

HEATHLANDS

NEWS

Issue 7

Blofield Heath, Pedham, Hemblington, Little & Great Plumstead

October 2025

Free



Your community newsletter

Cover: Blofield Heath Town Pit

Heathlands Social Club

Despite summer nearly being over and some torrential rain, we should still have some warm evenings ahead and for the foreseeable future, we will continue with our early opening and closing on Wednesdays, 4.30pm to 9pm, so make the most of the lighter evenings while you still can.

Our new addition of Hazy IPA on our rotating keg line has gone down well and by the time you read this, we should have available Peach Jubel (“a 4% lively lager that packs a fruity punch”) which has been requested by a number of members. Give it a try!

With the new football season upon us, we want to show key matches where we can, so check out our Facebook page and website for the latest.

Monthly Bar Quiz - Thursday 9th October, 7:30pm. Free entry, max six per team.

“No Frills” Band - Join us for an evening of music at Heathlands on Saturday 1st November. Bar opens at 5:30pm, music from 8pm. Tickets £5, all proceeds go to Heathlands. Sponsored by Us 2 U Consulting Ltd.

Heathlands Social Club Meeting - Our next meeting will be at 7pm on Monday 6th October at Heathlands. Please contact before attending.

Paul Grainger – Chairman, Heathlands Social Club

We still have a few spaces remaining for new hirers, the Committee Room is also available to hire for small meetings etc. If you think you might be interested please contact Jill Willott on 01603 714164 for a chat, thank you.

STREET DANCE CLASSES

MONDAYS AT HEATHLANDS BLOFIELD HEATH



Mini street 4-6yrs
Junior street 7-10yrs
Senior street 11-16yrs

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Starting from Monday 8th September

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✉ info@dance4allnorwich 🌐 dance4allnorwich.co.uk



🌐 heathlandscommunitycentre.org.uk
facebook.com/heathlands.socialclub

✉ **Contact Ben Garrod, Heathlands News editor:** news@heathlandscommunitycentre.org.uk
Contact Jill Willott for general Heathlands enquiries: jill.heathlands@yahoo.co.uk

What's on at Heathlands Community Centre

New - Yoga with Lisa Angel

Wednesday mornings starting from 24th September, 10am start. Suitable for all levels, complete beginners welcome. Cost: £10 drop in or £8 when booking a block of six classes. For more information contact Jill from Heathlands on 01603 714164.

New - Pilates with Jo Buckley

Jo Buckley is offering two Pilates classes on Tuesdays in addition to her Thursday class: Tuesdays 9.25am – 10.25am Improvers; Tuesdays 10.30am – 11.30am Beginners; Thursdays 9.15am – 10.15am Improvers (classes are during school term time).

Classes are booked and paid in advance, more information at jopilatesyoga.co.uk.

New - FI Fitness with Fiona Brooks

Friday mornings: 9.15am – Legs, bums, tums (a workout to tighten those wobbly bits and to make you feel good); 10.15am – Forever Fit (a low impact, slow workout for those wanting to remain mobile and independent longer).

For more information contact fifitnessnorwich@gmail.com.

Heathlands Management Committee Meeting

The next meeting will be at 7.30pm on Tuesday 7th October at Heathlands. Please contact before attending.

Tea and Chat

Tuesday 7th October, 2pm – 4pm. We're back! Bring your friends and come and join us for tea, coffee, cakes, scones, raffle as well as lots of chat.

Evening Bingo

Friday 10th and 24th October, eyes down at 7.30pm. A great evening with cash prizes and raffle, everyone is very welcome.

Afternoon Bingo

Friday 17th October, 2pm – 4pm in the Hall. Afternoon bingo is a new venture for us, come and join us!

Jumble Sale

Saturday 25th October, doors open at 2pm. Jumble welcome from 12 noon.

Christmas Fayre

A date for your diary: Saturday 15th November, more information next month.

Monday Club

If anyone is able to drive members to the Monday Club, we would love to hear from you. Please contact Barbara on 01603 712374.

Heathlands Updates

BROADBEAT CHOIR

We had a fabulous first choir session at Heathlands with a merry band of 26 people in all. We mainly focused on 'All Time High' by Rita Coolidge which featured in the Bond film Octopussy. We also sang 'Let It Snow,' with harmonies, to prepare for Christmas performances. We will look at one Christmas song each week so we're not 'snowed under' nearer the time!

We're open to all abilities and meet at Heathlands on Wednesday afternoons from 1.30pm, finishing at 3pm which is an ideal time if you need to collect children from school.

If you'd like to give us a try contact Sandra on 07899 676560 or just pop in. You'll get two free sessions then it's £7 when you come along. You will also have access to the website where you can download lyrics and listen to song parts.

BIRD IN HAND SUMMER PLANT SALES

I am pleased to report that our Plant Sales this year have been very successful, along with our August garden visits. We would like to thank everybody who stopped to buy plants and to all those who came to look around the garden and enjoyed a few hours break with teas and homemade cakes. The Hamper Raffle was won by Maureen from Little Plumstead and in total we managed to raise £2,350. This will be divided equally between Heathlands and Hemblington Church.

Thank you again to everyone who supported us this year. *Claire Norton*

Hire Heathlands for any occasion!

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Our Local Churches

HEMBLINGTON CHURCH

Friends of All Saints Church, Hemblington

Thanks to all who visited the art exhibition in church in September. Four members of the Great Yarmouth Guild of Arts and Craftsmen filled the church with beautiful examples of their skill and artistry. Visitors also enjoyed looking around the church and the homemade refreshments available. If other local artists or photographers might be interested in showing their work in the church next year, please get in touch with the Friends Secretary or one of the church team.

The Friends' Committee is thrilled to have been nominated in the Spaces for Nature and Wellbeing category of the Norfolk Community Biodiversity Awards 2025. There is to be a Biodiversity Fair at the Forum on Saturday, 4th October (10am – 2pm). The award ceremony will follow that at 3pm. Please cross your fingers for us!

Please also think about becoming a Friend of the church. The group helps to keep the building watertight and in good condition plus supports the work in keeping the churchyard as a wildlife haven. Whether you visit the churchyard to remember family or friends, enjoy the peacefulness of the church and churchyard, or are fascinated by the wall painting and other pre-Reformation architecture, we would welcome your support. Please contact the Secretary by email: hemblington@gmail.com / phone 01603 715804. Membership is just £10 per year.

Make & Mardle

The next sessions will be at Gables Farmhouse, Hemblington Hall Road, Hemblington (not at the church) on Thursday 23rd October & Tuesday 25th November from 10am to 12 noon. In December we will take a break & meet again in January. The usual format: coffee, cake, chat and optional craft – everyone will be most welcome. *For more information, call Catherine on 01603 270360.*

01603 715804 (Friends local contact) hemblingtonchurch.org.uk

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Our Local Churches

HEMBLINGTON CHURCH

National Church Awards 2025 – Community Volunteers section

The National Church Awards celebrate the dedication of people who care for and share the UK’s church buildings. The churchwardens at Hemblington nominated the Friends of All Saints in the Community Volunteers category, and we were delighted to reach the finalist shortlist.

Although we weren’t awarded the prize this year, the organisers told us it was very close, with many strong nominations. They have included us on the map of shortlisted churches on their finalists page: nationalchurchestrust.org/finalists-2025.

Our New Organ

We’re delighted to announce that Hemblington Church has a new organ - an Allen Protégé L-9. This replaces the failing digital piano and will be an asset to the church for years to come. *Pictured: organist Rory Marsden.*



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Our Local Churches

BLOFIELD CHURCH

Sunday afternoon concerts in Blofield Church

12th October – “In Dreamful Autumn” – choral music from Renaissance to the present day. A choir of singers from the region’s best ensembles in Norwich, Ely and Cambridge will be joining forces with the talented young organist Ben Garrod.

26th October – the Lowestoft Longshoremen singing traditional and new sea shanties and sea songs. Their performances often include audience participation and a focus on maritime themes.

Concerts start at 3pm, tickets £10 (card or cash on the door), includes afternoon tea.

Calling all crafts people!

Blofield Church’s Christmas Craft Fair will be held on Saturday, 22nd November from 10.30am to 2pm. If you would like to have a table please contact Barbara Pilch on 01603 714519 by 15th October.

As featured in last month’s Heathlands News, a new autobiography of local doctor, mayor and benefactor, Sir Peter Eade is now available for £10 with proceeds going to Blofield Church. Contact David Pilch on dbpilch@gmail.com

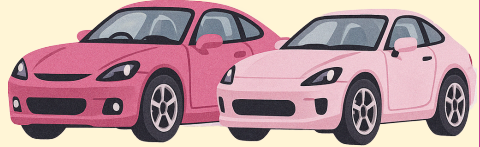
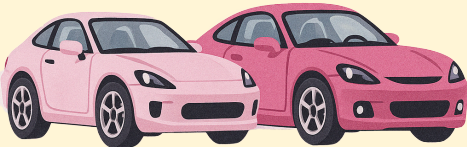
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Latest From Our Local Groups

GREAT AND LITTLE PLUMSTEAD GARDENING CLUB

With autumn on the horizon we look forward to the amazing colour that it brings and think about planting bulbs for next spring, the garden calendar is always forward looking.

Monday 6th October, 7.30pm meeting at Thorpe End Church Hall – our Autumn Show and James speaking on the topic of 'Bees'.

Sunday 12th October – Mystery Day Trip with lunch included (£35). If anyone is interested in joining us on this popular excursion, please call 01603 434584 or 01603 721906 and we'll be pleased to take your details.

Monday 3rd November, 7.30pm meeting at Great Plumstead Village Hall – we look forward to a talk on Wherries by Brian.

Newcomers are welcome to any of our meetings and events.

For more information about our events or becoming a member, please call Annette Cross on 01603 434584 or our Secretary Cherry on 01603 721906.



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Latest From Our Local Groups

BLOFIELD AND DISTRICT GARDENING CLUB

Wednesday 8th October, 7:30pm – the legendary Bob Coutts discussing “Practical Jobs for the Autumn”. The members’ competition is “A dahlia or chrysanthemum”.

Wednesday 12th November, 7:30pm – a talk by local beekeeper Lynda Hunt “Looking after Bees”. The members’ competition is “A Christmas meal for the birds”!

All are welcome to come along for these talks at The Margaret Harker Hall, Yarmouth Road Blofield (guests £2.50). Refreshments and £1 bring and buy table.

Local contact for queries: 01603 715804 Website: blofieldgardeningclub.org.uk

MELODY MEMORIES CAFE - SUPPORTED BY PLAYING FOR CAKE

Come sing for pleasure in a relaxed setting, have a cuppa and meet new friends. All welcome to this dementia-friendly event. Free entry, donations kindly received.

2.30pm – 4pm at Blofield Courthouse on the last Thursday of the month (mostly), starting on 30th October, then 27th November, 18th December and 29th January.

Contact Suzanne on 01603 716268 or zanniewilliams@gmail.com for information



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Village Updates

BLOFIELD AND DISTRICT CONSERVATION GROUP

BADCOG has been involved in local conservation management over 40 years. This active group undertakes site management of wildlife habitats ranging from fen meadow, woodland (old and new), ponds, churchyard conservation areas and a number of other sites some of which are designated Local Nature Reserves. All are rich habitats for flora and fauna.

Fortnightly work parties start at 10.30am and finish no later than 1pm. Anyone can come and join in for as little or as long as they like or just to see what we do. The next work parties will be on the following Saturdays: **11th October – Howe's Meadow; 25th October – Jary's Meadow; 8th November – Snowdrop Acre.**

For any changes to work party plans please see the website badcog.co.uk. Our evening meeting on **Friday 10th October at 7.30pm** in **Strumpshaw Community Hall**, Mill Road, Strumpshaw will be a talk by Kelly, the warden of Salhouse Broad.

Visitors are welcome and refreshments are available.

BLOFIELD HEATH WOMEN'S INSTITUTE

The Strawberry afternoon tea meeting was held on 12th August, an array of wonderful Victoria Sponges and other cakes as well as strawberries and cream were served. There was no speaker at this meeting, but the President provided a very entertaining quiz, and afterwards a game of bingo took place.

At our meeting on September 9th, everyone enjoyed a very informative talk and active demonstration of Tai Chi by Rachel Brown. Rachel has been teaching Tai Chi, the art of how to increase your flexibility, strength and improve cardiovascular fitness for many years. Most members whether sitting or standing took part in the moves Rachel taught, and enjoyed themselves. Afterwards refreshments of savouries and cakes were served.

The next meeting will be at Heathlands on Tuesday 14th October 2025, at 2pm.

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WORKERS' EDUCATIONAL ASSOCIATION BLOFIELD BRANCH

The local team of WEA volunteers is sad to report that it has not been possible to find a tutor to take a course in Blofield this autumn. However, we are pleased to confirm that a slightly different course format has been agreed for early next year.

“Why do we say that?” is the intriguing title of a six week course to be led by Janet Wilson. It will be held at Blofield Court House but instead of the tutor being there in person, she will appear ‘on the big screen’, though we will be able to interact with her.

The course will run on Tuesday mornings starting on 13th January 2026 (10am – 12 noon). Further information will be available nearer the time so people can enrol on this course.

Local contact for general information - email: blofield.branch@wea.ac.uk or phone: 01603 537029. Charity number 1112775

KEEP BLOFIELD SPECIAL

We are a small group of volunteers who like to keep our villages looking reasonably free of litter, we meet monthly for about an hour's litter-picking.

Litter-picks for October are on:

Monday 6th October, meet at Heathlands, Blofield Heath at 9.30am

Monday 13th October, meet at the Old Court House, Blofield at 9.30am

Anyone is welcome to join us, there is never a shortage of litter unfortunately! We also occasionally meet in the evening to plan forward litter picking dates and to discuss ideas that would help Keep Blofield Special. Please feel free to come along, new ideas always welcome!

Our next evening meeting is on Monday 13th October at Heathlands at 7pm.

Join our 50/50 lottery at Heathlands!

Only £6 a year to enter!



50% goes towards Heathlands, 5% goes towards the Christmas draw and 45% is paid out in the monthly prize draw. Ask for more details inside Heathlands' Social Club.

August Winners: Terry Deacon: £17.75, Paul Tacon: £10.65, Russell Hill: £3.55

July Winners: Terry Norton: £17.75, A Barrick, £10.65, Dawn Sparkes: £3.55

Advertisers: Cost from £15, with revenue going towards the production of this newsletter.

Contributors: Please send your submission by the 12th of each month to:

news@heathlandscommunitycentre.org.uk.

(Subject to the discretion of the editor and available space.)

Distributors: Please contact Ros Brister on 07941 087010 for any queries regarding distribution. We're always looking for people willing to help out with distribution around our villages – please get in touch!