

HEATHLANDS

NEWS



Your community newsletter

Summer Roses

Issue 15

June 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

Here are a few things to tell you about happening over the next few weeks:

Father's Day is fast approaching, and we'd like to help you celebrate by offering all draught beers (ales, lagers, cider and Guinness) at a reduced price of £3 per pint (£1.50 for a half) on Sunday 21st June for members.

Just a reminder, our annual beer festival will return soon from Tuesday 14th to Sunday 19th July where we will have a wide range of unusual beers and ciders for you to try.

We are looking to recruit a Vice-Chairperson to join Heathlands Social Club Committee. The purpose of the role is to be an active member of the committee to help the club achieve its plans and deputise for the Chairman when needed. Please contact the social club for more details.

Paul Grainger – Chairman, Heathlands Social Club

Join our 50/50 lottery at Heathlands!

*Interested in joining our 50/50 lottery?
Find an application form on the back cover.*



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

 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

Upcoming Events at Heathlands

Heathlands Management Committee meeting – Tuesday 9th June, 7.30pm

Please contact jill on 07947 881969 before attending.

Cheese and Wine Evening – Saturday 6th June, 8pm

As promised, we will be holding a Cheese and Wine event on Saturday 6th June, 8pm. This isn't a formal wine tasting session but a chance to relax with a cheese platter and some wine. Each platter costs £10 and comes with your choice of a bottle of red, white or rose wine. *Please contact Jill on 07947 881969 to buy tickets.*

Tea and chat – Tuesday 16th June, 2pm till 4pm

Lovely cakes, sausage rolls etc, plenty of tea or coffee plus the raffle. Most of all, lots of chat! Come and join us and bring a friend! This is the last Tea and Chat until October.

Social Club Quiz – Thursday 18th June, 8pm

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

Bingo at Heathlands

Friday evening sessions are on the 5th and 19th of June, eyes down at 7.30pm. It's a great evening, with a lovely raffle and the bar is always open.

Friday afternoon sessions are on the 12th and 26th June, from 2pm till 4pm.

Auction of Promises – Saturday 4th July, 7:30pm

Heathlands are joining with Hemblington Church to hold an "Auction of Promises" on Saturday 4th July, 7:30pm at Heathlands to help raise funds for us both. We have now secured several promises from local businesses and are very grateful for their support.

The following businesses have promises on offer at our auction so far:

Lisa Angel	Archers Butchers
Local Gardener – offering two hours of his time	Wroxham Barns
Thursford Collection	Salhouse Lodge
Grain Brewery	Nippy Chippy
Majestic Wines	Tesco
Jo-Jo Hairdresser	Blofield Heath Post Office & Stores
Tamarind Fine Indian Dining	Smiths Coaches
Blofield Florist	Fairhaven Woodland and Water Garden
SPAR Supermarket	Heath Service Centre
Lacons Brewery	Silverline Limousines
Blofield Golf Club	Compass Financial Services
SHES Garden Centre	Blofield Heath WI

We have a wonderful auctioneer to help guide us through the evening and will have a break at half time for some nibbles. Tickets are £3 for entry. *Book a ticket by calling Jill on 07947 881969. More information to follow next month.*

Upcoming Events 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 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*; 10.25am – 11.25am for *Pilates Gold* (ideal for over 60s).

Join us for a new beginners class, every Thursday at 11.30am.

For more information email jopilatesyoga@gmail.com, text 07554 780591 or visit 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 07513 939000.*

Chair Yoga with Lisa Angel

Wednesdays: doors open at 10.45am for 11am start (1 hour class). Beginners welcome. *Contact Lisa on 07513 939000.*

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.*

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.*



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

Hire Heathlands for any occasion!

Perfect for Wedding Receptions, Special Occasion Celebrations, Sports, Music or Business Meetings. Call Jill on 07947 881969 for details.

Village Updates

DOG POLICY AT HEATHLANDS

Heathlands Management Committee have been asked again to consider allowing dogs at Heathlands.

All committee members still feel that our open green space, which is primarily for recreational activities, is a safer environment if dogs are not permitted especially where children are concerned.

This decision is supported partly by the number of dog exercise parks that are opening in the county, some within a short distance of Heathlands.

This subject will be kept under review annually.

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!

June's litter-picks take place on:

Monday 1st June, meet at Heathlands, Blofield Heath at 9.30am

Monday 8th June, 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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BLOFIELD AND DISTRICT GARDENING CLUB

Wednesday evening, 10th June (7.30 pm): "Herbs and their various uses" is the title of the talk to be given by Paula Stone, which will be very helpful to those of us who grow garden herbs (but don't always know how to use them fully!)

All you ever wanted to know about dahlias and begonias will be covered by Don Andrews on **Wednesday evening, 8th July (7.30 pm)** with his talk entitled "My life so far, Dahlias and Begonias".

Saturday afternoon, 11th July, from 2pm. All are invited to visit the Club's Summer Show. Exhibits include fruits, vegetables, plants, flowers and floral arrangements, baked goods and preserves. Free entry to the show, plant sale, refreshments available plus outstanding raffle. Auction sale of exhibits afterwards. A lovely community event - do come along.

All our meetings are held in the Margaret Harker Hall, Yarmouth Road, Blofield. Free light refreshments are offered after our evening gardening-related talks. Do join us! £10 annual membership which includes 8 talks and exhibiting in the Summer Show, or guest fee is £2.50 per meeting.

Local contact: blofieldgardeningclub@outlook.com, 01603 715804, blofieldgardeningclub.org.uk

HEMBLINGTON LITTER PICK

Hemblington Parish Council would like to thank parishioners who attended the Hemblington Litter Pick on Saturday 9th May 2026.

We collected a range of unusual litter as well as the expected items and look to plan another litter pick late Autumn.



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Friends of All Saints Church, Hemblington

Firstly may we thank everyone who helped us with the Village Garage Sale back in May.

To Heathlands for organising the event, to everyone who generously gave us items to sell and to Claire and Terry for sharing their prime village location. We had many lovely items for sale, and on the day the weather was kind, enabling more than £120 to be raised for the church. Thank you so much everyone.

Saturday afternoon, 6th June at 2pm: Free illustrated talk “A Market for our Times – the story of 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 light refreshments, then if you wish to stay, the Friends AGM.

Sunday morning, 7th June (9.30am): Revd Sue Shillam will be leading a special service relating to the environment. All warmly welcomed. Refreshments will be offered after the service.

Wednesday morning, 10th June (10.30 – 11.30am): Norfolk Wildlife Trust officer Lucy Seely will conduct a free wildflower walk around the churchyard, helping us to identify the lovely wildflowers, shrubs and trees growing so well there.

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At 12 noon we will hold an hour's wildlife survey – there should be much to record if the weather is kind, with birds, bees, butterflies, mammals and perhaps insect ID too, We have planned this to replace the birdwatch we used to hold at the end of January, when it was always very cold. June should be much warmer (we'd hope!).

All are very welcome to attend all of these free events in and around the church. They are part of Great Big Green Week. Please look out for posters.

The National Emergency Briefing film: the Friends and the “eco-team” of the church plan to organise a screening of this very important film locally this summer. It highlights scientists' concerns regarding climate change - how it will affect us all, and what we can do now to mitigate the effects. Whether you understand and believe that climate change is happening, or not, this is an important discussion to hold. All will be invited to see the film and take part in the discussion afterwards, to which our local MP, county and parish councillors will also be invited. Free event – and one of the most important issues of our lifetime.

Saturday afternoon, 1st August: 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. 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.

Hemblington Make and Mardle

The next Make & Mardle sessions are at All Saints Church Hemblington from 10am to 12 noon on **Thursday 18th June and Tuesday 28th July.**

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

For more information call Catherine on 01603 270360.



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Latest from our Local Groups

BLOFIELD CHURCH QUIZ

Join us for a summer quiz

Proceeds to Blofield Church to help us replace our heating boiler and continue to extend a warm welcome to all visitors.

A light hearted quiz for you, your family & friends to enjoy.

Quiz £2 ~ prize £20.

You have till September 11th to puzzle over it.

Available from June 1st at Blofield Church when there are services and from the side porch at The White House, The Street, Blofield.

BLOFIELD HEATH WOMEN'S INSTITUTE

In April, our speaker was Wally Webb who worked for Radio Norfolk for over 40 years. He was a marvellous speaker who told us stories of his career. Our members enjoyed a lively afternoon with lots of laughter.

Our speaker for May was Jean Clarke, who demonstrated face yoga. Every member who attended took part in Jean's relaxing yoga exercises; we all had fun and felt better afterwards.

At all meetings members always enjoy delicious cakes and savouries plus tea and coffee.

Our next meeting will be held on 9th June at 2pm when Mrs Jackie Noy will speak to us about the work of East Coast Truckers. New members would be very welcome.



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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 and admire these sites in their spring-time splendour.

Saturday 13th June – Walsham Fen

Saturday 27th June – Lingwood Churchyard

For further information please consult our website badcog.co.uk. Our evening meetings will continue in the autumn.



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Your payment can be cash, cheque or bank standing order. Multiple numbers can be held to increase your chance of winning!

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Renewals are now due for 2026. Please complete the form below to play in our lottery for the next year.

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I wish to renew/join the Heathlands 50/50 Lottery Club - *delete as appropriate*

Tick your preference

Bank standing order annually in advance (July) £6 per share

Account Name: Blofield Heath Community Centre (Heathlands)

Sort Code: 40-35-09 Account Number: 71270443

or

Cash/cheque annually in advance (July) £6 per share

Cheques made payable to Heathlands 50/50 Lottery Club

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Share numbers (existing members only): _____

Number of lottery shares required (new applicants): _____

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Signature: _____

Date: _____

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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 – so please get in touch!