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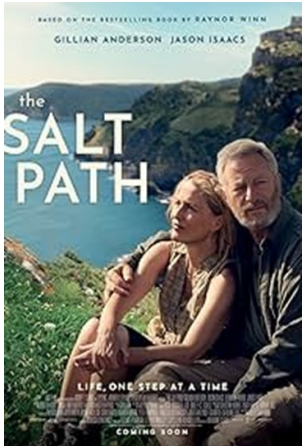
*The Community Magazine for the Parishes of
Newton Flotman & Swainsthorpe
November 2025*



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

TUESDAY 18th November - BAR OPENS 7:00PM FILM STARTS 7:30PM

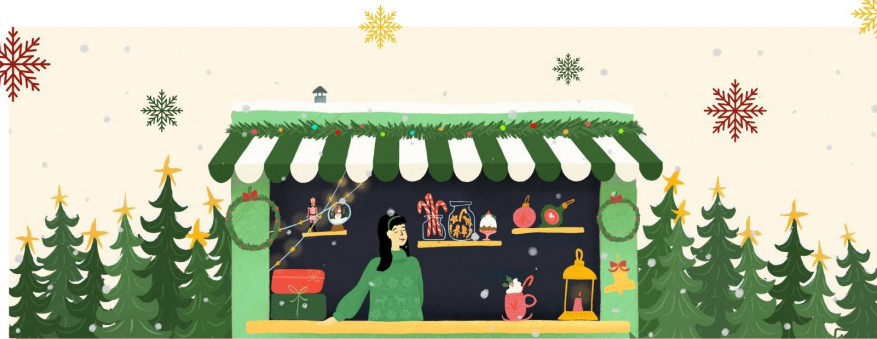


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Cert. 12

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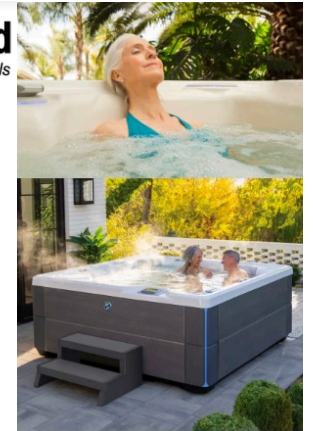
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Parson's Page

I've been on an adventure!

During September I was privileged to join the Bishop of Norwich on a pilgrimage to our link diocese in Papua New Guinea. It was an opportunity to build on the relationship Norwich has had with Anglican Christians there for many years; one of mutual encouragement and shared faith in Jesus.

Papua New Guinea is a vibrant country with stunning natural landscapes, diverse ecosystems and a fascinating cultural tapestry. It is home to the world's third largest remaining rainforest and species such as the tree kangaroo, birds of paradise and a night blooming orchid.



The people, many wearing their colourful traditional dress, were incredibly welcoming; we were greeted with dance and song, garlands of flowers, gifts and local delicacies. We drank a lot of coconut water, sampled their chocolate and were presented with a whole pig which had been cooked in a pit! We heard their stories and shared some wonderful times of worship together. It was a special time to be in Papua New Guinea as the country celebrated 50 years of independence.

We also learnt about the significant health challenges which the people face; it was extremely moving to visit a clinic which had no running water and a limited supply of electricity. There is a critical shortage of healthcare workers and Papua New Guinea's rugged terrain and lack of infrastructure make it difficult to establish healthcare services in many parts of the country. There are high rates of HIV, tuberculosis, polio and malaria.

As with any adventure there is so much to reflect on when you arrive home. I was reminded again how fortunate we are in England and how often we take all that we have for granted. I was struck by the Christians who lived simply, caring for the communities and sharing their faith because they love Jesus.

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

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 08-92-99 a/c 67438770 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 kirstenrem@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 November

St Mary's, Newton Flotman

Sunday 2nd Nov 11:00	Morning Worship - Philip Simmons
18:00	Remembering Loved Ones - Clergy team
Sunday 9th Nov 10:45	Remembrance Service - Lesley Cox & Kirsten Remer
Sunday 16th Nov 11:00	Holy Communion - Austin Uzoigwe
Sunday 23rd Nov 10:30	Benefice Service for all parishes - Dawn Davidson with Bishop Ian
Sunday 30th Nov 11:00	Morning Worship - Dawn Davidson

St Peter's, Swainsthorpe

Sunday 2nd Nov 09:30	Swainsthorpe Special - Philip Simmons
Sunday 9th Nov 10:45	Remembrance Service - Rachel Hayden
Sunday 16th Nov 09:30	Swainsthorpe Special - Philip Simmons
Sunday 23rd Nov 10:30	Benefice Service for all parishes at Newton Flotman
Sunday 30th Nov 09:30	Holy Communion - Dawn Davidson

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 07858 740763

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



Thank you to Richard, Andy and Martin for their maintenance work on the church room. I'll leave Lesley to tell you all about the Prayer Trail project that she has developed and championed

over the last few months, that will provide an opportunity for spiritual reflection for all who visit our churchyard.

Thank you to the Parish Council of Newton Flotman whose grant funding was received last month to support this village magazine. Partnership is produced by church members from Newton Flotman for the people of the villages of Newton Flotman and Swainsthorpe, promoting church and village activities, events, businesses and Parish Council news. It is posted on the village Facebook pages in the files section for reference too. Thank you to those in the villages who deliver this to your door.

As we enter November it is the season of Remembrance. The benefice is holding its annual **Remembering Loved Ones Service** on the evening of **Sunday 2nd November at 6.30pm** at St Mary's Newton Flotman. All are welcome to this service of personal remembrance and reflection for those we have loved and lost.

Our **Remembrance Sunday** service is on **9th November at 10.45am at the church where our village war memorial is housed**, as has become our tradition, we will link live via radio to the Cenotaph for the national Act of Remembrance.

After Village Café on **29th November we have our annual Wreath Making Workshop 12-3pm in the church room**. It is a lovely hands on event for all ages but **please book in advance to avoid disappointment** with Caroline to ensure that there will be enough resources (caroline@uv6.com). Tuition and materials are provided, but feel free to bring your own greenery! There is no charge, but we really would appreciate donations and we thank Caroline and her team for putting this on. Do watch this space and Facebook postings for more information.

Other festive dates for the diary – Saturday 20th December **Christmas Space** 10am-12pm, Sunday 21st 6pm **Carols on the Green** (in the bus shelter if wet!) and the **Village Carol and Crib Service** Christmas Eve 4pm. It is almost **Posada time**...if you are want to host Joseph and Mary in Advent look out for news through school and village social media of how you can host them. Thanks to all involved in co-ordinating this!

NFaST **Newton Flotman and Saxlingham Thorpe Heritage Group** NFaST will be hosting Village Café on **8th November for Remembrance Weekend**. You can view the archive and weather permitting go up the church tower! The 2026 calendar is being produced - pre-orders accepted (cost will be approximately £5 with deals to be had for multiple orders!) Contact nfasthg@outlook.com (monitored weekly)

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St Mary's Churchyard Prayer Trail

St Mary's Churchyard is a calm, peaceful space within our village, despite the traffic going along the A140! It comprises the older gravestones and the green space surrounding the church itself on both sides.

For some years now the churchyard has been managed for wildlife, in conjunction with Norfolk Wildlife Trust, so that long grasses and a wildflower meadow create a haven for insects, wildlife and hopefully those walking through, especially during the spring and summer. As well as the tarmacked paths, grassed pathways are mown and maintained to make access easier.

Recently the church received a bequest from a member of our village community who had been aware of support from church members during her illness. Mei-See loved gardens, outside spaces and wildlife, so we decided to use her legacy to create a prayer trail around the churchyard. This is to comprise of 10 noticeboards with written reflections about nature, with a spiritual focus reflecting the long-standing position of the church in our village.

Whether you walk round all ten stations (there will be a map displayed from within the church room) or visit each one individually as time allows, the idea is to create a restful pause in the day and a chance to breathe, reflect, ponder, or even pray.

The first board is to be positioned below the church tower and has the theme Remembrance. This seems appropriate as November is often a month for remembering, and the trail is to be put in place this month. Over the weekend of the 22nd-23rd of November the trail will be ready. Do come to Village Café on the Saturday morning for a first peep!

All are also welcome to a combined service for local churches on the Sunday morning at 10.30am, when our local rural bishop, Bishop Ian, will be blessing the trail. We will take time to remember Mei-See Man (1975-2024), loved and missed by family and friends. We hope she would have loved the Prayer Trail!

Lesley Cox

Parking on 23rd November Around School Road

Parking: There are two events taking place at the same time on the morning of 23rd November - Newton Flotman School's Christmas Fair, and the Bishop coming to the benefice service in order to bless the Prayer Trail in the churchyard. But do not worry - there is time to attend both events!

Please note that the church layby will be needed for access to the church all morning; those attending the church service are asked to park at the doctors' surgery off St Mary's Close. This will allow attendees to the school Christmas Fair to park along School Road and St Mary's Close.

Church Bells To Ring Again at St. Peters Swainsthorpe

We have finally done it!!! After eight years of coffee mornings and fund raising events we have finally achieved our target of £25,000 to have St. Peter's Church bells ringing again after many years of being dormant.

We have four bells, three of which were cast in Norwich, the fourth bell being much older and of an unknown date. They will all be taken down at the end of October to be overhauled and to allow work in the tower for the renovations. We have been assured they will be re-hung by Christmas - and are aiming to have them ringing for the first time at our Carol Service on the 21st December.



It has been a long journey and we could not have achieved this without the regular support of our friends, residents of Swainsthorpe and neighbouring villages.

Andy and I would like to sincerely thank everyone who has supported us, especially all those very kind people who have given substantial donations this year which allowed us to reach our target.

Jill & Andy Haggith



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 Youth Club

NF Village Centre - For 8-16 year olds

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What's On In Our Villages:

Social Club - Newton Flotman Village Centre

Friday 7th November - JP's Street Food

Friday 21st November - Christmas Bingo - Tatos Food Van

Friday 5th December - Christmas Quiz - JP's Street Food

The Social Club is then closed until 30th January 2026

Christmas Fairs

Saturday 22nd Nov 12-4pm - Saxlingham Nethergate Scout HQ

Sunday 23rd Nov 10am-1pm - Newton Flotman School

Saturday 29th Nov 2-4pm - Olive House

Youth Club - Newton Flotman Village Centre

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

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 21st November

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

2nd Saturday of the month

For more details contact Richard Beach 07963006091.

Meetings

Newton Flotman Parish Council:

Tuesday 25th November, 7:30pm - NF Village Centre

Swainsthorpe Parish Council:

Wednesday 13th November 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 07858 740763



Swainsthorpe Neighbourhood Plan

The Swainsthorpe Neighbourhood Plan continues to progress and the Steering Group are currently working on the Pre-Submission Draft, which will be available for public consultation for a minimum of six weeks beginning in early December. The consultation will be launched with a public exhibition. This will give residents the opportunity to see how the plan has been produced using a variety of data sources and most importantly the responses from the Household Survey (held in February 2025) that have now been translated into policies for the

Neighbourhood Plan. Residents will also be able to submit written comments during the consultation period. All the current and possible future green energy developments affecting Swainsthorpe, pose a challenge to predicting the future of the village however, the Neighbourhood Plan seeks where possible, to mitigate these effects.

If you want to get involved please email swainsthorpe.np@gmail.com or contact the Swainsthorpe Parish Council Clerk, Nicola Ledain swainsthorpepc@gmail.com

Animal Food Available in Old Street Newton Flotman

I decided to set up a small stall at the end of my driveway selling various Wild Bird Foods and Pet Foods. All bags are priced at 50p, and any monies should be popped in the honesty box please.

There is a good choice of things from bird food, fat balls, dried mealworms, dog food and treats, rabbit pellets, guinea pig food, hedgehog food, duck/swan food etc.

I am open every day between 8.30am - dusk - Honesty box provided.

Richard Green



A Word From Rosedale Bereavement Support



I don't know about you, but to me, the world we now live in feels unrecognisable to the one I grew up in. Life seems to be changing at such a pace, I can hardly keep up! The rapid rise of social media has led to everyone being able to share their own story, making sure their voice is heard and their point is made. Interrupting and shouting others down seems to have become acceptable behaviour on TV and radio interviews and life in general.

As someone working in the field of counselling for many years, I have noticed a subtle change of late. It now seems that in general, whilst everyone wants to be heard, there aren't many people who are prepared to listen. A big part of my counselling training was

learning how to really listen, making sure that the speaker feels truly heard and understood. Listening is such a valuable gift to give someone, all it costs us is our time.

When someone is bereaved, they often want to talk about their loved one. They miss them and are in their thoughts constantly. They don't want them to be forgotten and talking about them can be one way of keeping their memory alive. Many bereaved people report that often people avoid mentioning their loved one in conversation. Perhaps they want to avoid causing further upset or don't know what to say to make things better? The truth is the bereaved person is already upset and almost nothing anyone says can make things better!

Grief can also make some people feel very uncomfortable - perhaps it reminds them of their own past bereavements? Or they prefer to avoid talking about messy emotions, preferring to keep the 'stiff upper lip'? Of course, some people prefer to grieve privately. We all have our own way of dealing with grief, there is no right or wrong way. However, making time to listen to someone talk about their loved one and their bereavement can provide an outlet for grief, making them feel less lonely and isolated. It also demonstrates respect and helps to build stronger and more supportive relationships.

Perhaps we all need to slow down a bit, respect each other more and create some space to listen. Rosedale's bereavement support groups provide a safe, trusted place to talk about bereavement and be listened to. Call 01379 640 810 to reserve your free place on the next group.

*Sarah Howard
Bereavement Support Group Facilitator*

Articles Wanted for Partnership

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

Please email copy to caroline@uv6.com

Newton Flotman Parish Council Notes

Policing and anti-social behaviour.

There have been a number of reports of anti-social behaviour in the village. These have been reported to the police. The police ask residents that any future incidents of antisocial behaviour or anything of concern to be reported to the police on 999 or if not life threatening using <https://www.norfolk.police.uk/ro/report/>

Budget Setting

November sees the Parish Council considering the budget and associated precept for the 2026/27 financial year. At the November meeting a draft budget will be presented and considered by Councillors. At the same time this is agreed the precept is set for the year. The precept is the amount requested from South Norfolk Council and makes up part of the Council Tax that every household pay to South Norfolk. Members of the public are welcome to attend meetings and observe the discussions.

Future projects

The Parish Council attended the Village fete and undertook surveys to highlight how the Old Bridge and access to Smock Mill Common can be improved.

South Norfolk Council have undertaken a feasibility study into providing an access route from the A140 Ipswich Road to Smockmill Common. Attendees were asked three questions; 98% of those that responded said they would use an improved access route to the common but 100% stating that the road crossing needs improving. Many of those asked would take their children and/or dogs to the common.

The old bridge over the Tas River connect Newton Flotman parish with Saxlingham Thorpe has been identified as a site for visual, environmental and amenity enhancement. Attendees were asked what they would like to see on the old bridge. Suggestions included an information board detailing the history of the bridge and the wildlife that can be seen, clearing the area of Himalayan Balsam and a general tidy up, and providing seating.

The Parish Councils are now looking at how these projects can be developed in partnership with other organisations

Meetings

The Parish Council meets every month (except August and December) on a Tuesday evening. Forthcoming meetings are being held on Tuesday 25th November, 7:30pm, Village Centre (December – no meeting)

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 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

Mobile Library for November

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesday 5th November.

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

Crafting for a Cause

We are a small, friendly group who meet to bring and share crafting skills which are put to use to raise money for good causes.



We meet twice a month – every first Wednesday afternoon and every 3rd Saturday morning, in Newton Flotman church room. We quite often have the materials needed for items to be made, so there needn't be any cost to individuals.

This month we will be attending the 43rd Saxlingham Nethergate Scouts' Christmas Fair on Saturday 22nd November, 12-4pm - come and support us!

If this sounds like something you would like to be involved in, give us a call and be part of our fund-raising efforts - please ring Vicky on 07598 325840 or Hilary on 07806 762296.



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!
NEWTON FLOTMAN VILLAGE CENTRE 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 December/January. Deadline 14th November. Contributions by email to caroline@uv6.com or call **07855 838553**. The editor reserves the right to edit copy and print as space permits.

Long Stratton Medical Partnership

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

Winter 2025 welcomes us and let us embrace this season of hope and festivities with hope, the right attitude and a healthy mind and body. As I write each article for the parish magazine, it is a time of reflection for me as I look at how I have welcomed each month or season that has just passed. I think about it wondering what I have done to the best of my abilities, and what I have not done and reflected as to how to improve. Dawn Brighton, who has worked with us as an administrator for many years, often advises me on what to write about. She sent me details about the National Self Care Week 2025 coming in November – 17th to the 23rd. It made fascinating reading and there was no doubt that this had to be my topic.

The Self Care Forum (SCF) was established in 2011 by a coalition of 30 individuals from key organisations in primary care and public health, including the Department of Health and Social Care with a focus on raising awareness about the benefits of self-care. Since the very beginning, their work has been driven by the voluntary commitment of enthusiasts and pioneers in the field of self-care.
<https://www.selfcareforum.org/events/self-care-week/>

The 8-point self-care plan mentioned in their website should be a mantra for us every week of the year. Who best to look after ourselves and yet it is easy to forget ourselves in the chaos we live in. We sometimes need a reminder. Let us look after ourselves. We are then in a better position to make effective small changes in our communities.

Key Components of a Self-Care Plan

- Positive Self-Talk:** Focus on positive affirmations and set a resilient mindset for your thoughts.
- Sleep:** Make quality sleep a priority to improve your mood and overall health.
- Mindful Eating:** Pay attention to what you eat and drink, which impacts your energy and well-being.
- Deep, Clean Breathing:** Practice deep breathing techniques to calm your body and mind.
- Reflection:** Make time for reflection to understand your needs and assess your current situation.
- Playfulness:** Engage in activities that bring you joy and a sense of play.
- Time Alone:** Schedule regular periods of alone time to recharge and connect with yourself.
- Physical activity:** Incorporate regular exercise, even short walks to boost mood and physical health.

Stay healthy and safe with a determination to look after ourselves.

Mini Nelson