



**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

# Partnership

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



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Plantlife

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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.

**Village Café**  
10-12 Church Room

**Bric-a-Brac Stall**  
**9<sup>th</sup> May 2026**

50% donations to  
**christian aid**

*Donations of bric-a-brac, clothes, plants gratefully received  
(01508 471580)*



# Newton Flotman Village Cinema

# HAMNET

TUESDAY 19<sup>TH</sup> MAY - BAR OPENS 7:00PM FILM STARTS 7:30PM  
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In the late 16<sup>th</sup>-century England, Agnes, a healer sensitive to the world around her, builds a home with William, a local tutor and aspiring playwright. As their lives fracture, they are tested by distance, silence, and grief.  
**Cert. 12**

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## Saturday Village Café

Church Room 10-12

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**Parson's Page**

What will this year bring? What about next year?  
Or five years from now?

We are living in a time of great uncertainty; as we see what is happening in the world around us, it's understandable that many people feel anxious.

Throughout life, we will often encounter challenges that require us to rely on God's strength and guidance. As I look back on my own life I know there have been milestones or moments when God has intervened. These times have anchored my faith and encouraged me to remember that God is always with me, in the good times or the bad.

In the Bible we read that the Israelites were facing severe struggles against their enemies. Samuel, a prophet and judge, takes a large stone and establishes a monument to remind the people of God's assistance and protection during their hardships. This stone was given the name 'Ebenezer', which means 'stone of help.' Samuel declared, 'Thus far the Lord has helped us.' It is a statement of faith; a reminder of how far God had brought them.

Recognising God's past help can empower us to trust Him in our present and future challenges.

Are there specific experiences that you can look back on and know that God carried you through? By creating our own "Ebenezers," whether through journaling, prayer, or sharing our stories, we can strengthen our faith and encourage each other in these difficult days.

Remind yourself: thus far, the LORD has helped me.

And the God who's been faithful thus far? He's not going anywhere.

*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](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](mailto:dawndavidson@btinternet.com) tel: 498924 The Rectory, The Street,  
Saxlingham Nethergate, NR15 1AJ

**Rev'd Rachel Hayden** (Curate) [revrachelhayden@gmail.com](mailto:revrachelhayden@gmail.com) 01508 826971

**Lesley Cox** (Reader) [coxlesley16@gmail.com](mailto: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](mailto:kirstenremer@gmail.com)

## 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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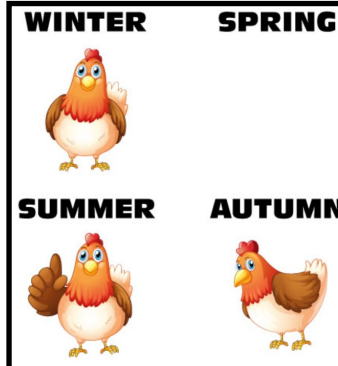
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The advertisement features a photograph of a brick house with a conservatory. A QR code is located in the bottom right corner.

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*Worship Events in May*

**St Mary's, Newton Flotman**

Sunday 3rd	11:00	Morning Worship - Rachel Hayden
Sunday 10th	11:00	Holy Communion - Rachel Hayden
Sunday 17th	11:00	Sunday Space - Lesley Cox
Sunday 26th	11:00	Pentecost Morning Worship - Lesley Cox

**St Peter's, Swainsthorpe**


Sunday 3rd	09:30	Swainsthorpe Special - Rachel Hayden
Sunday 10th	09:30	Holy Communion - Dawn Davidson
Sunday 17th	09:30	Swainsthorpe Special - Kirsten Remer
Sunday 26th	09:30	Pentecost 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 Saturday Cafe**   
 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](mailto:bookings@newtonflotmanvillagecentre.co.uk)  
 Newton Flotman Church Room: Caroline Wolfe 01508 471238  
 Swainsthorpe St Peter's: Jackie Baker 07858 740763

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**11:30am - 12:30pm**  
**(Newton Flotman church room)**



**ST MARY'S CHURCH**  
Newton Flotman

On Easter Day, Rev Austin celebrated Communion with us for the last time before heading over to the hinterland between the A140 and A146! His new

parishes, which include Brooke and Hempnall, and are in the same Deanery as the Tas Valley benefice, so we will be able to catch up with him every so often.

It is the Annual Meeting season and St Mary's held theirs on 12<sup>th</sup> April. It was a chance to review the past year's activities and thank all those who give their time, money and resources to maintain the church and church activities in the village. It really is a team effort!



Do join us for Sunday Space which has a regular slot on the third Sunday of the month with breakfast served beforehand from 10.15am. It offers a more informal and relaxed style of worship - for all ages - a good opportunity to explore the Christian faith.

**Christian Aid week** is held this month 10-16<sup>th</sup> May. **Popped into Partnership in Newton Flotman, you should find a donation envelope. Please do consider making a donation.** Donation envelopes can be dropped off, on or by 17<sup>th</sup> May, at the following points:

23 Alan Avenue, 59 Alan Avenue, 60 Alan Avenue, 3 Flordon Road, Hazeldene, Flordon Road, 14 Joy Avenue and at the Church/church room when open!

*If you can't get out and about and would prefer us to pick up your donation please call 01508 471580 leave a message with your name and telephone number and collection will be arranged !*

At **Village Café on 9<sup>th</sup> May** we will be having a bric-a-brac sale alongside the usual 'fayre', **50% of donations will go to Christian Aid.** If you have any bric-a-brac, clothes, plants to donate we'd love to hear from you!  
**kirstenremer@gmail.com**

*Kirsten Remer*  
*churchwarden kirstenremer@gmail.com*

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**10-16<sup>th</sup> May 2026**

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With every copy of May's Partnership there is a  
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Please drop your donation envelope off on or  
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# THANK YOU

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# VILLAGE FETE - SAVE THE DATE!

Newton Flotman fete will be on Sunday 30th August this year

The fete, as last year, will include food vans, a bar, stalls and games for all the family and music. There will be a dog show in the central ring, and the 'Pink Lady' tractor group will be there.

If you have a classic car or just a special model you'd like to show off then we have a section for you too, so just bring it along.

As you can imagine this event needs volunteers to join the organising committee, or on the day to set up etc. We have some games which we can't put on unless we find someone to take them on. It's not hard and it's fun!!!

This is a classic village fete which brings the village together and cements our village identity. We hope you'll support us. Put the date in your diary.

Any offers of support can be made to Steven - please email [Steven.halstead911@gmail.com](mailto:Steven.halstead911@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.

## Mobile Library for May

The mobile library will be visiting Newton Flotman and Swainsthorpe on Wednesday 20th May. 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

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# **SUNDAY** Space

*held on the third Sunday of every month.*

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**Our next service is on May 17th**

**Our theme: How we GROW!**

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## **Newton Flotman Climate Care The People's Emergency Briefing**

There is a new and exciting initiative sweeping the country that aims to inform people about the climate and nature crisis while at the same time giving us agency to respond, grasping the opportunities that this crisis represents, and giving our government the mandate to act.

The film, *The People's Emergency Briefing*, is followed by a facilitated and friendly discussion on the implications and opportunities for us locally.

*The People's Emergency Briefing* will be screened:

At – St Mary's Newton Flotman Church

On – Thursday 14th May 2026 7.30 pm

Coffee and tea will be served from 7pm.

Did you know that more than eight out of ten people want our government to do more to protect climate and nature? Yet governments consistently underestimate the popularity of climate-and-nature friendly laws.

In November last year, more than 1,200 MPs, peers and leaders from business, culture, faith, sport and the media gathered at Westminster Central Hall for a landmark national briefing delivered by leading UK experts. The event opened with broadcaster Chris Packham, who called for clear public understanding of the risks facing the UK. Experts addressed the implications of climate and nature breakdown for food security, health, national security, infrastructure and the economy, alongside practical evidence on how risks can still be reduced.

Chris Packham has said:

*"I'd encourage people everywhere to attend a screening of The People's Emergency Briefing. It creates exactly the kind of honest local conversation we now urgently need, both about what these changes mean where we live, and about what we can do together to address them."*

Our local MP, councillors and community leaders are being invited to attend and will be encouraged to take part in discussing how we respond as a community.

*The National Emergency Briefing* is supported by organisations across conservation, education, faith and civil society, including the Church of England, WWF, the National Trust, CPRE and the Royal Meteorological Society.

Find out more at [nebriefing.org](http://nebriefing.org)

*Richard Beach  
Newton Flotman Climate Care  
[Richard.beach1508@gmail.com](mailto:Richard.beach1508@gmail.com)*



## From Our MP

The ongoing conflict in the Middle East, particularly involving Iran, is deeply concerning. While it is right that the Prime Minister has been clear that this is not our war, we cannot pretend that events overseas will not have consequences here at home.

Oil prices have already risen significantly due to disruption in global supply routes, particularly through the Strait of Hormuz. As a result, fuel prices here in South Norfolk and across the UK have already begun to surge.

But this is only the beginning. Higher fuel costs will ripple across the economy, increasing the cost of transporting goods and, in turn, pushing up food prices. Fertiliser, heating and logistics could all become more expensive, with economists already warning that inflation could rise by around 1%.

For rural communities like ours, these pressures are even more apparent. When you rely on your car to get to work, take your children to school, or to attend appointments, rising fuel costs are not just an inconvenience but a serious financial strain.

That is why we must be honest about what lies ahead. But recognising the challenge is only the first step - we must also act.

First, there can be no tolerance for price gouging or unfair practices that take advantage of crises overseas. Regulators must be vigilant, and where companies are found to be exploiting the situation, they must be held to account. I have already taken swift action on recent heating oil price increases, securing meetings with Ministers, the Competition and Markets Authority and challenging companies directly - securing commitments from local oil suppliers to honour the original prices paid. This kind of action is exactly what we will need more of in months ahead.

Second, we must protect the most vulnerable. That means ensuring support is targeted where it is needed - whether through increasing energy support or local assistance schemes, I will press at all levels to ensure this support is delivered. While we cannot control events in the Middle East, we can control how we respond here at home.

As ever, I will continue to raise your concerns and call for action where it is needed most. If you need support or would like to share your views, please do get in touch at [ben.goldsborough.mp@parliament.uk](mailto:ben.goldsborough.mp@parliament.uk). I will continue working to ensure our community is supported through the challenges that lie ahead.

*Ben Goldsborough MP*



## Long Stratton Medical Partnership

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

### Men's Health - ED

Last month we looked at the female menopause, and now this month we thought it appropriate to discuss a topic with emphasis on men. Some may find it a sensitive topic, however it is important that there is increased awareness about the causes, and the fact that no-one needs to feel embarrassed to discuss this with a clinician.

Erectile dysfunction or impotence can be defined as the inability to get or sustain an erection sufficient to permit satisfactory sexual intercourse. 50-55% of men between the ages of 40 and 70 years old suffer from erectile dysfunction (ED), which constitutes around 4.3 million men in the UK.

What causes Erectile dysfunction?

Erectile dysfunction can be an early warning sign of high blood pressure or cholesterol and diabetes, and has also been linked with increased risks of cardiovascular disease.

The **common causes** are:

Cardiovascular disease in 40%.

Diabetes in 33%.

The remaining 25% are attributable to hormone imbalances in 11% (mainly high prolactin or low testosterone levels), neurological disorders in 10%, pelvic surgery or trauma in 3-5% and less commonly anatomical abnormalities in 1-3% like a tight foreskin.

Some drugs for blood pressure, depression and sedatives have the side effect of causing impotence.

Those who smoke and have excess alcohol intake are more likely to suffer from erectile dysfunction. The use of recreational drugs like heroin, cocaine, cannabis, methadone, anabolic steroids, and opiates can cause or exacerbate erectile dysfunction.

Psychological issues affecting sexual performance, also known as "performance anxiety", is not uncommon.

It is important to see or speak to a clinician who can then arrange necessary investigations, treat as there are various options, and refer appropriately to the Andrology service. In some situations, psychosexual counselling can be the main stay of management.

Look after yourselves physically and mentally. Seek help early.

*Mini Nelson*

## Partnership Deadline

The next edition of Partnership will be for June 2026. Deadline 14th May. 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.

## Newton Flotman Parish Council Notes

**Councillor Vacancy** After serving on the Parish Council since January 2025 Karen Elliott is moving on. The Parish Council would like to thank her for all her work over the last 15 months.

There is now a vacancy on the parish council. Interested residents are encouraged to contact the clerk on the details below or an existing Councillor to find out more about the role and attend a future meeting.

**New defibrillator on Ipswich Road** Following the removal of the Defib outside of the GP surgery the Parish Council have purchased a new defib which has been installed on the outside of Seastar Superbikes on Ipswich Road. This device, along with the one outside the village centre, gives a jolt of energy to the heart and helps get the heart beating again when someone is in cardiac arrest and their heart has stopped.

Anyone can use a defibrillator. You do not need training. Once you turn it on, it will give clear step-by-step voice instructions. The device checks the person's heart rhythm and will only tell you to give them a shock if it's needed. In the event of an emergency the 999 call handler is able to give out the code to release the device from the locked cabinet.

Watch the video below that tells you what a defibrillator is and how to use it.

[https://youtu.be/H4FjPn48aG0?si=q8xYF0JB\\_pgKsLIM](https://youtu.be/H4FjPn48aG0?si=q8xYF0JB_pgKsLIM)

The device will be regularly checked by the Parish Council to ensure it is "rescue ready".

Thank you to Seastar Superbikes for hosting the device and Heart 2 Heart Norfolk for supporting the Parish Council with the purchase of the device and cabinet.

**Bus Shelter refresh – reminder, deadline approaching** 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](mailto:clerk@newtonflotman-pc.gov.uk) by 11th May 2026

**Meetings** The Parish Council meets every month (except August and December) on a Tuesday evening. Forthcoming meetings are being held on Tuesday 19<sup>th</sup> May, 7:30pm, Church Room and Tuesday 23<sup>rd</sup> June, 7:30pm, Village Centre

The public are very welcome to attend parish council meetings and there is always an opportunity for you to ask questions and to have your say. Minutes of all meetings are posted on the Parish Council website – [www.newtonflotman-pc.gov.uk](http://www.newtonflotman-pc.gov.uk) Follow the Parish Council on Facebook

<https://www.facebook.com/NewtonFlotmanPC>

**Contacting the Council** c/o Maria Hutson, Clerk to the Parish Council 01508 447688 [clerk@newtonflotman-pc.gov.uk](mailto:clerk@newtonflotman-pc.gov.uk)

## What's On In Our Villages

### Social Club - Newton Flotman Village Centre

Friday 8th May - JP's Street Food

Friday 15th May - Peaky Pizza

Friday 22nd May - Tatos Food Van

Friday 29th May - Get Me To The Greek & live music with Shaun

### 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

9th May with Bric-a-brac for Christian Aid Week

### Film Night - Newton Flotman Village Centre

Tuesday 19th May - Hamnet

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 20th May

### 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 19th May - Newton Flotman PC

7:30pm - NF Village Centre

### Room Booking

Newton Flotman Village Centre:

Martin Brooks 07454 573410

[bookings@newtonflotmanvillagecentre.co.uk](mailto:bookings@newtonflotmanvillagecentre.co.uk)

Newton Flotman Church Room: Caroline Wolfe 01508 471238

Swainsthorpe St Peter's: Jackie Baker 07858 740763

## Swainsthorpe Parish Council Notes

The Swainsthorpe Parish Council meeting was held in St Peter's Church on the 11th March.

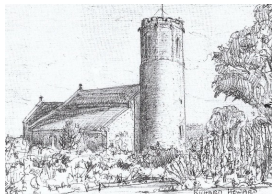
An update on the green energy projects was given by Charles Carron Brown. The EDF BESS on Ipswich Road is near completion and there is to be enhanced screening on the southern border. There are fewer HGV vehicles passing through the village to the Bloy's Grove Solar farm now as most of the modules have been delivered.

Village speed limits were discussed and the Clerk will contact Highways with a view to including The Vale within the village speed limit.

The grounds maintenance quote for the next three years was agreed and the members stated that they were pleased with the standard of work of our groundsman.

The purchase of a new seat for the green was agreed and was funded by our District Councillor.

Our Annual Parish meeting and Annual Parish Council meeting will take place on Wednesday 13<sup>th</sup> May at 7pm in St Peter's Community Centre. All residents are welcome to attend and meet the councillors over a glass of wine at the close of business.



Residents of Swainsthorpe are invited to the  
**Annual Parish Meeting**  
followed by the  
**Annual Parish Council Meeting**  
At 7 p.m. on Wednesday May 13<sup>th</sup>  
in the Swainsthorpe Community Centre

There will be presentations to update you on developments affecting the village.  
We will report on the final stages of the Swainsthorpe Neighbourhood Plan.  
Come along and find out about these and other local issues.  
Meet your Parish Councillors and join us in a glass of wine at the close of business.

## FIGS Afternoon Tea



**3PM-5PM SUNDAY 23<sup>RD</sup> AUGUST 2026**

**'THE CROFT', 60 CHURCH ROAD, SWAINSTHORPE**

*Enjoy a delicious afternoon tea, including classic scones and cakes.*

£12 per person to include complimentary tea/coffee.  
£15 per person to include a glass of prosecco.

*Bookings are essential as numbers will be limited!*

Please contact Sheena - [swainsthorpefigs@gmail.com](mailto:swainsthorpefigs@gmail.com)  
or 07758155959

## SUMMER FETE

**Saturday 4th July**  
**1pm to 4pm**  
VILLAGE GREEN, SWAINSTHORPE

INCLUDING:

- RAFFLE • BOTTLE TOMBOLA •
- DRINKS TENT - PIMMS AND G&TS • PLANT STALL •
- SPIN THE WHEEL GAME - PRIZE EVERY TIME! •
- ART TENT • ICE CREAMS • CHILDREN'S GAMES •

AND MORE...!

- REFRESHMENTS - CHOOSE FROM A DELICIOUS SELECTION OF HOMEMADE LIGHT LUNCH AND AFTERNOON TEA TREATS •

**PLUS • LIVE ENTERTAINMENT - ACTS TO BE CONFIRMED •**



## PUDDLEDUCKS PRESCHOOL

### 35<sup>th</sup> Birthday Summer Fayre

**Date: 11th July 2026** Family Fun  
**Time: 1:00 PM – 3:00 PM** Children's Activities  
**Location: Garden Games**  
**Jubilee Room** Birthday Cake  
**Mulbarton Village Hall**

Come and celebrate 35 wonderful years of Puddleducks Pre-School with families past and present.  
We look forward to celebrating with our community!

Registered Charity number: 1027069