

SUMMER FETE

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*The Community Magazine for the Parishes of
Newton Flotman & Swainsthorpe
August & September 2025*

Newton Flotman

SUMMER Fete

SUNDAY 24TH AUGUST - 12 NOON TIL 4.30PM
ALAN KING PLAYING FIELD

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



BRIDGET JONES: MAD ABOUT THE BOY



TUESDAY 19th AUGUST - BAR OPENS 7:00PM FILM STARTS 7:30PM
NEWTON FLOTMAN VILLAGE CENTRE



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Cert. 15

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Church Room 10-12

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Parson's Page

On the subject of time, Albert Einstein remarked; 'there certainly seems less of it about than there used to be!'

I wonder how often you have heard yourself say, 'I'm so busy; there are not enough hours in the day; I haven't a moment to spare'?

For most of us, if we were to list everything we had to do it would run onto several sides of paper. On top of earning a living, there are friends to phone, family to care for, exercise to take, bills to pay, emails to answer, shopping lists to write, housework...

The responsibilities we face each day can be overwhelming and somehow we've bought into the lie that the more busy we are, the more important our life is.

We shouldn't feel guilty about resting! I believe that for the sake of our health, our mental wellbeing, our families, our relationships, our spirituality, we all need to take at least one day a week to enjoy a day off. In fact God knew that this was so vital to us that he made keeping a day of rest part of the Ten Commandments!

Rest and relaxation will look different for each of us. In the most famous of psalms we read that God 'makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.' While this language is symbolic, it might be literally true for you.

During August and September many of us will have a change of routine, a holiday, a day out or relax in the garden. Enjoy these precious times.

May you be blessed as you rest.

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

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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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Worship Events in August & September

St Mary's, Newton Flotman

Sunday 3rd Aug 11:00	Morning Worship - Austin Uzoigwe
Sunday 10th Aug 11:00	Holy Communion - Austin Uzoigwe
Sunday 17th Aug 11:00	Morning Worship - Lesley Cox
Sunday 24th Aug 11:00	No service today - please join us at one of our other services

St Peter's, Swainsthorpe

Sunday 3rd Aug 09:30	Holy Communion - Rachel Hayden
Sunday 10th Aug 09:30	Swainsthorpe Special - Dawn Davidson & Rachel Hayden
Sunday 17th Aug 09:30	Swainsthorpe Special - Austin Uzoigwe
Sunday 24th Aug 09:30	Swainsthorpe Special - Philip Simmons

For September services in Newton Flotman & Swainsthorpe and all other services around the Tas Valley benefice, please visit www.tasvalley.org

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>



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 07454 573410 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



ST MARY'S CHURCH Newton Flotman

In this double issue we look forward to a busy Summer with our Thursday mornings in August at **Summer Space**. There, you will find different activities each week inside and out, with refreshments to eat in AND take away!

Before that, to get 'Summer ready' we would be very grateful if you could give us a bit of your time to help with some **churchyard maintenance** on **Saturday 26th July** between 9.30am and 12 pm. You will be rewarded with cake at Village Café!

There will be familiar faces in the kitchen at the **Village Fete on 24th August**, serving their legendary refreshments, and look out for the Church, Climate Care and NFaST stalls too!



Gavin Broad is getting his cycle clips on again for us for the **Norfolk Churches Trust Bike Ride, Walk and Drive** on 13th September – see the village Facebook posts nearer the time with sponsorship details.

Finally on the horizon is our **Harvest Festival** on 21st September which will be followed by a **Harvest Lunch**.

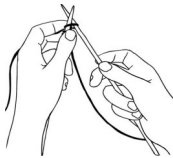


Crafting for a Cause

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.



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Newton Flotman Climate Care

Well, climate change is real - its all around us. As I write we are just entering our third heatwave of the year. A horrific flood event has killed children at a summer camp. What we are seeing is exactly what scientists have predicted - a hotter climate and more extreme weather events.



Yet still the nay sayers resist the urge to action.

The story from the deniers has changed over the years. Back in the day they said climate change was not happening. When that proved wrong they said its not as bad as the scientists say. The latest line is "well its happening so let's spend our money on adapting rather than preventing" No need to cut down on fossil fuels - let's spend our money on air conditioning!

So why are we fed so much nonsense?

Well the oil and gas industry spend millions on campaigns which spread false information. They were major sponsors of Donald Trumps election campaign.

In this country representatives from oil and gas industries met **government** ministers 343 times in 2023.

*"Fossil fuel lobbyists, polluting industries and climate deniers have donated **£8.4 million** to the Conservative Party since December 2019. Within the same period, they **provided 92 per cent of the funds raised** by the right wing Reform UK – who are currently the third most popular party in the polls – approximately **£2.3 million** (\$2.9 million)." (New Internationalist 2024)*

No great surprise then that Reform policy is to scrap net zero and fast track new North Sea gas and oil!

So let us not be conned by the big oil companies and those they have made rich. Let us believe what we can see happening around us do what we can and demand sensible climate action from our leaders.

NB This is not intended to be party political. It is reasonable to assume that big oil and gas companies continue to lobby Labour party government ministers but recent data is not available.

Richard.beach1508@gmail.com

Mobile Library for August & September

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesdays 13th August and 10th September.

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



Recycling at the Village Centre

We now have a clothes recycling bank in the Village Centre car park. We receive a small commission towards Village Centre funds for having it there.

Please consider using it if you can. It will take clothing, handbags, belts and shoes. Please put your donations in a bag.

There is also a bottle bank to keep it company - it takes bottles and jars.

Hilary Beech



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



We will be holding a Quiz Night at Newton Flotman Village Centre on Friday 26th September. Teams of up to six people, bar will be open and a raffle, £5 per person, with proceeds to local charities. Doors open at 7pm for 7.30pm start. To book a table please contact John on 01508 570392, food wagon will be in attendance.

The football season is upon us once again and we still provide car parking on Lower Clarence Road, Norwich at Money Facts car park at £5 per car. Gates open three hours before kick-off but come early if you need a space as it fills up very quickly.

We continue to donate £200 each month to The Trussell Trust Food Bank in Norwich that covers the local villages in this area as well as Norwich.

We will be at the village fete on August 24th, if anyone wants a 'message in a bottle' container please come and get one.

Thank you for continuing to recycle your used spectacles by placing them in the bin in the doorway of the doctor's surgery.

We now hold our monthly Wednesday meetings at Newton Flotman Church Room so if you wish to know more about what Lions get up to feel free to come along on the last Wednesday of the month at 8pm.

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

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 young people
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Sudoku

	2			7	
	3	1		2 8	
6	3				
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	9	2			

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2 5				4	
3		7			8
9				1	
8		3 2			
1	5			2	
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	2 7		6		
				8	

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Long Stratton Medical Partnership

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In this issue the partners at Long Stratton Medical Practice would like to thank Dr Katie Voigt for her hard work, excellent care of her patients and her active participation in our practice activities. Over the years she has proved herself as an experienced and reflective GP. As each of us is aware, change is something we deal with on a daily basis and we always want the best outcome from the change. The practice wishes Dr Voigt the very best for the future and we will miss her. I asked Dr Voigt if she would like to add to this article and she happily agreed.

'I am so sad to be leaving Long Stratton after eight and a half years. I will be moving to a GP practice in Norwich and haven't hung up my stethoscope as yet. It feels like a lifetime ago when I first started here. The practice, and indeed the whole country, has been through such a lot since then. None of us will ever forget living through the Covid pandemic and the extraordinary circumstances we all faced – I was so proud at how our community pulled together.'

'I will miss all the staff at Long Stratton very much – but also my wonderful patients. I have felt very lucky to serve as your GP; it has been a real privilege. I am very sorry I have not been able to say goodbye to you all personally, but I would like to take this opportunity to wish all of you the very best for the future.' Katie Voigt

Enjoy the rest of the summer. We reach out to you to help us as a practice make the changes that are planned by the Government with the aim of a better primary care service.

Mini Nelson

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



Newton Flotman Neighbourhood Plan Steering Group

Newton Flotman Neighbourhood Plan update

The Newton Flotman Neighbourhood Plan, as noted in my article last month, is now with South Norfolk District Council where the plan will be approved to go to referendum, at which time we will have the chance to vote either to adopt or reject the plan.

South Norfolk District Council have advised me that the referendum will be held on 4th September. We will all receive polling cards, and voting will take place in the Village Hall.

The question on the referendum ballot paper will be:

Do you want South Norfolk Council to use the Neighbourhood Plan for Newton Flotman to help it decide planning applications in the neighbourhood area?

Ahead of the referendum you will be able to view the neighbourhood plan at the Village Hall, Church Room and Village Shop. The Parish Council will have a stand at the Village Fete on 24th August where there will be information about the neighbourhood plan along with a copy of the plan. Members of the Steering Group will be present at the fete to answer any of your questions.

*Dr Paul Weeks
Chairman*

Newton Flotman Neighbourhood Plan Steering Group

PLEASE COME ALONG TO..

Andy & Jill's Autumn Coffee Morning

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ST PETER'S CHURCH, SWAINSTHORPE

Saturday 27th September 2025

10.30 AM - 12.30 PM

Newton Flotman Parish Council Notes

Alan Avenue Development

As the Alan Avenue development progresses the Parish Council is keeping in communication with the developers. Any issues that should arrived can be reported to the construction companies Project Manager, Dan Muttock. Abode Construction carry out their work with the local community in mind and try to keep disruption to a minimum. If they can improve their methods to make it easier and less intrusive for the residents, then they will do. Dan can be contacted on; 07741656701 dan.muttock@abode-build.com

Summer Fete

The Parish Council will have a stall at the Village Fete on 24th August at the Village Centre. Come along and meet your Councillors and find out about what projects are being considered and share your opinions.

Meetings

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

Tuesday 23rd September, 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 – www.newtonflotman-pc.gov.uk

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@newtonflotman-pc.gov.uk | 01508 447688

Maria Hutson, Clerk to the Parish Council



Scouts

Volunteer with the Scouts at Saxlingham Nethergate

We are looking for enthusiastic and energetic people to join our team of leaders at the 43rd Saxlingham Nethergate Scout and Guide Group.

We provide Scouting for boys and girls aged 4 to 18 at Squirrels, Beavers, Cubs, Scouts and Explorer Scouts.

If you want to learn new skills, meet new people and help youngsters develop please contact Group Lead Volunteer, Chris Backhouse, by emailing him at chris.backhouse@43rdsaxlingham.org.uk

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.



FANCY A COFFEE OR A CUPPA?

WEDNESDAYS

CHERRY TREE CAFÉ

9-12 NEWTON FLOTMAN VILLAGE CENTRE
COME AND HAVE A DRINK & SNACK ON US

CHERRY TREE CAFÉ
NEWTON FLOTMAN VILLAGE CENTRE

ALL WELCOME!

TOYS AVAILABLE FOR TODDLERS

WELL BEHAVED DOGS ON A LEAD ARE WELCOME TOO!

SUPPORTED BY NEWTON FLOTMAN CHARITIES AND WAVENEY FOODBANK

Partnership Deadline

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

What's On In Our Villages:

Social Club - Newton Flotman Village Centre

Friday 1st August

Friday 8th August - Food: Marky D's

Friday 15th August

Friday 29th August - Food: Peaky Pizzas

Friday 12th September - Food: Marky D's

Friday 26th September - Food: Tatos

Youth Club - Newton Flotman Village Centre

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

Newton Flotman Village Fête

Sunday 24th August - 12 - 4.30pm - Alan King Playing Field

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

Village Café

Saturdays 10am - midday - Newton Flotman Church Room

Film Night - Newton Flotman Village Centre

Tuesday 19th August - Mad About The Boy

Bar open from 7pm; Film starts at 7.30pm

Outreach Post Office

Wednesdays 9.45 - 11.30am - Newton Flotman Church Room

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 23rd September, 7:30pm, Village Centre

Swainsthorpe Parish Council:

Wednesday 11th September, 7.30pm - St Peter's Community Centre

Room Booking

Newton Flotman Village Centre:

Martin Brooks 07454 573410 martinbrooks949@msn.com

Newton Flotman Church Room: Caroline Wolfe 01508 471238

Swainsthorpe St Peter's: Jackie Baker 01508 470415



Every Thursday morning in August from 9.30-12 at
St Mary's Church

*With free activities, crafts, refreshments and family
fun for all ages*

A warm welcome to all!



COME UP THE CHURCH TOWER ON SATURDAY 28TH AUGUST



Classic Cars at the Fete

Date: Sunday 24th August 2025

Time :12-4.30 pm

Place: Alan King Playing Field

There is going to be a classic car show at Newton Flotman Village Fete. If you have a classic car then please, bring it along and show it off on the day. All proceeds will go to support the Village Centre

Holistic Wellness with Mel – Seasonal Self Care ideas

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

I'm sitting here under a tree, listening to the leaves rustling above me and contemplating the speed at which the days are passing.

You might like to take a moment to consider whether there are things you hoped you would do this summer. What have you done? What would you still like to do? Perhaps things have changed and you'll now look forward to doing something another year instead? Hopes, dreams and priorities can shift and change as the days pass can't they.

Summer has the potential to be really busy, with events and invitations - so much possibility. I feel that within this busyness it's important to take moments to pause and to make sure the beautiful moments are infusing deep into our souls, taking a moment to store up the memories so that they're ready at hand to brighten our thoughts if we need them during the darker months.

Speaking of darker months, I had a conversation recently about the effectiveness of taking vitamin D to help with symptoms of SAD (Seasonal Affective Disorder). I think this is more common than some might believe. I encourage you to look into it if you feel you may experience this yourself. According to the NHS website some the symptoms of SAD include: depression; feeling less active than normal; feeling sleepy during the day; finding it harder to get up in the morning; finding it difficult to concentrate; craving foods rich in carbohydrates.

I feel it's important to slow down during the darker months and to not put pressure on ourselves to push on when we're feeling we need to rest. Leaving plenty of gaps and space when planning our schedules can support us with this. With that in mind, some of the above symptoms of SAD may be our body's wisdom tuning into the seasons and reminding us to preserve our energy, though for many, it might indicate a lack of Vitamin D, which we largely produce when our skin is exposed to the sun.

Are you getting outside enough?

Facebook: *Melanie Purdy – Holistic Therapies*
Instagram: *melanie_purdy_therapies*
Website: *www.melaniepurdytherapies.com*