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at
St Peter's Church/Community Hub
Swainsthorpe

Saturday 26 April 2025
10:30am ~ 12:30pm
Entry 50p

Refreshments available

Please leave all donations in the church porch
from 14th April 2025
or call
01508 470921
for collection to be arranged

All proceeds going to The Bell Fund

Partnership

*The Community Magazine for the Parishes of
Newton Flotman & Swainsthorpe
April 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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CONCLAVE

TUESDAY 15TH APRIL - BAR OPENS 7:00PM FILM STARTS 7:30PM
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Village Café

Saturday
Church Room 10-12

Easter Space

Free crafts and activities to help us explore the Good News of the Easter story and celebrate new life!

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

A great way to celebrate Easter with family and friends!

On Saturday 19th April from 10-12am
in the Church Room, St Mary's Newton Flotman

With special guests Mrs Morgan and lamb!

An evening of Sea Shanties and well known songs

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May 17th 2025 at 7.30 p.m.
St Peter's Community Centre, Swainsthorpe.

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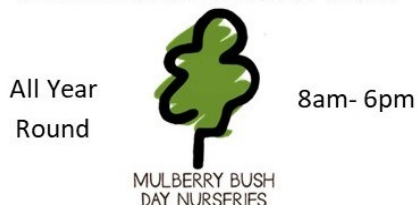
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Curate's Page

Aren't we fortunate to live in such stunning countryside?

Spring time is a beautiful season. As we leave winter behind, signs of new life are springing up around us; daffodils in the garden, snowdrops in our churchyards, buds on trees, lambs in the field and the sound of bird song.

A story is told of a Sunday School teacher who, on the Sunday before Easter, gave each of the children a plastic egg and asked them to look for symbols of new life, like seeds and leaves and then to place them inside the egg. The idea was to open their Eggs on Easter Sunday and to discuss what they had found. When all the children gathered, they had collected all sorts of things like flowers and buds, but one little boy had left his egg empty. "He didn't do it right" the children teased; but the boy tugged the teacher's sleeve and said, "I did do it right." It is empty because the tomb is empty, that's why we have new life.

For centuries Christians have used hollow eggs at Easter to illustrate the new life found in the Resurrection of Jesus Christ. On that first Easter Sunday, God let us know beyond doubt that he loves us deeply by sending his son in order that we could have new life.

Apparently around 80 million Easter eggs are eaten each year in the UK! As you enjoy these chocolate treats and all the signs around us that spring has arrived, may you be reminded of God's love and experience his peace and hope.

A Happy Easter to you all!



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 Austin Uzoigwe

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Swainsthorpe's private group for residents:
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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 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
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Worship Events in April

St Mary's, Newton Flotman

Sunday	6th	11:00	Morning Worship - Philip Simmons
Sunday	13th	11:00	Palm Sunday Holy Communion - Dawn Davidson with Rachel Hayden
Monday	14th	19:00	Compline - Kirsten Remer
Sunday	20th	11:00	Easter Celebration Service - Lesley Cox
Sunday	27th	11:00	Holy Communion - Austin Uzoigwe

St Peter's, Swainsthorpe

Sunday	6th	09:30	Swainsthorpe Special - Rachel Hayden
Weds	16th	19:00	Compline - Philip Simmons
Sunday	20th	09:30	Easter Special - Lesley Cox
Sunday	27th	09:30	Holy Communion - Austin Uzoigwe

For other services around the Tas Valley benefice, please visit
www.tasvalley.org

 **ST MARY'S CHURCH**
Newton Flotman

We are heading towards the Easter holidays and looking forward to joining the litter pick on Wednesday 9th April and hosting Easter Space on Saturday 19th April, as well as Easter themed activities and refreshments, towers trips are on offer (weather permitting), a chance for a 360^o view of Newton Flotman in the spring!

Holy Week starts on Monday 14th with Compline at St Mary's Newton Flotman at 7pm..see the benefice website for details of other Holy Week services **<https://tasvalley.org/worship/next>**. Join us for our Easter Celebration service on Easter Sunday 20th April at 11am.

Saturday April 26th is our Spring Maintenance Morning, join us at any time between 9-12 to help trim and tidy the church yard. We have had some gardening equipment donated to us, but do bring your own tools if you have them! As a reward for your efforts you will be able to enjoy the refreshments served at Village Café.

May 11-17th is Christian Aid week is so you will find a donation envelope in Partnership next month.

Mobile Library for April

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesday 23rd April.

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

Newton Flotman Climate Care Solar Farms in Norfolk?

In the battle against climate change, increasing our supplies of sustainable electricity is vital. This means big increases in wind and solar power which has major implications for us in Norfolk. While the North Sea is a great source of wind power it demands pylons to transport that power to where it is needed. Our open countryside is an easy place to build solar farms.



Of course this is not the first time the people of Norfolk have given up parts of their beautiful countryside. In the 1939 to 45 war airfields were built all over East Anglia. It can't have been nice – noisy, lots of concrete, not pretty - but it had to be tolerated. It was after all a national emergency. The climate crisis is also a national emergency.

Solar farms can be better for biodiversity than intensely farmed land. Given time, soil quality and carbon capture would improve. Managed carefully solar farms can be good for wild flowers, insects and other wildlife. It is of course a worry that solar farms take productive land out of food production but they do not preclude all agriculture - sheep grazing for instance. If we don't take action, climate change with droughts or floods will likely take land out of food production anyway!

It can be rightly argued that solar panels would be better placed on buildings - houses, warehouses etc. That would make sense, but to make that work we should have started 10 years ago. The urgency is now such that we need to build as quickly and cheaply as possible - hence the use of open Norfolk countryside. If we press on with solar on buildings and other spaces over the next 20 years we could perhaps take down the Norfolk ones and return land to agriculture. That is after all what happened to lots of airfields from the second World War after the crisis had passed.

Richard.beach1508@gmail.com

NEWTON FLOTMAN LITTER PICK



Wednesday 9th April, starting at Cherry Tree Café
at 9am and finishing there for refreshments.
Please let William Ball know you will be there on
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International Women's Day 2025

Saturday 8th March turned out to be a beautifully sunny day when I was lucky enough to host Swainsthorpe's 8th celebration to mark International Women's Day.

St Peter's church & community centre was full by one o'clock, meeting friends old and new, swapping clothes and books.

We are supported each year by Tesco, which supplies all the hot drinks, set up and served by Rachael, Tesco's Community Champion at the Harford Bridge store. She arrived with a big smile and enjoyed hearing our inspirational speakers.

The overwhelming feeling of sisterhood when women share their own stories or congratulate the speaker is truly amazing. Each table had a packet of tissues as some of the topics are incredibly emotional.

I am supported by the Swainsthorpe FIGS and we were able to donate £506 from ticket & raffle sales to help fund a trauma based workshop for those fleeing Domestic Abuse, funds for research in to M.E. as well as The Swainsthorpe Community Charity Trust to help with the upkeep of our fantastic community centre and church.

We collected a vast amount of toiletries for women fleeing abuse, clothes leftover from the SWISH were also donated.

We left the afternoon with full tummies and even hips (it's a known fact at IWD, eating cake in even numbers stops you being lopsided!)

Next year's event will be held on Saturday 7th March. Ideas for speakers can be emailed to swainsthorpefigs@gmail.com

Debs Johnson



SPRING GROUNDS TIDYING at NEWTON FLOTMAN CHURCH

Please can you help for one or two hours,
between 9.00am & 12noon?

on **SATURDAY 26th APRIL 2025**

If so, kindly pop-along and speak to Andy
Cox, William Ball or Kirsten Remer.

Village Café will be open for well deserved
tea/coffee and home made bakes!



Long Stratton Medical Partnership

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY

I have written about Research in a past issue particularly about the importance of it and why we do it. In this issue I want to mention some of the ongoing Research studies our practice is involved in and some of you may have received invites to join studies. I lead the Research section in the practice. I am therefore involved in screening and finding the most appropriate patients for studies we are involved in.

A reminder about Research in healthcare. It lays the foundation for all advances in health and care and is the basis for evidence-based practice. Clinicians in the NHS practice evidence-based medicine. I do think that whatever we can contribute, however small will have an impact on the delivery of services and management of illnesses now for the future.

Ongoing studies:

Duration UTI study. This study is run by the clinical Trials unit, University of Oxford. It aims to find the shortest antibiotic duration needed to effectively treat Urinary Tract Infections in women. The study will also look at the impact of each antibiotic and treatment duration on antibiotic resistance in bacteria found in the patient's urine result. This is a randomised study. Resistance meaning that bacteria do not respond to certain antibiotics hence creating a major problem in delivering best practice of medicine.

Who can participate: Adult women, aged 18 years or above, assigned female at birth, and if the clinician determines the patient requires antibiotic for a suspected bladder or kidney infection.

Asymptomatic study. This study is run by the University of Liverpool. This is a randomised controlled study assessing symptom driven vs preventer therapy for the outpatient management of Asthma in children. In simple terms – in children with mild Asthma, is the preventer inhaler when taken at the time of symptoms as effective as when taken on a daily basis.

Who can participate: Children between the ages of 5 and 15 who have mild Asthma. I will screen the eligibility based on the criteria of mild Asthma as set out by the study team.

INDIGO Community study. This is being run by Imperial College London. This study aims to fill the gap in knowledge about cancer survivors. It looks at long term outcomes and service use of people living beyond cancer. It focuses on collecting Reported Outcome Measures and Patient Reported Experience measures from patients to better understand their health status and quality of life after treatment.

Who can participate: All patients over the age of 16 who have had any type of cancer in the past.

If you do receive an invite, please take time to read. However small our contribution may be, it all adds up to possibly creating a major change for someone we may or may not know now or in the future.

Stay Safe.

Dr Mini Nelson

Newton Flotman Youth Club

NF Village Centre - For 8-16 year olds

Wednesdays 6 - 8 pm (term time only)



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A Right Royal Treat for VE Day!

As we gear up to celebrate VE Day this May, let's take a moment to remember one of the most charming traditions linked to the Queen Mother - her beloved **Date and Walnut Cake**. But this isn't just any cake; it comes with a rather special rule!

The Queen Mother, known for her wit and warmth, insisted that this delightful treat **must never be given away freely**. Instead, it should be sold for a few pennies, with all proceeds going to charity. A perfect example of her enduring spirit of generosity—after all, why just enjoy a cake when you can do some good at the same time?

During the dark days of World War II, the Queen Mother was a beacon of resilience. She famously **refused to leave London** during the Blitz, standing firm alongside King George VI as Buckingham Palace itself was bombed. Hitler is even said to have called her "**the most dangerous woman in Europe**"—a title she no doubt wore with pride!

So, as we prepare to mark this historic occasion, why not whip up a batch of the Queen Mother's legendary cake and do your bit for charity? A royal recipe, a good cause, and a delicious excuse for a slice of something sweet - what's not to love?

The Queen Mother's Cake

Ingredients:

8oz caster sugar

3oz butter

1 egg

1 teaspoon baking powder

Half a teaspoon salt

2oz chopped walnuts

8oz chopped pitted dates

1 teaspoon bicarbonate of soda



Method

Preheat oven to 180C/350F/Gas4

Grease and line a 9 x 12 inch cake tin

Pour one breakfast cup of boiling water over the dates, and add bicarbonate of soda.

Mix all the ingredients together and add to the softened date mixture.

Put mixture in prepared tin and bake for 1 to 1 ½ hours.

Ingredients for Toppings

5 tablespoons soft brown sugar

2 tablespoons butter

2 tablespoons cream or milk

Method

Mix all together and boil for 3 minutes

Spread on warm cake

(Sprinkle with chopped nuts if liked)

The Bells of St Peter's Swainsthorpe

As some will know we have been raising funds to restore the four 17th century bells of St Peter's to working condition. The bells were originally hung for full circle ringing but many years ago the wheels, ropes and pulleys fell into decay and it was only possible to chime one bell with simple chiming clapper. Sadly the tower is no longer strong enough to withstand the movement of the four bells in full circle ringing unless we install a new hanging frame which would be both very expensive and not in keeping with the ancient church tower.

The PCC therefore decided that a more sympathetic restoration to allow the bells to be chimed, would be more appropriate. This will involve rehangng the bells for stationary chiming and installing chiming mechanisms. We would like to install both a manual, Ellacombe chiming system and an electronic chiming



system as this latter would allow the bells to be chimed automatically for events such as weddings. However the cost of these works will be approximately £25,000 + VAT.

Our fund raising has continued since our last update and we now have just over £15,000 raised. I am very pleased to report that we also received a grant from the Geoffrey Watling Charity Trust for £2,000.

However this is conditional on us raising the balance of funds within 12 months. We still need £8,000 and are therefore calling out to all readers of the Partnership to help. No matter how much every donation will help get the Bells of St Peter's ringing again, PLEASE HELP!!

Charles Carron Brown
Fabric Officer

Partnership Deadline

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



Holistic Wellness with Mel – Seasonal Self Care Ideas

Hello again, Melanie Purdy here, Holistic Therapist (Indian Head Massage etc) in Newton Flotman.

World Sleep Day was on Friday 14th March, and it inspired me to share some **useful hints and tips to aid your sleep.**

Achieving a good night's sleep is important for our overall health and wellbeing. Here are some key pillars that contribute to healthy sleep:

- **Consistency:** Going to bed and waking up at the same time every day, even at the weekends, helps to regulate the body's internal clock and can improve the quality of our sleep.

- **Environment:** A cool, quiet and dark environment can be helpful for sleep. Some people like to use blackout blinds, ear plugs or white noise machines to minimise disruptions.

- **Routine:** Establishing a relaxing bedtime routine that you follow every night at roughly the same time and in the same order helps your body to anticipate sleep time. You might like to do some gentle stretching, reading, take a warm bath, meditate or listen to a guided visualisation/meditation. It's helpful to avoid caffeine after noon and to avoid using screens for an hour before bed.

- **Diet:** It's helpful to avoid large meals, caffeine, and alcohol close to bedtime. It's best to opt for light snacks if you're hungry before bed, and to stay hydrated throughout the day.

- **Exercise:** Regular physical activity can promote better sleep - aiming for at least 30 minutes of moderate exercise most days of the week and avoiding vigorous workouts close to bedtime as they can interfere with your ability to fall asleep.

- **Stress Management:** How do you manage Stress and Anxiety? Perhaps you could practice breathing exercises, yoga, or EFT Tapping. Writing down any concerns or worries may prevent them from disrupting your sleep.

I've made a **Hand Reflexology Self Care Video** to promote sleep and popped it on my Facebook page for you to follow along, should you wish to :-) ZZzzz

Disclaimer: The information here is not a substitute for professional medical advice, diagnosis or treatment.

Facebook: *Melanie Purdy – Holistic Therapies*

Instagram: *melanie_purdy_therapies*

Website: *www.melaniepurdytherapies.com*



Saturday Village Café

Church Room 10-12

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

What's On In Our Villages:

Social Club - Newton Flotman Village Centre

Friday 11th April - Peaky Pizzas
 Friday 25th April - Easter Bingo with Brunch Bar food van
 Friday 9th May - Games Tournament with TATOS

Jumble Sale - Swainsthorpe

Saturday 26th April - 10:30am 'til noon - St Peter's Community Centre

Youth Club

For 8 -16 year olds - Wednesdays 6-8 pm (term time)
 Newton Flotman Village Centre

Stay & Play

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

Saturdays 10am - midday - Newton Flotman Church Room

Film Night - Newton Flotman Village Centre

Tuesday 15th April - Conclave
 Bar open from 7pm; Film starts at 7.30pm

Outreach Post Office

Wednesdays 9.30 - 11.30am - Newton Flotman Church Room

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 29th April, 7:30pm, Village Centre
 Swainsthorpe Parish Council:
 Wednesday 14th May - 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

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

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



Village Centre AGM

Tuesday April 8th 2025

7 for 7.30 pm

Newton Flotman Village Centre

Please come along and find out what's been going on at the hall and playing field over the last year, and help us make plans for the future.

In addition to our reports and elections, we will be making an amendment to our governing document by adding a dissolution clause. We do not intend to dissolve the charity, but we are required to have this clause in our governing document.

If you have ideas or suggestions about improving the Village Centre and the Playing Field facilities for the benefit of the community, please bring your ideas to the meeting.

The bar will be open from 7pm pm for a Happy Half Hour and a chance for informal chat.

We look forward to seeing you!

Village Centre Committee

SAXLINGHAM (SAXON) BOWLS CLUB

Open Day Saturday April 26th at 1.30pm at the Playing Field Bowls Green

New members are welcome to join our small friendly Club.

Free coaching given to beginners - contact: Chris Lacey on 01508 49900

Newton Flotman Parish Council Notes

New Councillor

The Parish Council are delighted to welcome Martin Brooks as a Councillor at the February meeting. Martin will be a familiar face to many as he is the bookings secretary on the Village Centre committee and vice chairman/treasurer for the Neighbourhood Plan Steering Group.

The Parish Council are now at full membership with seven active councillors working hard to enhance the village.

New Website coming soon

The Parish Council is currently in the process of launching a new website. This website will have all the same resources as the current website plus useful links to other organisations which will help with reporting any issues in the village. In addition, Councillors will be getting a dedicated Parish Council email address. The **.gov.uk** domain was specifically created for use by central, devolved and local UK public sector organisations. The Parish Council have been able to secure funding to support this move to a new website which will meet security and transparency regulations. More details to follow soon.

Devolution

Having been accepted on to the Government's Devolution Priority Programme a Working Group of councillors and officers has been set up to prepare the Interim Submission, on how Norfolk could move from the current two tier system to one or more unitary councils, which has to be submitted by 21st March. The final, more detailed, proposal has to be submitted in September.

Alongside this the Government has launched a Community Consultation, which is open until April 13th, so that local people can let them know their views on Devolution which would involve electing a Mayor in 2026 to lead the unitary councils that will be formed in Norfolk and Suffolk.

<http://consult.communities.gov.uk/lggc/norfolk-and-suffolk-devolution-consultation/>

Local Government Reform

A Working Group of councillors and officers has also been set up to work on a proposal of how many unitary councils would deliver the best and most sustainable services across the area. District Councils are also putting together their preferred options to send to Government which will make the final decision in September.

Annual Parish Meeting

The Annual Parish Meeting will be held on Tuesday 29th April, 7:30pm, Village Centre. Local organisations are invited to share with the village updates from the previous 12 months. Members of the public are encouraged to attend, tea, coffee and biscuits will be served prior to the meeting.

Meetings

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

Tuesday 29th April, 7:30pm, Village Centre including Annual Parish Meeting

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>

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

VE Day 80

Newton Flotman will be celebrating **VE Day 80** this year on **Thursday 8th May** at the **Village Hall**.

We will be **ringing the church bells at 6.30pm** and **lighting the beacon at 9.30pm** that evening.

ARTS will be entertaining us at **7.00pm** with **items from the younger ARTS teams**, and at **9.00pm** when the **older students will perform**. They will also lead us in **singing the patriotic hymn "I vow to thee my country"** after the lighting of the **beacon**. There will also be a **singalong of WW2 songs** which will be led by **Mister John**.

The **'Brunch Bar on Tour'** will be present throughout the evening so you can enjoy their mouthwatering burgers along with a drink which you will be able to purchase from the Social Club bar.

To help us to celebrate VE Day this year we would like to **encourage you to dress in 1940s clothing**. Have a look at your grandparents/parents pictures from that period to see the clothing that was popular at that time.

Do you know anybody who was alive in 1945 when the first VE Day celebration took place? We would like to invite them as our guest of honour for the evening. Please send their name and contact number to chairman@newtonflotmanpc.co.uk so I can invite them to join us that evening.

*Dr Paul Weeks
Parish Council Chairman*

Swainsthorpe Neighbourhood Plan



Thank you to all those that filled in the household survey during February 2025. We were really pleased to receive over 90 responses from Swainsthorpe residents. The Neighbourhood Plan steering group will be using the results to start drafting the new Plan for Swainsthorpe.