

## Worship Events in October

### St Peter's, Swainsthorpe

Oct	1st	9:30	Holy Communion - Coryn Stanforth
Oct	8th	18:00	Harvest Festival - Coryn Stanforth
Oct	15th	9:30	Swainsthorpe Special - Lesley Cox
Oct	22nd	9:30	Swainsthorpe Special - Philip Simmons
Oct	29th	10:30	Benefice Service at Newton Flotman St Mary's

### St Mary's, Newton Flotman

Oct	1st	11:00	Morning Worship - Coryn Stanforth
Oct	8th	8:00	Holy Communion - Coryn Stanforth
		15:00	Pet Service (in the churchyard) - Coryn Stanforth
Oct	15th	11:00	Morning Worship - Coryn Stanforth
Oct	22nd	11:00	Holy Communion - Austin Uzoigwe
Oct	29th	10:30	Benefice Service - Newton Flotman Team



### Macmillan Cancer Coffee Morning Olive House

Sunday 1st Oct 10am - 12pm  
Games to play and lots of yummy cakes and coffee. Everyone welcome to come have a chat with our residents and help raise money for this very worthwhile cause.



### FANCY A COFFEE OR A CUPPA?

WEDNESDAYS

### CHERRY TREE CAFÉ

9-12 NEWTON FLOTMAN  
VILLAGE CENTRE  
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# Partnership

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

## Lots on this month:

80s Night

**CHERRY** *Film Night*

**TREE** Bonkers for

**CAFÉ** Conkers

**Charity Race Night**

Village **Pet Service**

Cafe

## Details inside!

Stay & Play

Please come to our Pet Service  
on Sunday  
8th October  
at 3pm



We'll  
meet in the churchyard outside  
St Mary's Newton Flotman,  
where our furred and  
feathered friends can  
have some space!

We'll be giving thanks for all our pets and praying  
a blessing on their lives in a short, relaxed service.

If you don't feel comfortable bringing your  
pet, feel free to bring a photo or favourite  
toy to represent them



Animal themed  
refreshments  
will be served!

# True Colours 80s tribute

SATURDAY 14TH OCTOBER

TICKETS  
£10



BAR OPEN FROM 6 PM  
MUSIC FROM 7.30 PM

KAIMS KEBAB FOOD VAN FROM 6PM

Christmas Craft Fair  
Saturday 4th November  
10am-2pm  
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Village Centre

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**CHARITY  
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IN AID OF: Newton Flotman Village Centre

ON: Friday 27th October

FIRST RACE: 7.30 pm

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### **Curate's Corner - Rev. Coryn Stanforth**

I enjoyed Newton Flotman village fete back in August. I spent quite a while watching the dog show with its great variety of entrants. It was good to chat to a few of the owners of furry friends there too. Animals are one part of God's amazing creation. One of the hymns that we sometimes sing in church reflects this diversity of creation: 'All creatures of our God and king, lift up your voices and with us sing, alleluia, alleluia.' God created the wonderful variety of our furry and feathered friends. In the hymn all creatures are praising God.



It seems appropriate to hold a special service focussed around giving thanks to God for all our pets, for the richness and joy that they bring to our lives and to ask God's blessing upon them. I hope that lots of you will want to come to a short outdoor service on Sunday 8<sup>th</sup> October at 3pm outside St Mary's Church, Newton Flotman. It will be a short service suitable for adults, children and animals followed by animal themed refreshments. There will be an opportunity for your pet to receive a blessing. It would be lovely if lots of you were able to bring your pets on this occasion. If you know that your pet wouldn't enjoy coming, then come along anyway and bring a picture of your pet or their favourite toy and I will say a prayer of blessing for them.

I look forward to seeing lots of you and all creatures great and small.

*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.

*Revd Coryn*

Keeping the villages in touch: [f Visit us on Facebook](https://www.facebook.com/newtonflotmanvillage/)

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

Swainsthorpe's private group for residents:

<https://www.facebook.com/groups/151438831588930>



**NEWTON FLOTMAN OUTREACH POST OFFICE  
WEDNESDAY MORNINGS**

**9.30 – 11.30am**

**(Newton Flotman church room)**

### Church Contact Details

For home visits, Communion at home, or to enquire about Christian faith, please contact:

**Rev'd Dawn Davidson** (Team Rector),

**dawndavidson@btinternet.com** tel: 498924 The Rectory, The Street, Saxlingham Nethergate, NR15 1AJ

**Rev'd Austin Uzoigwe** (Team Vicar)

**revaustinuzoigwe@aol.com** Tel: 01508 470901 The New Rectory, Church Hill, Tasburgh, Norwich, NR15 1NB

**Rev'd Coryn Stanforth** (Team Curate)

**cstanforth@btinternet.com** The Rectory, Church Road, Newton Flotman, NR15 1QB tel: 07436 992347

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

### Church Buildings and Church yards

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

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

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

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

How to donate: Newton Flotman Parish Church Council sort code 20-62-53 a/c 70651028 it is classed as a business account. Please reference it 'Fabric'.

To give regularly, why not become a *Friend of St Mary's*? - contact Kirsten Remer - 01508 471580 **kirstenrem@gmail.com**

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

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

### St Peter's Church Community Centre

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

For enquiries please contact: Jackie Baker 01508 470415

### Church Room for Hire Newton Flotman

The Church room at St Mary's in Newton Flotman is available for hire at £7 per hour. It is suitable for meetings and small birthday parties. It has kitchen facilities and disabled access. Please call Caroline Wolfe on 01508 471238 for availability. You can also check availability by looking at the public calendar on Google Mail. :

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## ST MARY'S CHURCH Newton Flotman

Thank you to all who made Summer Space such a lovely event over the holidays. It was great to see the church and church room vibrant with activity! Whether it was painting,

making pom poms and bracelets, pencil cases and pots, climbing the stairs to the tower, listening and watching a story unfold or leaving messages for the village in chalk on the church path, there was something for everyone. We hope to offer a similar experiences in the near future - watch this space!

Thank you, too, to Sally Mitchell who, on what was the hottest day of the year to that point, 9th September, cycled round churches in aid of St Mary's and other historic Norfolk churches.

Several church members attended the Mindful Villages training in July, spearheaded by Paul Weeks. We are keen to provide opportunities and signpost services to improve and maintain good mental wellbeing.

More training took place as several of us 'upped' tools and learnt how to repoint part of the south wall of the church - go and take a look at our handiwork!

We are looking forward to welcoming you and your pets to the Pets Service at 3pm on 8th October, and we are hosting the benefice service on October 29th 10.30am which has a strong environmental theme exploring how we face the challenges of the climate crisis. Looking further ahead Village Cafe will be on tour at the Village Centre on 4th November up at the Craft Fair.

## NFaST Heritage Group

Thank you to the Parish Council and Newton Flotman charities for enabling St Mary's and NFaST to share the tent at the village fete. It was good to chat to so many people about the village. There are more opportunities to share village memories when we host

Village Café on 30th September and 11th November. Do come along and share a cuppa and slice of cake!

# Saturday Village Café

Church Room 10-12



For lots of local news and events look up  
[www.facebook.com/groups/tasvalleyfamilies/](http://www.facebook.com/groups/tasvalleyfamilies/) and  
"Newton Flotman Village Community" Facebook pages.



### Newton Flotman Village Fete 2023

On behalf of the organisers of this year's fete, I would like to thank all of you who supported the event. We were delighted with the turnout and the early signs are that it will be a financial as well as a popular success. I would also like to thank those of you who made complimentary comments, whether verbally or on social media. It does make all the effort worthwhile! So much so that we have already decided to do it again next year and have already met to think about what can be done to make it even better! Please put the date in your diaries – **Sunday 25 August 2024**, the August Bank Holiday weekend again. Any suggestions for ways we can improve the day will be welcome

The fete has capped off a busy summer at the Village Centre. The Social Club has been well supported and will continue through the Autumn and Winter months, albeit on a reduced schedule.

The team of volunteers behind what's going on is small but, nonetheless, enthusiastic. One of the areas in which we want to improve on this year's fete success is by having a larger team of volunteers to ensure that everything runs smoothly. If you are able to help in any way, whether as part of the organising team or just by making yourself available on the day, we will be pleased to hear from you. The same goes for the Social Club team where we could always do with more people available to serve behind the bar and generally be involved. We have had suggestions for forming a Pool team – if we can find a coin-operated pool table – and maybe darts as well.

We have committed to making improvements to the Hall itself and will shortly be opening a new bar area. Following this, we will be making other improvements to make the Hall a more welcoming space for the residents of this village.

Elsewhere in this month's magazine you will see some of the social events taking place between now and the end of the year. These include a live music evening on Saturday 14th October where we will be welcoming *True Colours* 80s tribute act – tickets available at £10, including a drink; Film Night on Tuesday 17th October; Race Night on Friday 27th October and a Christmas Craft Fair on Saturday 4th November.

Newton Flotman Football Club's adult and veterans teams will always be grateful for your support on match days, which are 1st, 8th and 22nd October and 8th November in the coming weeks.

Please keep an eye out for publicity of what's going on at the Village Centre on social media as well as in Partnership.

Thank you again.

*William Ball, Chairman*  
Newton Flotman Village Centre & Alan King Playing Field Committee  
[chair@newtonflotmanvillagecentre.co.uk](mailto:chair@newtonflotmanvillagecentre.co.uk)

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## What's On In Our Villages:

### Social Club - Newton Flotman Village Centre

Saturday 14<sup>th</sup> October. Social Club from 6pm.

TICKET NIGHT "True Colours" 80s music.

Food from *Kaims Kebabs*

Friday 27<sup>th</sup> October Social Club from 6pm - RACE NIGHT.

Food from *The Bucket List*

### Youth Club - NF Village Centre

For 8 -16 year olds

September Wednesdays 6-8 pm

### Stay & Play - NF Village Centre

For parents/carers and preschool children

Tuesdays, 9:30am to 11:30am - Newton Flotman Village Centre

### Cherry Tree Café

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

### Film Night - Newton Flotman Village Centre

Tuesday 17<sup>th</sup> October

*The Unlikely Pilgrimage of Harold Fry*

Bar open from 7pm; Film starts at 7.30pm

### MacMillan Coffee Morning

Olive House Sunday 1st October 10am -12 midday

### 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

4th October 2 - 4pm, Newton Flotman Church Room

### Early Christmas Craft Fair

Saturday 4<sup>th</sup> November 10am - 2pm.

Early Christmas Craft Fair with refreshments

### Village Walks

For more details contact Richard Beach 07963006091.

MacMillan Coffee Morning

### Meetings

Newton Flotman Parish Council - Village Centre

6th & 28th November 7:30pm

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

## LONG STRATTON MEDICAL PARTNERSHIP

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We head into another winter and many of you would have been invited to have your Flu jabs and Covid jabs. These are two of many preventive measures that we take to ensure we stay healthy.

This month I want to discuss cholesterol. October is National Cholesterol Month, a campaign by Heart UK which aims to raise awareness on the importance of maintaining a healthy cholesterol level. There is much awareness of this topic and I am summarising what is known about this entity.

### What is cholesterol?

This is a natural fatty substance which can be found in the foods we eat; it can also be produced in the body by the liver. It helps us do a lot of things: build cells, digest food, and make hormones and vitamin D.

### When does it cause problems?

Like most things in life, cholesterol amounts in moderation is good. However high cholesterol amounts cause harm to our body. Evidence strongly indicates that high cholesterol levels can increase the risk of narrowing of arteries, heart attacks, mini strokes, strokes and peripheral arterial disease (a condition that is caused by reduced blood flow to the leg muscles).

### What is HDL cholesterol?

This is the good cholesterol, and it carries the cholesterol from tissues and blood to the liver. Having a low level of HDL can increase the risk of heart.

### What is LDL cholesterol?

This is the bad cholesterol which carries the cholesterol from the liver to the tissues including the arteries. High amounts of LDL cause plaque formation in the arteries reducing the blood flow and causing problems to organs like the heart and brain.

### What can cause high cholesterol?

An unhealthy lifestyle, family history, thyroid diseases and kidney diseases are some of the causes.

### When should you have your cholesterol checked?

If you are aged 40-74 you can ask for an NHS health check. You will be invited every five years. If you have high cholesterol, it's important to know that you're not alone. Find support from healthcare professionals and the people around you.

### How can high cholesterol be managed?

A healthy diet, regular exercise, weight reduction, alcohol in moderation and not smoking are important ways of reducing cholesterol. In addition, there is medication. Statins are the most common cholesterol-lowering drugs. Also known as HMG-CoA reductase inhibitors, they are a class of cholesterol lowering medications that reduce illness and mortality in those who are at high risk of cardiovascular disease. The British Heart foundation page on 'Statins: 10 facts you might not know' mentions research that was part founded by the Foundation. Scientists at the University of Oxford and University of Sydney



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## Newton Flotman Village Cinema

**TUESDAY 17th October**

**BAR OPEN 7:00PM, FILM STARTS 7:30PM**

### THE UNLIKELY PILGRIMAGE OF HAROLD FRY



Harold is an ordinary man who has passed through life, living on the side lines, until he goes to post a letter one day...and just keeps walking.

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**Advance Tickets: £5.00**

Call or email William Ball to book your tickets on  
**01508 471506 or [william.ball@outlook.com](mailto:william.ball@outlook.com)**

Coming Soon:  
21<sup>st</sup> November  
Oppenheimer



## VILLAGE CAFE

**Open 10-12 Saturdays**

**Newton Flotman Church Room**

**Serving hot & cold drinks and Homemade cakes**

**All welcome!**



## Crafting for a Cause

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



In October we will meet on Wednesday 4th.

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

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

## Save The Planet AND Save Money??

We seem to be seeing more and more evidence of the climate emergency. Floods, fires and drought are on our screens all the time. This can make us feel helpless - and in truth much of what needs to be done will be at national and international level - but maybe there are some good ways of saving energy, saving money and saving the planet. Well maybe save the planet is going a bit far but surely we should all do what we can.

One way of saving as the weather cools is to reduce heat loss from our homes. This usually starts with insulation and if your loft is not insulated that is well worth considering.

But the *Energy Saving Trust* suggests that simply draught proofing your home can help. That makes sense I suppose - it stops cold air getting in and warm air escaping. Cracks around windows and doors can be sealed with self adhesive foam strips. Unused chimneys can be blocked with a purpose made draught excluder.

It's worth checking around your home to look for places the cold can get in. We thought our windows and doors were pretty tight, but found an old French window with big cracks letting the cold in and a back door which only fits tightly when locked! Worth checking the kitchen and bathroom to make sure any pipes through outside walls don't have gaps around them.

One word of warning - draughts are bad but ventilation is good, especially in kitchens and bathrooms. So don't block or seal extractor fans, window ventilators or air bricks.

For detailed advice the Energy Saving Trust is helpful (<https://energysavingtrust.org.uk/advice/draught-proofing/>)

Keep warm. More ideas next month.

*Richard Beach.*

*St Mary's Church ECO Church Team.*

## Articles Wanted for Partnership

Please send your contributions to the editor by email at: [caroline@uv6.com](mailto:caroline@uv6.com)



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### Partnership Deadline

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



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# Bonkers for Conkers!!



**Autumn Festival of Fun  
on the Village Green**

Saturday 7th October - 12 to 3pm

**Hot Dogs - Hot Drinks  
and Scrummy Cake**

**And what's more,  
it's totally FREE to join us!  
We'll be there whatever  
the weather**

**Crafts to make  
and take home**

Swainsthorpe's **BIGGEST EVER** Conker tournament For all ages!  
(Great AND Small)  
Plus **MUCH MUCH** more!!!

Swainsthorpe Community Charity Trust: 287784



## News from Newton Flotman Parish Council

### Bench on the Village Green

The Parish Council are delighted that the bench on King's Green has been fixed. The Parish Council would like to thank Councillor Bruce Turnbull for arranging the bench to be fixed and securing it back in place. The bench will now be available for residents to sit and relax on for many years to come.

### Neighbourhood Planning roadshows

The Parish Council had a series of very successful roadshows in August where they received lots of comments and views from residents about the future they wanted for the village. A group of residents expressed interest in forming a steering committee to develop a neighbourhood plan for the village.

The Parish Council would like to thank everybody who wrote out post-it notes and comments or talked to the councillors on the stand. We will discuss the comments at the next Parish Council meeting at the end of September and decide if we will proceed to set up the steering committee to develop a neighbourhood plan.

### Youth Club

The Youth Club has now restarted after the summer break. It runs at the Village Centre on Wednesdays between 6 and 8pm. For more information contact 07894935775, [youthclubs@ymcanorfolk.org](mailto:youthclubs@ymcanorfolk.org)

### Meetings

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

7<sup>th</sup> November, 7:30pm, Village Centre

28<sup>th</sup> November, 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](mailto:clerk@newtonflotmanpc.co.uk) | 01508 447688

Maria Hutson, Clerk to the Parish Council

Table Tennis in Saxlingham Nethergate

**Come and join SNAPP**

(Saxlingham Nethergate All Comers Ping Pong Club)

Friday Nights in the Village Hall

Starting Friday 1st September 2023, 7pm - 8.30pm

If you are interested in playing table tennis and would like to join SNAPP, please get in touch with Charlotte Harrison on 01508 498298 or email

[cmvharrison@icloud.com](mailto:cmvharrison@icloud.com)

£3 per player on the night

New members very welcome - Bats & balls provided

Monthly children's sessions (u14s) from 6-7pm £2 per child

## Wildlife Garden

What a lovely find! A hummingbird hawk moth *Macroglossum Stellatarum* was on the back of the kitchen curtain. I set about catching this lovely day-flying creature, but this is easier said than done when you're sat down! I had to wait for 20 minutes for it to come to my level. Whilst I watched, it flapped away high up in the window between the curtains, till eventually I managed to catch it by placing a glass over the top of it and sliding a piece of paper underneath the glass to prevent it flying out. I also managed to get a lovely close up photo of this beautifully marked moth.



Similar to Bee Hawk moths in flight, the hummingbird hawk moth has orange-brown hind wings, which are evident in flight. It has forewings that are greyish brown and a black and white chequered body. The caterpillars can be found from June to October, but most frequently found in August. They overwinter as adults in unheated outbuildings and in crevices and holes in walls and trees, pupating in a cocoon spun close to the ground among the foliage of the food plant or in leaf litter (hence the importance of being extra careful before you have to use your strimmer). PLEASE be mindful and walk through the said area before strimming, that way you know any creatures will have a chance to move out of the way.

Flight season of the hummingbird hawk moth is May to September, with occasional sightings throughout the year. They have a wingspan of 50 to 58mm, and have been given conservational status in the UK. The caterpillar like to eat lady's bedstraw, hedge bedstraw and wild madder, and the moths are often seen laying eggs on red valerian.

The hummingbird hawk moth is found in many habitats, from coastal areas to gardens, woodland rides and urban areas all across the UK and Ireland. They are an immigrant from Southern Europe and North Africa. They are most numerous in southern and eastern England, South Wales and the Midlands.

The moth's wings beat so fast they make an audible humm. They can't survive the British winter, so migrate to and from southern Europe in autumn and spring. The colourful caterpillars are about 50mm long. They have a green or reddish-brown body with white dots, white, dark and yellow horizontal stripes and a blue and yellow tipped horn. Adults drink nectar from flowers such as honeysuckle, buddleia and fuchsia.

Heidi Wheeler

## Attention All Dog Owners

Please be reminded to clean up after your dogs, particularly along the thicket which runs parallel to Grove Way. It's not pleasant travelling along there in my wheelchair - dog poo gets on my wheels, then on to my hands, and gets transferred on to my carpets at home unless I have spotted it to wipe it off. Please be considerate of other people.

Heidi Wheeler