

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!)**

Partnership

*The Community Magazine for the Parishes of
Newton Flotman & Swainsthorpe
April 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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Church Room 10-12



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Parson's Page

Easter is a special season of hope and joy; spring blossoms remind us of God's enduring love and the beauty of creation. The daffodils and crocuses, bursting forth after the winter chill, illustrate that even after the darkest days, light and life return.

The death of Jesus Christ and the miracle of his resurrection are at the very heart of the Christian faith.

Did you know that the word *crux* comes from the Latin word for *cross*? So, when we say that something is the *crux* of the matter, or crucial, we mean it is absolutely central, like the mid-point of a cross.

For centuries people have found the events of Good Friday and Easter Day to be life changing and central to the way they live their lives. They've discovered that this ancient narrative is a living message that inspires and strengthens us, even in times of uncertainty. It brings the promise of forgiveness, a new beginning, and a restored relationship with our loving God.

Increasingly I'm hearing stories of people who are discovering that Jesus is alive today and wanting to speak to them. So why not find out for yourself?

This year, we hope you will join us for our Easter services and community events. Whether you are a regular member or visiting for the first time, you will find a warm welcome.

Wishing you and your loved ones a very happy Easter.

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
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Worship Events in April

St Mary's, Newton Flotman

Sunday 5th	11:00	Easter Day Holy Communion - Austin Uzoigwe
Sunday 12th	11:00	Morning Worship - Dawn Davidson
Sunday 19th	11:00	All Age Service - Rachel Hayden
Sunday 26th	11:00	Morning Worship - Lesley Cox

St Peter's, Swainsthorpe

Thurs 2nd	19:30	Maundy Thursday Service with Holy Communion - Rachel Hayden
Sunday 5th	09:30	Easter Day Holy Communion - Rachel Hayden
Sunday 12th	09:30	Holy Communion - Philip Simmons
Sunday 19th	09:30	Morning Worship - Kirsten Remer
Sunday 26th	09:30	Swainsthorpe Special - Lesley Cox

For all other churches in 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
bookings@newtonflotmanvillagecentre.co.uk
 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 heading towards the Easter: Holy Week starts on Monday 30th with Compline at St Mary's Newton Flotman at 7.30pm. See the benefice website found at <https://tasvalley.org/worship>

for details of other Holy Week services

Do join us for our **Easter Celebration service on Easter Sunday 5th April at 11am**. This will be a poignant occasion as it will be our last service led by Rev Austin Uzoigwe before he moves over to the Brooke and Hempnall group of parishes.

Before that we are looking forward to hosting **Easter Space on Saturday 4th April**. As well as Easter themed activities and refreshments, towers trips are on offer (weather permitting), a chance for a 360^o view of Newton Flotman in the spring! We are also looking forward to joining the village **litter pick on Wednesday 8th April**.

This is the season for 'Annual Meetings' – we plan to hold ours after the service on Sunday 12th April, with refreshments. Do come along to find out more about the work of the church in the village and beyond.

May 10-16th is Christian Aid week so you will find a donation envelope in Partnership next month. We will be holding a 'bring and buy, coffee morning' event at Village Café on 9th May so if you have any bric-a-brac, raffle prizes, plants etc to donate, please get in touch 01508 471580 (leave a message), to arrange collection.

Kirsten Remer
churchwarden kirstenrem@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.



This year we will be raising funds for 'Little Lifts', a Norfolk based charity which aims to provide thoughtfully handpicked gift boxes to people affected by breast cancer.

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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Long Stratton & Newton Flotman Patient Participation Group Keep Your Heart Healthy Event

Date **Monday 13th April 2026**

Time **6: 30 pm** run time approx. 90 Mins

Location **Long Stratton Surgery NR15 2UY**

If you'd like to attend please email

longstrattonppg@gmail.com

During this event we will hear from practice staff, whether you're looking to make small changes or learn more about heart health, this event is designed to be informative, practical, and welcoming.

We look forward to seeing you there.

This event is hosted by the Patient Participation Group

We are a voluntary group who help support the practice with organising education events and conducting occasional surveys and being the voice of patients.

If you would like to know more or could help us with secretarial duties please email Martin Lander Chair for more details **email address above)**

International Women's Day

Swainsthorpe's annual celebration to mark International Women's Day started off with the bells of St Peters ringing for 15 minutes. Rock Choir opened and were followed by 4 fabulously inspiring women speakers.

Our 74 attendees raised almost £600 and donations were given to the Swainsthorpe Charity Trust and the Bell Fund.

Our final speaker, Mandie, who works for the charity *Tourette's Action* shared her lived experience and recommended we see the film "I Swear", as it gives a very real insight to the condition. Tourette's Action benefits from a donation of almost £500 towards their important research and support for families coping with Tourette's.

Debs Johnson



Village Centre AGM
Tuesday April 14th 2026

7 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.

Village Centre Committee



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

10-12 NEWTON FLOTMAN VILLAGE CENTRE

COME AND HAVE A DRINK & SNACK ON US

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Newton Flotman Youth Club

NF Village Centre - For 8-16 year olds

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Newton Flotman Climate Care

The war in the Middle East is causing massive suffering and destruction which is horrible to see. A side effect for us of course is the chaos in our energy costs - again!

This is surely further proof that we will be better off relying on energy generated in the UK than relying on oil and gas which are traded around the world. Does it really make sense that our energy costs are dependent on a narrow shipping lane 3000 miles away?



When there is a shortage of oil everybody wants it. There is not enough to go around - so the price goes up. The big oil companies are happy - and Russia is happy - they can sell the same product for more money. Families in the UK are not so happy as their heating costs go up.

So let's get out of the rat race. Let's generate electricity for our UK grid in the UK. Better still let's see the price come down in the long term so that we no longer need oil boilers.

Wind and solar power generation has got much cheaper in recent years and is expanding worldwide at an incredible speed as more countries discover what a good deal sustainable power can be. It is a huge change for our country from fossil fuels to sustainable electricity but according to a recent report no more expensive long term than continuing with oil and gas!

The other massive benefit of course is that sustainable power reduces our greenhouse gas emissions and fights against climate change.

It's not easy of course - and locally we know how disruptive and upsetting solar farms, pylons and battery parks can be. But let's not let our local battles against implementation disrupt our determination to transit to sustainable power as a means of protecting our economy and national security!

*Richard Beach
Newton Flotman Climate Care
Richard.beach1508@gmail.com*

Newton Flotman Village Fete - Sunday 30th August 2026

Following on from the last two years when the fete on the playing field has been well attended and enjoyed by all. We have decided to run it again this year.

This is by way of advance notice for your diaries, but also a request for volunteers. This event is so much easier to put on, if we have enough people willing to help, either on the day or as part of the organising committee.

If you have a bit of spare time and are interested in volunteering, then please contact Steven at the email below.

Thankyou

Steven.halstead911@gmail.com

Long Stratton Medical Partnership

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

Menopause

We were asked by one of our parish magazines to write an article about the menopause, as this can have an effect on many areas of our health.

Every woman will go through 'the menopause'. This is a natural stage of life when a woman's menstrual cycle comes to an end, her natural levels of oestrogen and progesterone hormones drop, and she is no longer fertile. The average age for this to happen is 51 but there is a wide range of normal. A woman has gone through the menopause when she has had no periods for 12 months. In the years before this a woman is peri menopausal, and during this time she may have a varying degree of symptoms.

There are a wide range of menopausal symptoms. Hot flushes and night sweats are common, as are changes to the menstrual cycle. Other symptoms include mood changes, anxiety, disturbed sleep, reduced libido, brain fog, joint pains and more. While for many this time of life is easily manageable, for others the symptoms can have a significant impact on all aspect of their lives including work, social life and relationships. Symptoms may be short lived but, in some cases, last for many years.

Lifestyle interventions can help ease a woman through this transition. Regular exercise, a healthy diet, encouraging good sleep and limiting alcohol to a sensible intake can all be beneficial. Some may benefit from talking therapies to support their mental health.

Hormone replacement therapy (HRT) may be needed for some women. These medications are designed to replace the woman's natural hormones. There are various forms of HRT – gels, sprays, patches and tablets. These treatments can have many benefits and, in most cases, particularly in women under 60, the benefits outweigh the risks. It should be noted that not every woman is suitable for HRT therapy.

A medical professional will take a holistic approach to reviewing a woman's menopausal symptoms. You should be offered the opportunity to discuss the risks and benefits of any proposed treatments before agreeing an individualised treatment strategy.

It is time to contact your doctor if symptoms are affecting your daily life, or if you experience

Very heavy/painful periods

Bleeding between periods of after sex

Any bleeding after your menopause (even a small amount)

More information about the menopause can be found at:

NHS Menopause www.nhs.uk/conditions/menopause/

NHS HRT www.nhs.uk/medicines/hormone-replacement-therapy-hrt/benefits-and-risks-of-hormone-replacement-therapy-hrt/

Women's Health Concern Factsheets www.womens-health-concern.org/

Dr Lara Douglass

Annual Parish Meeting

The Annual Parish Meeting will be held on Tuesday 28th April at the Village Centre. Refreshments will be served from 7pm with the meeting starting at 7:30pm. This is a meeting of electors and anyone on the electoral role is invited to attend the meeting. The Annual Parish Meeting is an opportunity to find out what has been happening in the parish over the past year as local groups and organisations provide updates to those attending.

Meetings

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

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

Contacting the Council

clerk@newtonflotman-pc.gov.uk | 01508 447688

Maria Hutson, Clerk to the Parish Council



Music in May

D'Capo
D'Capo choir presents

'Songs for a Spring evening'

Saturday 16th May 2026 at 7.30 p.m.
St Peter's Church Community Centre, Swainsthorpe

Tickets inclusive of refreshments £12.00 (*under 16s*) £6.00
from Sheena 07758 155959 - swainsthorpefigs@gmail.com

Swainsthorpe Community Charity Trust charity no. 287784

News From Newton Flotman Parish Council

Community emergency plan - update

The Parish Council are still looking for members of the community to volunteer their skills and resources if a community emergency should happen. Please see the original request below. In addition, if anyone has any means of heating water without the need for mains electricity or gas and could offer support please get in touch.

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.

Bus Shelter refresh

The Parish Council are putting plans in place to refresh the bus shelter at the bottom of St Mary's Close. The bus shelter is due a makeover to refresh the walls and cover up graffiti, and hopefully discourage further unwanted drawings

We are asking residents to send us your ideas on how we redecorate the 3 inside walls of the shelter. The final design will reflect Newton Flotman and the great things about the village and surrounding area.

Please submit your design in pdf format to clerk@newtonflotman-pc.gov.uk by 11th May 2026

Councillors will consider the designs submitted at the May meeting. It is hoped one or more of the designs will be used to give the shelter a much needed boost. More details to follow in a future Partnership.

Dog waste bins – location

The village has 9 dog waste bins across the village which are emptied by South Norfolk Council on behalf of the parish council. Residents are asked to pick up after their dog, bag the waste and leave in one of the following bins;

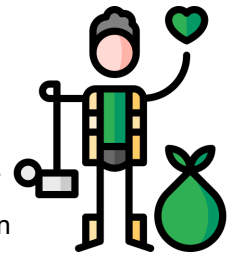
- Grove Road entrance to Playing Field
- Kings Green
- Blundeville Manor Entrance to Playing Field
- Alan Ave entrance to playing field
- St Mary's Close
- Church Road / School Road Junction
- Flordon Road (near Dell Close)
- Old Street
- Church Road, north west of Grove Way
- Greenways, ///arranger.waxer.directors

Newton Flotman Litter Pick

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



Mobile Library for April

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesday 22nd April. 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



From Our MP

Since the opening of the Long Stratton bypass, I have received many reports from constituents who have noticed a substantial increase in traffic along the A140. The most common concern is how difficult it can be to safely turn onto the A140 from side roads, particularly at the junctions serving Tasburgh, Saxlingham Thorpe and Newton Flotman.

For many residents who rely on these junctions every day, whether commuting to work, travelling locally or accessing nearby services, long waits and limited visibility can make joining the road both frustrating and worrying. From the countless experiences constituents have shared with me, it is clear that significant changes are needed to make these junctions safer for everyone.

Following these concerns, I have raised the issue with Norfolk County Council's Highways team, who are responsible for the management of the county's road network. I understand that the Highways team met with local parish councils earlier this year to discuss the situation and possible improvements.

Among the options being explored are potential infrastructure changes such as a roundabout or a signalised junction at key points along the route. Measures like these can help manage traffic flow and make it easier and safer for vehicles to join the main road. However, it is important to be clear that these discussions are still at an early stage. No firm plans have been agreed, and any potential improvements would require further assessment as well as the necessary funding.

This is why it is so important that your experiences are heard. Evidence from the people who use these junctions regularly can help demonstrate the scale of the issue and strengthen the case for improvements.

Therefore, if you regularly use the A140 at Tasburgh, Saxlingham Thorpe, Newton Flotman or nearby junctions and have experienced difficulties or safety concerns, I would strongly encourage you to get in touch with me at ben.goldsborough.mp@parliament.uk and share your experiences. Every report will help to provide the evidence needed to strengthen the case for improvements.

I will continue working with our local councils and residents to ensure these concerns are properly heard and to press for the action needed to make the A140 safer for our communities.

Ben Goldsborough MP



Partnership Deadline

The next edition of Partnership will be for May 2026. Deadline 14th April. 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 10th April – Race Night - Peaky Pizzas
Contact us via Facebook or 07729523890 to book a table
Friday 24th April - Easter Bingo - Tatos Food Van
Contact us via Facebook or 07729523890 to book a table

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 to midday - Newton Flotman Church Room

Film Night - Newton Flotman Village Centre

Tuesday 21st April - The Choral
Bar open from 7pm; Film starts at 7.30pm

Outreach Post Office

Wednesdays 11:30am -12:30pm - Newton Flotman Church Room

St Peter's Swainsthorpe

Weds 13th May - Annual Parish Meeting and Annual Parish Council Meeting
Saturday 16th May - D'Capo Choir

Mobile Library

Wednesday 22nd April

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

Tuesday 28th April Newton Flotman PC including Annual Parish Meeting
7:30pm - NF Village Centre

Room Booking

Newton Flotman Village Centre:
Martin Brooks 07454 573410
bookings@newtonflotmanvillagecentre.co.uk
Newton Flotman Church Room: Caroline Wolfe 01508 471238
Swainsthorpe St Peter's: Jackie Baker 07858 740763