



International Women's Day

Saturday 8th March 1pm - 4.30pm

Swainsthorpe Community Centre St Peters Church NR14 8PH



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Please Note!!

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Swainsthorpe Community Charity Trust – Charity Number 287784

Partnership

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

Newton Flotman Village Cinema

SMALL THINGS LIKE THESE

TUESDAY 18TH MARCH - BAR OPENS 7:00PM FILM STARTS 7:30PM
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Jumble Sale
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

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Saturday Village Café
Church Room 10-12

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27th Feb

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Curate's Page

Do you have a bucket list? Lots of people do. It's a list of things we'd love to achieve in life, often it includes things like traveling to exotic destinations, having financial stability, learning to play a musical instrument, starting a family, or doing a daring activity such as skydiving or bungee jumping.

These are great things to do! God wants us to enjoy life and the good things he has given us, including the world he created, relationships with others, music and fun.

But what might God want us to add to our bucket lists? It can be easy to think that the only important thing in life is pleasure, financial security, or some other material goal, but we don't only have a body and mind; we also have a soul or spirit given to us by God. When we ignore our spiritual side we end up missing the true meaning of life – which is to know God. Jesus warned, 'what good is it for someone to gain the whole world yet forfeit the soul?' (Mark 8:36)

So, enjoy achieving those things on your bucket list, but if you want to experience life in all its fullness; explore a relationship with God. Do get in touch with me if you'd like to chat this over.

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

Worship Events in March

St Mary's, Newton Flotman

Sunday	2nd	11:00	Morning Worship - Rachel Hayden
Sunday	9th	11:00	Holy Communion - Dawn Davidson
Sunday	16th	11:00	Morning Worship - Rachel Hayden
Sunday	23rd	11:00	Morning Worship - Austin Uzoigwe
Sunday	30th	11:00	Morning Worship for Mothering Sunday - Lesley Cox

St Peter's, Swainsthorpe

Sunday	2nd	9:30	Swainsthorpe Special - Rachel Hayden
Sunday	9th	9:30	Swainsthorpe Special - Austin Uzoigwe with Rachel Hayden
Sunday	16th	9:30	Swainsthorpe Special - Dawn Davidson
Sunday	23rd	9.30	Swainsthorpe Special - Philip Simmons
Sunday	30th	9.30	Morning Worship for Mothering Sunday - Lesley Cox



Church Contact Details

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

Rev'd Dawn Davidson (Team Rector),
dawndavidson@btinternet.com tel: 498924 The Rectory, The Street,
Saxlingham Nethergate, NR15 1AJ

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

Rev'd Rachel Hayden (Curate) racheljhayden@outlook.com 01508 826971

Lesley Cox (Reader) coxlesley16@gmail.com

Church Buildings and Church yards

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

Kirsten Remer 01508 471580 St Mary's Newton Flotman

Susan Peters Corbett 01508 470539 - St Peter's Swainsthorpe

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

How to donate: Newton Flotman Parish Church Council sort code 20-62-53
a/c 70651028 it is classed as a business account. Please reference it 'Fabric'.
To give regularly, why not become a *Friend of St Mary's*? - contact Kirsten
Remer - 01508 471580 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
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You are warmly invited to a short course exploring the claims of Christianity on four Tuesday mornings during Lent in St Mary's Church Room. There will be two 10-minute videos to discuss and plenty of time in between for coffee and cake!

Dates and times:

11th, 18th and 25th March and 1st April from 10.30am-12pm

Please contact Lesley on 07516254027 if interested, or just turn up

YOU ARE INVITED TO....

Andy & Jill's Spring Coffee Morning

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we will also be having a raffle, the prize being a lovely hamper!

*looking forward to seeing you there
for hopefully another full house!!*

ST PETER'S CHURCH, SWAINSTHORPE
Saturday 22nd March 2025
10.30 AM - 12.30 PM

*Refreshments will be free, but donations would be gratefully received
and will go towards our Bell Fund.*



ST MARY'S CHURCH Newton Flotman

As we enter the season of Lent in the church's calendar we are looking to reflect and prepare for Easter. If you are thinking about your faith and want to discover more then do join Lesley Cox, who is leading the **3-2-1 course** on Tuesday mornings from March 11th, in the Church Room, to find out more. A few key dates are coming up **Shrove Tuesday** (aka Pancake Day!) is on 4th March and there are two services the following day 5th March, both at 7pm on **Ash Wednesday**, at Tasburgh and Fornsett St Edmund. The **World Day of Prayer** is on Friday 7th March and there is a service at St Michael and All Angels, Bunwell at 1.45pm. **Mothering Sunday** (Mothers Day) is on 30th March and we will be having a special service at Newton, at 11am, where traditional posies will be handed out. Do get in touch (see the list of church contact details), if you need help/lifts to access these events.

We have our five yearly visit from the church architect on March 11th, the Quinquennial, where the church building gets a thorough inspection and recommendations are made with respect to its maintenance priorities going forward. We have much to thank David Wharton for, as Fabric Officer, who has been brilliant at organising the works over the last five years, to maintain the building. He galvanised many of us into action to train up to do our bit in repointing the church.

Thank you to Newton Flotman Parish Council for agreeing to the grants our treasurer Vicky Ball applied for to support the work that is done to produce Partnership and towards the maintenance of the churchyard.



We are hosting Village Café on 22nd March, Church Room 10-12. Come along to find out more about the history of the village or to share your memories. If the weather is good there's a chance to go up the tower and get a 360° view of

the village, we will also be able to delve into our digital archive or the documents in paper archive.

**Notice is given that St Mary's Church,
Newton Flotman,
is holding its annual church meeting (APCM)
on Sunday 23rd March
immediately after
the 11am Morning Worship service.**

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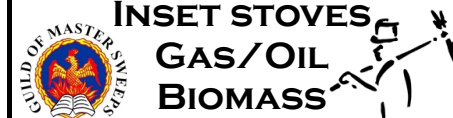


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Newton Flotman Climate Care

Global Recycling Day, celebrated on March 18 every year, is a recycling initiative that encourages us to look at our rubbish in a new light. There are several ways to recycle that allow some materials to be reused multiple times. Recycling is great for us and the environment because it lessens the energy we use, enhances the quality of water and air we breathe, and combats climate change.



It also reduces using new raw materials to create new products — saving money and natural resources. Newspapers, plastic water bottles, drinks cans, cereal boxes, and milk cartons are some of the common everyday recyclable items. If we put effort into recycling items that we usually throw away, we can impact the earth and our lives in a more profound way.

So how good are we at recycling? It can seem complicated remembering what goes where. So how about some simple ground rules. Stuff going in your recycling bin should be clean and dry. So wash out your tins and food containers and its a no thankyou to greasy pizza boxes! Basic recycling is simple - paper, cardboard, tin cans and drinks cans, aluminium foil and trays, glass jars and bottles and lots of plastic containers.

But it can get complicated - so why not come along to the village cafe in the church room on Saturday 15th in the morning. We will be joined by a recycling expert from our local council to encourage us all!!

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
07785 264016

Keeping the villages in touch: Visit us on Facebook

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

Long Stratton Medical Partnership

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



The Patient Participation Group met on Monday 17th February to discuss our next health education evening. The intention is that we will focus on the subject of "Heart Health," building on our Diabetes session held last year. We haven't settled on a date yet, but it will be during the spring (hopefully before Easter depending on venue availability).

This event ties in nicely with the recent news coverage about young people and heart health awareness as per a recent article on the BBC News (Tuesday 4th February – which you can watch on iPlayer).

Heart health affects everyone, no matter what age, and taking small steps to make lifestyle changes can dramatically improve your life. Your heart is a muscle that requires exercise and care, just as much as any other muscle!

The intention will be to have guest speakers from a range of services present: the British Heart Foundation; a consultant from the cardiology team at the Norfolk & Norwich and hopefully someone from a sport and nutrition background. The aim of the evening will be to help patients understand some of the more complex, but increasingly common terminology. We hope to dispel some myths and to open conversations about ways that you can take power over your own health. We will look to explore the complex world of cholesterol and statins, and have some dietary advice about balanced eating habits.

Please keep an eye open on Facebook, on the Parish Magazines, and on our TV in the waiting room. We really do want as many of you as possible to be involved – because this is an important issue which affects us all.

If you have an interest in joining our Patient Participation Group to get more involved in organising and supporting the surgery to put on events like this, then please contact Martin Lander, our chairperson, at the following email address martin.lander@me.com, or by dropping into the surgery to speak with me.

Thank you.

*Keith Burnett
Practice Manager*

Mobile Library for March

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

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 Youth Club

NF Village Centre - For 8-16 year olds

Wednesdays 6 - 8 pm (term time only)



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Newton Flotman Neighbourhood Plan Steering Group



The revised version of the **Newton Flotman Neighbourhood Plan** was submitted to South Norfolk District Council in early February. Newton Flotman Parish Council would like to thank all the volunteers on the Neighbourhood Plan Steering Group, supported by Rachel Leggett and Associates.

South Norfolk District Council have informed us that the Neighbourhood Plan will now go through the following stages:

1. Checking documents against criteria for submitted Neighbourhood Plans, within the Localism Act (requires Portfolio Holder approval)
2. Assuming there are no issues with stage 1, undertaking a six week period of public consultation on the submitted plan (Reg. 16 consultation)
3. Commissioning an independent examination of the submitted plan
4. Decision on examiner's recommendations and decision on whether to proceed to referendum (requires Portfolio Holder approval)
5. Assuming there are no issues at stage 4, holding a referendum within the parish
6. Adoption of the Neighbourhood Plan

We have been told that this could take 7 months to complete.

We will keep you informed of progress with South Norfolk Council's consultation, the independent examination and then the referendum.

Information on the Newton Flotman Neighbourhood Plan can be found in the Neighbourhood Plan section of the Newton Flotman Parish Council website www.newtonflotmanpc.co.uk/neighbourhoodplan. You can also view the agendas and minutes of the meetings on this website.

If you have any questions or comments, please do not hesitate to contact me at paulweeksnfnpsg@gmail.com.

*Dr Paul Weeks
Chairman*

Newton Flotman Neighbourhood Plan Steering Group

Partnership Deadline

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

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www.facebook.com/newtonflotmanvillage/

Swainsthorpe's private group for residents:

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

A Word From Rosedale

For some, the beginning of a new year can be a good time to make changes in life. A new year brings the possibility of a fresh start. Many people commit to new fitness or dietary goals or reassess career direction. In January, estate agents report a surge of properties coming onto the market as people decide to make changes to their living arrangements.

On a smaller scale, I like to take stock of my bookshelves, kitchen cupboards and wardrobe. There is something therapeutic about re-organising our personal space and clearing out things that are surplus to requirements. It feels good to donate clothes and books to charity shops, knowing that someone else can benefit from things we no longer need, whilst also making money for worthy causes. This form of recycling is also good for the planet.

For those who are bereaved, a new year is often **not** a cause for celebration but a reminder that the future must be faced without their loved one. For some, this fear can be quite overwhelming.

At our bereavement groups, we like to remind participants that they do still have a future (even though it might look very different to what they had planned.) None of us know the future or what good times may lie ahead.

We also remind our participants that they are still individuals of worth (even without their loved one) and they are still important - friends, family, colleagues etc, still need them.

No matter our circumstances, we all have something to offer. We each have a unique set of skills, characteristics and abilities that are needed in the world.

Most importantly, we all need to be reminded that we are not alone. Everyone is part of some kind of community, whether that be a family, a friendship group, neighbourhood, church, workplace or hobby club. At the most basic level, we are all part of the human race and have a part to play in making the world a better place.

I'll finish with a little story...Whilst looking at some of the comments beneath an Instagram post about mental health, a doctor had commented that he was losing hope and didn't feel his life had a point anymore. I encouraged him to keep going and that I believed he had a unique combination of skills and abilities that no one else had. I reminded him that the world needed what he had to give. He replied with 'Thank you, I really needed to hear this today.'

We don't know what difficult situations someone else might be facing but we can all do a little something that might make a big difference - a smile, a helping hand, a kind word, or an act of generosity.

If you would like some support with your bereavement, call Rosedale on 01379 640810 to reserve your free place on our next course.

This article written by Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator



Hethersett 'District' Lions Club (CIO) - Your Local Lions Group: Charity No:1179036

We will be holding a 'Race-Night at Bracon Ash Village Hall on Friday 21st March for Lions charities. A fun night with eight races on the big screen £1/ bets, doors open at 7pm first race at 7.30pm. Licenced bar. For more info contact Bob McKibbin on 01508 470766.

On April 11th we will be holding our annual 'Ploughman's' quiz night at Mulbarton village hall, teams of up to six £10/head to include a ploughman's supper. Licenced bar and raffle Doors open at 7pm for 7.30pm start. Proceeds to the Samaritans. To book a team please contact John on 01508 570392.

We've recently made donations to Priscilla Bacon Lodge, Headway Norfolk and Waveney (a charity that helps people who have had brain injuries strokes etc.), Motor Neurone Disease, Brain Tumour Research and Swardeston Day Care Centre. We continue to donate £200 each month to The Trussell Trust food bank in Norwich that covers the local villages in this area as well as Norwich.

Car parking is still provided for all Norwich City FC home games, on Lower Clarence Road, Norwich at Money Facts car park £5/car. Gates open three hours before kick-off but come early if you need a space as it fills up very quickly.

Message in a bottle containers are still available from Bob McKibbin (number above) should anyone require one.

Thank you for continuing to recycle your used spectacles by placing them in the container situated in the Doctors' surgery.

Should you wish to know more about what Lions get up to feel free to come along to one of our meetings on the second Monday of the month at Mulbarton Village Hall at 8pm.

*John Hewitt
Club Secretary*

01508 570392 or visit www.e-clubhouse.org/sites/hethersettuk/



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 14th March - Quiz Night with Tatos food van
 Friday 28th March - Easter Bingo with Brunch Bar food van
 Friday 11th April Peak Pizzas food van
 Friday April 25th Brunch Bar food van

International Women's Day

1-4.30pm - St Peter's Community Centre

Jill & Andy's Coffee Morning

10.30am -12.30pm - St Peter's Community Centre

Youth Club - NF Village Centre

For 8 -16 year olds - Wednesdays 6-8 pm (term time)

Stay & Play - NF Village Centre

For parents/carers and preschool children
 Tuesdays, 9:30am to 11am - Newton Flotman Village Centre

Cherry Tree Café

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

Village Café - Newton Flotman Church Room

Saturdays 10am - midday

Film Night - Newton Flotman Village Centre

Tuesday 18th March - Small Things Like These
 Bar open from 7pm; Film starts at 7.30pm

Outreach Post Office - Newton Flotman Church Room

Wednesdays 9.30 - 11.30am

Crafting for a Cause

1st Weds of the month, 2 - 4pm, Newton Flotman Church Room
 3rd Saturday of the month - 10-midday at Village Café

Village Walks

For more details contact Richard Beach 07963006091.

Meetings

Newton Flotman Parish Council:

Tuesday 25th March, 7:30pm, Village Centre

Swainsthorpe Parish Council:

Wednesday 19th March - 7.30pm - St Peter's Community Centre

Room Booking

Newton Flotman Village Centre:

Martin Brooks 01508 470075 martinbrooks949@msn.com

Newton Flotman Church Room:

Caroline Wolfe 01508 471238

Swainsthorpe St Peter's Community Centre:

Jackie Baker 01508 470415

Job Advert

Lady seeking a P/T PA to support with food prep & housework, to provide regular support and cover for PA's annual leave and sickness if possible. Paid training/induction will be provided. NR15 4 hr/pw @ £12.50 p/h - Saxlingham Thorpe. For more details please use the Following weblink:

https://app.ukcil.com/job_board/a-lady-seeking-a-p-t-pa-to-support-with-food-prep-housework-nr15-4-hr-pw-12-50-p-h-nr15-1?source=facebook&team_id=b3aa1640.

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.



Newton Flotman Village Centre and Alan King Playing Field

Annual General Meeting

**Tuesday April 8th 2025 7.30pm
 at the 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.

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



Coffee Morning

Raising money for Marie Curie
Saturday March the 29th
at Olive House Care Home Newton
Flotman 10am to 12 pm

Do come along and meet our residents for
a coffee and some delicious cake, raising
money for this very worthwhile cause.

Holistic Wellness with Mel – Seasonal Self Care Ideas

Hello again, Melanie Purdy here, Holistic Therapist (Reflexology etc) in Newton Flotman.

This month I'd like to focus on Nature Connection.

How is your garden growing? I'm enjoying the wild primroses springing up in my garden in more abundance than last year.

Do you have a special space you can retreat to in your garden? A space to sit with a cup of tea, to sit and reflect or journal, a space to just be, to listen to the birds and feel the breeze on your face, somewhere to take your shoes off and let your feet touch the earth for a bit of grounding? Connecting with nature and being in tune with the seasons is so good for our wellbeing. Watching new plants begin to pop out of the soil and grow and bloom and go to seed is a simple pleasure easily missed in the haste of busy lifestyles.

Do you need to create time in your schedule for being in nature? If you haven't already got a special space I feel now is a good time of year to think about creating one. I like the idea of creating a willow structure with jasmine growing over it. A little shelter for those drizzly days.

Maybe you have a special place outside of your garden that you like to visit to find some peace? Aren't we lucky to have so many beautiful spots to choose from around here!

Feel free to visit my social media for more ideas and to see my sacred space in my own garden, it's not fancy or expensive, It was created quickly out of a deep need to have an immediate space to journal outside with a cuppa. It will grow and become more beautiful as the months roll on. Perhaps you could leave pictures of your own garden creations in the comments of my Facebook post.

Happy creating and connecting :-)

Facebook: *Melanie Purdy – Holistic Therapies*

Instagram: *melanie_purdy_therapies*

Website: *www.melaniepurdytherapies.com*

Newton Flotman Parish Council Notes

New Councillor and Councillor vacancy

The Parish Council are delighted to welcome Karen Elliot as a Councillor at the January meeting. Karen has become very involved in the village in the short time she has lived here and is also on the Village Centre committee.

There remains one vacancy on the Parish Council for a Councillor. If you are interested in becoming a Councillor please contact the Clerk or have a chat with a Councillor. Details of the Councillors can be found on the website:

Newton Flotman Parish Council | Councillors

YMCA Youth Club

The YMCA have produced a video showing what fun the young people are having at the Wednesday evening Youth Club. The video can be seen on Facebook <https://fb.watch/xHbiM3sKNv/>

For more information and to book in contact YMCA Norfolk 07894 935775 or youthclubs@ymcanorfolk.org

Neighbourhood Plan

The final Neighbourhood Plan and project plan were considered at the January Parish Council meeting and it was unanimously agreed. The committee have worked incredibly hard to get to this stage in the process and the Parish Council would like to thank them all. It is hoped that the referendum, and final stage, of the process will happen during the summer, look out for further information.

VE day celebrations, 8th May

The village will be celebrating the 80th anniversary of VE day on 8th May. Celebrations will be held at the Village Centre with the Parish Council, Village Centre, church and other local organisations all involved. Keep the evening free, more details will be released soon.

Meetings

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

Tuesday 25th March, 7:30pm, Village Centre

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>

Follow the Parish Council on Facebook

Newton Flotman Parish Council is on Facebook. Follow the Parish Council at <https://www.facebook.com/NewtonFlotmanPC>

Contacting the Council

clerk@newtonflotmanpc.co.uk | 01508 447688

Maria Hutson, Clerk to the Parish Council