

HEATHLANDS

NEWS



Your community newsletter

Summer sunflowers

Issue 17

August 2026

Blofield Heath, Pedham, Hemblington, Little & Great Plumstead

Free

Upcoming Events at Heathlands

Welcome to Heathlands Social Club! We have a friendly members' bar serving a wide range of real ales, draught lagers, wines, spirits and soft drinks, along with a busy programme of social events throughout the year. 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 and become part of our thriving community!

We're welcoming TNT Sports to Heathlands (replacing Sky Sports), bringing even more live football, rugby, cricket, boxing and other major sporting events to the club. Keep up to date with upcoming fixtures by following us on Facebook.

A huge thank you to everybody who supported our Summer Beer Festival. We had a great week, with enjoyable music and fantastic weather. I'd like to take this opportunity to thank everybody who helped support the club during the week, including members, guests, staff, volunteers, musicians and beer sponsors.

Paul Grainger – Chairman, Heathlands Social Club

Heathlands Management Committee meeting – Tuesday 4th August, 7:30pm

Please contact Jill on 07947 881969 before attending.

Live music with Umgawa Kagooga – Friday 7th August from 6:30pm

Join us for an evening of 80s hits with the brilliant Umgawa Kagooga live at Heathlands on the outdoor patio!

An evening of entertainment with Sam – Saturday 8th August from 7:30pm

Enjoy a selection of songs from the 60s, 70s and 80s with talented vocalist Sam.

An evening of entertainment with Libby Taylor – Saturday 15th August from 7pm till 10pm

Enjoy a selection of popular songs from talented vocalist Libby Taylor.

Social Club Quiz – Thursday 20th August, 8pm

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

Bingo at Heathlands

Friday afternoon sessions are on the 7th and 21st August, from 2pm till 4pm.

Friday evening sessions are on the 14th and 28th August, eyes down at 7.30pm. It's a great evening, with a lovely raffle and the bar is always open.



Social Club Regular Opening Hours

Check our Facebook page/website for the 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

Activities at Heathlands

Auction of Promises

We had a wonderful evening on Saturday 4th July when, in conjunction with members of Hemblington Church, we had our “Auction of Promises” at Heathlands. Between us we had managed to collect an amazing display of promises, not only from very generous individuals, but also from a good number of local businesses, to which we are all extremely grateful.

We were very lucky to have a professional auctioneer and the whole evening was a great community event, plus we managed to raise over £2,700, which was a remarkable achievement.

Thank you to everyone who helped, to everyone who gave and to everyone who purchased a promise.

Claire Norton – Chairman, Heathlands Management Committee

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.

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.*

 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

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.*

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.

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 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.

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!

May's Winners:

Garret Knowles - £17.75
James Porter - £10.65
Sarah Forster - £3.55

June's Winners:

F Milliken - £17.75
J Johnson - £10.65
James Porter - £3.55



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All Saints Church, Hemblington

The Friends of All Saints Church, Hemblington

Saturday 1st August, afternoon

Popular, well-respected Medieval scholar and presenter Imogen Corrigan will offer an illustrated talk in church 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 in advance, or £12 "on the door", spacing allowing.

Weekend of 12th and 13th September

"Coast & Country" An exhibition of paintings by John S. Applegate. Do come along to this free exhibition in church - a second opportunity to enjoy the skill of this much admired local artist. See the church in a new light, adorned by wonderful works of art, with the added pleasure of home-made refreshments too!

If you would like to learn more about these events, book a ticket for the Bayeux Tapestry talk, and find what the Friends group has to offer, please contact the secretary on 01603 715804 or email: hemblington@gmail.com or see the church website hemblingtonchurch.org.uk.



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Hemblington Make and Mardle

The next Make & Mardle sessions are at All Saints Church Hemblington from 10am to 12 noon on **Thursday 20th August and Tuesday 22nd September**.

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

“Coast & Country”

Hemblington Church 12th –13th September



**An exhibition of oil paintings of Norfolk scenes
by local artist John S. Applegate**

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Village Updates

BLOFIELD FUEL CHARITY

The Trustees of the Blofield Fuel Charity have agreed that the application forms will be available from 31st August till the 5th October 2026 and will be available from Blofield Newsagents and Blofield Heath Post Office. The payments given out by the Trustees are to assist with fuel bills.

There are certain criteria that applicants have to meet, please contact the Clerk for more information on 01603 714800.

HEMBLINGTON PARISH COUNCIL

This month has seen the completion of the annual walking of Hemblington paths, and the successful repainting of the telephone box on Pedham Green.

Parish Councillors, Caroline Ramsay and Rose Niescierowicz worked tirelessly to prepare, prime and paint the phone box over three days to give it a fresh overhaul. The phone box is central to Pedham Green and houses the village defibrillator.



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RIBA 

GREAT & LITTLE PLUMSTEAD AND DISTRICT GARDENING CLUB

Our July meeting featured a visit from Luci Skinner, with a talk and display on the fantastic range of salvias. With so many different varieties to suit all gardens and spaces, it was a very enjoyable and well-attended evening, despite the very warm weather. This hot spell is making it difficult for everyone trying to keep plants alive and thriving. Perhaps a Mediterranean theme might be worth thinking about for us gardeners in the future!

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

We look forward to welcoming everyone to our Summer Show. Members' exhibits of flowers, plants, fruit and vegetables will be on display, along with a range of stalls. There will also be coffee, tea and cakes to enjoy.

Monday 3rd August, 7:30pm – Great Plumstead Village Hall

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

There is lots to look forward to in the coming months for our group, including an outing to Wollaton Hall, Deer Park and Gardens on Saturday 6th September.

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

THE PEOPLE'S NATIONAL EMERGENCY BRIEFING FILM

The People's Emergency Briefing film was shown at Heathlands Community Centre, Blofield Heath, on Thursday evening, 2nd July. It had been organised by the Hemblington church eco-team, a small group of people working towards a more sustainable and ecologically friendly approach to life within the church and the local community. 70 people watched the film, with the majority staying on for group discussions concerning their reaction to the film, what struck them most or inspired them, their thoughts on what a local response might look like, and how people might use their skills and resources to contribute to a local response.

The eco-team will be reviewing the feedback from attendees and considering what can be proposed locally. This might include trying to ensure that more people understand the threats that climate change is bringing and what approaches may be made to mitigate against them.

If you would like to learn more about the Briefing film, and perhaps organise a screening in your local area, please look at their website: nebriefing.org.

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 to 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.

Our next work parties are:

Saturday 8th August – Howe's Meadow

Saturday 22nd August – Jary's Meadow

Saturday 5th September – Walsham Fen

For more details please consult the website badcog.co.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. August litter-picks take place on:

Monday 10th August, meet at Heathlands, Blofield Heath at 9:30am

Monday 17th August, meet at the Old Court House, Blofield at 9:30am

We also much appreciate the informal collecting done by residents.

WHAT'S ON AT MARGARET HARKER HALL

On Tuesday 11th August, Paperback Theatre presents a new adaptation of The Railway Children, bringing E. Nesbit's much-loved classic to life with an entertaining performance suitable for all ages. Doors open at 4:30pm, with the show starting at 5pm. Tickets cost £10 for adults and £8 concessions, with an optional squash and biscuit included. Book online by visiting margaretharkerhall.sumupstore.com.

Then on Thursday 20th August, the hall hosts a day of family art and craft workshops. Children can create colourful mosaic garden plaques and shimmering sun catchers with Sarah's Mosaics, while adults and older children can enjoy monoprinting and beginner-friendly jewellery making with Laserly Designs. Workshops are bookable individually, with activities available for a range of ages and abilities. Book tickets by visiting margaretharkerhall.co.uk.

BLOFIELD AND DISTRICT GARDENING CLUB

Thanks to all who exhibited in and visited our Summer Show in July. An amazing array of fruits, vegetables, flowers and plants, especially considering the very strange spring and summer weather we've "enjoyed". The Club does not meet in August.

Wednesday 9th September, 7:30pm is our next meeting. All you ever wanted to know about companion planting will be covered by the very popular and knowledgeable Dr Ian Bedford in his talk entitled "Companion planting for a balanced garden".

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 evening meeting.

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



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MACMILLAN CANCER SUPPORT

Preserve Making

If anyone has a surplus of fruit or vegetables in their garden or allotments would you please consider donating so I can make preserves to raise money for Macmillan Cancer Support. Please contact Jackie on 01603 717382 or 07928 584113.

Coffee Morning

This year's Coffee Morning in aid of Macmillan Cancer Support will be held at Heathlands Community Centre on:

Saturday 19th September, 12 noon to 3pm

There will be plenty of tea, coffee and delicious treats to enjoy, along with a large raffle, tombola, homemade preserves and a white elephant stall.

Please come along and support this very worthy cause. All donations raised will go towards Macmillan's vital work.

Anyone who would like to donate a raffle or tombola prize, or bake a cake, please contact Jackie on 01603 717382 or 07928 584113.



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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!