

# Partnership

*The Community Magazine for the Parishes of  
Newton Flotman & Swainsthorpe  
February 2026*

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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

# I SWEAR

TUESDAY 17<sup>TH</sup> FEBRUARY - BAR OPENS 7:00PM FILM STARTS 7:30PM  
NEWTON FLOTMAN VILLAGE CENTRE



An account of the life of John Davidson, a Tourette syndrome campaigner who grew up with the condition in 1980s Scotland, at a time when it was little known and misunderstood.

**Cert. 15**

**Tickets: £5.00**

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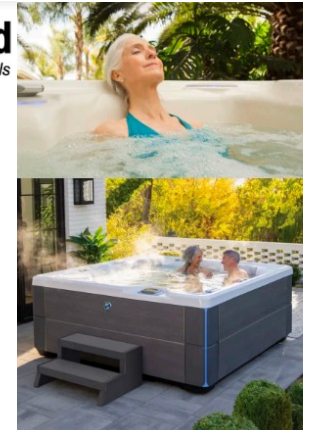


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Church Room 10-12



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**Parson's Page**

As I write this it's freezing outside and the garden is covered in snow. Whilst I'm not keen on driving in the snow; it does look stunning!

I'm reminded of a happy childhood memory from the winter of 1978-9 when our Suffolk village was cut off; schools were shut so we had a snow sculpture competition. My Dad was rector at the time and was asked to be a judge, so dressed in lots of layers and my wellies I went with him to look at what everyone had built - there were some fantastically artistic creations.

The landscapes of ancient Israel weren't exactly renowned for their snowdrifts, but the Bible does mention snow. One of the most famous biblical references is in Isaiah, where it says, "Though your sins be as scarlet, they shall be as white as snow."

It's hard not to appreciate the image of a fresh snowfall wiping the slate clean - no muddy footprints, just pure, untouched white. If we're honest, we would have to admit that we all do things which we know are wrong. By his death on the cross Jesus made it possible for us to be forgiven and brought back into relationship with God. It's wonderfully freeing to experience God's forgiveness.

Clearly, snow in the Bible isn't just weather. It's a symbol of purity, hope and renewal. So next time it's snowing, maybe spare a thought for how those ancient writers saw a bit of the divine in every flake.

*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*

**Articles Wanted for Partnership**

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

Please email copy to [caroline@uv6.com](mailto: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 Uzoigwe** (Team Vicar)

**revaustinuzoigwe@aol.com** Tel: 01508 470901 The New Rectory, Church Hill, Tasburgh, Norwich, NR15 1NB

**Rev'd Rachel Hayden** (Curate) **racheljhayden1@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 **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 February*  
**St Mary's, Newton Flotman**

Sunday 1st	11:00	Morning Worship - Rachel Hayden
Sunday 8th	11:00	Morning Worship - Austin Uzoigwe
Sunday 15th	11:00	Holy Communion - Rachel Hayden
Sunday 22nd	11:00	Morning Worship - Lesley Cox

**St Peter's, Swainsthorpe**

Sunday 1st	09:30	Holy Communion - Austin Uzoigwe
Sunday 8th	09:30	Swainsthorpe Special - Philip Simmons
Sunday 15th	09:30	Swainsthorpe Special - Lesley Cox
Sunday 22nd	09:30	Swainsthorpe Special - Lesley Cox

For all other churches in the Tas Valley benefice please visit  
[www.tasvalley.org](http://www.tasvalley.org)

Keeping the villages in touch:  Visit us on Facebook  
[www.facebook.com/newtonflotmanvillage/](http://www.facebook.com/newtonflotmanvillage/)  
 Swainsthorpe's private group for residents:  
<https://www.facebook.com/groups/151438831588930>

**Village Café** Saturday  
 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

**POST OFFICE**

**NEWTON FLOTMAN OUTREACH POST OFFICE**  
**WEDNESDAY MORNINGS**  
**9.45am – 11.30am\***  
 (Newton Flotman church room)

\*IN MARCH THE TIMES OF THE OUTREACH POST OFFICE WILL CHANGE TO 11:30 - 12:30



Thank you to those who supported the events run at St Mary's over the festive period! Villagers were in good voice for Carols on the Green. Thanks to the lads who were sheltering in the bus

stop when I arrived to set up, who helped put up the lights and the fence beforehand – you were dab hands with the lump hammer! We had a lovely time at Olive House singing carols with the residents. The village Carol and Crib service was standing room only - lovely to see everyone entering into the spirit of the nativity! Thank you to all those who worked to prepare, resource and facilitate these events.

For those disappointed they missed the wreath making workshop – pencil in 28<sup>th</sup> November 2026 and keep an eye on Partnership in October for more details. We are also planning a 'Make Your Christmas Pudding' fundraiser!

Thank you to Jonathan Vaughan of Aborpro Tree Services for the donation to the Church and to those who had their Christmas tree shredded by him!

Thank you, too, to those who purchased the NFaST village calendar which raised over £100. There are still a few copies left. Most of you I know purchase it for the photographs and if you are missing a copy from previous years please get in touch as we have some back issues available.

Do come and join us on Saturdays for Village Café 10-12 and on Sundays at 11am for our weekly service – we hold our services in the church room when the weather is bitter, so we can worship snugly. Keep an eye out for our new informal monthly Sunday morning event for all ages, with refreshments.

*Kirsten Remer*  
01508 471580 [kirstenremer@gmail.com](mailto:kirstenremer@gmail.com)

**News from Newton Flotman Parish Council**  
**Parish Council meetings and 2026 dates and venues:**  
(All meetings start at 7:30pm)

- Tuesday 24<sup>th</sup> February, Village Centre
- Tuesday 24<sup>th</sup> March, Village Centre
- Tuesday 28<sup>th</sup> April including Annual Parish Meeting, Village Centre
- Tuesday 19<sup>th</sup> May, Annual Parish Council Meeting, Church Room
- Tuesday 23<sup>rd</sup> June, Village Centre
- Tuesday 14<sup>th</sup> July, Church Room
- August – no meeting
- Tuesday 29<sup>th</sup> September, Village Centre
- Tuesday 20<sup>th</sup> October, Church Room
- Tuesday 24<sup>th</sup> November, Village Centre
- December – no meeting

Agendas are posted on the parish council noticeboards on Lime Bank, beside the Bus Stop and School entrance on School Road and the website at least three days beforehand.

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Members of the public are welcome to attend all Parish Council meetings; there's an opportunity to speak and ask questions.

Please note, if you would like an item to appear on the agenda, details must be sent to the Clerk at least ten working days before the meeting. The Council is unable to make a decision on anything not included on the agenda but can discuss newly raised matters and refer them to the next meeting.

Minutes of meetings are posted on the website and are available from the Clerk but remain in draft form until they are agreed at the next meeting.

**2026/27 Precept**

The Parish Council precept is a proportion of your Council tax bill that goes to the Parish or Town Council. Newton Flotman Parish Council is responsible for the management of the village allotments, street furniture such as dog bins, bus shelter, seats, notice boards as well as the cutting of the Village Green. Grants are also given to a number of village organisations such as the church towards the upkeep of the churchyard and the Village Centre towards grass cutting and play equipment maintenance. The Parish Council also supports the running of the Youth Club. The Parish Council will also be focusing on a number of projects including; promoting walking routes in the village, developing the bridge and surrounding area near the mill and refurbishing the bus shelter at the bottom of St Mary's Close.

At the November 2025 Parish Council meeting the precept for 2026/27 was agreed at £32,150, a 4% increase on the current financial year in line with inflation. This equates to an annual precept of £67.97 on a band D property or £1.31 per week. The Parish Council will continue to offer outstanding value for money to residents

**Shotesham Ford**

Mill Lane in Shotesham is currently closed and discussions have been ongoing amongst Norfolk County Council, the police, fire service and other agencies. Both Shotesham Parish Council and Newton Flotman Parish Council have recently been involved in initial, informal, discussions regarding the future access and use of Shotesham Ford. The main points for consideration are diversion routes, allowing continued enjoyment of the ford and allowing access for cyclists and other non-motorised users.

Norfolk County Council and other agencies will now discuss these points and decide to process with a formal and much wider consultation on a permanent prohibition of motor vehicles from crossing the ford.

The Parish Council will keep residents informed of future developments.

**Follow the Parish Council on Facebook**

Newton Flotman Parish Council is on Facebook. Follow the Parish Council at [www.facebook.com/NewtonFlotmanPC](https://www.facebook.com/NewtonFlotmanPC)

**Contacting the Council**

[clerk@newtonflotman-pc.gov.uk](mailto:clerk@newtonflotman-pc.gov.uk) | 01508 447688

Maria Hutson, Clerk to the Parish Council

## Newton Flotman Climate Care

The theme for the Climate Care Group in January was the RSPB Big Garden Bird Watch. Bird feeders have been installed in the churchyard (linked to the prayer trail). We had a fun Saturday morning at the Village Cafe watching the birds on the feeders outside the window and the results have been submitted to the RSPB. It's great to see part of our churchyard managed to promote the natural world.



However, we must remember that these activities are not enough. The prime problem is that our climate is warming due to the release of CO2 from burning fossil fuels. That must be reduced if we and our wildlife are to thrive. This needs both personal and national action. It has therefore been good to get two bits of good news from the government recently.

Firstly a huge contract has been agreed to build more offshore windfarms. These should be rapidly developed and will increase our supplies of sustainable power by 2030.

Secondly there is to be a new 'Warm Homes Plan'. This aims to cut fuel bills by supporting the installation of solar panels, batteries, insulation and heat pumps to 5 million homes by 2030 by means of grants and loans. All new houses will have solar panels.

So let's celebrate these steps forward and maybe think about how we might modify our lifestyles as we move to a sustainable future.

*Richard.beach1508@gmail.com*

## Mobile Library for February

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesday 25th February. Use it or lose it!

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.

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.



## Newton Flotman Youth Club

**NF Village Centre - For 8-16 year olds**

**Wednesdays 6 - 8 pm (term time only)**

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## What's On In Our Villages:

### Social Club - Newton Flotman Village Centre

Friday 13th February - Quiz Night - Peaky Pizzas

Friday 27th February - Bingo - Tatos Food Van

### Youth Club - Newton Flotman Village Centre

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

### Cherry Tree Café

Wednesdays, 10am to 12 midday - Newton Flotman Village Centre

### Village Café

Saturdays 10am - midday - Newton Flotman Church Room

### Film Night - Newton Flotman Village Centre

Tuesday 17th February - I Swear

Bar open from 7pm; Film starts at 7.30pm

### Outreach Post Office

Wednesdays 9.45 - 11.30am - Newton Flotman Church Room

(From March onwards, 11.30-12.30pm)

### Mobile Library

Wednesday 25th February

### 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 24th February, 7:30pm - NF Village Centre

Swainsthorpe Parish Council:

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

### Room Booking

Newton Flotman Village Centre:

Martin Brooks 07454 573410 [martinbrooks949@msn.com](mailto:martinbrooks949@msn.com)

Newton Flotman Church Room: Caroline Wolfe 01508 471238

Swainsthorpe St Peter's: Jackie Baker 07858 740763

## Partnership Deadline

The next edition of Partnership will be for March 2026. Deadline 14th February. Contributions by email to [caroline@uv6.com](mailto: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

It's 2026, and one thing is certain: the pace isn't slowing down. Technology, culture, and expectations have all crossed thresholds that we didn't envisage some years ago. Many people worry about the changes that are taking place and, yes, there should be apprehension. Let us grab the best of the changes taking place and use it to our benefit.

I listened to a podcast recently talking about artificial intelligence (AI) and whether there should be licensing as to who can use it and whether it should only be used by medical professionals. It was thought provoking.

I therefore used my limited skills with AI and asked for advice on Self Care and what it threw at me was fascinating. I am sharing this information with you as I think that even if one person takes on some of the ideas offered by AI, and it heals that person physically or mentally, it is a game changer - a winner!

AI tips on self care:

### Mental and Emotional Self-Care

These activities help stimulate the mind, process feelings, and reduce stress.

**Practice Gratitude:** Write down 3–5 things you are grateful for each day to train your brain to look for the positive.

**Journaling:** Use a journal to offload strong emotions or gain clarity on difficult thoughts.

**Digital Detox:** Conscientiously unplug from social media for a day to reduce information overload and refocus on yourself.

**Mindfulness and Meditation:** Use apps like Calm, Headspace, or Insight Timer for guided sessions that can reduce anxiety.

### Relaxation and Environment

Creating a peaceful space can have a direct impact on your mental state.

**Connect with Nature:** Take a mindful walk in a park or forest. Spending time in green environments is linked to lower levels of stress and depression.

**Declutter Your Space:** Clear off surfaces or organize a single drawer. A tidy environment can help clear a "cluttered" mind.

**Sensory Rituals:** Light a scented candle (lavender is often recommended for relaxation), take a warm bubble bath, or listen to a calming playlist.

I left out the physical self-care and social self-care sections as there was so much information.

One little change every day or every week is a realistic goal on our path to looking after ourselves better in 2026.

*Dr Mini Nelson*

## From Our MP

Hello — I'm Ben Goldsborough, your Member of Parliament for South Norfolk.

I'm delighted to be contributing to Partnership Magazine and to have the opportunity to share updates on the work I'm doing on your behalf, as well as keeping you informed about what's happening locally.

From day one, I've made it my mission to be the most accessible MP South Norfolk has ever had, and I value opportunities like this to connect with our community, ensure you know what's going on, and make sure that your views are being heard and represented.

As we settle into 2026, I'd also like to take this opportunity to wish you and your families a very happy new year. In this first contribution to the Partnership Magazine, I wanted to briefly explain how you can get in touch with me and share a bit about what my team and I can do for you.

If you have an issue you'd like to raise, need assistance, or have ideas you'd like to share, please don't hesitate to contact me. You can email me at [ben.goldsborough.mp@parliament.uk](mailto:ben.goldsborough.mp@parliament.uk), or call my constituency office in Long Stratton on **01603 570332** to speak with a member of my team. The office is open Monday to Friday, 9am–5pm.

My team and I are here to help, whether that means helping you navigate the system or to get you the support that you are entitled to, we will do everything we can to ensure that you get the outcomes you need. In fact, since taking office in 2024, we have collectively assisted in the recovery of over £3,750,000 for South Norfolk constituents, businesses and charities alike - wins that make a real difference to the community.

I'm proud to represent South Norfolk and will continue working hard to ensure your voices are heard in Parliament. Thank you for taking the time to read my contribution, and I look forward to keeping you updated throughout the year ahead on the work we're doing in Newton Flotman, Swainsthorpe, and beyond. Together, we can continue to strengthen our community and I look forward to hearing from many of you in the months ahead.

*Ben Goldsborough MP*

## Norman Wilkins, 1935-2025

For those living in Newton Flotman who might have known him, my dad, Norman Wilkins, passed away on 8th December 2025, aged 90.

There are lots of older people in the village who would have known him well.

He and mum lived in Newton Flotman from 1962 to 2002.

*Diane Bruton*

