

# HEATHLANDS

## NEWS



**Your community newsletter**

**Spring Daffodils**

**Issue 12**

**March 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 last year. Come and join us!

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

Many of you will be aware of the recent press coverage of cost pressures on the hospitality sector and Heathlands is not immune to this. We've spent a lot of time recently looking at our prices and costs against a backdrop of increases from suppliers to alcohol duty and to the National Minimum Wage from April.

I am pleased to say that for members, we have managed to keep price increases to a minimum, with just small rises on Jubel, Birra Moretti and Guinness to reflect their much higher prices, along with some small increases to bottled beers, spirits and some soft drinks.

We have been able to achieve this minimal impact to members, by increasing all non-member's drinks prices, so that these are now at least 10% higher than those for members, giving a more compelling reason to remain a member each year. The increases will be effective from 1st March.

Finally, many thanks to Rachel Blackburn and US2U Consulting for sponsoring the Wapsallions on Saturday 7th February, it was a packed night and everybody had a great time. Thank you to everybody for your continued support.

*Paul Grainger – Chairman Heathlands Social Club*



### 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

### Upcoming Meetings

Heathlands Management Committee Meeting – Tuesday 3rd March at 7.30pm, *please contact Jill on 07947 881969 before attending.*

Heathlands Social Club Annual General Meeting – Monday 23rd March at 7pm, everyone welcome.

Heathlands Management Committee Annual General Meeting – Tuesday 24th March at 7.30pm, everyone welcome.

### Viktori Band – Saturday 7th March, 8pm-11pm

Join us for a fantastic evening, covering the absolute best of rock, guitars, drums and massive vocals, including pub rock, 90s, Tina Turner and ABBA. This is a free event; first come, first served to capacity of 80.

### Heathlands Social Club Quiz – Thursday 12th March, 8pm

Teams of six and no entry fee, come and join us!

### Six Nations Rugby on Sky Sports in the Social Club

Saturday 7th March – England v Italy (starts 4.40pm, bar open from 4.15pm)


Saturday 14th March – England v France (starts 8.10pm)

### Bingo at Heathlands

Friday evening sessions are 13th and 27th March, eyes down at 7.30pm. Friday afternoon sessions are 6th and 20th March, 2pm-4pm.

### Tea and Chat in the Main Hall

Come and join us between 2-4pm on Tuesday 17th March for tea, coffee, lovely cakes and more. Everyone welcome.



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## Activities at Heathlands

### Upcoming Garage Sale – Sunday 26th April

Lots of you are asking about this event!

Join us for our annual village garage sale on Sunday 26th April, 9am to 1pm. Maps will be on sale from 9am at Heathlands.

If you want to be included on the map, look out for the booking slip in next month's Heathlands News. *Any queries please call Jill on 01603 714164.*

### Food Vendors at Heathlands

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

### 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.

New three-week Complete Beginners Pilates Workshop, costing £30 and starting on 5th March 11:45am – 12:45pm.

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

**Business card adverts - £15**

**Half-page adverts - £30**

**Full-page adverts - £60**

**Interested?**

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### 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 targeted workout to tighten those wobbly bits, boost confidence, and leave you feeling great – open to all fitness levels).

10.15am – Forever Fit (a low-impact, slower-paced session designed to help you stay mobile, active, and independent for longer).

NEW Tuesday evenings: 5.30pm and 6.30pm sessions available – Circuit Training – Strength & Endurance (a full-body circuit class focused on building strength).

Come along, stay active and feel your best – everyone welcome. *For more information drop me an email at [fifitnessnorwich@gmail.com](mailto:fifitnessnorwich@gmail.com).*

### Monday Club – volunteers needed

The Monday Club meets every two weeks at the Heathlands and we are short of volunteers to help put the tables and chairs away at the end of our meetings. It only takes about half an hour from 2.30pm. *If you feel you are able to help with this please ring Sarah on 01603 714800 or Barbara on 01603 712374.*

### 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 on our website [broadbeatchoir.co.uk](http://broadbeatchoir.co.uk) or call Sandra on 07899 676560.*



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)*

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

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

## Local Events

### HEMBLINGTON MAKE AND MARDLE

Our next meeting will be held on Tuesday 24th March at Gables Farmhouse, Hemblington Hall Road, Hemblington and then on Thursday 23rd April we'll be back at All Saints Church, Hemblington (when we hope the weather will be warmer!)

Sessions are 10am to 12 noon with coffee, cake, chat and optional craft, you will be most welcome.

For more information, call Catherine on 01603 270360.

### ST MARY'S CHURCH SOUTH WALSHAM

#### Young Musicians' Concert - Saturday 11th April at 7:30pm

Join us for an evening of entertainment, provided by local talented young musicians. Enjoy a varied programme on a diverse range of instruments, including piano, flute, violin and singers. A great opportunity for young people to showcase their talents and your opportunity to see them!

Tickets £14, or £12 for friends, including complimentary drinks during the interval. Book online at: [ticketsource.co.uk/stlawrencesconcertseries](http://ticketsource.co.uk/stlawrencesconcertseries) or pre-book via Sue Hitchcock – tel 01603 270212, email [suehitchcock6@gmail.com](mailto:suehitchcock6@gmail.com)

Tickets may be available on the door but advance booking is recommended.

#### Grand Easter Egg Hunt - Saturday 4th April from 10am to 1pm

The Grand Easter Egg Hunt will take place on Saturday 4th April from 10am to 1pm in the churchyards of St Mary's and St Lawrence's, South Walsham. Organised with the support of local groups, the event includes an Easter Egg Hunt run by 1st South Walsham Brownies (£2 per entry), games by South Walsham Guides, a tombola from the Village Hall, refreshments provided by St Mary's Church, and the chance to parachute your teddy bear from St Mary's Church Tower.



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## MARGARET HARKER HALL EVENTS

### 'Eyes Down' interactive comedy thriller at Margaret Harker Hall, Blofield at 7pm Sunday 29th March

It's Bingo Night at The Stairway To Heaven Social Club and that can only mean one thing: 'Mr Razzle Dazzle' himself, Bertie Bingo is ready to host an evening of dabbers, Droopy Drawers and death! As games are played, houses are called, tension mounts, and before long a body is discovered, but whose number is up? How culpable are the audience? What really happened to the previous caller? And more importantly, who will win the novelty Toblerone?

'Eyes Down' is being performed thanks to Creative Arts East and Rural Touring Theatre and Just Some Theatre (recommended age 14). Tickets £12 earlybird / £14 available from [margaretharkerhall.sumupstore.com/products](http://margaretharkerhall.sumupstore.com/products)

### Blofield Summer Fayre at Margaret Harker Hall, Saturday 18th July

We are looking for craft stalls and community organisations to join us at the Blofield Summer Fayre on Saturday 18th July 2026 (10am – 2pm and 7 – 10pm. The application form for stall holders can be found on the 'news' section of [margaretharkerhall.co.uk](http://margaretharkerhall.co.uk)

It is promising to be a big event with dancing, choir, food and bar and a ceilidh in the evening. Ceilidh tickets are on sale at [margaretharkerhall.sumupstore.com/products](http://margaretharkerhall.sumupstore.com/products).

## LENTEN LUNCH AT BLOFIELD CHURCH

Do join us on Sunday 1st March at 12.15pm after the morning service.

There will be homemade soup and bread plus delicious puddings. Donations will support the work of the Hand in Hand Foundation in Zimbabwe.

*To help us with numbers for catering, please sign up at the back of church or phone 01603 715213 or 714519.*

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## Latest from our Local Groups

### **VILLAGE VOICES COMMUNITY CHOIR**

After a year of being based in Brundall, the community choir has returned to Blofield for their weekly session. The move 'south' was hugely beneficial and we welcomed a significant number of lovely new people, including a brand new bass section.

We sing a range of styles of music and all are welcome to come along to a practice to see what it's like. We're a very friendly group and we meet at Margaret Harker Hall on Wednesdays at 7.30pm.

For more info check out [villagevoices1.wixsite.com/choir](http://villagevoices1.wixsite.com/choir) or call Suzanne on 01603 716268.

### **KEEP BLOFIELD SPECIAL**

We meet twice monthly for about an hour's litter-picking helping keep our villages looking attractive and reasonably free of litter. You are welcome to join us. March litter-picks take place on:

*Monday 2nd March – meet at Heathlands, Blofield Heath at 9.30am*

*Monday 9th March – meet at the Old Court House, Blofield at 9.30am*

Anyone is welcome to come along, we are never short of litter! The informal collecting by residents when out walking or dog walking is much appreciated.

### **BLOFIELD AND DISTRICT GARDENING CLUB**

We meet at 7.30pm on the second Wednesday of most months at Margaret Harker Hall, Blofield. Details of our gardening-related presentations are available in local newsletters, on posters and on our website.

**Wednesday 11th March** – a social evening with a short AGM followed by a buffet and light-hearted quiz. 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.

**Wednesday 8th April** – 'Gardens in the Spring' is the title of a presentation by well-known local gardener Millie Jenkins.

**Wednesday 13th May** – Holly White, a local horticulturalist and specialist will be talking about 'Houseplants – their origins and care'.

Do join us! Local contact: [blofieldgardeningclub@outlook.com](mailto:blofieldgardeningclub@outlook.com), 01603 715804.  
Website: [blofieldgardeningclub.org.uk](http://blofieldgardeningclub.org.uk)

## BLOFIELD AND DISTRICT CONSERVATION GROUP

BADCOG is an active, local conservation group, undertaking practical site management of wildlife habitats to conserve, maintain and improve the diversity of our sites for nature conservation.

Fortnightly work parties on Saturday mornings 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.

**Saturday 14th March** – Holly Lane Pond (which is where BADCOG's work began in 1984)

**Saturday 28th March** – Jary's Meadow or Buckenham Woods

Our March evening meeting and presentation on a conservation theme will be on Friday 13th March at 7.30pm in Strumpshaw Community Hall, Mill Road, Strumpshaw. Details of our work parties and meeting are on [badcog.co.uk](http://badcog.co.uk)

Visitors are welcome and refreshments are available.



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## Heathfield Cars Blofield Heath

Jane and Phillip have now retired; they would like to thank all of their valued customers and friends for all of their business and support over the years.



Heathfield Cars Blofield Heath

# Village Updates

## GREAT & LITTLE PLUMSTEAD AND DISTRICT GARDENING CLUB

We were so pleased to welcome our members back on 2nd February for the start of our new year's programme after not being able to meet in January. Three people from 'Blood Bikes' came along, as well as the speaker there was a film show and an actual Blood Bike for everyone to see. We had a very enjoyable evening and it was good to be able to support this particular charity.

### Coming up:

**Monday 2nd March, 7.30pm** at Thorpe End Church Hall our next speaker's subject is 'pond maintenance'. With the start of spring, a much needed reminder to clear out winter weeds etc.

**Monday 13th April, 7.30pm** again at Thorpe End Church Hall we will welcome Paula Stones with a talk entitled 'herbs and how to use them'.

Also in April we are arranging another of our Mystery Day trips with lunch included. These are always popular - look out for full details in next month's Heathlands News. Enjoy the seasons as they come along! *If anyone wishes to join us please call Annette on 01603 434584 or Cherry on 01603 721906.*

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## BLOFIELD HEATH WOMEN'S INSTITUTE

At our January meeting we were joined by Anya from the local charity Little Lifts. They provide care and personal boxes to ladies who have suffered or are suffering from Breast Cancer. The boxes vary depending on whether pharmaceuticals are needed before surgery or after Chemo or Radiotherapy. Alongside Anya was Trisha, who had experienced the shock and trauma of Breast Cancer; she explained how well Little Lifts had supported her. Our members were very generous, raising over £200 for Little Lifts. A delicious tea of cakes and savouries was provided afterwards by the Tea Hostesses.

Our February meeting focused on the History of Tulips, very apt as we approach Springtime.




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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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**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 – so please get in touch!