

Broadland and South Norfolk

Design Code

Have your say

Broadland District Council and South Norfolk Council are developing a Design Code for both districts. The aim of the Design Code is to strengthen the design quality of new residential development across the area.

It will include guidance on themes such as the design of buildings, landscaping, design of parking spaces, and walking/cycling connectivity within developments.

The Design Code will be used in the planning process to help ensure that new development is of a high quality and provides great places for people to live.

We are now seeking feedback on the draft Design Code and supporting documents. Please visit the online consultation, below, which closes at 5pm on 23rd June 2025.

Scan the QR code to have your say

If you have any difficulties accessing the online consultation, please let us know by contacting 01508 533805 or localplan.snc@southnorfolkandbroadland.gov.uk



Partnership

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



A COMPLETE UNKNOWN



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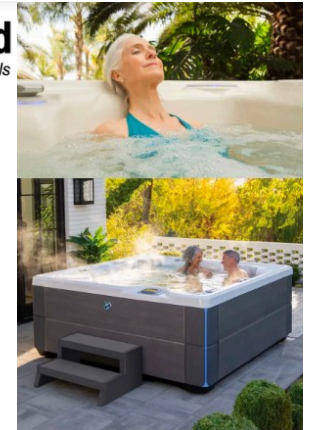


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Church Room 10-12



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Curate's Page

The story is told of a man in a supermarket pushing a trolley with a screaming baby. He kept repeating softly, 'keep calm, George. Everything's going to be okay, George.' A lady watching with admiration said to the man, 'you to be commended for your patience in trying to quiet little George.' The man replied, 'You've got it wrong; I'm George!'

If you're a parent, grandparent or carer perhaps you can relate to this! Raising children is hard work and requires a lot of patience and love. From sleepless nights to potty training, supporting them through school and remaining calm through GCSEs, there are challenges at every stage. Of course there are plenty of joys as well; children are a gift from God.

This month we celebrate Father's Day, and while it is not a Christian festival in the way that Mothering Sunday is, it does remind us of the important role Fathers can play. It is a great opportunity to say a huge thank you.

Whoever we are with the responsibility of raising children we will need to care for their emotional, physical and spiritual well-being. Often our children's spiritual well-being is overlooked but I believe that investing in this is essential for growing whole human beings. I am delighted to be part of taking two Christenings on Father's Day as we welcome precious little ones into the Church family. Our churches love to support parents in exploring what it means to grow in faith and introduce children to a God who loves them deeply. If you want to find out more; do get in touch.

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

For all church information visit **tasvalley.org**

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 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.

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 Church Room 10-12

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Worship Events in June

St Mary's, Newton Flotman

Sunday	1st	11:00	Morning Worship - Lesley Cox
Sunday	8th	11:00	Morning Worship - Lesley Cox
Monday	15th	11:00	Morning Worship with Baptisms - Dawn Davidson and Rachel Hayden
Sunday	22nd	11:00	Holy Communion - Austin Uzoigwe
Sunday	29th	10:30	Benefice Service - Rachel Hayden

St Peter's, Swainsthorpe

Sunday	1st	09:30	Swainsthorpe Special - Lesley Cox
Sunday	8th	09:30	Swainsthorpe Special - Lesley Cox
Sunday	15th	09:30	Holy Communion - Dawn Davidson and Rachel Hayden
Sunday	22nd	09:30	Swainsthorpe Special - Rachel Hayden
Sunday	29th	10:30	Benefice Service at Newton Flotman - Rachel Hayden

Partnership Deliveries

We are currently reviewing our deliveries of Partnership magazine to more outlying areas of Newton Flotman.

If you are a resident in Saxlingham Thorpe, Lower Tasburgh Road, Newton Greenways, Cargate Lane - could you let us know on 01508 471506 or vmball@outlook.com if you would still like to have a copy of Partnership before we make any changes. Thank you,

Vicky Ball



Saturday Village Café
 Church Room 10-12

Come and join us in Newton Flotman for home made bakes & a cup of something hot.

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: Jackie Baker 01508 470415



**NEWTON FLOTMAN OUTREACH
 POST OFFICE
 WEDNESDAY MORNINGS
 9.45am – 11.30am**



Thank you to those who donated towards Christian Aid last month - more news on how much we raised will be in the next edition. It was lovely to see the church full for Robin Stanley's baptism and we look forward to a busy Fathers'

Day on June 15th when we have a double baptism! Additional parking will be available at the School. Don't hesitate to get in touch with the clergy if you would like to arrange a baptism.

We pray for Revd Rachel as she prepares for the next steps on her path in her ministry, here within the Benefice. We pray also for the family of Babara Thornton, aka 'Nanny Babara', who passed away last month.

Thank you to the village for the donation made, after consultation with other villages bodies, to our Community Fund. This was from the money crowdfunded to support Shibaz at the village shop, following a break in. Village Facebook group followers will know that a grateful Shibaz expressed that he wanted the money to go to the village. And we are so happy to see the shop open again. Please continue to support it!

As Summer approaches we can confirm that 'Summer Space' will be back, on Thursday mornings during August!

We need your help! As you are out and about the village, taking your daily constitutional do you think you could help by popping some Partnerships through doors, ten times a year? Why not join (or rejoin!) our team of deliverers? Please have a chat with William or Vicky Ball or contact Kirsten Remer kirstenremer@gmail.com to find out more!

Why donate to Christian Aid this year?



Several readers donated to our annual letterbox collection for Christian Aid - thank you! Some choose to donate regularly...why do they do this? Could it be that they want to support a charity which gives hands on support, working with partner agencies 'on the ground' with sustainable solutions to alleviate poverty and the impacts of climate change, to campaign for climate justice, to

just help others that need our help? Could you do that too this year?

£6 to buy a pruning saw so farmers can tend their fruit trees
 £30 for a training session on how to make organic fertilizer
 £100 to fund the metal roofing sheets that shield a market stall holder and their produce from the sun and rain.

Search Christian Aid to find out more or to donate directly.

Kirsten Remer

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A Date For Your Diaries: Newton Flotman Village Fete

Date: Sunday 24th August 2025

Time :12-4.30 pm

Place: Alan King Playing Field

There will be the usual stalls, games, food vans, music, bouncy castle, dog show, children's fancy dress (12yrs and under), archery, lawn mower racing, Able2B Charity. and much more including a licensed bar.

If you have a classic car then please, bring it along and show it off on the day.

This will be an event for all the family so put it in your diary and come along for an afternoon of fun.

NEWTON FLOTMAN
SOCIAL CLUB & BAR

Newton Flotman Village Centre

Now that the good weather is here, the bar will be open at the Village Centre every Friday night from 6pm to 10 pm. There will also be a food van on site with a variety of different types of food on offer over the weeks. See elsewhere in Partnership or on Facebook for more information.

If you haven't been before, let me explain that we are not a Club and you don't have to be a member to use the bar facilities. It is run by a willing group of volunteers and the prices are, therefore, very reasonable. Families are welcome and children can play while adults enjoy the summer evenings.

Come along and give us a try. You will be very welcome.

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

Newton Flotman Climate Care

It's been a very dry Spring. Using water wisely conserves precious water and can help us save money on our bills.

In the Kitchen

If you use a dishwasher set it to an eco* setting and only run it when it's full.

Avoid the pre rinse – scrape the dishes instead. The machine and modern detergents will do the rest.

If you wash up by hand, use a washing-up bowl rather than the sink.

Try not to leave the tap running when you rinse your dishes or wash your hands.

Run a full load in your washing machine and use the *eco setting if your machine has one.

* Eco settings take longer, but save water, energy and money

In the Bathroom

Turn off the tap when brushing your teeth, washing your hands or shaving. Reduce your shower time.

If you need to run the tap or shower while the water heats up, collect the warming up water in a bucket. Use it to water plants or flush the toilet.

Regularly check for leaks and drips in the sink, shower, bath and toilet.

In the Garden

Recycle your used water. If it's been used for washing fruit and veg, or boiling rice or pasta it can be used again for watering house-plants or the garden.

Use old bath or shower water but not on fruit or veg.

If it takes time for the hot water to come through to your taps, collect the water until it runs hot and use it to water plants.

When it does rain Collect rainwater in butts, barrels, old sinks and baths and use it to water plants. Ensure open containers of water are safe for young children.

Use a watering can not a hose as it uses less water.

If you do use a hosepipe fit it with a trigger nozzle to halve water use and direct the water to where you need it.

Water your garden early in the morning or in the evening when evaporation is at its lowest.

Mulch or add bark to your flowerbeds and veg patches to help reduce evaporation.

Keep pots in the shade. Glazed terracotta ones are good for retaining moisture.

Richard.beach1508@gmail.com



Newton Flotman Youth Club

NF Village Centre - For 8-16 year olds

Wednesdays 6 - 8 pm (term time only)

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Here for you

YMCA

Here for young people
Here for communities
Here for you

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ST PETER'S CHURCH, SWAINSTHORPE

Saturday 21st June 2025

10.30 AM - 12.30 PM

Mobile Library for June

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesday 18th June.

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

Articles Wanted for Partnership

We welcome any articles from our readers for publication in this magazine.

Have you got a hobby you would like to tell us about? Would you like to promote a club, fundraiser or activity which is happening locally? Do you want to wish someone a happy birthday? Have you, or someone you know, done something fabulous that you would like to shout about? Do you want to say, 'Thank You!' to someone who has done you a favour? Are you a budding artist (young or old) who would like to create something for on the front of this magazine?

If you can answer yes to any of the above we would love to hear from you.

Please send any copy to caroline@uv6.com

Long Stratton Medical Partnership

Swan Lane Surgery, Swan Lane, Tharston, Norwich, Norfolk, NR15 2UY

The practice is currently in the process of changing to a new electronic patient record system called SystmOne. Go-live with the new system is on 18th July 2025.

The new system will bring substantial benefits for both patients and staff.

We are currently planning ahead of time to limit disruption to our patients and services we provide, further details will be communicated in due course.

All our staff will receive training over the coming weeks as they will need to learn a new system.

We thank you in advance for your patience during this time of transition.

For more information on the system, visit www.tpp-uk.com

Heart Health evening

Our Patient Participation Group have organised this event for Thursday 5th June 2025 at Newton Flotman Village Hall. If you would like to attend this event, please arrive anytime from 6.00pm for a 6.30pm start.

Kieth Burnett , Practice Manager

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.

Could You Help To Deliver Partnership Magazine?

We are looking for volunteers to join (or re-join) our delivery team to ensure the whole of Newton Flotman and Swainsthorpe is covered.

If you fancy a walk, delivering Partnership magazine to a small section of our villages on your way, just ten times a year, please chat to William or Vicky Ball (usually found at Village Café on Saturday mornings) or contact Kirsten Remer kirstenremer@gmail.com

Partnership Deadline

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

Holistic Wellness with Mel – Seasonal self Care ideas

Hello again, Melanie Purdy here, Holistic Therapist (Weleda Wellbeing advisor etc) in Newton Flotman.

I recently attended a Herb Walk in Ashwellthorpe, led by local Herbalist Julie Bruton-Seal and her Husband Matthew. It was fascinating to learn more about plant medicine growing at our feet. Nature has an amazing way of providing us with helpful remedies at the times of the year that we need them the most.

Inspired by the walk, I've been drinking cold infusions of Cleavers as a spring tonic to support my lymphatic system. Some people say it tastes like melon or cucumber. I think it tastes like pea shoots; very fresh. You might know Cleavers as the weed you (used to) throw at your friends called 'sticky willy'.

Have you ever looked around your own garden or local wild space to see what you could eat or make into a drink or poultice to support your own health? I remember reading that it's a good idea to leave our gardens to be 'wild around the edges'. This is helpful for creatures and is where we might best find those helpful plant allies. There are so many plants that are considered weeds that have excellent medicinal properties. I imagine you've all used the juice of a dock leaf, for example, to relieve a nettle sting. There are some great books to help guide us. One of my favourites is 'Hedgerow Medicine' by Julie Bruton-Seal and Matthew Seal. When we start to recognise the plants around us as being helpful in this way it can help the world feel like a more magical and exciting place to be.

My role as a Weleda Wellbeing Advisor gives me the opportunity to recommend Weleda's range of Herbal and Homeopathic remedies to support people struggling with ailments such as stress, anxiety, poor sleep, digestive issues, skin problems and more. Natural body, face and dental products are also available. Feel welcome to get in touch if you'd like some advice.

Disclaimer: As always please do your own research or speak with a qualified practitioner before experimenting with natural remedies.

Facebook: Melanie Purdy – Holistic Therapies

Instagram: melanie_purdy_therapies

Website: www.melaniepurdytherapies.com



CHERRY TREE CAFÉ
NEWTON FLOTMAN VILLAGE CENTRE

FANCY A COFFEE OR A CUPPA?

WEDNESDAYS

CHERRY TREE CAFÉ

9-12 NEWTON FLOTMAN VILLAGE CENTRE

COME AND HAVE A DRINK & SNACK ON US

ALL WELCOME!

TOYS AVAILABLE FOR TODDLERS

WELL BEHAVED DOGS ON A LEAD ARE WELCOME TOO!

SUPPORTED BY NEWTON FLOTMAN CHARITIES AND WAVENEY FOODBANK

The Royal Horticultural Society - Summer Arrives

June 21st is the longest day of the year, and the extra light and warmth encourages the garden to put on an exuberant burst of growth. This brings some of the first harvests from the vegetable garden, including tasty new potatoes and salads. As the conditions become drier, keep an eye on containers and if you haven't got one, it's never a bad time to install a water butt.

Top gardening jobs this month:

1) Plant up summer hanging baskets and containers

Choose vibrant bedding plants for a summer show or herbs, shrubs and evergreens for a long-lasting display.

2) Use water wisely to keep your plants thriving

Watering is key to growing plants well, so here we look at how to get it just right. If you haven't already got a water butt, installing one is a great way to help the environment. Mulch borders to retain water; water early in the morning or in the evening to prevent evaporation.

3) Pinch out sideshoots on tomatoes

Removing the sideshoots is simple – every time you water, check the plant for any shoots in the joint between the leaf and the stem.

4) Harvest lettuce, radish, other salads and early potatoes

For fast growing crops, sow regularly to maintain a supply throughout the growing season.

5) Hoe borders regularly to keep down weeds

A little and often is better than letting weeds take hold. Use long handled tools to save on back pain.

6) Mow lawns once a week if needed

Consider leaving some areas uncut for wildlife to hide in. Allow some wild flowers to thrive for the benefit of pollinators.

7) Plant out summer bedding

If using hanging baskets, consider using water-retaining gel to help with hydration.

8) Stake tall or floppy plants

To reduce damaging stems, use biodegradable jute string with loose ties when tying plants to supports.

9) Prune many spring-flowering shrubs

Always check how far each plant can be pruned to ensure the plant survives!

10) Shade greenhouses to keep them cool and prevent scorch

You can use garden fleece, but old net curtains are just as good at providing essential shade.

For more information for in-depth gardening tips, information on gardens open to the public and how to get involved, visit www.rhs.org.uk

What's On In Our Villages:

Social Club - Newton Flotman Village Centre

Friday 6th June - Durban Grill

Friday 13th June - Surfing Sombrero food bar

Friday 20th June - JPS Street Food

27th June - Peaky Pizzas

Youth Club - Newton Flotman Village Centre

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

St Peter's Community Centre Swainsthorpe

Saturday 21st June - Jill & Andy's Coffee Morning

Saturday 28th June - Caribbean Evening

Stay & Play

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
(Clothes Swap on Weds 4th June)

Village Café

Saturdays 10am - midday - Newton Flotman Church Room

Film Night - Newton Flotman Village Centre

Tuesday 17th June - A Complete Unknown

Bar open from 7pm; Film starts at 7.30pm

Outreach Post Office

Wednesdays 9.45 - 11.30am - Newton Flotman Church Room

Patient Participation Group - Heart Health Evening

Thursday 5th June - 6pm for 6.30pm start - NF Village Centre

Coffee Morning for Dementia UK

Saturday 21st June - 2-4pm - Olive House, Newton Flotman

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 24th June, 7:30pm - Village Centre

Swainsthorpe Parish Council:

Monday 15th July, 7.30pm - St Peter's Community Centre

Newton Flotman Parish Council Notes

Allotments

The parish allotments are situated off Exchange Road. As we are now going into peak growing season they are a hive of activity of planting, weeding and harvesting.

If you are interested in having your own allotment please contact Paula Way, Allotment Association Secretary on paulaway@hotmail.co.uk or the clerk on the information below.

Short Street

Members of the public are reminded that Short Street is a one-way road. There have been a number of occasions when cyclists have been seen travelling the wrong way up the road and putting themselves and other road users into danger. It is an offence if a Pedal Cycle contravenes traffic signs which can be dealt with by means of a Traffic Offence Report.

If you witness anyone using the road the wrong way the local police team are encouraging it to be reported which can be done through the Norfolk Constabulary website or non-emergency number, 101, Hethersett and Mulbarton | Your area | Norfolk Police | Norfolk Constabulary

New website and email address

The Parish Council have moved to a **.gov.uk** website and email address.

The Smaller Authorities' Proper Practices Panel (SAPPP), includes a requirement for every authority to have a generic email account hosted on an authority owned domain, for example clerk@abcparishcouncil.gov.uk. To meet these criteria the clerk can now be reached at clerk@newtonflotman-pc.gov.uk and Councillors have the following new email addresses;

Cllr.paul.weeks@newtonflotman-pc.gov.uk
Cllr.bruce.turnbull@newtonflotman-pc.gov.uk
Cllr.drew.broad@newtonflotman-pc.gov.uk
Cllr.cate.mcnerney@newtonflotman-pc.gov.uk
Cllr.lesley.crump@newtonflotman-pc.gov.uk
Cllr.karen.elliott@newtonflotman-pc.gov.uk
Cllr.martin.brooks@newtonflotman-pc.gov.uk

The website can be viewed at www.newtonflotman-pc.gov.uk and will continue to be developed over the next few months.

Meetings

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

Tuesday 24th June, 7:30pm, Village Centre
Tuesday 15th July, 7:30pm, **Church Room**

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

Clothes Swap

At Cherry Tree Cafe
Wednesday 4th June.

People can bring unwanted clothes, and choose garments they like, for

which they can put a

donation in the jar for the cafe, suggested donation 50p to £1 per item. All Welcome!



OLIVE HOUSE Time for a Cuppa

Raising money for Dementia UK

Saturday June 21st 2-4pm

Come and join us for an afternoon cuppa and slice of cake including a raffle

☞ Outside weather permitting, everyone welcome!



DementiaUK
Helping families face dementia