Worship Events in February St Peter's, Swainsthorpe

Feb 5th	9:30	Holy Communion - Austin Uzoigwe
Feb 12th	9.30	Swainsthorpe Special - Philip Simmons
Feb 19th	9.30	Swainsthorpe Special - Lesley Cox
Feb 22nd	7.30pm	Ash Wednesday Service - Austin Uzoigwe &
		Coryn Stanforth
Feb 26th	9:30	Swainsthorpe Special - Coryn Stanforth

St Mary's, Newton Flotman

Feb 5th	11:00	Holy Communion - Coryn Stanforth			
Feb 12th	8:00	Holy Communion - Dawn Davidson			
	16:00	ECO Church - Lesley Cox			
Feb 19th	11:00	Holy Communion - Austin Uzoigwe			
Feb 26th	11:00	Morning Worship - Coryn Stanforth			





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



Curate's Corner - Rev. Coryn Stanforth

I'd like to start by wishing you all a very happy 2023. As I write, it is a damp, miserable January day. However, a few weeks ago we had some of the most joyful Christmas services during my time in the Tas Valley. I was privileged to lead the Traditional Crib and Carol Service in Newton Flotman on Christmas Eve. The church was full and it was wonderful to see so many children and adults of all ages. We re-enacted the Christmas story together with a rather grumpy innkeeper and lots of great child actors. Baby Daisy made a brilliant Jesus!



At Midnight Communion, a smaller adult group gathered and it was a joy to meet so many different people as we celebrated the first Communion of Christmas in the candlelit church.

On Christmas Day, I went over to Swainsthorpe. Earlier in December we had held a wonderful carol service there followed by mulled wine and mince pies. The Christmas Day service hadn't taken place there for many years and was a special occasion as the village gathered in good numbers to worship the birth of Jesus on Christmas Day.

Now with Christmas over for another year, If you are thinking your home looks rather bare and dull as you have taken the decorations down, another Christian festival is approaching. 2nd February is Candlemas. This day marks the presentation of the baby Jesus, 40 days after his birth, to God in the Temple in Jerusalem. The name Candlemas derives from the fact that the Church's candles for the following year were all blessed on this day.

You may find it helpful to light a candle at home to bring some light and joy into dark days. It might be a focus for saying a prayer or a sign of hope as spring approaches. If you do, please extinguish it before you leave the room or go to bed!

All good wishes, *Rev'd 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.

Rev'd Coryn



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

Articles Wanted for Partnership

Please send your contributions to the editor by email at: caroline@uv6.com



Tel: Office: 01603 904 300 Mob: Andrew: 07969 608792 Mob: Neil: 07884 061 741 Email: info@summitheating.co.uk





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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 March 2023. Deadline will be 14th February 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.



It was lovely to see so many of you at events over ST MARY'S CHURCH the festive period! Our church was full for the Crib Newton Flotman Service - thank you to all who came, prepared costumes and refreshments and to Daisv for being a

captivating and amazingly chilled 'baby in the manger'!

We are still waiting to hear what the plans are for the **reorganisation** of the parishes in our benefice and deanery - thank you to all who gave their views to feedback to the Archdeacon. Watch this space!

If it goes **dark** a bit earlier in the **churchyard** don't worry – we're reducing the time the **floodlights** are on – our electricity bill has almost doubled so we need to be prudent. as is the way for us all. If you can **donate** 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 2220-62-53 a/c 70651028 it is classed as a business account. Please label reference it Building /Parish Share/ General Donation so we know where to allocate it.

Something we are not skimping on is our hospitality at Village Café - Saturdays at 10-12. Thank you to Isabelle Blackwell for volunteering each month for the past year for her Duke of



Edinburgh Bronze award. She's become adept at knowing how each visitor likes their preferred beverage! If you know anyone who wants a volunteering opportunity then please get in touch!



It's Fairtrade Fortnight 27th February - 12th March When you buy a Fairtrade product, you know that you are supporting farmers and their communities as they benefit from the Fairtrade Premium. This is an extra sum of money that

farmers and workers can invest in community, environmental or business projects of their choice. This could include essentials such as healthcare, education, housing and water, as well as developing their businesses and caring for the environment. Fairtrade offers some of the highest Premiums in the industry for producers to invest in their businesses and communities. Sales of Fairtrade products in the UK generated £25.2 million (€30m) for producers to invest. Climate change is making crops like these harder and harder to grow. Combined with deeply unfair trade. communities growing these crops are being pushed to the brink. With more of us choosing Fairtrade means extra income, power, and support for those communities, as they work to build sustainable and prosperous futures. So not only is choosing Fairtrade best for people and planet, it could help save everyday treats like chocolate, bananas and a hot cuppa!

or Join us at Village Café on 4th February to view our archive, share memories and ask questions of our 'resident' experts over a cup of Heritage Group coffee!! The 2023 village calendar has been well received with views of people and places of Newton Flotman and Saxlingham

Thorpe evoking memories and interest! Thanks to all who kept the faith and ordered in advance, as we were kept on tenterhooks with the delivery date! There are still copies of the 2023 calendar left if you would like to purchase one or you have any photos of the village that we can borrow to scan and archive that could feature on future calendars please get in touch! kirstenremer@gmail.com



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





What's On In Our Villages:

Social Club Newton Flotman Village Centre 10th February, 24th February, 10th March, 24th March

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

Film Night - NF Village Centre Bar open from 7pm; Film starts at 7.30pm Tuesday 21st February - Fisherman's Friends: One and All Tuesday 21st March - Mrs Harris Goes to Paris 18th April - Living

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

Village Café - Newton Flotman Church Room Saturdays 10am - midday

Swainsthorpe St Peter's Jumble Sale - Saturday February 11th 10.30am -12.20pm International Women's Day 4th March 1pm - 4.30pm

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

Meetings

NF Parish Council 7.30pm 28th February - NF Village Centre Swainsthorpe Parish Council 7.30pm 10th March - St Peter's Church

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

> As we head into 2023, the Village Hall Committee have exciting plans for the future and details follow for what is happening in the next couple of months.

ALAN KING PLAYING FILED The Social Club is proving popular and we are pleased to announce that we now have a premises license. The social club committee plan to hold a social club on Friday evenings twice a month during the winter and weekly from May to September. A food van should be in attendance each evening. **Next dates are 10th February, 24th February, 10th March, 24th March.**

Saturday February 25th is our first, live music event featuring an Abba tribute band. Tickets are limited, so book early to avoid disappointment. Tickets are £10 per person including your first drink. Details are on the front cover and on social media.

Film nights continue on the third Tuesday of each month. **February 21st and March 21st.** The bar will be open from 7pm. The film starts at 7.30pm Tickets £5 each.

The Christmas Fair was popular so we are organising an **Easter Fair on Saturday March 25th 10am - 3pm**. There will be crafts, refreshments and a chance to catch up with friends and neighbours.

Tickets for the film nights are available from William Ball 01508 471506 or william.ball@outlook.com

The hall is available for private bookings, Contact Vicky Ball vmball@outlook.com

TUESDAY 21st FEBRUARY - BAR OPENS AT 7:00PM FILM STARTS 7:30PM NEWTON FLOTMAN VILLAGE CENTRE



Tree Promotion Group - Update

The plans for planting trees on the playing field to create a shady path around the perimeter have been modified after concerns raised by local residents. This will mean shrubs rather than trees in some areas and wider spacing between the trees elsewhere.

We made a start with the planting this week - good to see the pattern of an avenue of trees emerging even at this early stage.

We reviewed last years planting of trees on the green. It was good to see that most of the trees survived the drought and heat of last summer. We replaced a hornbeam and a maple that had died. The Queen's platinum jubilee tree seems in good health. Thanks again to those who assisted in watering the trees last year - your efforts were not wasted!

We used biodegradable tree guards last year. To be honest they are pretty disappointing - we removed several collapsed ones which just looked unsightly. The planting from 2 years ago on the playing field is looking healthy. Should be an exciting year as most of them emerge from their tree guards and start to look good.

Richard Beach richard.beach1508@gmail.com David Wharton Andy Cox



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News from Newton Flotman Parish Council - Meeting on 29 November 2022

Budget setting and community grants

The Parish Council set the annual budget and have requested a precept of £24,260, an increase of 3.59% on 2022-23. The precept is the portion of money from residents council tax that is allocated to the parish council. More information can be found on your council tax bill on how money is distributed to different organisation which will be sent out by South Norfolk Council in the spring.

Grants have been allocated by the Parish Council to NFaST, towards the maintenance the churchyard and the wildlife there, Partnership magazine and Village Centre projects.

Neighbourhood Planning

A presentation was made by South Norfolk Council on the subject of Neighbourhood Planning. Representatives from Tasburgh was also present to share their experience of putting together a Neighbourhood Plan

Putting together a neighbourhood plan takes considerable time and resources. However the document is considered by the planning authority, South Norfolk Council, when planning applications are submitted. Parish Council's are also allocated more CiL (Community Infrastructure Levy) funds if a Neighbourhood Plan is in place in relation to housing developments. Most new development which creates net additional floor space of 100 square metres or more, or creates a new dwelling, are potentially liable for the levy.

Councillors will be discussing the considerations of developing a Neighbourhood Plan at the January meeting.

Youth Club

The Parish Council have allocated £2,054.15 to continuing running the youth club. It has been proposed that the remaining £5,000 needed to run the club will be sought through fundraising and applying for grants. If you would like to fund raise for the Youth Club or make a contribution to keep it going next year please get in touch with the Clerk

The club runs on Wednesday evenings from 6-8pm. There are lots of exciting sessions planned for the new year including activies around Chinese New year, Australia day, pancake day, Valenetine's day, Pokemon week and an ice cream session! For more details and to book please contact **youthclub@ymca.org** or 07894 935775

Councillors

The Parish Council co-opted Lesley Berry onto the Council at the most recent meeting. Lesley joins six other Councillors who are working on behalf of Newton Flotman residents. Councillors can be contacted through the Clerk.

Meetings

The Parish Council meets every month (except August and December) on a Tuesday evening. The next meeting dates for the winter are 28th February, 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 | 01508 447688



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To all of our Patients - 2023 is going to be an exciting year for the Practice in preparation for the planned road and housing developments in the coming years in this area!

Prior to Christmas, the building owners presented to our Patient Participation Group, the outline plans for our new extension. In summary, we have received planning permission from South Norfolk Council, sign off by the Norfolk & Waveney ICB, and sign off from NHS England to erect an extension to our building giving 7 extra clinical rooms, plus extending our car park. There is one office room on the ground floor of the existing building that will be converted into a clinical room, plus upstairs we are having all of our Lloyd George paper notes "digitised" which will free up a large office that we can utilise as flexible workspace.

During the build phase and refit there will almost certainly be some disruption, however we intend to keep this to an absolute minimum and will try very hard not to disrupt our service provision. We are looking at the option of opening up our Newton Flotman site for more time, and it may be that some appointments may have to take place up there, especially when our Doctors corridor is being refitted. Within the surgery as a whole, we are looking to move from oil heating to air sourced air conditioning, changing to LED lighting throughout, and hopefully having solar panels fitted to help offset the electrical costs. Flooring throughout will be upgraded, we will be redecorated throughout, and the front Reception Desk will change to be less of a "battleship" to a more welcoming design.

All that we ask is that you bear with us because the investment and pain will definitely "pay back" in 2024 and beyond. Along with the physical expansion, we are also looking at extending and developing our clinical team. We have started the recruitment process for GP, and Advanced Nurse Practitioner, plus we are looking at recruiting a Pharmacist to join us as well.

By doing this work early in the phase of the Long Stratton Neighbourhood Development Plan, we hope that we are setting ourselves up in a good position to be able to absorb the increase in demand for our services.

To view the plans please see our website:

www.longstrattonsurgery.nhs.uk/2023/01/10/approved-practice-plans-for-2023/.

We really hope that these changes meet with your approval. If anyone has any comments or would like to contribute any ideas for consideration, please feel free to contact any member of our Patient Participation Group.

Keith Burnett Practice Manager

Norfolk County Council Mobile Library Service

The mobile library will be visiting on Wednesday 1st February

Stop	Village	Arrival	Departure	Stop name	Postcode		
number	Village	time	time	Stop hame	rostcouc		
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		
<u>у</u>							



Swainsthorpe St Peter's Jumble Sale Saturday February 11th 10.30am -12.20pm

Newton Flotman Charities

The pandemic and lengthy restrictions have placed a 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

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Shrove Tuesday - 21st February 2023 Why not try your hand at making your own pancakes this year?

Ingredients

100g plain flour

1 medium egg

285ml milk

12g butter

Pinch of salt

Oil for frying

Method



- 1. Sieve flour and salt into a bowl. Make a well in the centre, drop in the unbeaten egg and half the milk.
- 2. With a wooden spoon or balloon whisk beat until the batter is smooth and air bubbles collect on the surface.
- 3. Stir in the remaining milk and melted butter.
- 4. Lightly coat the base of a frying pan with enough oil to make it look shiny all over and allow the pan to get really hot.
- 5. Pour enough batter into pan to cover the bottom thinly and tilt quickly until the pan is evenly covered. Cook until the underside is golden.
- 6. To toss the pancake, shake to pan, jerk it forward until the pancake reaches the downward tilting edge of the pan, then flip it over with a quick movement of the wrist so that the uncooked side is underneath, Cook until golden. Serve with toppings of your choice.