Worship Events in May St Peter's, Swainsthorpe

	,					
7th	9:30	Holy Communion - Coryn Stanforth				
14th	9:30	Swainsthorpe Special - Dawn Davidson				
21th	9:30	Swainsthorpe Special - Austin Uzoigwe				
28th	9:30	Swainsthorpe Special - Philip Simmons				
St Mary's, Newton Flotman						
7th	11:00	Morning Worship - Coryn Stanforth				
14th	8:00	Holy Communion - Coryn Stanforth				
	16:00	ECO Church - Lesley Cox				
21st	11:00	Holy Communion - Austin Uzoigwe				
28th	11:00	Morning Worship - TBC				



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



THERE ARE LOTS MORE CORONATION EVENTS HAPPENING OVER THE BANK HOLIDAY WEEKEND IN NEWTON FLOTMAN AND SWAINSTHORPE -SEE INSIDE FOR DETAILS!





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!



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Curate's Corner - Rev. Coryn Stanforth

This month a historic event will be taking place, the coronation of King Charles III on Saturday 6th May. For most of the population this will be something that they have not witnessed in their lifetime. The coronation of Queen Elizabeth II was back in 1953. The Coronation will be a historic moment in the life of our nation, a time to reflect on our history, celebrate who we are and look to our future.



At its centre is a Christian service in which His Majesty will be

anointed as King. It will be rooted in longstanding tradition and Christian symbolism. In March, I spent ten days in the Holy Land together with other curates on a pilgrimage led by the Bishop of Norwich. We spent the final few days of our pilgrimage in Jerusalem. We worshipped at St George's Anglican Cathedral on Passion Sunday, two weeks before Easter.

We also had a talk from the Anglican Archbishop in Jerusalem, Hosam Naoum. One of the things he spoke about was the oil which would be used in the coronation service to anoint the new king. The chrism oil for the ceremony had been consecrated a few weeks earlier in the Church of the Holy Sepulchre in Jerusalem, the site of Jesus' crucifixion and resurrection. The oil was harvested from two groves on the Mount of Olives and pressed just outside Bethlehem and perfumed with sesame, rose, jasmine, cinnamon, neroli, benzoin, amber and orange blossom. The archbishop also told us he would have a very small part in the Coronation service. Anointing with oil concerns sanctifying or setting the anointed person apart as holy. Monarchs have been anointed since biblical times.

You may be planning to visit London or to watch the coronation on television at home. There will also be various events on in our villages and our church services on Sunday 7^{th} May will tie in with the coronation.

Enjoy the celebrations!

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 Coryn

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

Articles Wanted for Partnership

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

Leslev Cox (Reader) tel: 471334

Church Buildings and Church yards

On matters to do with the church buildings or churchvards, 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. :

uv6.com cl4d7i04arlc1dtsc4ctl3rh74@group.calendar.google.com

Partnership Deadline

The next edition of Partnership will for June 2023. Deadline will be 14th May 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.



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We're gearing up to be part of the Coronation Weekend 6-8th May and for Christian Aid week - 14th-20th May. If you want to ring our bells for the Coronation on 6th May please get in touch! Do join us on

Sunday 7th at 11am for our Morning Worship service before heading up to the Big Lunch up at the Village Centre. Also come and find out all the ways you can support your village church and other organisations at Village Cafe Big Help Out on 8th May. (*Please note there is no Village Café on 6th May*). We are looking forward to supporting the Village's aim of becoming a 'mindful village'.

NFaST Heritage Group

Please forward photographs of the Coronation Weekend events for the archive! (with the permission of those photographed of course). We next host Village Café on 1st July, which seems a way off, but please get in touch sooner if you have some photos or information about Newton Flotman. We now have a hard copy of our

cataloguing system so navigating our archives should be easier, and if one of us is about at Village Café we'd be happy to show you some of the material we have. One of our ongoing projects is to produce a roll of honour to remember those from the village who fought and returned from the World Wars, to go alongside the research of those named on the War Memorial. The groundwork has started on WW1, using the 1921 census. At the fete we will share our research and be asking for your input! There are still a few copies of the 2023 calendar left; please email if you would like one! **kirstenremer@gmail.com**



Inside your Partnership this month is a donation envelope for Christian Aid. Details of where you can drop off your donation envelope are below. As well as our usual donation envelope collection we are hosting Village Café during Christian Aid Week, which runs from 14th-20th May. The focus for 2023 is on raising awareness and funds for communities which are paying

a harsh price for the global cost of living and climate crises.

The Big Pea Challenge is part of this year's appeal to raise funds specifically for farmers in Malawi who struggle to get a fair price for their goods and have been battling climate change, with rising temperatures and regular floods making it tough to grow crops. One plant that is hardier than the others is the 'pigeon pea', a small but mighty seed which is drought resistant, soil-revitalising and is high in protein. Cultivation and processing this humble pea is having a profoundly positive impact on the lives of people in Malawi to improve their standard of living and quality of life. At Village Café on 20th May you can find out more about this, have a go at a pea themed obstacle course (!) alongside familiar favourites try some food made from pigeon peas, as well as a bric-a-brac stall.

Donation Envelope drop off points are:

23 Alan Avenue 3 Flordon Road	59 Alan Avenue Hazelwood Flordon Road	60 Alan Avenue 14 Joy Avenue			
24 St Mary's Close	The Rectory	-			
At the Church when open for services, Post Office and Village Café on or by 20 th May					

To donate online go to https://give.christianaid.org.uk/donate/CAM-004499



Preparing For the Coronation Weekend

Get your bunting out! This website https://coronation.gov.uk/ toolkit/ is useful for special Coronation recipes, a playlist and children's activities and invitation postcards...You might have seen coverage in the media about the 'Big Knock' to encourage neighbours to say hello, pop a note through the door to invite them to a Coronation event to encourage all to feel involved.....

Ring for the King – we are looking for volunteers to ring our church bells on Coronation Day. Our three bells can be **operated by one person via three pull cords**, but ideally a group of you may want to take it in turns to let the bells ring out across the village for about half an hour. Although there is no official set time to ring them, as the Coronation will take place at Westminster Abbey at 11am on Saturday 6th May, the suggestion is that ringing them in the morning would be preferable, preceding the Service time. I look forward to hearing from you and we can



arrange a meet up to take you through the bell 'set up and strike down' (It will take about 5mins!)



Join us for the **Coronation Big Lunch** at Newton Flotman Village Centre. Bring a blanket and a picnic and enjoy time together at the park and in the Village Centre. The bar will be open from **midday**, and ice-creams will be on sale.



In the spirit of 'The Big Help Out', pop in on **Monday 8th May 10-12** at the church room to find out how you can get involved in village activities as a volunteer or to find out about a group that you can join to develop an interest or generally find out what is going on in the village. You can enjoy the usual chat and bakes too!

Community Allotment

With the growing season upon us and with thoughts turning to fresh vegetables, you may be interested in joining the small team on the Community Allotment. If so, please contact either Ben – 07703 963947 – or William – 07785 264016 – for further details.





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What's On In Our Villages:

King's Coronation Picnic Sunday 7th May - Bring a picnic and enjoy time together on the field and in the hall. Bar open from midday plus ice-cream

Social Club - Newton Flotman Village Centre

Every Friday during the summer months to include: 12th May **Jersey Boiz** (ticket-only event) a few tickets still available. Contact Pam – 07910 873984 19th May will have a food van from 6pm at Social Club 26th May **Charity Race Night at Social Club** Food van from 6pm. First race on the big screen at 7:30pm Tickets £1 per race. Cash prizes

Community Centre St Peter's Swainsthorpe

20th May 7.30pm - Back to the Seventies Karaoke, Disco & Dance Tickets £12.50 - 07912 664066 / 07443 597422

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 16th May - *Empire of Light*

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 - Newton Flotman Church Room 1st Tuesday of the month 2-4pm

Village Walk May 13th - Local walk enjoying spring flowers in a 6k walk around Swainsthorpe. For more details contact Richard Beach 07963006091.

Meetings 23rd May 7:30pm - Newton Flotman Parish Council AGM - Village Centre 10th May 7pm Weds - Annual Parish Council Meeting Swainsthorpe

> Friends of School Thursday 18th May Bags2School Collection

Polling Day Thursday 4th May - do not forget photo ID in order to vote!

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

TUESDAY 16th May - BAR OPENS AT 7:00PM FILM STARTS 7:30PM NEWTON FLOTMAN VILLAGE CENTRE



Norfolk County Council Mobile Library Service

The mobile library will be visiting on Wednesdays 24th May

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

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Swainsthorpe's

Coronation Tea Party

will take place on the Village Green on the afternoon of

Sunday May 7th 2023.

Come and celebrate this right royal event with our

village tea party.

Details will be on Swainsthorpe's Facebook page

and on the notice boards.

Residents of Swainsthorpe are invited to the Annual Parish Meeting followed by the Annual Parish Council Meeting



7 p.m. on Thursday May 11th in the Swainsthorpe Community Centre

Charles Carron Brown will give a presentation on electrical infrastructure developments affecting the village

Come along and find out about these and other local issues

Meet your new Parish Councillors and join us in a glass of wine at the close of business

https://swainsthorpepc.wixsite.com/swainsthorpepc



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Newton Flotman Charities - Registration number 208645

The Newton Flotman Charities is a charity which aims to help people in need of support in Newton Flotman.



In the current cost of living crisis where, due to increased food and energy prices, many people are finding it increasingly difficult to put food

on the table and pay their energy bills, we want to provide support to those who are in need in the village. This can be financial support although our funds are very limited or helping people to find suitable sources from either the government (local or national) or the charity sector.

If you would like to talk *in strictest confidence* to one of the members of the charity about how we can help you, or somebody you know, who needs some help, please call or email the Administrator - Dr Paul Weeks - on 07809 620844 or paulweeks58@gmail.com or you can go direct to the Grant Application Form which can be found on the Parish Council website. https://www.newtonflotmanpc.co.uk/ charities

Mindful Village Status for Newton Flotman?

The media has been full of reports regarding the struggling mental health of the nation recently, including: Pandemic triggered 'second midlife crisis' among over-50s, study finds (Source: Hill, A Guardian Newspaper 4/4/2023) and The teen mental health crisis: a reckoning for Big Tech (Source: Smyth J and Murphy H, Financial Times 26/3/2023). Our villages are not immune from stories like these. The Long Stratton Medical Partnership has informed me that 207 Newton Flotman patients have been diagnosed with depression or low mood.

How can we help people who are struggling with their mental health? South Norfolk District Council is offering free training with the Norfolk and Suffolk Foundation Trust's Wellbeing Service, Thriving Workplaces and Evolve to make South Norfolk more 'Mindful Districts'. By offering community groups and small businesses two types of free mental health training and support from their Help Hub, South Norfolk District Council will support towns and villages to achieve 'Mindful Town' or 'Mindful Village' status, with the tools to develop a community-led network of Wellbeing Champions.

We want to achieve Mindful Village status for Newton Flotman and have some Wellbeing Champions who will help to improve awareness of mental wellbeing and provide guidance within the village when needed.

To achieve this, we need volunteers to undertake one of the free training options offered in the South Norfolk District Council programme. These are:

Mental Health First Aid Champion Training. This is a one day course in person, or two half days online provided by Thriving Workplaces.

Wellbeing Champion Training. This is up to a 2 hour course provided by the Norfolk and Suffolk Foundation Trust's Wellbeing Service.

Wellbeing Champions will be issued with an information pack on the South Norfolk and Broadland Councils' Help Hub, local services and how to refer people to a specialist mental health support worker should a resident need further assistance.

If you would like to get involved and to find out about more about the training dates available, please contact Dr Paul Weeks on 07809 620844 or email paulweeks58@gmail.com

LONG STRATTON MEDICAL PARTNERSHIP

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY Tel: 01508 530781 As this May issue comes out, we are all out and about enjoying Spring with its' warmth and the beauty of nature. May holds a very important day, 12th May, International Nurses' Day which commemorates the birthday of Florence Nightingale, the founder of modern nursing. The Royal College of Nursing on its' website says with pride 'Despite working through challenging circumstances, nursing staff continue to go above and beyond to deliver highly skilled, safety-critical care every single day. On Nurses' Day we recognised this work and took the opportunity to say thank you."

Our Long Stratton Nursing team comprises extremely talented and professional Nurses and Health Care Assistants. The team has grown slowly over the last few years and now includes an Advanced Nurse Practitioner (ANP). The busy nursing corridor sees a variety of activities ranging from blood taking. Warfarin monitoring, Spirometry, ECGs and Dressings to recalling, reviewing and managing patients with long term disease conditions like Diabetes. Pre-diabetes. Asthma/COPD. Hypertension/stroke and Learning difficulties. Not forgetting preventive medicine in the form of NHS Health checks, pill checks, immunisations and cervical smear taking.

On a personal note, I have thought of the many instances where they have saved lives. Due to their excellent communication skills and active listening skills, many patients have found it easy to communicate their problems and this has led to more effective management of their diseases. The Nursing team have played a very big role in the covid booster immunisation programme and continue to do so.

Our Team comprises of Lead Nurse Nicola Outten along with Nurses Amy, Emma, Lindsay and Elysa, and Health Care Assistants Cheryl, Elizabeth and Sophie. Many of you know Stuart Coxon who efficiently looks after our most vulnerable members of our elderly population and those bed bound and housebound. ANP Natalie Fiander has been with us for over a year and has now officially joined our LSMP team.

Please join me in thanking our nursing team for the excellent contribution to patient care and in wishing them a Happy Nurses Day!

Dr Mini Nelson



Baas will be sent home before half-term. Collection also available on request for larger pick-ups; these will be made on Weds 17th May. All Newton Flotman households welcome to donate. Bin liners are acceptable and bags can be left outside your house on the 17th or brought to school on the 18th.

П

News From Newton Flotman Parish Council Elections - reminder

On Thursday 4th May 2023, local elections are taking place across England. To vote in a polling station, residents will need to bring photo ID. No ID? You can apply for free voter ID Find out more at **www.electoralcommission.org.uk/voterID** or call 0800 328 0280

Youth Club

The Youth Club is going from strength to strength. Sessions are held at the Village Centre on Wednesdays 6-8pm. The sessions are aimed at those aged 8 to 16 years old. The club is run by YMCA Norfolk and led by qualified Youth Workers. Recent sessions have included activities based around designing ice cream sundaes, Pokemon and valentines. The Parish Council is now working hard to secure additional funds to ensure the session continue after the initial year's funding. For more information please contact YMCA Norfolk directly on 07894935775 or **youthclubs@ymcanorfolk.org**

Highways issues

The Parish Council contains to monitor the speed of vehicles in the village. Most recently the SAM 2 was positioned on Church Road. 10,830 vehicles were monitored with 10,464 travelling at 30mph or less. 33 vehicles were travelling at 40 mph or more, with one driver travelling in excess of 50mph! These statistics help build up an overview of speeding within the village and can used when working with Highways and other agencies to make the roads safer for all.

Parish Council Elections

Following the nomination period Newton Flotman had an uncontested election. Five people were nominated for election; Paul Weeks, Bruce Turnbull, Cate McNerney, David Segens and Drew Broad. They will officially 'take office' at the Parish Council AGM on Tuesday 23rd May.

Two places remain on the Parish Council. If you are interested about finding out more about being a Councillor please contact the Clerk or member of the Parish Council. Members of the public are always welcome to attend Parish Council meetings, details at the bottom of this article.

Jeff Billings will be standing down and the Parish Council would like to thank him for all his hard work.

Council objectives and outcomes - 2022/23

During the past year the Parish Council have made progress on a number of objectives:

- Improvements in the road safety and introduce speed calming measures on Flordon Road progress is being made but hampered by County Council.
- Establish a committee to undertake fund raising for a skatepark on the playing field of the Village Centre consultation event was undertaken but there was not sufficient support to pursue this.
- Establish the YMCA youth club and have it running successfully with 20 children attending regularly this has been running since May 2022.
- Fill the two councillor vacancies four new Councillors have been co-opted however for health/other reasons three Councillors have resigned during the year.
- Pursue with other agencies and landowners the proposal to provide access to Smockmill Common from Newton Flotman meetings have been unsuccessful in providing this.

Agreed 2023/24 objectives

The Parish Council have set a number of objectives for the forth coming year. Objectives have been set through discussion with residents and other organisations.

- Monitor all requests for expenditure that has not been included in the budget to assist with future budget setting
- Further develop the Planning Policy to incorporate dark skies and green spaces guidelines
- Consult on the interest in developing a Neighbourhood Plan.
- Communication produce ten regular newsletter and *Partnership* magazine articles. Update and maintain the Parish Council website.
- Support residents during the cost of living crisis by signposting them to organisations which can help them. Provide support and encouragement to those organisations.
- Raise the profile of the Parish Council and the Councillors.
- Pursue with the Highways and Councils improvements in the road safety and introduce speed calming measures on Flordon Road.
- Apply for funding for the Youth Club to continue sessions.
- Support Village Centre to develop suitable recreational facilities for the village.
- Pursue with other agencies and landowners the proposal to provide access to Smockmill Common from Newton Flotman

Meetings

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

- 23rd May, 7:30pm, Village Centre (Parish Council AGM)
- 27th June, 7:30pm, Village Centre
- 1st August, 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 Maria Hutson, Clerk to the Parish Council

The Newton Flotman Charities

The Newton Flotman Charities aim to help those in need in Newton Flotman in the following ways: providing financial or material assistance from the Charities funds for residents of Newton Flotman where possible and, acting as a signpost for those in need in Newton Flotman by directing them to support services available from South Norfolk District Council via its Help Hub and/or other charities which can provide specialist support.

We want to recreate the spirit that existed during the lockdown caused by the covid pandemic when volunteers signed up to help their neighbours by getting shopping for them, etc. Could you join us and volunteer to aid the old and the vulnerable in the village?

If you would like to talk to one of the members of the charity about how you can get involved, please call or email the Administrator – Dr Paul Weeks - on 07809 620844 or **paulweeks58@gmail.com**