

Partnership

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



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.

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Parson's Page

Do you enjoy reading?

Perhaps you're a science fiction fan or prefer a good mystery or thriller. Maybe you like a romance or a biography. I enjoy historical fiction and flicking through craft or cookbooks.

The 5th of March is World Book Day. Many of our local schools will have a non-uniform day for the children to come dressed as their favourite character from a book; last year my granddaughter looked very cute as the Gruffalo!

What is your favourite book?

Did you know that the Bible is considered the most read and best-selling book in the world, with estimated sales and distributions of over 6 billion copies? I have read part of the Bible almost every day of my life, beginning with a child friendly version sitting on my Mum's lap. Over the years it has both challenged and comforted me.

What's so special about the Bible? It makes a massive claim – that although different people have written it; the words are inspired by God. If it's God speaking, it's got to be worth a read! Reading the Bible for a few minutes a day is a real adventure and gives you lots of questions about life to ponder on.

Often people ask me how to get started, because beginning on page one and working your way through the book would be very tough going! Choose a gospel from about three quarters of the way through the Bible (Matthew, Mark, Luke or John) this will help you to explore who Jesus is. It's helpful to use a version written in modern language too.

Give it a go!

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 01508 826971 and I will be happy to have a chat or arrange a visit.

Reverend Rachel Hayden

Articles Wanted for Partnership

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

Please email copy to 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 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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Village Café Saturday
 Church Room 10-12

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Worship Events in March

St Mary's, Newton Flotman

Sunday	1st	11:00	Morning Worship - Rachel Hayden
Sunday	8th	11:00	Holy Communion - Austin Uzoigwe
Sunday	15th	11:00	Mothering Sunday - Morning Worship - Lesley Cox
Sunday	22nd	11:00	Morning Worship - Austin Uzoigwe
Sunday	29th	10:30	Palm Sunday - Benefice Service at Saxlingham Nethergate - Dawn Davidson

St Peter's, Swainsthorpe

Sunday	1st	09:30	Swainsthorpe Special - Philip Simmons
Sunday	8th	09:30	Holy Communion - Rachel Hayden
Sunday	15th	09:30	Mothering Sunday - Swainsthorpe Special - Lesley Cox
Sunday	22nd	09:30	Swainsthorpe Special - Austin Uzoigwe
Sunday	29th	10:30	Palm Sunday - Benefice Service at Saxlingham Nethergate - 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>

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

 **NEWTON FLOTMAN OUTREACH POST OFFICE**
WEDNESDAY MORNINGS
11:30am - 12:30pm
(Newton Flotman church room)



We are in the season of the church calendar known as Lent - a time of reflection and preparation in anticipation of the joy of Easter.

There is quite a bit to reflect on as since our last Partnership: it has been announced that Rev Austin Uzoigwe and family are moving over to the Brooke group of parishes to minister there. The Brooke group has been without a full time minister for a couple of years. We have so valued Austin and Annette's ministry during their time with us in the Tas Valley, but they are not going far and will be in the same deanery.

Alongside this news Dawn, our Rector, is stepping down from the extra responsibilities that the ministry team took on over three years ago for the parishes of the Upper Tas benefice (which together with our benefice totalled 11 parishes, 14 church buildings and 7 church schools). Dawn will now focus on ministering to the people of the parishes of the Tas Valley, with Rachel alongside as she continues her curacy with us.

As we emerge into spring, please join us and lend us your skills for our **churchyard maintenance morning on 21st March** - any time you can give between 9am and 12 midday – refreshments available from 10am!

Don't forget there is **Village Café every Saturday 10-12 in the church room**. Thank you as ever to our hosts who give their time and talents to make this possible. Thanks to the Climate Care group we have the additional draw of the bird feeders whose winged visitors can be observed with a cup of coffee in hand, in the warm!

We have **EASTER SPACE on Saturday 4th April 10am-12pm** with seasonal activities, crafts, refreshments and tower tours. Do join us – there is something for everyone!

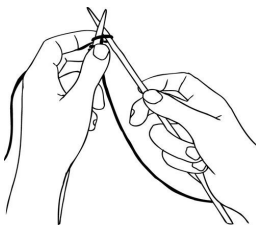
Kirsten Remer
01508 471580 kirstenremer@gmail.com

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.



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Easter Space

Free crafts and activities to help us explore
the Good News of the Easter story and celebrate new life!

A warm welcome to all, with seasonal refreshments!



**On Saturday 4th April from 10-12am
in the Church Room, St Mary's Newton Flotman**



**Drama activities, video story and tower trips too!
(weather permitting!)**

Newton Flotman Climate Care

Invites you to join us for

Climate Care - Hope for the Future

Saturday March 28th

12.15pm

St Mary's Church Room

We will:

- Get updated on the current state of Climate Change
- Collect your opinions.
- Suggest some positive actions.

**Our local MP Ben Goldsborough
will be joining us.**

Let's celebrate progress towards a sustainable future!



Newton Flotman Youth Club

NF Village Centre - For 8-16 year olds

Wednesdays 6 - 8 pm (term time only)



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From the ages of 4 plus your daughter can be a member. We currently meet on Tuesdays in term time in Stoke with girls from Newton Flotman, Saxlingham, Shotesham, Swainsthorpe, Dunston, Caistor St Edmunds, Stoke Holy Cross etc



Rainbows aged 4 to 7 Brownies 7 to 10 and Guides 10 + get creative, learn how to look after themselves and others. We go on days out and sleepovers and trips. There is really something for every girl!

Yes we charge subs, but we are inclusive Units and we always say: **Girlguiding 1st High Ash events are for all. If there is a problem, health, finance or other, please just speak to us.**

You can join us online by searching for 'register my daughter for Rainbows or Brownies or Guides' and choosing 1st High Ash. For more info email Bumblebee1stHA@gmail.com

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Newton Flotman Climate Care Considering a Heat Pump?

Are you considering a heat pump, when the time comes to replace your gas boiler? You are not alone. There is a lot of attention on heat pumps at the moment and that includes media and political attention as well.



Politically, the technology got a boost from the recent *Warm Homes Plan*. This long-awaited government scheme extends its support for heat pumps and aims to see 450,000 installed every year, making it the most important technology in low carbon heat.

On the other hand, there's a lot of push-back in the media. Even though Labour hasn't set a date for phasing out the sale of gas boilers, there's an enduring myth that "they" – that shadowy force – are coming for it. Lots of silly myths circulate in the tabloids and on social media, and many people have already made up their minds that they don't want a heat pump.

If the UK is going to get anywhere near its climate targets and reduce emissions from household heating, then we need to overcome those myths and help people to see the value of a heat pump. The best way to do that is through experience, which is why the think tank Nesta set up *Visit a Heatpump*. Check the map and find one near you, look out for upcoming events or contact a host to go and visit. You'll hear what it's like to live with a heat pump, and get a good sense of whether it might work for you.

Have you heard that heat pumps don't work in the cold? Ask someone who's got one. Heard that they're noisy? Put your ear to one. Cast an eye over the internal pipework that they don't show you in the brochures, and ask what the installation process is like. Ask if it really is cheaper to run than gas.

A lot of people won't yet know anyone with a heat pump. There are over 25 million homes in the UK, and fewer than one in fifty has a heat pump. (By contrast, over half of homes in Scandinavia have one). So this is an important moment for some citizen advocacy, some neighbourly sharing of expertise, and Visit a Heat Pump www.visitaheatpump.com/ makes that easy.

Taken from The Earthbound Report by Jeremy Williams, February 10th 2026

Richard.beach1508@gmail.com



FANCY A COFFEE OR A CUPPA? WEDNESDAYS AT CHERRY TREE CAFÉ

10-12 NEWTON FLOTMAN VILLAGE CENTRE
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Mental Health Support

Let me introduce myself: I am Miles, one of the Mental Health Practitioners working at Long Stratton Medical Partnership. I have been part of the surgery team for the past four years and work closely with GPs and other staff to support patients with their mental health. My role is to help people feel listened to, understood, and supported when they are struggling with their wellbeing.

We are introducing a new mental health triage system at the surgery. This means we can assess mental health needs more quickly and help people access the right support sooner. You will be offered a phone assessment and following this, we may offer support directly at the surgery or refer you to another service that is best suited to your needs. This aims to improve patient experience and reduce waiting times for mental health appointments.

Through this process, we can help connect you with local support services. These include NHS Talking Therapies for anxiety, stress, low mood, or depression. We can also signpost to our Social Prescribing team for support with money worries, housing problems, loneliness, domestic abuse, or other life stresses. For people with mild mental health difficulties, we can link you with our Norfolk and Waveney Mind practitioner, who provides local, practical mental health support including bereavement and stress.

If you are already being supported by a local mental health service - such as a Children and Young People's Mental Health Service (Youth), Adult Community Mental Health Team, or Older Persons Mental Health Team - we are not able to offer an additional appointment through the GP surgery mental health service.

Your existing team will continue to be the best place for your ongoing care and support.

You can also self-refer to the following local mental health services:

NHS Norfolk & Waveney Talking Therapies

Support for anxiety, depression, stress, and low mood. You can self-refer without seeing a GP. 0300 123 1503 www.nandwtalkingtherapies.org.uk

Norfolk and Waveney Mind

Local mental health charity offering emotional support, advice, courses, and signposting. 0300 330 5488 www.norfolkandwaveneymind.org.uk

Mind Rest

A partnership project that brings together mental health support, local services where everyone can feel welcome. 0300 330 5488 www.restnorwich.co.uk

Change, Grow, Live (CGL) – Norfolk

Support for alcohol and drug use, including advice, treatment, and recovery support. 01603 514096 www.changegrowlive.org

Social Prescribing Team

Support with finances, housing, employment, loneliness, domestic abuse, and community activities. Please contact LSMP reception to be referred.

To report a dangerous dog you can:

- **Call the police** if the dog poses an immediate threat to public safety, call 999 for emergencies or 101 for non-emergencies.
- **Contact South Norfolk council** for non emergency situations, such as repeated aggressive behaviour or nuisance behaviour.

To ensure the village is a safe, enjoyable place for all to live please ensure you keep your dog under control and pick up after them.

Meetings

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

Tuesday 24th March, 7:30pm Village Centre

Tuesday 28th April including Annual Parish Meeting, 7:30pm, Village Centre

The public are very welcome to attend parish y 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 www.facebook.com/NewtonFlotmanPC

News from Swainsthorpe Parish Council

The Parish Council met on Tuesday 20th January 2026 where the main business of the evening was to set the budget and precept amount for 2026-2027. It was agreed to slightly raise the precept to £13230 (5% on last year). This money is spent on facilities in the village such as the defibrillator, the play area, the jubilee garden and the plants.

The council received an update on the green energy projects that are surrounding the village, and the update can be found on the website.

The Neighbourhood Plan consultation finished on 20th January, and it was hoped that this plan could be adopted later in the year.

The council is also trying to get the speed limit through the village reduced, as well as change Hickling Lane to a bridleway and have some new signage on Briar Lane.

The Speedwatch sessions continue despite the bad weather and continue to catch speeding motorists through the village and always welcome new recruits to the Speedwatch team!

The next meeting will take place on Wednesday 11th March 2026 at 7.30pm.

Other 2026 dates for Swainsthorpe Parish Council meetings this year are: 13th May, 2026, 8th July, 9th September and 11th November.

Please do come along.

News From Newton Flotman Parish Council

Road Safety

The Parish Council continues to receive complaints regarding road safety in the village. Residents are asked to adhere to speed limits, 30mph in the village. The SAM 2 speed awareness device continues to be deployed at a number of set locations within the village. This data is now shared with the Camera Safety team and if continued noncompliance is highlighted it is hoped additional support will be given.

Over 90% of houses in the village have one or more vehicles. Please ensure that when parking you are mindful of other vehicles and driveways and keep footpaths clear. This is especially important around busy areas such as the surgery, the school and ARTS

Community emergency plan

The Parish Council is in the progress of refreshing the community emergency plan. Severe weather, power failure, loss of water or gas supplies, flooding and pandemics such as flu can affect a community. Depending on the scale of the event it can be some time before outside help arrives. The plan includes information of residents who have skills and resources that could be called upon in times of need such first aiders, those with snow ploughs, generators, submersible pumps, portable lighting, chainsaws and 4 x 4 vehicles. If you have a skill or resource that you would be happy to share with the community in times of need please contact the clerk on the details below.

Dogs in the village

There has been an increase of dog mess reported on paths and left on the green and playing field. Dog fouling poses significant health and environmental risks, making it essential for anyone in charge of a dog, to clean up after them.

Dog waste can contain harmful parasites such as *Toxocara Canis*, which may cause toxocarasis - a condition that can lead to serious illness and even blindness, especially in young children. Leaving dog waste in public places is unsightly and unhygienic and can contaminate soil and waterways, affecting both people and wildlife.

The Parish Council have provided nine dog waste bins in the village which are emptied weekly. If there isn't a dog waste bin nearby, you can still bag the waste and place it in your general household wheelie bin - please do not leave bagged waste discarded in verges, kerbs or hanging on trees or bushes.

The Public Spaces Protection Order (PSPO) Dog Fouling & Dog Control for South Norfolk states it is an offence for dog mess not to be picked up and prohibits dogs in enclosed areas. People breaking the order can be reported at www.southnorfolkandbroadland.gov.uk/environment/complaints/dog-fouling

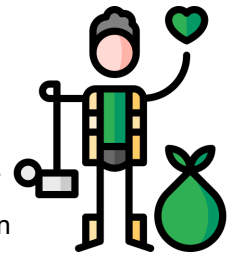
In public places dogs must be kept 'under control'. Generally, this means close to you and ideally on a lead. It's a criminal offence to allow your dog to be 'dangerously out of control'. This could be anything from your dog chasing a person or another animal to physically harming them.

Newton Flotman Litter Pick

We are participating in this year's
Big South Norfolk Litter Pick on
Wednesday 8 April.

The start point is the Church Rooms at 9:30am
Finishing at the Cherry Tree Café at the Village Centre.

It would be helpful if you could
email william.ball@outlook.com if you are going to join
in so I can allocate routes, pickers and bags for you.



Village Centre AGM

Tuesday April 14th 2026

7pm for 7.30 pm

Newton Flotman Village Centre

Please come along and try out your newly decorated hall, discover what's been going on at the hall and playing field over the last year, and help us make plans for the future.

If you have ideas about improving the Village Centre and the playing field please bring your ideas to the meeting.

The bar will be open from 7pm for a Happy Half Hour and a chance for informal chat. We look forward to seeing you

Mobile Library for March

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesday 25th March. 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



Neighbourhood Plan Swainsthorpe

Thank you to all the Swainsthorpe residents who completed the feedback form on the draft Neighbourhood Plan.

We are currently analysing the responses in order to revise the Plan for submission in the Spring. If you have any questions on the Plan, please contact swainsthorpe.np@gmail.com.

From Our MP

Since being elected as your MP for South Norfolk, road safety has been one of the biggest sources of casework I have dealt with.

Too many residents have told me the same thing: the roads that they rely on every day are simply not safe enough. Whether you are walking your children to school, commuting to work, cycling for leisure, or driving to visit family and friends, your safety should never be a concern. Yet for many people across South Norfolk, it is.



The risks faced on our rural roads are often very different from those in towns and cities and are too often overlooked. Narrow lanes, poor road surfaces, speeding traffic, blind bends, overgrown hedgerows, and a lack of pavements or safe crossing points all combine to make every day journeys feel unsafe.

That is why I launched my Rural Road Safety Survey, to hear directly from the people who know these roads best and use them day in and day out. I want to sincerely thank the 937 residents who took part and shared their experiences. Your responses have helped to shape "Safer Journeys", my new report into rural road safety in South Norfolk.

Safer Journeys brings together the real experiences of the people who use our roads every day. It sets out clear, practical recommendations for improvement and includes responses from the public bodies responsible for keeping our roads safe. Above all, it is about ensuring that rural voices are heard and acted upon.

I will now be taking the findings of Safer Journeys forward. That means raising the issues highlighted in the report in Westminster, pressing ministers to recognise the specific challenges rural areas face, and holding decision-makers to account. I will also continue to engage directly with Norfolk County Council and the Police and Crime Commissioner to push for practical changes that improve safety on the ground.

This report is not the end of the conversation. I am committed to ensuring that the concerns raised by residents translate into meaningful action and real improvements to road safety across South Norfolk.

If you wish to, you can read the report in full here: <https://bengoldsborough.co.uk/rural-road-safety-report>

Thank you once again to everyone who took the time to share their experiences. Together, we can make rural road safety a priority and work towards safer journeys for all.

Ben Goldsborough MP

Partnership Deadline

The next edition of Partnership will be for April 2026. Deadline 14th March. 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 13th March - Peaky Pizzas

Friday 27th March - Easter 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 March - The Roses

Bar open from 7pm; Film starts at 7.30pm

Outreach Post Office

Wednesdays 11:30am-12:30pm - Newton Flotman Church Room
(From March onwards, 11.30-12.30pm)

St Peter's Swainsthorpe

International Women's Day - Saturday 7th March

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

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.

Parish Council Meetings

Newton Flotman PC - Tues 24th March, 7:30pm - NF Village Centre

Swainsthorpe PC - Weds 11th March 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