



# HEATHLANDS

## NEWS

Your community newsletter

Spring Blossom

Issue 14

May 2026

Blofield Heath, Pedham, Hemblington, Little & Great Plumstead

Free

## Heathlands Social Club Updates

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. Come and join us!

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

### Updates from our Chairman

There's quite a lot going on at the moment and I wanted to share the following with you.

### Switch from Sky to TNT Sports

Some of you will be aware that we have been looking into the viability of continuing with Sky in the Social Club. Our monthly subscription has increased significantly recently, and at the same time, we have lost some extras such as the ability to choose different football matches due to us being on an old contract.

The cost of switching to the latest Sky Q contract with all the extras it brings would have been prohibitive for us as a club and we have taken the decision to switch to TNT Sports. This will mean some changes to the sports which we can show, but we will still have access to some Premier League football and need to work through what this means for us once the fixtures are known.

This will bring a substantial cost saving to us of around 50% of our current monthly cost, meaning we will have more money available to invest in our club. We're expecting Sky to continue to the end of this football season, with TNT becoming available around July.

### Summertime drinks sale!

We're running another drinks promotion from Tuesday 26th May to Sunday 31st May as a thank you for all your support (this is for members only so if you haven't joined yet, please do come along and sign up).

We're giving £1 off all standard measures of alcoholic drinks (ie single spirits, all small & large wines inc Prosecco, pints of ale, lager, cider and Guinness and bottled beers). I'm afraid this doesn't include half pints of beer, snacks, soft drinks or non-alcoholic beers, lagers or cider. I hope many of you will be able to come and visit us during this week.



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)

### Hello to Luma!

We're always looking at our selection of drinks and will be replacing LGR with a brand new keg IPA from Lacons called Luma.

The launch date is to be confirmed by Lacons, but likely to be during May. Look out for updates on our website or Facebook page.

### 2026 Football World Cup

With this year's World Cup being held in the USA, Canada and Mexico, some games will be scheduled for some unusual kick off times.

We will do our best to support opening times for these where we can, but need to be sure we have your support to make this worthwhile. If you would like to watch any of these England games (or any others), please do let us know and we'll do our best to staff the bars accordingly, subject to there being sufficient demand.

Group Stage games in June: Wed 17th England v Croatia 9pm kick-off ; Tues 23rd England v Ghana 9pm kick-off ; Sat 27th England v Panama 10pm kick-off.

*Paul Grainger – Chairman, Heathlands Social Club*

### Donate your old and foreign coins to Heathlands

Heathlands are now collecting any old or foreign coins or notes that you may have left over from your holiday or no longer need, which they will then be able to cash in to help with fundraising.

Look out for the box on the Bar counter in the Social Club if you'd like to donate. All contributions would be greatly appreciated.

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

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

### **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

### Wine Tasting evening – Monday 11th May, 7.30pm – cancelled

Sadly, we've had to cancel the wine tasting event but instead, will be holding a cheese and wine evening on Saturday 6th June – more details to follow.

### Heathlands Management Committee meeting – Tuesday 12 May, 7.30pm

Please contact Jill on 07947 881969 before attending.

### Social Club Quiz – Thursday May 14th, 8pm

Teams of six, no need to book, just turn up and play!

### Julie Bunn – Saturday 23rd May, 8pm

Join us 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.

### Auction of Promises – Saturday 4th July

Heathlands are joining with Hemblington Church to hold an "Auction of Promises" on Saturday 4th July at Heathlands to help raise funds for us both. We are aiming to have about 50 Promises and we have a wonderful Auctioneer to help guide us through the evening. We will have a break at half time for some nibbles. Please come and support!

If you have, or know anybody who would be prepared to offer a Promise, that would be extremely generous, please contact Jill on 07947 881969. More details to follow.

### Bingo at Heathlands

Friday evening sessions are 8th and 22nd May, eyes down at 7.30pm. It's a great evening, with a lovely raffle and the Bar always open. Friday afternoon sessions are 1st May, 15th May and 29th May, 2-4pm.

### Tea and chat – Tuesday May 19th, 2pm

Lovely cakes, sausage rolls etc, plenty of tea or coffee plus the raffle. Most of all, lots of chat! Come and join us, bring a friend as well.

## 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!

#### *March's Winners:*

T Webber - £17.75  
G Pickersgill - £10.65  
Aileen Fuller - £3.55

#### *April's Winners:*

Sarah Forster - £17.75  
L Buffini - £10.65  
Aileen Fuller - £3.55



## Activities at Heathlands

### 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.

### 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.

### 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.*

### Heathlands Book Club

The Book Club meets on the first Thursday of each month at 7.30pm in the Committee Room. For details contact Anne on 07789 523319.

### 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.*

## Activities at Heathlands

### 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 email Fiona at [fifitnessnorwich@gmail.com](mailto:fifitnessnorwich@gmail.com).*

### 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.



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# Village Updates

## HEMBLINGTON COMMUNITY LITTER PICK DAY

Hemblington Parish Council are inviting parishioners to the Hemblington Community Litter Pick Day as part of The Big Broadland Litter Pick on Saturday, 9th May 2026, meeting 11am at the Hemblington Village Sign.

Teams will split into three groups to cover Cutton's Corner, Pedham Road and Hemblington Hall Road. Please wear stout shoes, thick gardening gloves and Hi Viz if you have one. Litter grabbers and sacks will be provided. Looking forward to seeing you in our shared pride to keep our village tidy.

Any queries contact Tony on 01603 270360 or Caroline on 01603 270386.



## 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, we are never short of litter!

**Monday 11th May – meet at Heathlands, Blofield Heath at 9.30am** (on this day we are taking part in the Great Broadland Litter Pick, any one who would like to join us on this occasion will be very welcome).

**Monday 18th May – meet at the Old Court House, Blofield at 9.30am**

We also much appreciate the informal collecting by residents when out and about or dog walking.

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## Friends of All Saints Church, Hemblington

Several events are being planned at Hemblington Church during the summer, so please get the dates in your diaries now!

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

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.

### Wednesday morning, 10th June – Free wildflower walk

Norfolk Wildlife Trust Lucy Seely will conduct a free wildflower walk around the churchyard, helping us to identify the lovely wild flowers and trees growing so freely there. This will be followed by an hour's wildlife survey – all part of Great Big Green Week. Please look out for posters.

### Saturday afternoon, 1st August – Illustrated talk on the Bayeux Tapestry

Popular, well-respected Medieval scholar and presenter Imogen Corrigan will be talking about 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. Tickets including refreshments £10.

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

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

If you would like to learn more about these events and what the Friends group has to offer, *please contact the secretary on 01603 715804 or see the church website: [hemblingtonchurch.org.uk](http://hemblingtonchurch.org.uk)*



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## Latest from our Local Groups

### HEMBLINGTON MAKE AND MARDLE

The next few Make & Mardle sessions are at All Saints Church Hemblington from 10am to 12 noon (it may even be warmer to sit outside):

Tuesday 19th May  
Thursday 18th June

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

For more information call Catherine on 01603 270360.

### 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 and admire these sites in their spring-time splendour.

Saturday 9th May – Buckenham Woods  
Saturday 30th May – Howe's Meadow

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



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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 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 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**

**Wednesday 13th May, 7.30pm – “William Morris Gardens”**

Do join us for this illustrated talk by well-known horticulturalist and author Andrew Sankey. He will be discussing the start of the Arts and Crafts Garden Movement and Morris' love of plants and garden design. This replaces the planned talk about house plants as the speaker sadly had to cancel.

All our meetings are held in the Margaret Harker Hall, Yarmouth Road, Blofield, starting at 7.30pm. Free light refreshments are offered after our gardening-related talks. £10 annual membership includes 8 talks and entry into the Summer Show, or 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)

## **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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**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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