

# HEATHLANDS

## NEWS



**Your community newsletter**

Sunset in Blofield Heath

**Issue 11**

**February 2026**

Blofield Heath, Pedham, Hemblington, Little & Great Plumstead

Free

## Heathlands Social Club

Welcome to Heathlands Social Club! Members benefit from cheaper bar prices, and guests are always welcome to visit. Single memberships are £10, and family memberships are £15. Now is a great time to renew, as 2025 memberships expired at the end of the year. Come and join us!

Sky Sports throughout the week on our two TVs - check our Facebook for listings.

It's been a busy festive period and I'd like to thank everybody for their help and support over the past few weeks. The start of a new year can sometimes be quiet but we're planning on holding more events at the Social Club over the next few weeks and will let you know more as our plans firm up.

If you haven't already done so, please renew your membership for the Social Club and pop in to see us for a drink or two.

*Paul Grainger – Chairman Heathlands Social Club*

### Upcoming Meetings

Heathlands Management Committee Meeting - Tuesday 3rd February at 7.30pm.

Heathlands Social Club Meeting - Monday 2nd February at 7pm. Please contact Jill on 07947881969 before attending.



What events would you be interested in attending at Heathlands? Please complete our questionnaire to help shape our upcoming events. Your responses are anonymous.

Scan or go to [tinyurl.com/heathlandsevents](https://tinyurl.com/heathlandsevents)



## Social Club Regular Opening Hours

*Check our Facebook page/website for latest updates*



Tuesday – doors open 7.30pm

Thursday – doors open 7.30pm

Saturday – doors open 5.30pm

Wednesday – doors open 4.30pm

Friday – doors open 4.30pm

Sunday – doors open 2pm

## 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 the Social Club!

## Upcoming Events at Heathlands

### Party Night Featuring the Wapscallions

We look forward to welcoming you to our Party Night featuring the Wapscallions (Foo Fighters, Coldplay, ELO, Jam, Killers, etc) on Saturday 7th February, 8pm-11pm, kindly sponsored by US2U Consulting. Tickets for this event have now sold out.

### Soul Afternoon

Sunday 15th February from 1pm. With free entry, a large dance floor and a bar, don't miss this afternoon of traditional northern soul music. In charge will be former Backstreet Soul Club DJs Paul Brister and Terry Starling assisted by Willow T (supported by warm-up DJs Ivan and Nick).

### Julie Bunn - Live Music in the Social Club

By popular request, we're introducing live music in the Social Club in February! Join us on Saturday 28th February for live music with Julie Bunn, free entry 8pm till 10pm. Her music includes Tina Turner, Shania Twain, Pink, Fleetwood Mac, ABBA and Blondie, plus modern tunes, motown and power ballads.

### Heathlands Social Club Quiz

Thursday 19th February at 8pm. Teams of six and no entry fee, come and join us!

### Tea and Chat

Come along from 2pm on Tuesday 17th February for lots of lovely cakes, sausage rolls etc, plenty of tea and coffee plus a raffle. Everyone welcome - bring your friends along for an enjoyable couple of hours.

### Bingo at Heathlands

Friday evening sessions are 30th January and 13th and 27th February, eyes down 7.30pm. Friday afternoon sessions are 6th and 20th February, eyes down at 2pm.

### Food Vendors at Heathlands

We welcome Nippy Chippy on Fridays, serving from 4:30pm, and Vlad's Pizza on Saturdays, serving from 5pm.

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## Activities at Heathlands

### Short Mat Bowls

Join us for short mat bowls Wednesday evenings from 7.45pm.

### Crib Night

Every Tuesday evening from 8pm – relaxed and friendly, open to all.

### Pilates with Jo Buckley

Pilates is a great exercise to mobilise and strengthen the spine and surrounding joints.

Tuesdays: 9.25am – 10.25am for improvers; 10.30am – 11.30am for beginners.

Thursdays: 9.15am – 10.15am for improvers; 10.30am – 11.30am for beginners.

For more information email [jopilatesyoga@gmail.com](mailto:jopilatesyoga@gmail.com), text 07554 780591 or visit [jopilatesyoga.co.uk](http://jopilatesyoga.co.uk).

### Yoga with Lisa Angel

Wednesdays: doors open at 9.15am for 9.30am start (1 hour class) - bring your own mat. Beginners welcome. Contact Lisa on 07513939000.

### Chair Yoga with Lisa Angel

Wednesdays: doors open at 10.45am for 11am start (1 hour class). Beginners welcome. Contact Lisa on 07513939000.

### Fi Fitness

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](mailto:fifitnessnorwich@gmail.com).

### Broadbeat Choir

If you like singing, laughing and having fun then maybe we're the choir for you! Come along for two free sessions and see what you think, hope to see you there.

We meet on Wednesdays and have a new start time of 2pm, finishing at 3.30pm.

Learn more about us on our website [broadbeatchoir.co.uk](http://broadbeatchoir.co.uk) or call Sandra on 07899 676560.

***Hire Heathlands for any occasion!***

Perfect for Wedding Receptions, Special Occasion Celebrations, Sports, Music or Business Meetings. Call Jill on 07947881969 for details.

## Heathlands Updates

### Heathlands Book Club

The new book club is proving to be a popular addition to the variety of activities available at Heathlands. We all volunteer titles of books we have enjoyed and from them compile a list, choosing one book a month and six months at a time. The books we have read so far have provided widely different subject matter and provoked some entertaining and lively discussions.

Our January book was the epic 'Exodus' by Leon Uris. Published in 1958, it gives a unique insight into Jewish history, including the indescribable horrors of the Nazi regime, the ghettos and death camps. However, the vital and overwhelming story of the book is about the courage and determination of the Jewish people and the monumental battle to establish a homeland in Palestine.

Our very different February choice is 'The Wolf Den' by Elodie Harper. Set in around 78AD, this is the first book of a trilogy following the fortunes of Amara, a beautiful and intelligent young woman, who was forced into slavery when her father's death plunged the family into penury. Amara's new life is in the Lupanar, the Wolf Den of the title, Pompeii's notorious brothel. Harper is an excellent storyteller and brings to full and vivid life the streets, people, sights and smells of this Roman city, before the eruption of Vesuvius.

The book club meets on the first Thursday of each month in the committee room at Heathlands. If you would like more information, contact Anne on 07789 523319 or just pop in to one of our meetings - you'll be very welcome!



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## Our Local Churches

### HEMBLINGTON MAKE AND MARDLE

Our next meetings will be held on Thursday 26th February and Tuesday 24th March at Gables Farmhouse, Hemblington Hall Road, Hemblington from 10am to 12 noon.

Usual format - coffee, cake, chat & optional craft, you will be most welcome.

*For more information, call Catherine on 01603 270 360.*

### WORLD DAY OF PRAYER 2026 - FRIDAY 6TH MARCH

This ecumenical initiative will be celebrated at Hemblington and has been prepared by the Christian ladies of Nigeria on the theme of 'I will give you rest, come'. All will be most welcome at the following:

In the morning at All Saints Church, Hemblington there will be informal time of prayer, reflection and fellowship between 10.30am and 1pm, drop in at any time. Join us for lunch at 12.15pm.

For more information contact [jennifer@prospero3.co.uk](mailto:jennifer@prospero3.co.uk) or phone 01603 716970.

In the afternoon we will join local Christian groups for the service at St Laurence Church, Brundall at 2pm (organised by the Brundall Christians Together Committee). For more information contact [piano40@btinternet.com](mailto:piano40@btinternet.com).

### CLEANING HEMBLINGTON CHURCH

We would like to increase our group of volunteers who help us with cleaning Hemblington Church. Every so often the group doing a particular role dwindles to such a level that we need to ask for external/more assistance and this is where we are at the moment with cleaning the church.

Please could you help us or do you know someone who might like to help us? The more we have in the group, then the less often each person will be called upon to help. Pat Patten ([ppatten953@gmail.com](mailto:ppatten953@gmail.com)) very ably co-ordinates this group so if you have any specific questions, please contact her directly. We look forward to hearing from you. Thank you so much.

## FRIENDS OF ALL SAINTS CHURCH, HEMBLINGTON

### Music Quiz - Friday evening 6th March at Heathlands

It's time to get your music albums and books out – David Bryant is going to test you on your knowledge of all things musical with his popular Music Quiz! There'll be a prize for the winning team as well as a raffle.

It's always a fun evening, with live guitar solos as well as dingbats and much more. The Heathlands bar is open, serving drinks at Club prices. Please organise your tickets early, so we know it can go ahead without worrying. Tables of up to six people at £5 per person. If you don't raise a full team, we can seat you with others.

Please contact Sue at [hemblington@gmail.com](mailto:hemblington@gmail.com) / 01603 714804 or Linda at [linda\\_bryant7@hotmail.com](mailto:linda_bryant7@hotmail.com) / 01603 715933.

### Churchyard Working Party - Friday 20th February, 10am to 12 noon

All are invited to come along and help be part of a churchyard working party! Before the birds start nesting, we can trim the tops of the hedges, cut back brambles, and generally get the churchyard ready for spring. Please bring any gardening equipment you are happy to use, eg loppers and secateurs, as well as good thick gardening gloves and stout footwear. Refreshments will be there - we hope you will be too!

If you would like any information about the aims of The Friends group, how to become a member or what events are being planned, please contact the Secretary at [hemblington@gmail.com](mailto:hemblington@gmail.com) / 01603 715804.

All Saints Church, Church Lane, off Hemblington Hall Road, Hemblington NR13 4EF

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## Latest from our Local Groups

### BRUNDALL MEN'S SHED

#### Restoring Old Valve Radios

Brundall Men's Shed has several community based projects. My contribution is to repair and restore old valve radios and add a Bluetooth module for modern convenience. If you have an unused set I would like to bring it back to life.

Les Reilly, 07951159054

### BLOFIELD AND DISTRICT GARDENING CLUB

The Club's year starts on Wednesday evening, 11th March (7.30pm) at The Margaret Harker Hall, Blofield. It will be a social evening with a short AGM followed by a buffet. All are very welcome to this free event where the titles of this year's talks and details about the Annual Summer Show will be outlined. Gardening-related presentations are held on the second Wednesday evening of most months and details will be available in local newsletters, on posters, and on our website. Do join us!

Contact: [blofieldgardeningclub@outlook.com](mailto:blofieldgardeningclub@outlook.com) / 01603 715804

Website: [blofieldgardeningclub.org.uk](http://blofieldgardeningclub.org.uk)

### SALHOUSE AND DISTRICT GARDENING CLUB

Our February meeting will be held on Tuesday 17th at 7.30pm when Dr Ian Bedford will be talking about and showing slides on "Britain's Butterflies".

We meet in Woodbastwick Village Hall, Slad Lane, Woodbastwick. Yearly membership is £20 or as a guest it's £4 for the meeting.

New members and visitors are very welcome, for more information contact Margaret on 01603 712691.



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## **GREAT AND LITTLE PLUMSTEAD GARDENING CLUB**

Due to the snow, we unfortunately had to cancel the start of our New Year's programme, our apologies for this.

We will recommence on Monday 2nd February at Great Plumstead Village Hall, starting at 7:30pm, welcoming a speaker from the Blood Bikes, a vital service which delivers blood, baby milk and anything else needed in an emergency. We look forward to learning more about the important work they do.

On Monday 2nd March at Thorpe End Church Hall we have a speaker on the subject of Pond Maintenance, starting at 7:30pm.

Finally, on Monday 13th April at Thorpe End Church Hall we welcome Paula Stones with her talk on herbs and how to use them, again starting at 7:30pm. We hope that the spring weather will have arrived by then, and the brighter evenings will encourage us to get into the garden.

Happy New Year from us all, and we always welcome newcomers to these meetings.

Contact Annette on 01603 454584 or Cherry on 01693 721906.

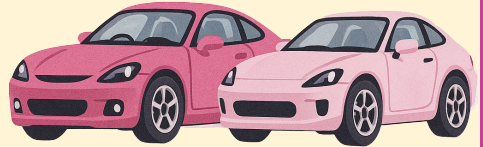
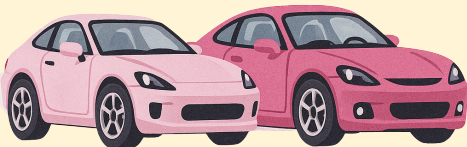
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8		7		4		1		
	9	1			2		8	3
6				1				
								1
1	4	2				7	5	8
			2	1				4
5	8			7	3			
					8	4	3	
3		6				8		5

5			8					
	8	3	6			1		2
2	4				9		8	
8	6	9				2	4	7
				6	8	9		
						8		
7		2	1	4				
			2				9	1
1	5					7	2	

Complete the grid so every row, column, and 3x3 square contains 1-9 exactly once.

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## WEA BLOFIELD BRANCH

It is with great sadness that the small group of volunteers at the Blofield branch confirms that the branch has had to close.

For 74 years, the Blofield branch offered short courses to local people wishing to keep their minds active and meet socially. However a combination of a lack of tutors willing to offer face to face courses with the WEA, and national funding restrictions for non-work-related courses, now mean that the volunteers at Blofield are not able to continue to organise this much appreciated service.

The team thanks all who have enrolled for courses over the years and supported the branch in many ways.

For those who would like to continue learning, the Norwich Lifelong Learning group offers many very interesting short courses and day schools. Their website is [norwichlifelonglearning.co.uk/courses](http://norwichlifelonglearning.co.uk/courses)



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

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