# Worship Events in April St Peter's, Swainsthorpe

	•	•
Apr 2nd	9:30	Palm Sunday Swainsthorpe Special -
		Coryn Stanforth
Apr 6th	19:30	Maundy Thursday Service of Reflection - Dawn Davidson, Austin Uzoigwe and Coryn Stanforth
Apr 9th	9.30	Easter Day Holy Communion - Coryn Stanforth
Apr 16th	9.30	Swainsthorpe Special - Lesley Cox
Apr 23rd	9:30	Swainsthorpe Special - Philip Simmons
Apr 30th	11:00	Benefice Service Saxlingham St Mary - Dawn
		Davidson

# St Mary's, Newton Flotman

Apr 2nd	11:00	Palm Sunday Morning Worship - Austin Uzoigwe			
Apr 9th forth	11:00 16:0	Easter Day Holy Communion - Coryn Sta ECO Church - Lesley Cox			
Apr 16th	11:00	Morning Worship - Lesley Cox			
Apr 23rd	11:00	Holy Communion - Dawn Davidson			
Apr 30th	11:00	Benefice Service Saxlingham St Mary - Dawn			
		Davidson			





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



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



#### Curate's Corner - Rev. Corvn Stanforth

Signs of spring are appearing all around us. Birds are gathering sticks and foliage to make nests. Daffodils are blooming, their vellow trumpets glowing in the sunlight. Green shoots are starting to burst out from buds and fresh green leaves appear; all is new and unblemished adorn trees. Days grow longer and sunlight warms our fields and gardens. Soon the bleating of lambs will echo across the fields

In the shops, Christmas decorations have long since

disappeared to be replaced by hot cross buns and Easter eggs. Hot cross buns are traditionally eaten on Good Friday. The prominent cross acts as a reminder of Jesus dying on the cross. They are a tasty treat. My gran used to tell stories about, when she was a child living in Norwich, they were sold on the street. Her father used to go out and buy a bag and the family would eat them for breakfast.

Many of us will be enjoying Easter eggs once we reach Easter. If we pause and think about them for a moment, chocolate eggs also have symbolic reasons. When Jesus' body was taken down from the cross after his death, his body was placed in a stone tomb and a large boulder was rolled into place to stop anyone from tampering with his body. Good Friday is a dark time. His followers had hoped Jesus was the Messiah, the Saviour of the world. Now it had ended in tragedy after he had died a humiliating death at the hands of the Roman rulers.

Jesus' death seemed to be the end. On the Sunday morning Mary Magdalene hurried to the tomb with spices to put on Jesus' body. She arrived at the tomb and found the huge boulder rolled away and the tomb empty. It did not seem possible; everything had got even worse. She glimpsed a figure standing there, assuming that he was the gardener, she asked where Jesus' body had been moved to. Then she heard her name spoken: 'Mary.' It was Jesus. Mary was the first witness to Jesus' resurrection. Jesus had come back to life. All was not lost. Jesus was alive, death was not the end.

Easter eggs are shaped rather like the boulder used to seal Jesus' tomb and remind us of the stone rolled away at the time of Jesus' resurrection. Eggs are also a sign of new life; Jesus died but his death was followed by his resurrection. Jesus offers this gift of new life to us all.

We are holding an Easter egg hunt on Easter Saturday in the churchyard in Newton Flotman at the same time as Village Café (Saturday 8<sup>th</sup> April, 10am-12 noon). Come and join in the fun. All are welcome.

We will be holding Easter services at 9.30am on Easter Sunday at Swainsthorpe, 11am at Newton Flotman and ECO Church in Newton Flotman churchyard at 4pm. Come and celebrate! All are welcome. Happy Easter!

#### Holy Communion at Home

Rev'd Coryn

Are you unable to get to church but would like to receive Holy Communion at home? There is a tradition in the Church of England that Holy Communion is taken to those at home who are unable to get to church because of illness or other circumstances. Home Communion normally takes place once every four to six weeks and can be a one off or for a longer period of time. If you would like to receive Holy Communion at home or find out more please contact me on 07436 992347, and I will be happy to have a chat or arrange a visit.

Rev'd Corvn



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Email: 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 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 kirstenremer@gmail.com To contribute to the running costs of the church and provision of clergy please go to **DofN.org/donate** to donate to our Parish Share. If you wish to leave a legacy please visit for further details www.churchofengland.org/our-faith/church-legacy Thank you!

# St Peter's Church Community Centre

Swainsthorpe Community Centre is situated within St. Peter's Church on Church Road in Swainsthorpe. The centre is available for hire on a one off or regular basis at £7 per hour. There is a well-equipped kitchen area with cutlery, crockery and glasses to serve 40 people. The entrance and toilet have wheelchair access. For enquiries please contact: Jackie Baker 01508 470415

# **Church Room for Hire Newton Flotman**

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

 $uv 6. com\_cl4d7 i 04 arlc1 dtsc4ct l3 rh74 @group.calendar.google.com$ 

# **Partnership Deadline**

The next edition of Partnership will for May 2023. Deadline will be 14th April 2023. Contributions by email to **caroline@uv6.com** or call **07855 838553.** The editor reserves the right to edit copy and print as space permits.



to Monday)

ST MARY'S CHURCH Newton Flotman

Apologies to those (mostly along Alan Avenue) who had pages missing from their March magazines - it was a printing processing error.

The merging of the Tas Valley and Upper Tas Valley benefices took a step forward when the Ministry Teams of both benefices met and toured the churches. Dawn, our rector, is planning to keep things as they are as far as is possible going forwards with any changes being made as and when needed, gradually over time.

More plans have been published nationally about the Coronation Weekend. Ongoing communication with the Parish Council, Village Centre and church

representatives have led to the following plans for the village commemorations so far



Ring for the King details of timings tbc. Our bells can be rung by one person so if you want to have a go please get in touch!



Sunday 7<sup>th</sup> May: Church Service 11am followed by The Coronation Big Lunch - gather informally for a picnic with family and friends up at the playing field, with use of the village centre facilities. The bunting will be up and the bar will be open!

Monday 8<sup>th</sup> May: 'The Big Help Out' Bank Holiday Village Café .10am-12pm in the church room. If you are involved in an organisation that is recruiting volunteers in the village or outside then s please email kirstenremer@gmail.com with details and we will promote it at this event.



Christian Aid Week is 14<sup>th</sup> to 20<sup>th</sup> May – next month there will be donation envelopes in with Partnership with details about where to drop your donations.

If you are able to make a **donation** towards for the maintenance of the building or our parish share (to pay for our clergy) these are our details: Newton Flotman Parish Church Council sort code 20-62-53 a/c 70651028 it is classed as a business.

Don't forget Village Café every Saturday at 10-12 in the church room. April highlights:

\*\*April 1<sup>st</sup> Village Čafé and Litter Pick\*\*

\*\*\*April 8th Easter Saturday Village Café with Easter Trail in the churchyard \*\*\* \*\*April 22<sup>nd</sup> Village Cafe and church maintenance morning\*\*



There are still copies of the 2023 calendar left if you would like to purchase one and if you have any photos of the village that we Heritage Group can borrow to scan and archive that could then feature on future calendars please get in touch kirstenremer@gmail.com. If you

want to get involved practically in researching, archiving and interpreting our village history please come along to our meeting on 4<sup>th</sup> April 10am-12pm in the church room.



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



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# What's On In Our Villages:

Social Club - Newton Flotman Village Centre Friday April 7th and Friday April 21 st

**Newton Flotman Village Centre AGM** Tuesday 11th April

Youth Club 8-16 year olds - NF Village Centre Wednesdays 6-8 pm

Film Night - Newton Flotman Village Centre Bar open from 7pm: Film starts at 7.30pm Tuesday 18th April - Living

Outreach Post Office - Newton Flotman Church Room Wednesdays 9.30-11.30am

Village Café - Newton Flotman Church Room Saturdavs 10am - middav 1st April includes Village Litter Pick-Up 8th April includes free Easter Trail around the churchvard 22nd includes Church Maintenance Morning

**Crafting for a Cause - Newton Flotman Church Room** 1st Tuesday of the month 2-4pm

#### Meetings

Newton Flotman Parish Council - Tuesday 25th 7.30pm NF Village Centre Village Centre AGM - Bar open at 7pm; short meeting at 7.30pm

Friends of School

Newton Flotman Easter Trail - Church room open 10am -1pm for refreshments

To book Newton Flotman Village Centre contact Vicky Ball 01508 471506

To book the Community Centre St Peter's Swainsthorpe contact Jackie Baker 01508 470415

> To book the church room Newton Flotman contact Caroline Wolfe 01508 471238

### What's On at Newton Flotman Village Centre - Dates For Your Diary

**Tuesday April 11th.** We had an eventful 2022 and invite you to come and help us review what's been happening at the hall and playing field during the past year. We have had some great new start-ups and some sad farewells. We will also be able to share our exciting plans for 2023 and would welcome your views as to what you would like to see going on. The bar will open from 7pm and there will be a short AGM at 7.30pm. No need to book. Just turn up.

Sunday May 7th. The King's Coronation Picnic. Bring a picnic and enjoy time together on the field and in the hall. The bar will be open from midday.

#### Social Club dates:

Friday April 7<sup>th</sup>and Friday April 21<sup>st</sup> Friday May 12<sup>th</sup> – Ticket event with The Jersey Boiz tribute act Then every Friday through the summer months, including... Friday May 26<sup>th</sup> – Race Night 5

# 

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





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

We continue to support the Trussell Trust food bank in Norwich by donating £200 each month. The food bank covers this area and is there to help people by providing short term emergency support with food during a crisis. They aim to relieve that immediate pressure by

providing food, but also offer additional support so that people don't need to use the food bank again in the future.

We will be holding our annual 'Ploughman's Quiz' again on Friday 28 th April at Mulbarton Village Hall, 7pm for 7.30pm start. Teams of up to six people, bar and raffle.  $\pounds10$ /person, to include a 'Ploughman's supper. To book a team contact John on the number below. Proceeds from the quiz night will go to Caister Voluntary Lifeboat Service who are a totally independent Lifeboat charity. A new 14m Medina Class Lifeboat costing  $\pounds1.6m$  will replace the Bernard Matthews II and should be in service from March 2023.

Should you wish to know more about what Lions get up to feel free to come along to any of our meetings on the second Monday of the month at Mulbarton Village Hall Committee Room or the last Wednesday of the month at Bracon Ash Village Hall – both meetings at 8pm.

Club Secretary John Hewitt 01508 570392 or visit www.e-clubhouse.org/sites/ hethersettuk/



Are you a resident of Swainsthorpe? Join our private group 'Swainsthorpe's Facebook page'!



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# LONG STRATTON MEDICAL PARTNERSHIP

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

We head into warmer and sunnier days as April approaches after a very mixed winter. It is the season of hope. The practice faces many changes in the coming days and years as our practice population increases. We know the journey ahead can be challenging however with the support of our PPG (Patient Participation Group) and the entire patient population, the practice aims to ensure a safe and efficient service within the realms of the NHS regulation.

I want to touch on a very sensitive topic this month. This is following an unfortunate incident in the practice recently of verbal and physical aggression against two of our staff members. This was also unfortunately witnessed by a young family (with children) in the waiting room. The Government and the NHS work on a Zero tolerance platform against any healthcare staff whether it be the cleaner, a receptionist, a clinician, administrative personnel or a practice manager. The reasoning behind this is very clear. No one has the right to abuse another person. It is important that our staff work in a safe environment. There is massive evidence that a safe environment brings out the best in staff and subsequently the organisation performs well. A reminder about **unacceptable behaviour**:

- Persistent or unrealistic demands that cause stress to staff will not be accepted. Requests will be met wherever possible and explanations given when they cannot.
- Verbal abuse towards the staff in any form including verbally insulting the staff
- Using bad language or swearing at practice staff
- Any physical violence towards any member of the Primary Health Care Team or other patients, such as pushing or shoving
- Racial abuse and sexual harassment will not be tolerated within this practice
- Causing damage/stealing from the Practice's premises, staff or patients
- Obtaining drugs and/or medical services fraudulently
- Disrespectful or offensive use of social media

Let us continue a fruitful practice staff patient relationship that has been the strength of this practice over the last few decades, and this healthy relationship will definitely help our journey into a hope filled and happy future.

#### Dr Mini Nelson

# Saxlingham Players Present 'And Then There Were None'

by Agatha Christie 19th to 22nd April

This is one of Agatha Christie's most famous plays and takes place on a fictitious island off the coast of Devon. It is a very exciting murder mystery with multiple 'bodies'!

The performances are Wednesday 19th April to Saturday 22nd April at 7-30pm in the Saxlingham Nethergate village hall.

Please book by telephoning Paul or Amelia on 01508 498392 between 9am and 9pm. Tickets £8 Hethersett District Lions Club (CIO)1179036



Quiz Night

# Mulbarton Village Hall Friday 28thApril



At 7.30pm Doors open 7pm



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### Norfolk County Council Mobile Library Service

The mobile library will be visiting on Wednesdays 1st and 29th March.

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

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

## News From Swainsthorpe Parish Council - March 2023

The last meeting of the parish council took place on Wednesday 8<sup>th</sup> March where various matters were discussed. This included updates on the Hornsea Project, the Sheringham and Dudgeon Extension Projects as well as the more local installation of a solar farm on Brick Kiln Lane.

Projects such as the Jubilee Garden and revamp of the play area were both in various stages of progress. There were more plants and grass seed set for the garden, and the first meeting of the play area working party was due soon.

The telephone box on the A140 was also due to be moved soon to the outskirts of the village green, and a defibrillator positioned inside. Training will be available for anyone who is interested.

The next meeting of the parish council will take place in May. Date TBC. Keep an eye on the website **https://swainsthorpepc.wixsite.com/swainsthorpepc** or the Swainsthorpe Village Facebook pages.

Contact the clerk on swainsthorpepc@gmail.com or 07855947797

Nicola Ledain



SPRING GROUNDS TIDYING at NEWTON FLOTMAN CHURCH



Please could you help for one or two hours, between 9.30 & 11.30am on SATURDAY 22nd APRIL 2023

If so, it would be helpful (but not essential), if you could bring any gardening tools ie rake, shears, spade, shovel, edger, stiff broom etc.

Please turn up from 9.30am; William Ball, Andy Cox & David Wharton will be there to meet you, thank you.





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#### **Newton Flotman Charities**

The recent rises in the cost of living have placed a huge burden on household resources, especially with regard to the needs of growing children such as school uniforms, new shoes etc. Although we are a small charity with limited resources, we may be able to contribute to the expense involved.



If you live in Newton Flotman and would like us to help, please complete the **Grant Application Form** which can be found on the Parish Council website. https://www.newtonflotmanpc.co.uk/charities

We are highly aware that some people may feel awkward about asking for help, or might not have access to the internet in able to access the form. Do you know of someone in the village who might benefit from a little financial support? Can you signpost them to our grant application, or even help them to fill the form in? A paper copy of the form is available by contacting the charity's administrator, Paul Weeks, telephone 07809 620844 **All requests will be treated in the strictest of confidence.** 

You can support the Newton Flotman Charity by making a BACS payment direct using the following business account details: Sort code 20-26-34 Account number 63073858 No donation is too small.

# SAXLINGHAM (SAXON) BOWLS CLUB



Club Open Day at 1.30pm on **Saturday 29<sup>th</sup> April** on the Saxlingham Playing Field Bowls Green



If you are thinking of taking up a new sport come along and have a go at bowls at our friendly Club.

Free coaching for beginners - experienced bowlers are welcome too.

Contact: Club Captain Rachel Stevenson on 532617 or Club Secretary Chris Lacey on 499700



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

#### Gardening This Month - The Royal Horticultural Society

If you are looking for ways to save money on your food bills, now is the month to sow hardy annuals, herbs and wild flower seed outdoors. Sowing seeds outdoors is an easy, inexpensive and fun way to grow new plants. It's ideal for a wide range of hardy flowers and vegetables.

Always check seed packets for the exact planting months for each specific plant.

Bear in mind too that in milder regions sowing can begin earlier, while in colder regions it may need to be later. Also, lighter soils warm up more quickly in spring, ready for sowing, while sowing may need to be delayed in heavy, damp soils, which stay colder for longer.

Choose a sowing site that's suitable for the plants you want to grow – check the seed packet for details. Most flowers and vegetables need a warm, sheltered spot with plenty of sun, although some will grow in shadier sites.

#### News From Newton Flotman Primary Academy

On Thursday, 16<sup>th</sup> March 2023, Newton Flotman CoE Primary Academy, together with Rev. Coryn and Sharon Poyser from St Mary's Church Newton Flotman, had a Religious Education day focusing on Easter symbols and what salvation means to Christians. We looked at the happy and sad events that happened at Easter

We looked at the symbols we associate with Easter and looked at how they link to Easter. We also made an Easter garden that had the crosses from Good Friday, the tomb from Easter Sunday and the rock that was rolled out the way. Some children even added flowers and Jesus to theirs.



Newton Flotman's **Annual Parish Meeting** Tuesday 25 April 2023 Newton Flotman Village Centre 7.30pm – Refreshments from 7pm

#### Major Sewerage Blockage in Newton Flotman

During March we suffered a major blockage in the main sewerage pipe which carries waste from Flordon and Newton Flotman. This caused a considerable backing up of raw sewerage which overflowed from a manhole cover and into the gardens, pond and ditches of two houses on Flordon Road.

Anglian Water were called to resolve the blockage, and were keen to remind residents not to put any fat, wet wipes, sanitary products or nappies down toilets or into sinks. In addition, if you have any manhole covers on your property, access should be available at all times for the water company to inspect the drainage system.

Keeping the village in touch: **F** Visit us on Facebook www.facebook.com/newtonflotmanvillage/

#### My Wildlife Back Garden

I've recently had a very welcome sight of a Nuthatch; they certainly make you stop and look! To my surprise I have two that now frequent my garden, mainly on the sunflower hearts, but also drinking from and bathing in the babbling brook (they prefer moving water). The nuthatch is a distinctive bird with an orange breast, blue-grey wings and compact build. It has a very long, powerful beak and a black streak running across its eve. It has a characteristically large head and short tail and is larger than a robin, but smaller than a blackbird



Much of their diet is made up of invertebrates. which are plucked from tree trunks and branches. In winter the species feeds on seeds, nuts, and suet pellets in garden feeders. Surplus nuts are hidden in gaps in tree bark to be eaten later. The nuthatch's habit of hacking at these nuts to retrieve them from their hiding place is thought to of have earned the species its name. Nuthatches are the only UK bird that can climb headfirst down tree trunks, holding on with their powerful toes. In fact it has one big toe (hallux), that faces backwards, whilst its other three toes face forwards. Nuthatches advertise their territory by using loud simple songs. Males and females are pretty similar in appearance, but there is some variation between the two sexes; males show a stronger terracotta colour to their flanks than that seen in females.

Nuthatches often use aspen trees when available to hide their nuts as these trees have softer wood. Nests are usually built in completely dead trees, dead parts of live trees and trees with broken tops. All nuthatches are monogamous and mate for life. The pair defends their territory from other nuthatches. They usually only produce one brood of young per year, laying 5-9 eggs from early March through to June, but typically mid-April before leaves have appeared on trees.

Although largely permanent residents, some nuthatches move southwards each winter. They can be found across England and Wales, but are absent from Ireland. They are becoming increasingly common in Scotland, with milder winters allowing its range to expand north. They can live up to 7yrs, and there are 24 different species of nuthatch across the world.





