

*Worship Events in February*  
**St Peter's, Swainsthorpe**

4th 9.30am Swainsthorpe Special - Philip Simmons  
13th 9.30am Holy Communion - Austin Uzoigwe  
20th 9.30am Swainsthorpe Special - Dawn Davison  
27th 9.30am Swainsthorpe Special - Lesley Cox

**St Mary's, Newton Flotman**

4th 11.00am Holy Communion - Austin Uzoigwe  
13th 8.00am BCP Holy Communion - Austin Uzoigwe  
4.00pm ECO Church - Lesley Cox  
20th 11.00am Holy Communion - Dawn Davison  
27th 11.00am Morning Worship - Lesley Cox

**We meet in the  
churchyard  
of St Mary's  
Church, Newton  
Flotman or  
other local  
venues – see school  
emails, posters or call 01508 471334**



**Every 2nd  
Sunday  
Afternoon -  
please see  
calendar for times  
lasting about  
an hour**



We enjoy being outside, exploring our natural surroundings 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!

# *Partnership*

*The Community Magazine for the Parishes of  
Newton Flotman & Swainsthorpe  
2022*



## Curate's Corner

Christmas seems long over but it was lovely to see many of you around the village and in church. It was wonderful to be able to have a service of Midnight Communion late on Christmas Eve night. Another highlight was joining as a community to sing carols on the village green on what was certainly a cold and frosty evening. One conversation from that occasion has helped me to reflect over the last few weeks. Some people who had recently moved into Newton Flotman from another village commented on the real sense of community here. I have also heard similar comments made about Swainsthorpe.




In its simplest form community is about people living in the same place, but it should be far more than that. The building of relationships is central to community. We build community when we chat to those we bump into around the village, when we help those who are in need, when we have a conversation with a lonely neighbour.

There are also intentional opportunities which have been set up to help build community. Have you dropped into Village Café on a Saturday morning between 10am and 12pm yet? It is held in the church room. There's drinks and various different delicious things to eat. It's a good opportunity to meet others for a chat and there are sometimes special themed cafés. I had great fun before Christmas making both a table decoration and a wreath, with guidance from some great teachers.

If you prefer to be active there is now a monthly walking group. I have heard good things about the walks and hope that I am soon free on one of the dates to participate. There is also a community allotment you can get involved with if you enjoy gardening.

Supportive communities are a sign of Jesus's commandment to love your neighbour as yourself. So please get involved in the communities of Newton Flotman and Swainsthorpe. It's a great way to make new friends.

*Rev'd Coryn*

Keeping the village in touch:  Visit us on Facebook  
[www.facebook.com/newtonflotmanvillage/](http://www.facebook.com/newtonflotmanvillage/)



**bluefrog  
digital.**

Exclusive  
offer just for  
Partnership readers  
(see below)

## 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](http://www.bluefrogdigital.co.uk/partnership)

Email [hello@bluefrogdigital.co.uk](mailto:hello@bluefrogdigital.co.uk) for more information. Let's have a chat.

## CARRY-ALL

Mel Rogers

Home 01508 536182 Mobile 07850 402845

[carry\\_all@btinternet.com](mailto:carry_all@btinternet.com)

Suppliers of:

Sand ~ Hoggins 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

## 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](mailto:enquiries@tcgarrettroofing.co.uk)

118 IPSWICH ROAD,  
LONG STRATTON, NR15 2TJ

## BENBURGESS

GROUNDSCARE EQUIPMENT

Ride-on & Walk-behind mowers

Chainsaws

Hedge & Brush Cutters

Leaf Blowers & Wood Chippers

Rotavators

Stump Grinders

Pest Control Equipment

Draper Hand Tools & Salt

Protective Clothing

Pedal, Battery Toys & Models



JOHN DEERE

HAYTER

MAKERS OF THE FIRST MOWERS

ATCO

STIHL

Tanaka

TIGA



SALES | SERVICE | PARTS | HIRE

01603 625370

NORWICH - opposite County Hall  
AYLSHAM - BEESTON - NEWMARKET  
COATES - ELLINGTON

[www.benburgess.co.uk](http://www.benburgess.co.uk)





# THE LITTLE HAIR SALON

Professional hairdressing for ladies, gents & children  
Alan Avenue, Newton Flotman, NR15 1RF

Call Alison on **07522 343436** for an appointment

## Rachel's Mobile Hair & Beauty

Gents cuts • Cut & Blow Dry  
Colouring • Sets & Perms  
Eyebrow & Lash Tinting  
Manicures & Pedicures  
Waxing

Quality products used  
Fully trained & qualified

**Prices from £5**

For more info or to book an appointment

Call Rachel on

**07742 115784 or 01508 578596**

## 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



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](mailto:info@pcassistonline.co.uk)

Visit [www.pcassistonline.co.uk](http://www.pcassistonline.co.uk) for more details

## 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](mailto:mobylec@gmail.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](mailto:dawndavidson@btinternet.com) tel: 498924 The Rectory, The Street,  
Saxlingham Nethergate, NR15 1AJ

**Rev'd Austin Uzoigwe** (Team Vicar)  
[revaustinuzoigwe@aol.com](mailto:revaustinuzoigwe@aol.com) Tel: 01508 470901 The  
New Rectory, Church Hill, Tasburgh, Norwich, NR15 1NB

**Rev'd Coryn Stanforth** (Team Curate)  
[cstanforth@btinternet.com](mailto:cstanforth@btinternet.com) The Rectory, Church Road, Newton  
Flotman, NR15 1QB  
tel: 07436 992347

**Lesley Cox** (Reader) tel: 471334

## Church Buildings and Church yards

On matters to do with the church buildings or churchyards, please  
contact one of the church wardens:

**Kirsten Remer** 01508 471580 St Mary's Newton Flotman

**Chris Duffield** 01508 570295 - St Peter's, Swainsthorpe

**Susan Peters Corbett** 01508 470539 - St Peter's Swainsthorpe

To donate to St Peter's Church, Swainsthorpe, contact the treasurer  
**Andy Haggith** - 01508 470921

For St Mary's, Newton Flotman contact the treasurer **Pavlina  
Boraleiva** 07842 779565, or donate online at:

<https://my.give.net/StMarysFuture>

## Church Room for Hire

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](mailto:uv6.com_cl4d7i04arlc1dtsc4ctl3rh74@group.calendar.google.com)

The next edition of Partnership will be for March. Deadline will be 14th  
February 2022. Contributions by email to [caroline@uv6.com](mailto:caroline@uv6.com) or call  
**07855 838553**. The editor reserves the right to edit copy and print as  
space permits.

## LONG STRATTON MEDICAL PARTNERSHIP

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

This month we have national awareness weeks dedicated to mental health and eating disorders. Having written about adolescent mental health recently, it is only right to discuss the important subject of eating disorders. The prevalence of eating disorders has increased massively in the last 40 years here in the UK and worldwide. Here in the UK, it is known that around 1.25 to 3.4 million people are affected by an eating disorder and around 25% of this number are male. Eating disorders are most common between the ages of 16 and 40. Most of the eating disorders start in the adolescent period.

NICE defines Eating Disorders as a persistent disturbance of eating or eating related behaviour which leads to altered intake or absorption of food and causes significant impairment to health and psychosocial functioning.

The main types are:

*Anorexia nervosa* - there is an intense fear of gaining weight. There is severe restriction of food intake or persistent behaviour which interferes with weight gain.

*Bulimia nervosa* – recurrent episodes of binge eating followed by compensatory behaviour such as self-induced vomiting, use of laxatives or excessive exercise.

*Binge eating disorder* – recurrent episodes of binge eating in the absence of compensatory behaviours.

*Atypical eating disorders* – symptoms of anorexia nervosa or bulimia nervosa which do not meet the precise diagnostic criteria. An example is a person who has all the features of anorexia nervosa and has lost significant weight and yet the person's weight is within or above the normal range.

There has been considerable research into eating disorders. It is known that the cause is multifactorial. This can be classed into:

*Biological factors* – family history of eating disorders, changes in the brain or hormone levels

*Psychological factors* – lack of confidence or self-esteem or being a perfectionist

*Social factors* – bullying, difficulties with school or work or abuse

What help is available:

If you are aware of anyone with eating disorders, encourage the person to approach their GP.



## LMN TREE & HEDGE CARE

The solution to all your tree and hedge care problems or concerns with simple advice and free quotations on all enquiries

Tree pruning • Raising • Thinning • Reduction • Felling  
Tree & Hedge Planting • Stump Grinding • Cherry Picker Work  
Hedge Cutting • Reducing & Removals  
Wood Chip and Soil Deliveries

Covering Norfolk & Suffolk • Fully Qualified & Insured

**STUART HAWES**  
01508 219179  
lmntreeandhedgecare@hotmail.com Find us on Facebook

## Maths Tuition

Experienced and popular  
maths tutor in Stoke Holy Cross

GCSE and A-Level

Are you looking to improve your grade?  
I tutor mathematics to help students develop confidence,  
excel in exams, and achieve their goals.

Call **Gregg Bontly**, B.Sc (Hons), MBA  
on **07905 916 685**  
greggbontly@hotmail.com

**If YOU read this, then so  
might your CUSTOMERS!**

**Advertise in Partnership for  
as little as £10**

Email: [caroline@uv6.com](mailto:caroline@uv6.com)  
or call 01508 471238

Please don't forget to mention  
Partnership when contacting  
our advertisers!

**Melanie Purdy – Holistic Therapies**

**Reflexology/ AromaFlex,  
Reiki, Indian Head Massage  
Facial Massage, Ear Candles,**

Weleda Wellbeing Advisor – Natural Medicines  
and Body Care – Free Mini Facial/Consultation

Visit my website or contact me for more information

**www.melaniepurdytherapies.com**

**07523 471309** Newton Flotman

Email: [melaniepurdytherapies@gmail.com](mailto:melaniepurdytherapies@gmail.com)

Facebook: **Melanie Purdy–Holistic Therapies**

Instagram: **melanie\_purdy\_therapies**



**Barking Mad**

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

01603 340595  
[helen.tyler@barkingmad.uk.com](mailto:helen.tyler@barkingmad.uk.com)  
**BarkingMad.uk.com**

**Happy Dog. Happy Holiday.  
Happy You.**

# ARKSCAPE

## General Landscaping & Gardening Services

- |           |                |          |         |
|-----------|----------------|----------|---------|
| *Planting | *All clearance | *Seeding | *Patios |
| *Turfing  | *Walls         | *Pruning | *Steps  |
|           | *Hedge Cutting | *Decking |         |

FULLY TRAINED STAFF

Free Quotes

**Call 01508 470482**

## KENT SKIPS

SOUTH NORFOLK & NORTH SUFFOLK  
PROMPT & RELIABLE SERVICE  
NEXT DAY DELIVERY  
LARGE OR SMALL LOADS



Yew Tree Farm, Pulham Market, Diss, IP21 4XN  
info@kentskips.com www.kentskips.com



**David Pownall**

Qualified Tree Surgeon & Horticulturist

All aspects of garden design,  
construction and maintenance -  
from start to finish

2 Railway Cottages, Swainsthorpe,  
Norwich, NR14 8PP

Tel: 01508 470985

Mob: 07761 776181

The NHS website has a lot of helpful information. <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

The charity BEAT provides information, advice and support including online web chats and phone lines which are open 365 days a year. Visit [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk) or phone 0808 801 0677. Stay Safe

*Mini Nelson*

## Crafting for a Cause

The 'Crafting for a Cause' group meets every first Thursday of the month, 9-11.30am 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. Call Vicky on 01505 471506 for more information, or just turn up!



We are hoping to get the Village Hall open safely again soon



## Film Night

**Tuesday February 15th 7.30 pm**

Contact William Ball for details. 01508471506 or [william.ball@outlook.com](mailto:william.ball@outlook.com)



## Social Club Night

**Tuesday March 8th 7.30 pm.**

We are trialing this. If there is enough interest, then it could happen regularly

We will have a brief AGM and an opportunity to share ideas for making the best use of the village hall and playing field. Please come along. We'd love to see you and hear your suggestions"

The Village Hall and playing field is there for us all to enjoy. Let's use it!

**SOCIAL CLUB**

**AGM**  
Annual General Meeting



DOMESTIC - COMMERCIAL  
- AGRICULTURAL - INDUSTRIAL

**MINI - MIDI - LARGE  
- EXTRA LARGE SKIPS  
WITH DOORS**

**01603 881292**

**SKIP, TIPPER &  
GRAB HIRE**

[www.normanwenn-skiphire.co.uk](http://www.normanwenn-skiphire.co.uk)

Email: [info@normanwenn-skiphire.co.uk](mailto:info@normanwenn-skiphire.co.uk)

Unit 2, Frans Green Industrial Est, Sandy Lane,  
East Tuddenham, Dereham, Norfolk, NR20 3JG

## Articles Wanted for Partnership

Please send your contributions to the editor by email at:

**[caroline@uv6.com](mailto:caroline@uv6.com)**





## ST MARY'S CHURCH Newton Flotman

It was lovely to gather on Kings Green just before Christmas to sing carols and thank you to those who supported our Christmas services.

Walking home from Midnight, it did bring to mind the line of 'O Little Town...How still we see thee lie', the village felt so tranquil!

Village Café is up and running again – watch this space and the village Facebook page for news of events linking in with it from 10-12 on a Saturday morning. We will be marking Fairtrade Fortnight and International Women's Day and NFasT are holding a Memories Event as well as another opportunity to meet our Parish Councillors over the next few months. Thank you to our great band of volunteers who give their time to host Village Café.

Work on the window refurbishments has started - thank you to David Wharton for leading on this project. Much of the work is being carried out off site but you may start to notice more activity in the church relating to the work that Devlin Plummer are doing.

Please give if you can as we receive no central funding and are funded entirely through donations, fundraising and grants. **How to Give:** if you are able to make a donation towards the maintenance of the church building please do consider making a regular donation: to 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 – see contacts page.

To contribute to the running costs of the church and provision of clergy you can scan this QR code which will take you the Diocese of Norwich's giving page - please scroll to Newton Flotman St Mary's or go to **DofN.org/donate** to donate to our Parish Share. Please do give a regular amount if you can. Thank you!



The Post Office – in spite of our efforts to keep the channels of communication going with the Post Office providers, it has still been the case that we have been left high and dry – the Area Manager is well aware of the situation. We are sorry if you have been inconvenienced by the situation.

# ARTS

ANGLIA  
REGION  
THEATRE  
SCHOOL

**...discover your star factor!**  
every age and ability welcome

**Tel: 01508 471792**  
[www.artstheatreschool.com](http://www.artstheatreschool.com)

The Old School, Ipswich Road  
Newton Flotman, Norwich NR15 1PN

## ARTS PRE-SCHOOL BALLET/TAP

Age 2.5 upwards  
THU 9.30 - 10.15am  
**FIRST LESSON FREE** **01508 471792**  
The Old School, Ipswich Road, Newton Flotman, Norwich NR15 1PN

## ARTS YOGA FOR BEGINNERS

*Everyone welcome!*

WED 9.30 - 10.15am  
**FIRST LESSON FREE** **01508 471792**  
The Old School, Ipswich Road, Newton Flotman, Norwich NR15 1PN

## THE SEWING ROOM

curtains & blinds  
& soft furnishings

**Cynthia Hill**

01508 470078  
Thesewingroom03@talktalk.net  
The Sewing Room  
@thesewingroom03

Beautifully designed handmade curtains, blinds & soft furnishings made on site, we offer experience advice and supply a full range Tracks, Poles, Blinds & Accessories.

## STRATTON AUTO SERVICES

- MOTs, Servicing, Repairs
- Tyres, Exhausts, Brakes, Batteries
- Competitive Prices, Courtesy cars

**www.strattonautoservices.co.uk**

**Tel: 01508 532356**  
**Fax: 01508 531114**

Unit 2, Santareen Road, Tharston Industrial Estate,  
Long Stratton, NR15 2NZ

## 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

**Advertise in Partnership for  
as little as £10**

Email: caroline@uv6.com  
or call 01508 471238

Please don't forget to mention  
Partnership when contacting our  
advertisers !

## R.B.COPPING

### FUNERAL SERVICE

Independent Family Funeral Directors Since 1935

For Personal Attention with Dignity and Respect  
Private Chapels of Rest

Memorials & floral tributes supplied  
Pre-paid funeral plans available



Tel. 01508 494434

125 The Street, Poringland, Norwich, NR14 7RP  
[www.coppingfunerals.co.uk](http://www.coppingfunerals.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

FREE QUOTES

[WWW.WILLISLANDSCAPING.CO.UK](http://WWW.WILLISLANDSCAPING.CO.UK)



EMAIL: [BEN@WILLISLANDSCAPING.CO.UK](mailto:BEN@WILLISLANDSCAPING.CO.UK)

## NFaST

### Heritage Group

We had a great response to this year's NFaST calendar and raised funds for the church – our host for our village archive. Watch this space for news of the 2023 calendar in the Autumn! Cataloguing and digitising our archive is also taking place apace, putting into practise skills learnt over the summer as part of the Community Archive project. We plan to hold our next Memories event at the Village Café on 26<sup>th</sup> March 10am-12pm. Do come and share memories of what the village used to be like and what you got up to – you may meet some familiar faces! The postponed visit to the site of Blundeville Manor on the Shotesham Estate takes place on 20<sup>th</sup> March. We will be in touch with those who booked two years ago to confirm places.



Fairtrade Fortnight runs from 21<sup>st</sup> to 6<sup>th</sup> March, time again to make a concerted effort to source goods where those that produced them are rewarded fairly for their efforts and to make it a habit. Many Fairtrade producers face additional challenges that climate change brings. The Fairtrade Foundation are campaigning hard for climate justice and for resources for farmers to take on the climate crisis.

## QPJ Queens Platinum Jubilee

A group of us are getting together in the New Year as the national plans for the four day bank holiday celebrations are being more widely publicised. Plans are afoot for beacon lighting, a communal choir to sing a specially commissioned song and a village get together! Please do come forward with offers of skills, time, or money on your own behalf or that of an organisation/business, to help us plan our village commemorations to mark the Platinum Jubilee - we'd love to hear from you! Contact Kirsten Remer or Paul Weeks.

Advertise your business in Partnership for as little as £10  
Reach over 900 households in the Newton Flotman and  
Swainsthorpe areas (plus more by word of mouth)  
Call Caroline on 01508 471238 or email [caroline@uv6.com](mailto:caroline@uv6.com)



## Queen's Platinum Jubilee celebrations in Newton Flotman

Information about the Queen's Platinum Jubilee celebrations over the two bank holidays and weekend of 2<sup>nd</sup> to 5<sup>th</sup> June have been in the news recently.

Here in Newton Flotman we have commenced our celebrations of the Platinum Jubilee by planting trees on Kings Green (near the A140 Ipswich Road) that are part of the *Queen's Green Canopy*, a unique tree planting initiative created to mark Her Majesty's Platinum Jubilee in 2022 which invites people from across the United Kingdom to "Plant a Tree for the Jubilee".

During the main celebrations between the 2<sup>nd</sup> and 5<sup>th</sup> June we will be celebrating the Platinum Jubilee in two ways. You can get involved in the activities which have been planned nationally for the events as follows:

### 1 Lighting a Queen's Platinum Jubilee Beacon on the evening of 2<sup>nd</sup> June 2022

The beacon will be lit on top of the Church Tower at 9.45pm on 2<sup>nd</sup> June and everybody is invited to congregate on the Kings Green (beside the A140 Ipswich Road) to view it.

There is a programme of activities which have been suggested for the afternoon and evening - for further information, please see:

[https://static1.squarespace.com/static/60bb599c70faee6f7ef0835c/t/61e1ae0f28c4af7b90d6d179/1642180149833/](https://static1.squarespace.com/static/60bb599c70faee6f7ef0835c/t/61e1ae0f28c4af7b90d6d179/1642180149833/t/61e1ae0f28c4af7b90d6d179/1642180149833/Guide_To_Taking_Part_Online.pdf)

[Guide\\_To\\_Taking\\_Part\\_Online.pdf](https://static1.squarespace.com/static/60bb599c70faee6f7ef0835c/t/61e1ae0f28c4af7b90d6d179/1642180149833/t/61e1ae0f28c4af7b90d6d179/1642180149833/Guide_To_Taking_Part_Online.pdf)

**2pm** Town Crier reading a Proclamation – would like to be the Town Crier for the day and read the proclamation? Let us know and we would be happy to accommodate you

**9.35pm** A Piper playing the tune 'diu regnare' on the Kings Green. Do you know anybody who could play the bagpipes for us?

**9.40pm** A Bugler or Cornet player to play the bugle call 'Majesty'. Do you know somebody who could do this for us?

**9.45pm** Lighting of the beacon. A choir will sing a competition winning song (the competition had entries from all over the commonwealth) when the beacon has been lit. We need singers. Would you like to be part of the choir? Please let us know.

### 2 Joining in the Big Platinum Jubilee Lunch on 5<sup>th</sup> June

We will be holding the Big Platinum Jubilee lunch at the Village Centre playing field from 12.00 noon on 5<sup>th</sup> June.

## 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](mailto:swimming@mangreen.co.uk) or [info@mangreen.co.uk](mailto: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](mailto: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](mailto:enquiries@tcgscaffolding.co.uk)

118 IPSWICH ROAD,  
LONG STRATTON, NR15 2TJ



[www.mrchimney4u.co.uk](http://www.mrchimney4u.co.uk)

**MEMBER OF THE GUILD OF  
MASTER CHIMNEY SWEEPS**

**WOOD BURNERS  
MULTI-FUEL STOVES  
INGLENOK 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](mailto:info@mrchimney4u.co.uk)

**01508 493219 OR  
07835 757528**



## Free Ads

**METAL LADDER** in three sections, each approximately 360cm length (about 1050cm assembled) collection only - free - and

**TODDLER'S TRACTOR** and detachable trailer about 160cm together, pedals on front wheel, or trundle from tractor seat. Free. May be delivered locally if necessary. For both items call Elizabeth Devine, 07702194088, Newton Flotman.

**YOUR FREE ADS HERE** contact caroline@uv6.com

## Business Ads

### Cosy Cuts Grooming

Professional Grooming for dogs & cats

All breeds welcome, C&G qualified

Over 20 years experience

3 Kingsway

Saxlingham Thorpe

NR151UA



**Magy Cassidy** 

fully licensed & insured

07703 051633 or 01508 470954

cosycutsgroomingservices@gmail.com

Instagram; cosy\_cuts\_grooming\_services



## Electrician



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



**Would you like help with stress, anxiety, stopping smoking, or losing weight?**

Please contact me on:

07920 585664

fiona.peach@talk21.com

www.fipeachtherapy.co.uk

Facebook: @fipeachtherapy

Cognitive Hypnotherapist

Please bring your own food and drinks and something to sit on!

Do you have any suggestions of things that we could do in the afternoon whilst we are all together on the playing field? We would welcome your suggestions.

Please contact either:

Dr Paul Weeks on 07809 620844 Or Kirsten Remer on 01508 471580

**Swainsthorpe FIGS** announce Dates for your Diary



**Saturday 26<sup>th</sup> February 6pm**

**Pie, mash and family games**

Adults £5 and children £3 per ticket

Bring your own drinks and favourite games



**Saturday March 5<sup>th</sup> 1-4.30pm**

**International Women's Day Celebrations**

Inspiringly fabulous women sharing their stories *plus*

Bring & Share cake, SWISH area, book swap

Tickets £5



**Saturday 23<sup>rd</sup> April 7pm**

**Curry night** Meat and veggie/vegan options

£15 per ticket, includes Grumble's famous Onion Bhaji



**Sunday 5<sup>th</sup> June 3-6pm**

**Queens Platinum Jubilee**

Free event on the green, family games start 3pm

Bring your own afternoon tea

**Swainsthorpe FIGS** Fundraising Ideas Group for the Swainsthorpe Charity Trust, No: 287784



**Are you a resident of Swainsthorpe?**

If yes, then join our private Facebook group 'Swainsthorpe's Facebook page'!

# LOCAL WALKS

Do you want to

- Explore our local area
- Discover the natural world
- Enjoy each other's company
- Walk at your own pace?

Our next walk is planned for

**Saturday February 12th 9.30 am**

**Phone Richard Beach 07963 00609 for details and starting point, or look on the Newton Flotman Village Facebook page nearer the date.**

All walks are about 6 k (3 1/2 miles) along footpaths, and quiet roads. Sometimes there are stiles and often there is mud!

(Sorry, not suitable for buggies)

**Return to the Village Cafe, Newton Flotman church room for drinks and bakes afterwards.**



This experience will cost a total of £3895, this money will be used for: training in preparation for the 3 week trip, transport, shelter, food, the actual camp itself, activities while we are there, gear and other services and items needed for the trip. If you feel like donating then head over to <https://gofund.me/9ffe5f4> and give as much as you want, however I understand the last few years have been difficult so no pressure. Also feel free to share this with all your friends, the more who know the merrier. Thank you! ☺

*Joseph Tighe*

## Norfolk County Council Mobile Library Service



#LovetoRead

You may have noticed that the Mobile Library Service is back up and running after the disruption caused by lock-downs. The bus route covering Newton Flotman and Swainsthorpe is Route number: CEN31, which calls on Wednesdays, normally every 28 days. Planned dates are 2nd February and 2nd March. The timetable is as follows:

Stop number	Village	Arrival time	Departure time	Stop name	Postcode
2	Swainsthorpe	09:50	10:05	The Church	NR14 8PN
4	Shotesham	10:15	10:35	The Grove	NR15 1XJ
6	Shotesham	10:40	11:00	The Street	NR15 1AP
8	Saxlingham	11:10	11:25	Kensington Close	NR15 1TR
10	Saxlingham	11:30	11:50	Steward Close	NR15 1AJ
12	Saxlingham	11:55	12:10	War Memorial	NR15 1AJ
14	Saxlingham	12:20	12:40	Saxlingham Hall	NR15 1TH
16	Hapton	13:00	13:15	Hillside Farm Dunthorne's Corner	NR15 1SG
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

## The Friends of Newton Flotman Primary School charity No 1072382



We will be having another Bag2School collection on 21st February at 9am. Please save us your unwanted clothes, shoes, bags, belts and linen. Official bags will come home with school children, however, if you do not have a child at school but would like to make a donation for our collection, please use a bin liner. We will collect from Newton Flotman doorsteps on the afternoon of Sunday 20th, otherwise, please bring filled bags to school by 9am on the 21st.

[www.facebook.com/FriendsOfNewtonFlotmanPrimarySchool](https://www.facebook.com/FriendsOfNewtonFlotmanPrimarySchool)



## World Scouts Jamboree



I am Joseph Tighe and I am 14; I live in Swainsthorpe. I am an Explorer Scout from the 43rd Saxlingham Nethergate Scout and Guide Group; and I have been part of the Scouting movement for five years.

I have been chosen to go to the World Scout Jamboree through a tough selection process. I am very much looking forward to going with my unit of 36 young people from Norfolk and Cambridgeshire.

This Jamboree is a camp that happens every four years and it brings 40,000 young people together from all around the world. This happens in a different country every time; we will be heading for South

Korea. We will do many activities in South Korea as well as in the lead up and after the main camp. Before we go in August 2023 we will be doing a series of training camps and online meetings, and preparing lots of fundraising events together, like when we had our first face to face get together on the 15th of January camping for the weekend! With lots of Team Building games and activities, it gave us lots of time to get to know each other and start building friendships. We hiked from West Runton to Sheringham, completed a Treasure hunt around the town in teams, followed by fish and chips for dinner before the hike back. Sunday morning consisted of making our plans for our unit, such as our unit name, motto and badge designs. We also spoke about fundraising ideas and ways we can communicate with each other between our camps and meet ups.

In Korea we will complete many activities and will have many learning opportunities such as a culture day, where we shall be paired up with a group from a different country and share our culture and lifestyle. Afterward we will continue to be great friends with all the people we have met and also evaluate what the experience was like and what we learned.

I feel that this experience will be a brilliant time to learn and improve many skills that are needed throughout life such as: communication, teamwork, leadership, independence and being a better, more useful member of society. Also I think that it will be extremely fun.

## St Mary's Church Tree Promotion Group

It was great when all the plans came together and tree planting went ahead in the village. A group of us got together despite the cold and wet and planted bare root trees on the green, near Clabburn Close and in the churchyard. Lesley offered a short prayer of blessing when the village green trees were planted. We are grateful to the many people who made this possible. This includes those responsible for the land who gave permission for planting: the Parish Council, Saffron Housing and the Church. Trees were in short supply this year so it was really helpful that Henry Gowman and the South Norfolk Tree Wardens network were able to help with this. Most of all, a big thank you to those who turned out in the rain to plant the trees - including our South Norfolk Councillor Florence Ellis. The tree guards we used are biodegradable - not the usual plastic. Thanks to Duffield's, who sponsored the cost of these. We will keep a careful eye on them - they are said to last three years. All of the trees on the green will form part of the Queen's Green Canopy and one on the village green will be selected as the memorial tree for the platinum jubilee. We are already on the lookout for planting sites for this winter. If you have any ideas please let us know. We look forward to May when we will see the first signs of growth!



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



## News from Newton Flotman Parish Council

### Research Project Report

During the summer of 2021 the parish council undertook research into your concerns about the village and what you felt were the issues that should be addressed by the Parish Council over the next five years. The report has now been published and can be found on the parish council's website or is available in hard copy from the Parish Clerk – contact details below. There were five main recommendations:

**Road safety** – speed calming measures in Flordon Road, a roundabout at the junction of Flordon Road and the A140 and footpaths on Flordon Road and Church Road. The Parish Council will be working with Highways and will keep you updated with progress.

**Doctor's surgery** – lobby Long Stratton Medical Partnership to increase the opening times for the surgery in Newton Flotman. The Parish Council has written to the Medical Partnership and will use every opportunity it has to influence those who make the decisions regarding this.

**Youth services and facilities/playing field** – the Parish Council will be working with the YMCA to provide a youth club in the village and, in conjunction with the Village Centre committee, is looking at equipment for older children such as a skateboard park and BMX track.

**Volunteering and communication** – improve the communication with residents and make residents more aware of the volunteering opportunities available. The Parish Council already has a website and Facebook page (if you haven't liked our page please do so), they will also be establishing a database of email addresses for those who are interested in receiving notifications that way.

**Regular surveys of the residents in the village** – the Parish Council will be surveying the village regularly with a maximum interval of 5 years to ensure that they continue to understand the wants and needs of the village and can implement suitable policies to meet them.

### Budget and Precept

At the beginning of January, the Parish Council met to consider its budget for 2022-23 and to set the precept – the amount of money to be taken from the residents of the village as part of the council tax. There were some very difficult decisions to make and councillors struggled between not wanting to put additional financial burden on residents at what is understandably a very difficult time for some and needing to secure additional funds to allow the Council to undertake some of the recommendations from the research as detailed above and to assist the Village Centre Committee. Urgent work is needed at the Village Centre and Playing Field that the Village Centre Committee are unable to afford themselves, including some ditch clearance work, cutting back of trees and hedges and maintenance of the play equipment, which, if not carried out, will mean the closure of some of the equipment. After very

## Celebration of International Women's Day

Fantastically inspiring speakers,  
a Swish area for your old clothes,

**'Book swap'**

as well as "bring and share" cake,  
all washed down with lashings of tea,  
a large dollop of humour and plenty  
of belly laughs!

**Saturday 5th March**

**1pm - 4.30pm**

Tickets on sale from  
Debs on **01508 470024**  
or **debsjohnson2@gmail.com**

**£5 each**



**'We're collecting bras again'**

and hope to increase our total from  
**130 to 150 stone!**

**Against Breast Cancer receives £700**  
**to fund research with every tonne of bras**  
**collected.**

**Bras are then shipped to Africa as**  
**African women wearing underwear are**  
**less likely to be sexually abused**



**International**  
**Women's Day**

Swainsthorpe Community Charity Trust – Charity Number 287784



### **Taking Regular Time Out To Properly Relax Is So Important.**

When we are under stress our body switches on it's sympathetic nervous system, this diverts blood and energy to the areas of the body which help us to "fight or flee". This is fantastic if we're in real danger and is fine in short bursts but, meanwhile, other areas of our body get denied their optimal supply so balance needs to be restored once the danger or stress has passed. The problem is that nowadays our bodies are regularly reacting in this way to the everyday pressures and stresses of modern day life without having the space to reset and we can get all sorts of unpleasant symptoms because of it, hence so many illnesses having a link to stress.

The good news is that we're able to take control here. We're able to consciously encourage our nervous system to switch back into parasympathetic mode, which allows a more balanced flow throughout the body, helping our immune systems and supporting the repair, healing and growth functions to operate efficiently, also lowering blood pressure.

Some of the ways we can do this include simple breathing techniques, doing something that we enjoy or find relaxing, having a massage, reflexology or other relaxing treatment, meditation, gentle exercise, laughing and being in nature.

Self care is not a luxury, it's a necessity.

For more wellness support visit:

**<https://www.facebook.com/melaniepurdyholistictherapies/>**  
**[www.melaniepurdytherapies.com](http://www.melaniepurdytherapies.com)**



### **Newton Flotman Primary Academy**

You may have noticed in the village, some of our older pupils at Newton Flotman Primary Academy braving the cold last week on their bicycles. Pupils from years 5 and 6 were given the opportunity to learn how to ride their bicycles safely on the roads, with professional tutors from *Outspoken Training* – a vital life-skill.

*Adam Riley*  
*Headteacher*



careful consideration, it was agreed to increase the precept from £12,298 to £23,418 to allow the necessary finances to pay for the items detailed above. This will result in an increase on the council tax demand of 89%. However, when broken down into real terms, for a band D property the increase will equate to £2.03 per month or 47p per week. The Parish Council are well aware of how high this increase is, but hope that residents will understand that it is a relatively small price to pay for the services that are required.

### **Development of land off Alan Avenue...**

At the time of writing the planning application has been received but is yet to be considered by the Parish Council. By the time you read this, comments will have been submitted and the deadline for submission will have passed. South Norfolk Council will determine the application and you will be able to track its progress, as well as seeing all comments submitted, including the Parish Council's, on its website. The planning application number is 2021/2784.

### **Find out more about what's going on**

The Parish Council post up-to-date information including police updates, road closures, and items of general interest on their Facebook page – @NewtonFlotmanPC. Please like our page. If you don't do or have access to Facebook, all posts can also be found on the parish council website homepage – **[www.newtonflotmanpc.co.uk/](http://www.newtonflotmanpc.co.uk/)** along with lots more useful information about the Parish Council and the village generally. If there is anything that you would like us to circulate or any information that you think should be included on the website, please get in touch.

### **Next meeting**

The next meeting of the parish council will be held on Tuesday 29th March at 7.30pm at the 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 - **[www.newtonflotmanpc.co.uk/agendas-and-minutes](http://www.newtonflotmanpc.co.uk/agendas-and-minutes)**

### **Contacting the Council**

[clerk@newtonflotmanpc.co.uk](mailto:clerk@newtonflotmanpc.co.uk) | 01508 470759 | 22 Henry Preston Road, Tasburgh, NR15 1NU

*Julie King, Clerk to the Parish Council*

### **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

*February 2022 Events at a Glance - all calendar content subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1 Outreach Post Office at Newton Flotman Church Room 2-4pm	2	3 Crafting for a Cause 9.30am in the church room	4	5 Village Café 10-12 noon Newton Flotman Church Room	6 9.30am Swainsthorpe Special 11.00am Newton Flotman Holy Communion
7	8 Outreach Post Office at Newton Flotman Church Room 2-4pm	9 Mobile library	10	11	12 Village Café 10-12 noon Newton Flotman Church Room	13 9.30am Swainsthorpe Holy Communion 8am Newton Flotman BCP Holy Communion 4pm ECO Church, Newton Flotman
14 Valentine's Day  Half term this week 14th to 18th inclusive	15 Outreach Post Office at Newton Flotman Church Room 2-4pm  Film Night NF Village Centre - 7.30pm	16	17	18	19 Village Café 10-12 noon Newton Flotman Church Room	20 9.30am Swainsthorpe Special  11am Newton Flotman Holy Communion
21 9am Bag2School collection at Newton Flotman Primary Academy	22 Outreach Post Office at Newton Flotman Church Room 2-4pm	23	24	25	26 Village Café 10-12 noon Newton Flotman Church Room  FIGS Pie, Mash and Family Games, 6pm Swainsthorpe St Peter's	27 9.30am Swainsthorpe Special  11.00am Newton Flotman Morning Worship
28	1 Outreach Post Office at Newton Flotman Church Room 2-4pm	2	3	4	Place your birthday wishes, event notice or activity here in the calendar.  Email details to: caroline@uv6.com	