

# HEATHLANDS

## NEWS



Your community newsletter

Happy Easter!

Issue 13

April 2026

Blofield Heath, Pedham, Hemblington, Little & Great Plumstead

Free

## Heathlands News - Our First Anniversary!

This month marks the first anniversary of Heathlands News, which I hope you all get a copy of and enjoy reading all the local news and chat. Heathlands Management Committee have always felt that a local magazine is an essential method to communicate with everyone, not just in Blofield Heath but also the surrounding parishes. Heathlands News is here to keep you informed of events and local news, especially for those who are perhaps less able to get out and about.

*Clare Norton – Chairman Heathlands Management Committee*

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### 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.

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The club has felt busier over the past few weeks, and I hope this continues as we get better weather, lighter evenings and a change to British Summer Time. Hopefully the warmer weather will give us all the opportunity to enjoy a drink outside at the club. Keep checking our website and Facebook pages for the latest news around bands and events and we're looking to repeat our successful wine tasting event on Monday 11th May – see full details on page three.

*Paul Grainger – Chairman Heathlands Social Club*



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

## Upcoming Events at Heathlands

### Bingo at Heathlands

Friday evening sessions are 10th and 24th April, eyes down at 7.30pm. Friday afternoon sessions are 3rd and 17th April, 2pm-4pm.

### Heathlands Social Club Quiz – Thursday 16th April, 8pm

Free entry, teams of six. Come and test your knowledge!

### Monday Club Jumble Sale – Saturday 18th April, 2pm

Join us for our popular jumble sale, in aid of the Monday Club. Jumble welcomed from 12 noon, and doors open at 2pm (50p entry.) Tea and cake being served.

### Tea and Chat in the Main Hall – Tuesday 21st April, 2pm

Come and join us between 2-4pm for tea, coffee and lovely cakes. Everyone welcome.

### Wine tasting evening – Monday 11th May, 7:30pm

Our successful wine tasting event is returning in May! There'll be several wines to taste and light buffet available. Tickets are £20 and available from the Social Club or ring 01603 714164 to reserve.

### Meetings this Month

**Heathlands Management Committee Meeting – Tuesday 7th April at 7:30pm**

**Heathlands Social Club Meeting – Monday 13th April at 7pm.**

Please contact Jill on 07947881969 before attending.

### Auction of Promises – Saturday 4th July

Join us for an 'auction of promises' at Heathlands this July. More details coming soon.

## 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!

### *February's Winners:*

Dawn Heatley - £17.75

Jean Carr - £10.65

David Harper - £3.55



## Activities at Heathlands

### Village Garage Sale – Sunday 26th April

Join us for our annual village garage sale on Sunday 26th April, 9am to 1pm. Maps will be on sale from 8:45am at Heathlands. There is an entry fee of £5 to open your garage and secure your place on the map. As an alternative to opening your garage, tables are on offer in Heathlands.

Sellers - please complete the entry form on the back cover.  
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.

*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.*

### 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.*

### 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).*

### 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.*

### Dancing Dimensions

Children's dance classes available with Dancing Dimensions; great for making friends and building confidence. Every Monday 4:30pm till 6:45pm. Call Caroline on 07990 877770 before attending for more information.

### Keep Fit With Zumba

Time to get out of that armchair and lay down some moves! Open to beginners and experienced 'zumarists' alike. Every Monday 6:45pm till 7:30pm. Call Caroline on 07990 877770 before attending for more information.

### Dance4All Norwich

An adult SEN dance/movement session, every Wednesday 5:45pm till 6:30pm. Call Caroline on 07990 877770 before attending for more information.

### Fitsteps Fitness Class

A dance fitness program available every Wednesday 6:45pm till 7:40pm. Call Caroline on 07990 877770 before attending for more information.

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

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

# Hemblington Church Updates

## ALL SAINTS CHURCH, HEMBLINGTON

### Hemblington Make and Mardle

Our upcoming Make and Mardle sessions are:

- Thursday 23rd April
- Tuesday 19th May
- Thursday 18th June

As we head into the warmer months, we'll be back at All Saints Church, Hemblington from Thursday 23rd April.

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.*

### Donate to Hemblington Church's Garage Sale Pitch!

It's time for the yearly spring clean! If you have any saleable items to donate, these would be greatly appreciated, and funds raised from these will be put towards maintenance of Hemblington Church.

We'll be at our usual pitch at the Bird in Hand, Mill Road - many thanks to Claire and Terry Norton.

Please support this great community initiative, pick up your map from Heathlands and come and see us!

*Contact Jennifer on 01603 716970 or Catherine on 01603 270360 for more information about donations.*



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## FRIENDS OF ALL SAINTS CHURCH, HEMBLINGTON

Thanks to all who came to the Grand Music Quiz at Heathlands on 6th March. Another fun evening which raised considerable funds for church repairs. Many thanks to David and Linda Bryant for all their hard work. Several events are being planned in church for the summer, so please get the dates in your diaries now!

### Free illustrated talk about Norwich Market – Saturday 6th June, 2:00 pm

Well known local historians Frances and Michael Holmes will be outlining the long history of this local gem, and what changes are being planned now. This will be followed by the Friends AGM.

### Norfolk Wildlife Trust Walk – Wednesday 10th June, Morning

Lucy Seely from the Norfolk Wildlife Trust will conduct a free wildflower walk around the churchyard, helping us to identify the lovely wild flowers and trees growing so freely there. This is part of Great Big Green Week – more details later.

### The Bayeux Tapestry Talk – Saturday 1st August, Afternoon

Popular, well-respected Medieval scholar and presenter Imogen Corrigan will offer an illustrated talk on The Bayeux Tapestry. This will be very helpful for anyone planning to see the exhibition being held at the British Museum between this September and July 2027.

### Weekend of 12th and 13th September – “Coast & Country” An exhibition of paintings by John S. Applegate.

Another opportunity to enjoy the skill of this much admired local artist.

*If you would like to learn more about what the Friends group has to offer, please contact the secretary on 01603 715804 or see the church website:*

[www.hemblingtonchurch.org.uk](http://www.hemblingtonchurch.org.uk)

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## Latest from our Local Groups

### **BLOFIELD HEATH WOMEN'S INSTITUTE**

Blofield Heath Women's Institute had meetings in February and March.

The February meeting had a speaker tell us very comprehensively the History of Tulips, which was very apt as we approach springtime.

In March, Tanya Knight visited us from Come Hoot with Me, an independent company that visits schools, organisations and WI's with her Owls. Tanya brought with her three owls, a Little Owl, a Tawny Owl and a Barn Owl, and told us all about them. They were very well behaved! Our members took photographs and some even had their photo taken with the owls. A very informative and interesting afternoon, and well attended by our members. We were delighted to welcome three new visitors who are going to join next month. The afternoon was superbly rounded off with refreshments including lovely savouries and cakes.

Our next meeting is on Tuesday 14th April at 2pm.

### **BLAFELDA PROBUS CLUB**

If you are a retired gentleman, or are about to retire, we are a friendly group that meets on the third Wednesday of each month at The Stag, Salhouse, for lunch followed by a talk from a guest speaker.

The club has been meeting for around 30 years and is locally run. We are also part of a wider worldwide organisation of individual clubs.

You would be very welcome to join us. For more details, contact:

*Secretary Alex Mason on 01603 716735*

*Mike Cole on 01603 713839*



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## 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 11th April** – Howe's Meadow, **Saturday 25th April** – Walsham Fen  
**Saturday 9th May** – Buckenham Woods

For further information please consult our website [badcog.co.uk](http://badcog.co.uk). Our evening meetings will continue in the autumn.

## 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.

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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## Latest from our Local Groups

### GREAT & LITTLE PLUMSTEAD AND DISTRICT GARDENING CLUB

The gardening year is slowly taking shape, and the spring bulbs will gradually be replaced by flowering shrubs. It is always a lovely time of year, with familiar plants returning to brighten our gardens once again.

**On Monday 13th April at 7.30pm, at Thorpe End Church Hall, we look forward to welcoming Paula Stone, who will be giving a talk on herbs and how to grow them.**

**On Monday 4th May at 7.30pm, at Great Plumstead Village Hall, our speaker will be Paul Corfield, with a talk on brassicas and vegetables. At this meeting we will also be holding our Spring Show. Hopefully the weather will settle down and allow the spring flowers to last until then.**

We will also be having our mystery coach outing in April. We have a full coach booked, so everyone can enjoy a good day out, with lunch included.

*We look forward to welcoming any new members to any of our meetings. For information and further details of events, please contact Annette on 01603 434584 or Cherry on 01603 721906.*

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## **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.

On Wednesday 8th April at 7:30pm we look forward to welcoming well-known local gardener Millie Jenkins for a presentation titled "Gardens in the Spring."

On Wednesday 13th May at 7:30pm, we'll be joined by Holly White, a local horticulturalist, who will be talking about "Houseplants – their origins and care."

Free light refreshments are offered after our gardening-related talks. Do join us! Annual membership is £10, which includes eight talks and entry into the Summer Show. Alternatively, our guest fee is £2.50 per meeting.

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

## **BLOFIELD CHURCH - YARE FOLK SUPPER CONCERT**

Blofield Church presents a supper concert by the Yare Folk with instrumental, traditional folk music and songs. On Sunday 26th April at 5pm, followed by supper. Tickets are £15, payable at the door by cash or card.

## **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. April litter-picks take place on:

*Monday 13th April – meet at Heathlands, Blofield Heath at 9.30am*

*Monday 20th April – meet at the Old Court House, Blofield at 9.30am*

Anyone is welcome to come along, we are never short of litter!

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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!

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## Heathlands Village Garage Sale Application Form

On Sunday 26th April there will be a 'Village Garage Sale' around Blofield Heath, Pedham and Hemblington. Map and refreshments available from Heathlands. If you would like to be included on the map please fill in this form and return it with £5 entry fee.

Name \_\_\_\_\_

Address \_\_\_\_\_

Please return to: 58 Mill Road, Blofield Heath, NR13 4QS, enclosing £5