their owners are away.

01603 340595 helen.tyler@barkingmad.uk.com BarkingMad.uk.com

Happy Dog. Happy Holiday. Happy You.



01508 471341 V 07759 993441 K/ 07572 285789 Purdyp375@gmail.com

10% off with this ac





As we go to press we are looking forward to the start of the Foodbank initiative in the village where our church is being used as a hub. It should be well under way by the start of July. Also, Dawn Davidson our Rector, by

the time you are reading this, will have been licenced to the Upper Tas Valley benefice – another step towards our 'coming together' as one benefice.

We are also looking forward to opening our doors on the first four Tuesdays of August for Summer Space. We will be offering a range of activities for all ages and a chance to have some refreshments and chat. We'll be putting on a few timetabled events like interactive story telling and a music session for pre school age youngsters but other activities including a variety of 'makes' will be available to do all morning so just pop in! See poster for more information and we'll put updates on the Newton Flotman Village and Tas Valley Families Facebook groups.

Keeping it in the family! Many of you will remember Matthew Gaze. You may be interested to know that he is being ordained as a Deacon (the first step to becoming a priest) on 1st July at 10.30am at Blackburn Cathedral and he is getting married to Grace on 25th July! Do keep Matthew, his ministry and his wife to be, Grace, in your prayers.

NFaST Heritage Group

NFaST is hosting Village Café on 1^{st} July – it's a chance to come along and share your village memories or listen to those tell theirs, and to have a look at the village archive or to bring some material along for us to scan for the archive.

We'll be holding a meeting on 4th August 10-12pm in the church room if you want to come and join the core NFaST team. We will be looking at the website and suggestions for next year's calendar.

Can you help with an enquiry we've had from Hayley in North Yorkshire who is tracing her family tree, about Alice Ethel Gribben who once lived, she thinks, at 12 School Road? Please contact Kirsten on 01508 471580 or **kirstenremer@gmail.com** if you can shed any light!

Crafting for a Cause

The 'Crafting for a Cause' group will meet this month on 4th July, 2-4pm 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.



If you would like to be involved, either to bring your specialist skill to pass on, or you would like to learn something new then please come along and join us.

Calling all Crafters

We are looking for anyone who likes crafting but perhaps hasn't got an outlet for what they make or can't attend a crafting group. Crafting for a Cause is a small group who craft a wide variety of items to sell for charity.

This year our cause is Priscilla Bacon Hospice in Norwich.

If you are interested in helping us make more to sell, please contact either Vicky 01508 471506 or Hilary 07806 762296 for more information. THANK YOU

SUNDAY 27TH AUGUST 12.00PM TO 4.00PM

SUMPERATION OF THE STATE OF THE

••FOOD VENDORS,•• •THE BUCKET LIST •THE BRUNCH BAR ON TOUR •FLIPPIN MARVELLOUS •TILIA ICECREAM BIKE • •TEA AND CAKE

•BAR•LIVE MUSIC• RIDES FROM BT'S ROADSHOW• • ALPACAS• •CLASSIC CARS• •RAFFLE •TOMBOLA•CRAFT MARKET•

> •FUN DOG SHOW• AND MUCH MORE

ALL PROCEEDS TO NEWTON FLOTMAN VILLAGE CENTRE



LIMITED PARKING PLEASE WALK IF

YOU CAN

FANCY A COFFEE OR A CUPPA? TRIALING NEW FOR WEDNESDAYS CHERRY TREE CAFÉ

9-12 Newton Flotman Village Centre Come and Have A Drink & Snack on US All Welcome!



Cosy Cuts Grooming

Professional Grooming for dogs & cats

All breeds welcome, C&G qualified Over 20years experience 3 Kingsway Saxlingham Thorpe NR151UA

Magy Cassidy fully licensed & insured 07703 051633 or 01508 470954 cosycutsgroomingservices@gmail.com Instagram; cosy_cuts_grooming_services



Time Share SWIMMING at Mangreen

for you, your family and friends, **Water Temp 30 -31°c** Enjoy the privacy and warmth of the water of our pool.

Accommodation at Mangreen

If you have any guests you need to accommodate, rates from £65 bed and breakfast. Give us a call.

Or pop in to our Thursday Coffee Shop for a chat and a coffee 10am – 3pm every Thursday.

For more information on the above Call 01508 570444 Email: **swimming@mangreen.co.uk** or **info@mangreen.co.uk** Mangreen Country House, a trading expression of the Mangreen Trust

Flute & Piano Tuition

Anna Hopkins G.R.S.M A.R.C.M. P.G.C.E. Experienced and popular teacher of flute & piano All ages welcome Beginners to Advanced Concerts/Festivals/Exams/ or just for fun Competitive Rates annahopkins1216@hotmail.com 07778611935

TCG SCAFFOLDING SERVICES

FOR HIGH QUALITY SCAFFOLD PRIVATE DOMESTIC TO COMMERCIAL WE GIVE YOU THE SAFE ACCESS REQUIRED FOR ANY JOB LARGE OR SMALL

Call us today for a no obligation free quotation and advice On 01508 531765 or Email us at: enquiries@tcgscaffolding.co.uk

> 118 IPSWICH ROAD, LONG STRATTON, NR15 2TJ



www.mrchimney4u.co.uk

MEMBER OF THE GUILD OF MASTER CHIMNEY SWEEPS

WOOD BURNERS MULTI-FUEL STOVES INGLENOOK FIRES AGA/RAYBURN OPEN FIRES INSET STOVES GAS/OIL BIOMASS CERTIFICATES ISSUED STOVES SERVICED/REPAIRED CCTV FLUE/CHIMNEY CHECKS DAVID WILSON

54 Cawstons Meadow PoringLand info@mrchimney4u.co.uk 01508 493219 OR 07835 757528

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 Wednesdays 6-8 pm

Cherry Tree Café Wednesdays 9am to 12 midday - Newton Flotman Village Centre

> Jumble Sale 1st July - 2-3.30pm - Swainsthorpe St Peter's

Film Night - Newton Flotman Village Centre Bar open from 7pm; Film starts at 7.30pm Tuesday 18th July - *The Banshees of Inisherin*

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 Tuesday 4th July 2-4pm, Newton Flotman church room

Village Walk For more details contact Richard Beach 07963006091.

Meetings

1st August 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



News from the Village Centre

Work has started on setting up a new bar area in the hall. We are confident it will be finished before the fete at the end of August. Big thanks to David and Stuart for their help with this project.

The Social Club is now open every Friday evening from 6pm. There is a food van each week and sometimes an ice cream trike too. It's lovely to see families relaxing together outside in the early evening. All are welcome.

Details of the food vans can be found on the Village Centre website.

On Friday July 14th there will be live music from Ross James Stewart.

The recent Race Night was good fun, so we aim to have a repeat in the Autumn.

A date for your diaries – the Village Fete this year is on Sunday August 27th from 12 to 4pm with lots going on for all the family, including a Dog Show.

.

TUESDAY 18th July - BAR OPENS AT 7:00PM FILM STARTS 7:30PM NEWTON FLOTMAN VILLAGE CENTRE



Norfolk County Council Mobile Library Service

The mobile library will be visiting on Wednesday 21st July 19th

The mobile library is a free service to use, and has a wide range of books available including fiction, non-fiction and children's books. You can also request books for the following month if you are looking for anything in particular. Do come along!

Stop number	Village	Arrival time	Departure time	Stop name	Postcode
2	Swainsthorpe	09:50	10:05	The Church	NR14 8PN
18	Newton Flotman	14:30	15:30	School Road	NR15 1PR
20	Newton Flotman	15:35	16:05	Grove Dale	NR15 1QG
22	Newton Flotman	16:10	16:50	Joy Ave	NR15 1RD



Come and visit our Showroom at Notcutts Garden Centre, Daniels Road, Norwich NR4 6QP Tel: 01508 491540 or Maxine (Showroom Manager) 07488 314 156

Energy Efficient Hot Tubs. An investment in your health and wellbeing & fun



DKC PLUMBING Oil Boiler Specialists

- Oil Fired Boiler Servicing
- Boiler Breakdowns
- **Boiler Repairs**
- **Oil Tank Repairs**
- Radiator Power Flush
- General Plumbing
- **Heating Systems**
- rated people Domestic & Commercial



Call today for a quote 07375 995 198 www.dkclumbina.co.uk

T. C. GARRETT ROOFING CONTRACTOR

Your Local Contractor For All **Your Roofing Requirements** Flat/Tiled/Slated Including all timberworks & UPVC fascia & guttering works Call us today for a no obligation quotation and advice On 01508 531765 or Email us at: enquiries@tcgarrettroofing.co.uk

> **118 IPSWICH ROAD,** LONG STRATTON, NR15 2TJ



Local, Friendly, Reliable N.A.P.I.T. Registered that works on all Aspects of Domestic and Commercial Electrics Re-wires, new installations, new sockets, Fitting of new lights, Extension and Conservatory wiring. Outside sockets and lighting. Security lighting, Fire alarms, **Burglar Alarms and CCTV Systems** Contact Ian or Caroline @ ICD Electrics on 0779 0273 689 or 01508 813802 Email: icdelectrics@hotmail.co.uk or www.icdelectrics.co.uk

17

Out of

Hours

call outs

available

Fully Insured

Google

facebook

Yell.com.

Advertise in Partnership for as little as £10

Email: caroline@uv6.com or call 01508 471238 Don't forget to mention Partnership when contacting our advertisers ! Free Ads facility also offered for local sales



Committed to helping people live independently in the comfort of their own home.

We pride ourselves on delivering quality home-care services.

Available 24 hours a day, 7 days a week.

Covering Newton Flotman, Long Stratton and surrounding villages.

For an informal chat, please contact Nicola or Naomi 07871 352961 / 01508 813572

email: enquiries@acorn2oakcare.co.uk



Available for hire by individuals and organisations Ideal for: Meetings, family functions, birthdays, weddings, children's parties, anniversaries and events

Centrally heated with a fully fitted kitchen (including a catering sized oven, fridge and dishwasher), disabled access and toilets Rates of hire for Newton Flotman and Saxlingham Thorpe residents: Regular bookings £6.50 per hour Occasional bookings £10.50 per hour

Rates of hire non-residents: Regular bookings £9 per hour Occasional bookings £13.50 per hour Use of audio visual facilities £5 extra **To make a booking please call** Vicky Ball 01508 471506



For Personal Attention with Dignity and Respect Private Chapels of Rest Memorials & floral tributes supplied Pre-paid funeral plans available



Tel. 01508 494434 25 The Street, Poringland, Norwich, NR14 7RP www.coppingfunerals.co.uk



LONG STRATTON MEDICAL PARTNERSHIP

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

This month, I want to introduce a person with a role that is crucial to the practice. Our team works with members with various skills ensuring best patient care. The recently published long term plan mentions universal personalised care and the social prescribing link worker is core to this aspiration. Some of you may have heard of this role and some of you may have met our social prescriber sometime in the last 3 - 4 years. To give you the background to this role I have added some information about the Help Hub South Norfolk.

The website clearly defines the role of the Help Hub:

'Everybody needs a bit of extra support from time to time and the Help Hub makes sure people get that help as soon as possible.

Getting help early can stop problems from getting worse. It might be only a small problem but if it's difficult to find a solution straightaway a small problem can grow and lead to more worries.

The Help Hub is a partnership between organisations that support people in Broadland and South Norfolk. It can offer practical support, suggest community groups, and offer advice and guidance to get you back on track.'

NHS England website talks very clearly about the role of social prescribing: 'Social prescribing is an all-age, whole population approach that works particularly well for people who:

- have one or more long term conditions
- who need support with low level mental health issues
- who are lonely or isolated

Transport

Wellbeina

Benefit Advice

Carer's support

• Employment/learning

• who have complex social needs which affect their wellbeing.'

Our Social prescriber Matt Lawson has been working in the practice 1 day a week. At present, this is on Thursday and booking to see him is via Reception, you do not need a referral from a clinician. He can offer advice and signpost you appropriately for matters such as:

• Support in parenting childcare

Debt/budgeting advice

Dementia/memory loss

- Home adaption/ assistive technology
- Housing
- Local opportunities for leisure interests
- Abuse/exploitation
- Low level legal advice
- Social Isolation
- Substance misuse

Matt Lawson has been exceptional in is his contact with our patients, his advice, his sign posting to various organisations/charities and in supporting our patients. The feedback we have had from patients is excellent. I would encourage you to access this crucial information and help resource that is so close to home.

Have a lovely summer.

Dr Mini Nelson

Newton Flotman Parish Council Update Councillors and Vacancies

Parish councils are a type of local authority and are involved in the delivery of services and facilities for the public in their own very local area.

Unlike other tiers of local government such as the District and County Councils they have very few statutory duties but they do have the powers to deliver real benefits to the community they serve.

A Parish Council comprises of Councillors (seven in the case of Newton Flotman), one of whom is also the chairman, and together they form the Council. In addition the council is serviced by a clerk. The Councillors are elected for a four year term, the most recent election took place in May 2023.

In Newton Flotman, the Parish Council usually meets on the last Tuesday of each month (except August and December) at 7.30pm in the Village Centre.

The Parish Council is responsible for: the village allotments, street furniture such as dog bins, bus shelter, grit bins, notice boards.

At the Parish Council Annual Meeting Dr Paul Weeks was elected as Chairman with Bruce Turnbull taking on the role of Vice-Chairman. They are joined by Councillors Cate McNerney, David Segens and Drew Broad. Councillors can be contacted through the Clerk on the details below.

Local issues need local people to speak up for them. You could help keep Newton Flotman a vibrant, good place to live by becoming a Parish Councillor. You could be in at the 'grass roots' level of Local Government and be involved in making things happen or getting things sorted! You could get local views about local issues brought to the attention of the powers that be. There remains two vacancies on the Parish Council. If you have an interest in your community or do you know someone who does becoming a Councillor could be for you or them?

Candidates must be at least 18 years of age and a British subject or a citizen of the Commonwealth or European Union and must satisfy at least **one** of the following:

be a local government elector for the Parish of Newton Flotman;

• have, during the whole of the previous 12 months, occupied land or other property in the parish, either as owner or tenant

• have, during the whole of the previous 12 months, had your principal or only place of work in the parish;

have resided in the parish during the whole of the previous 12 months

Grass Cutting Update

The Parish Council is responsible for maintaining King's Green, along with the small area of grass that is beside 33 Joy Avenue (which allows access to the River Tas) and the playing field (via the playing field committee). The grass verges in the village are the responsibility of the Highways Department. Highways are also responsible for the triangle of grass at the junction of the Flordon Road and the A140, and we also believe for the triangle between Old Street and the A140. More information about Norfolk County Council grass cutting can be found at https://www.norfolk.gov.uk/roads-and-transport/roads/road-maintenance/trees-hedges-and-grass-verges/grass-cutting

The Parish Council agreed last year after requests from residents that we should try and develop the village green as a wild flower area. This involves leaving the green uncut from Spring to September to allow wild flowers to flourish. This is a long-term

Free Ads

Place Free Ads Here in Partnership! Email: caroline@uv6.com or call 01508 471238 / 07855 838553

You can sell items, give them away for free, or even post a 'wanted' ad.

TWO SLIDING DOORS with tracks, frosted glass pattern, 2' wide, 7'4" high, free to collect, call Heather on 01508 471102

GREY RUG with long pile, swirly two tone pattern, 7'5" long, 5'5" wide, £10, call Heather on 01508 471102

Business Ads





Your local, family run business offering great prices on the supply and installation of windows, doors, conservatories and warm roofs.

We offer a free, friendly quotation service, with no pushy sales pitch.

WINDOW COMPANY

No overheads, no salesman salaries to cover. Just affordable, great quality products with a professional and hassle free installation.





T: 01603 555209 / M: 07966 348242 info@thenorfolkwindowcompany.co.uk • www.thenorfolkwindowcompany.co.uk

Newton Flotman Foodbank

Members of our community have volunteered to set up a foodbank distribution facility in Newton Flotman. They are doing this in conjunction with The Waveney Foodbank, which is part of The Trussell Trust.

Waveney Foodbank, which covers most of South Norfolk and North/Mid Suffolk, opened in 2012. In 2022 they saw a **275% increase** in need, compared to pre-Covid levels. The biggest rise in people using the foodbank is from those who have at least one member of the household in full-time work.

One in five people in the UK now lives below the poverty line.

There are all sorts of reasons why people request food parcels and there are a lot of urban myths about food banks - who can use them, how often they can use them, and whether or not they have to make a donation. If you are in any doubt about whether you can have a food parcel please just ring any of the numbers below, rather than relying on something your friend's-mother's-cousin overheard someone saying at the post office a couple of years ago!

- You can receive Foodbank parcels if you are in full or part-time employment.
- You do not have to be unemployed, or in receipt of any type of benefit or pension.
- You do not have to be a single parent.
- You do not have to be living with other people.
- You can be in emergency or temporary housing, sofa-surfing or homeless.
- You Do Not need to make any payment for a food parcel!

The foodbank in Newton Flotman will deliver food parcels to you directly, at a mutually convenient time, rather than you collecting them from a central point.

All requests for the delivery of a food parcel will be treated in the strictest confidence.

If you or someone you know would like to request a food parcel we would urge you to contact us please on:- 07484 394749 or 01379 870506

Please let us know if you have any special dietary requirements, or if you need baby bits, toiletries or cleaning products.

If you are already working with a local or national care agency, ask them about a foodbank voucher, or other help you may be able to get. If you are not, you can talk to someone at South Norfolk Council on 01508 533933 or if you have children at school, your pastoral support teacher will be able to provide help and information.

In an average month, Waveney food bank currently distributes **2000** kilos of food, which equates to approximately **450** food parcels.

If you or someone you know would like to make a food donation then check out our website, **waveney.foodbank.org.uk** for suggestions of the most useful items to donate. There are food donation points on Wednesdays at the Post Office 10:00-12:00 on Saturdays at the Village Cafe 10:00-12:00 and at St Mary's Church on Sundays at the beginning or end of the services, along with Long Stratton CO-OP, Cherry Lane Garden Centre, Long Stratton Service Station, or any supermarket in Diss.

If you would like to volunteer to help in some way please contact the Newton Flotman team by email: **newtonflotman@waveney.foodbank.org.uk**

Donations towards Waveney Foodbank are welcome: Sort Code: 77-66-12 Ac: 22139560 For PayPal donations see our website **waveney.foodbank.org.uk**

Project where in the early years the grass can continue to dominate. We are trying to suppress the grass with a plant called yellow rattle and are pleased to see plants developing from seeds planted last winter. Volunteers have planted 700 wild flower "plugs" to promote different varieties. There are already lots of wild flower varieties and we look forward to seeing more as the years pass. We are already seeing wildflowers at the top of the green. Further down near the A140 the grass is very dominant and it may well take 5 - 10 years to see significant change. Wild flowers can look great in early summer. That can fade as the year progresses but the benefits to the natural world are long lasting.

It is unfortunate that the first cut this year was incorrect due to a misunderstanding with the contractor. There has been a meeting with the contractor and we expect the trimming of the grass around the edges and paths will continue.

Saffron Housing cut the verges along St Mary's Close and at the end of Clabburn Close. We don't know what their policy is, however they have been contacted and we are awaiting their response.

Contractors do not usually pick up the grass cuttings - if the grass is mown often enough the cuttings simply mulch back into the soil. This is less than ideal if the grass is long when it is cut. Due to the wet Spring this year rapid grass growth has been a problem. The unsightly long cuttings will soon dry up and mulch in when the verges are next mown.

Community Resilience Plan

The Parish Council are looking to refresh the Community resilience plan for the village. This plan can be called upon in an emergency, such as flooding or loss of power.

If you would be able to assist in such a situation as a volunteer or have alternative means of power such as a generator the community could utilise please contact the Clerk.

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 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!

5 Tips for saving Water

St Mary's Church Newton Flotman has bronze award Eco Church status. We are very concerned about the climate crisis and are doing what we can to look after this amazing planet we have been given. As a dry summer draws on we are thinking about how we can conserve water. Climate breakdown is one of the biggest drivers of water shortages and is expected to heap even more pressure on our depleting supplies. People in England will face shortages by 2050 unless we save water fast – according to the UK Environment Agency. We have found some tips from Friends of the Earth and The Royal Horticultural Society to help us save water this Summer:

1.Turn off the taps

Don't let your water consumption run out of control. Save six litres of water a minute by turning off your tap while you brush your teeth. Fix leaky taps too – and stop what could be 60 litres of water going straight down the drain every week.

2. Shower with less

Every minute you spend in a power shower uses up to 17 litres of water. Set a timer on your phone to keep your showers short, sweet and water-saving. Switching to an efficient shower head will allow you to lather up in less water, which means you'll save water and cut your bills.

3. Save up your dirty clothes and your washing up

Washing a full machine load of clothes uses less water and energy than 2 half-loads. This means lower bills as well. Got a dishwasher? Fill it up completely each time you run it and you'll use less water than you would doing the dishes by hand. If you don't have a dishwasher, using a washing up bowl uses less water than the sink.

4.Boil what you need

Save water, money and energy by only boiling as many cups of water as you need.

5.Water wisely in the garden

Water outdoor plants in the early morning or at the end of the day to stop water immediately evaporating in sunlight and heat. Water the soil so that the liquid goes straight to the roots where it is needed.

Watering more thoroughly, but less frequently helps get the water down to the deeper root tips. It is better to water the garden before drought really sets in, to keep the soil moisture levels even and avoid the soil being continuously dry. But, equally important, the soil doesn't have to be really wet all the time because plants roots need air as well as water to grow well You can also cut water use by 33% by watering plants manually instead of using automatic sprinklers. If you are able then using a watering can saves even more water.

Richard & Hilary Beach

St Peters Church Jumble Sale

1st July, 2-3.30pm in St Peters Church, Swainsthorpe. Well sorted jumble and bric a brac Home made refreshments Entry fee 50p.

Wildlife Back Garden

Fledglings are plentiful this year, Mr & Mrs Blackbird would of had three broods if it were not for the awful magpies, which destroyed one nest full of barely out-of-their-shells babies! It's heartbreaking when you have to pick up the remains off the patio; the only justification is that they, too, have young to feed. So its lovely to see and hear blackbird fledglings again now being fed by their parents around the garden.

I always scatter a handful of fledgling mix onto the ground first thing when I go outside. It's as though they are queuing and waiting for me. Bluetits built a nest in the birdbox, mainly lined with dog hair (I witnessed them collecting it), The birdbox is situated under the corner pergola which is now completely covered in rambling roses, *Rambling Rector* and *Summer Wine*, as well as native honeysuckle and ivy, so the box is well and truly hidden. I'd heard the babies chirping for a long while and knew that one day soon they'd be leaving the nest. Two days later they were around the garden.

Now, if you've ever encountered this wonderful experience, we really are honoured that they have chosen our gardens. With the constant sound of the babies calling back to their parents to be fed from dawn 'til dusk, it seems pretty quite when we retire to our bedrooms! The parents are so busy in feeding them all, that I do continue to feed as the ground is so hard the parents can't find their preferred diet of worms. I had a chance encounter with one fledgling hopping towards my wheelchair, almost underneath me, then along the side of me. Frosty laid watching too, so the young birds are getting to know and trust her as well; I can trust her not to chase them. I was lucky to video this encounter and its been posted onto Facebook UK Wildlife Friendly Gardening.

The great tits have two fledglings. I mainly see them feeding their young from the seed feeder and the half coconut filled with suet cake, which is situated in the shade, I am also seeing and hearing juvenile robins. Sparrows have also had another brood, somewhere different from the privet hedge, the first being destroyed by the magpie.

Mr and Mrs Blackbird often bathe in my pond with its babbling brook. I have scrubbed the two bird baths, which they also frequent. I shall continue to feed for as long as the dry weather continues. My neighbour and I were commenting on how much it costs to supplement them with food...but they do bring us a lot of pleasure, so it's money well spent. As I have often said before, it's by far the best TV viewing going!

On another note, I highly recommend Magy Cassidy of Cosy Cuts Grooming, as advertised in our Partnership magazine. Frosty, my Bernese mountain dog weighing in at 46kg, was handled with great care and attention, in a very friendly and professional manner. She looked beautiful after her shampoo and blow dry. We will definitely be going back. Thank you Magy.

Heidi Wheeler



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