

HEATHLANDS

NEWS



Your community newsletter

Summer is here!

Issue 16

Blofield Heath, Pedham, Hemblington, Little & Great Plumstead

July 2026

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!

We're welcoming TNT Sports to Heathlands (replacing Sky Sports) in early July! Keep updated on upcoming sports fixtures being shown by following us on Facebook - our opening hours accommodate major events.

Updates from our Chairman

Our next Summer Beer Festival is fast approaching, and we'll have a wide choice of ales, continental lagers and ciders available for you to enjoy again. Please do come and join us for a drink from Tuesday 14th to Sunday 19th July (which also happens to be the football World Cup Final!).

I'd like to welcome a new ladies' darts team to Heathlands who have moved to us from Spixworth Social Club. I hope you enjoy your new surroundings and wish you every success in the Wednesday league.

We're delighted to be showing the 2026 FIFA World Cup at Heathlands - all England games will be shown. Join us for a pint and support England!

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

Auction of Promises – Saturday 4th July, 7.30pm

This is a final reminder for you to buy your tickets for our Auction of Promises, which is on 4th July at Heathlands, starting at 7.30pm. Tickets are only £3, which includes a light buffet at half time.

In conjunction with Hemblington Church we have managed to secure nearly 50 wonderful Promises. The full list is available on Heathlands' website, so do have a look.

Please come and support this great event - you may even grab a bargain!

Tickets are £3 for entry. Book a ticket by calling Jill on 07947 881969.

Heathlands Management Committee meeting – Tuesday 7th July, 7.30pm

Please contact Jill on 07947 881969 before attending.

Jumble Sale – Saturday 11th July, 2pm

Join us for our popular jumble sale at Heathlands! Jumble welcome from 12 noon and doors open for buyers at 2pm.

Social Club Quiz – Thursday 23rd July, 8pm

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

Bingo at Heathlands

Friday afternoon sessions are on the 10th and 24th July, from 2pm till 4pm.

Friday evening sessions are on the 3rd and 17th July, eyes down at 7.30pm. It's a great evening, with a lovely raffle and the bar is always open.

Evening of Clairvoyance with Caroline Brewster – Saturday 1st August, 7pm

Join us for an Evening of Clairvoyance with Caroline Brewster. Tickets are £12. *For bookings and enquiries, please contact Brenda on 01493 444527 or 07748 915133.* Limited tickets may be available on the door.



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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 Pilates*; 10.30am – 11.30am for *Beginners Pilates*.

Thursdays: 9.15am – 10.15am for *Improvers Pilates*; 10.25am – 11.25am for *Pilates Gold* (ideal for over 60s).

Every Thursday at 11.30am: new *Beginners Pilates* class.

For more information email jopilatesyoga@gmail.com, text 07554 780591 or visit jopilatesyoga.co.uk. Classes in term time only.

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.*

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.*

Blofield Church

SUMMER GARDEN PARTY

Saturday 4th July, 1pm till 4pm

Come and enjoy a host of garden games, competitions with prizes galore, treasure hunts & crafts for children, teas, cakes & ice creams.

Bring your teddy for parachuting fun. Wind him on a rope up the side of the tower of Blofield Church and watch him float down.

SUMMER QUIZ

A light hearted quiz for you, your family & friends to enjoy. Quiz £2 ~ prize £20. You have till September 11th to puzzle over it.

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

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



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Friends of All Saints Church, Hemblington

The Bayeux Tapestry – Saturday 1st August, 2pm

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 in London between September and next July. Tickets including refreshments £10 in advance, or £12 on the day, space allowing. Please book your seat as soon as possible, contact details below.

Weekend of 12th and 13th September – “Coast & Country” An exhibition of paintings by John S Applegate (Saturday 10am–4.30pm & Sunday 11am–4.30pm)

Free entry and a chance to view and buy the paintings of this much admired local artist. Refreshments available. The exhibition is part of the Heritage Open Days events.

Although the church is open every day, these events offer a good opportunity to enjoy the church with its round tower, impressive Medieval wall painting and coloured font, and the well managed churchyard too. There is level access into the church and a wheelchair-friendly WC.

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, email hemblington@gmail.com, or see the church website hemblingtonchurch.org.uk.

A Market for our Times – Saturday 6th June

This event marked the beginning of Great Big Green Week at Hemblington and was a precursor to The Friends' Annual General Meeting.

We were very pleased to welcome over 50 people into Hemblington Church to hear the history of this central meeting point in the fine city of Norwich – its Market Place. Presented by Frances and Michael Holmes, the talk was illustrated by early drawings, paintings, later photographs and interviews with current stall holders, earlier architects and others involved with the market over many years. The presentation was a lively and well-researched history of how the market has changed over the centuries, and what is being proposed for its future. Thank you to everyone who attended and generously donated to the Church Repair Fund.

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Village Updates

HEMBLINGTON MAKE AND MARDLE

The next Make & Mardle sessions are at All Saints Church Hemblington from 10am to 12 noon on **Tuesday 28th July** and **Thursday 20th August**.

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

For more information call Catherine on 01603 270360.

ANNUAL FOOTPATH WALKS IN BLOFIELD AND BLOFIELD HEATH

Come and enjoy an evening stroll with the Footpath Wardens on the annual footpath walks at:

Blofield on Thursday 9th July at 6.30pm, meeting at Blofield Courthouse
Blofield Heath on Thursday 16th July at 6.30pm, meeting at Heathlands

Look forward to seeing you for an evening stroll - *Yvonne and Tricia*

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BLOFIELD HEATH WOMEN'S INSTITUTE

At our meeting on 9th June the speaker, Mrs Jackie Noy from East Coast Truckers gave us an insight into the excellent work undertaken by the charity to help underprivileged and disabled children. Starting in 1981, it has grown and is widely recognised and appreciated today. East Coast Truckers is run totally by unpaid volunteers, drivers, helpers and marshals. The charity is now also able to offer families a break at a holiday park. Our Christmas activities include a visit to the circus, complete with a visit from Santa with a gift and a Christmas meal which brings great delight. Our members were very generous and contributed to the donation box and to the small display of gifts. The meeting concluded with superb cakes and savouries alongside tea and coffee provided by our tea hostesses.

Our next meeting will be held on 14th July when our speaker Phyllida Scrivens will talk about Lady Lord Mayors of Norwich. New members are more than welcome.

Blofield WI will be participating at Heathlands' Auction of Promises on 4th July. We will be baking cakes from July through to December, with the lucky bidder receiving one superbly made cake each month. The cakes will be: July – Coffee and Walnut; August – Apricot Fruit Cake; September – Lemon Drizzle Cake; October – Ginger Cake; November – Caramel Cake; December – Chocolate Cake. Please support this event if you can.

Gillian Weston, Secretary, Blofield Heath WI

THE PEOPLE'S NATIONAL EMERGENCY BRIEFING FILM

The People's National Emergency Briefing Film: Heathlands Community Centre – Thursday 2nd July, 7pm

Please come to see this very important film, which highlights scientists' concerns regarding climate change, how it affects us all and what we can do now to help mitigate future effects. It's part of a wider programme of screenings taking place across the UK, designed to help communities understand the climate and nature crisis and discuss what it means locally. The event will include a short, facilitated discussion afterwards.

The screening has been organised by the Friends and the eco-team of Hemblington Church but it is supported by many national organisations and is apolitical. Whether you understand and believe that climate change is happening or not, this is an important discussion to hold. You are all invited to see the film and take part in the discussion, to which our local MP, county and parish councillors have also been invited. This is a free event – and one of the most important issues of our lifetime.

Please book your free seat on the Ticket Tailor website via the following link [buytickets.at/thefriendsofthefallsaintschurchhemblingtonnorfolk/2255553](https://www.tickettailor.com/events/friendsofthefallsaintschurchhemblingtonnorfolk/2255553) or contact the organiser on 01603 715804 or hemblington@gmail.com

Latest from our Local Groups

BLOFIELD AND DISTRICT CONSERVATION GROUP

BADCOG is an active group which undertakes site management of local wildlife habitats, undertaking fortnightly work parties on Saturday mornings starting at 10.30am and finishing no later than 1pm. Anyone is welcome 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 summer splendour.

We will be carrying out annual cuts and clearances of these two churchyards on **Saturday 11th July at Blofield Churchyard and Saturday 25th July at Hemblington Churchyard.**

For more details please consult the website badcog.co.uk.

BLOFIELD AND DISTRICT GARDENING CLUB

Wednesday 8th July, 7.30pm – Talk

All you ever wanted to know about dahlias and begonias will be covered by Don Andrews with his talk entitled 'My life so far, Dahlias and Begonias'.

Saturday 11th July, from 2pm – Summer Show

Exhibits include fruits, vegetables, plants, flowers and floral arrangements, baked goods and preserves. Free entry, plant sale, refreshments, plus outstanding raffle. Auction sale of exhibits afterwards. A lovely community event, please do come along.

No meeting in August, we meet again on Wednesday 9th September at 7.30pm.

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! Annual membership is just £10 which includes 8 talks and exhibiting produce in the Summer Show, or guest fee is £2.50 per evening meeting.

Contact blofieldgardeningclub@outlook.com, 01603 715804, website blofieldgardeningclub.org.uk

KEEP BLOFIELD SPECIAL

We welcome you to come and join a friendly group who enjoy a short period of exercise twice a month strolling about our villages for about an hour's litter-picking. Equipment of litter pickers, high-vis waistcoats and bags are available. We aim to keep our villages looking attractive and reasonably free of litter. July litter-picks take place on:

Monday 6th July, meet at Heathlands, Blofield Heath at 9.30am

Monday 13th July, meet at the Old Court House, Blofield at 9.30am

We also much appreciate the informal collecting done by residents.

GREAT & LITTLE PLUMSTEAD AND DISTRICT GARDENING CLUB

June arrived with lots of rain at the start after a very warm sunny May. Our British weather is very unpredictable, but we all try and make the most of whatever comes along.

Monday 6th July 7.30pm at Thorpe End Church Hall

We look forward to a visit from Luci Skinner with a talk on *Salvias*.

Saturday 1st August 2pm, Summer Show at Great Plumstead Village Hall

We look forward to welcoming everyone to come along and enjoy our summer event with plants, flowers, cakes and teas for everyone to enjoy.

Monday 3rd August 7.30pm at Great Plumstead Village Hall

We welcome David Bryant with his talk entitled 'Wildlife in a Country Churchyard'.

Anyone wishing to join us at any of these events may contact Annette 01603 434584 or Cherry on 01603 721906 for further information.



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Join our 50/50 lottery at Heathlands!

A great way to have fun and support Heathlands.



We currently have 142 members, generating a pot of £71 per month. 50% goes towards Heathlands and 50% is paid out in cash prizes, including a big Christmas draw!

Results are published in Heathlands News, our Facebook page and on notice boards inside Heathlands.

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

One number for only £6 a year!

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

Please deliver to: The Promoter, 17 Mill Road, Blofield Heath, NR13 4QJ

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

Applicant's name (block capitals): _____

Share numbers (existing members only): _____

Number of lottery shares required (new applicants): _____

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Signature: _____

Date: _____

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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!