

HEATHLANDS

NEWS

BLOFIELD



HEATH

Your community newsletter

Blofield Heath Village Sign

Issue 18

September 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. Grab a reduced membership for the remainder of the year: single memberships are £5, and family memberships are £10. 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.

It's been a busy summer with still more to come; see our upcoming events below. Keep an eye out for what we're showing on TNT Sports and please do come and have a drink at the club while the weather is still good!

Paul Grainger – Chairman, Heathlands Social Club

Many thanks to Umgawa Kagooga for playing for us on Friday 7th August, and to Sam on Saturday 8th August; both were fantastic evenings of music.

No Frills – 50 Years of Punk at Heathlands – Saturday 5th September, 8pm

Celebrate 50 years of punk with No Frills at Heathlands. Join us for an evening of live music! Admission is £5 in advance or on the door, over 18s only.

Heathlands Management Committee meeting – Tuesday 8th September, 7:30pm

Please contact Jill on 07947 881969 before attending.

Julie Bunn Vocalist – Saturday 19th September, 7:30pm

Join us for an evening of pop hits through the decades with vocalist Julie Bunn. Featuring songs by Eurythmics, Tina Turner, Blondie, Pink and more!

Not to be missed – starting at 7:30pm.

Bingo at Heathlands

Friday afternoon sessions are on the 4th and 18th September, from 2pm till 4pm.

Friday evening sessions are on the 11th and 25th September, 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

Social Club Quiz – Thursday 17th September, 8pm

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

Heathlands Jumble Sale – Saturday 10th October

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

Tea and Chat – Tuesday 20th October, 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, bring a friend as well.

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.*

Crib Night

Every Tuesday evening from 8pm – relaxed and friendly, open to all.

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.

 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 programme 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.*

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!**

Chair Yoga with Lisa Angel

Wednesdays: doors open at 10:45am for 11am start (1 hour class). Beginners welcome.
Contact Lisa on 07513 939000.

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.

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Our Local Churches

The Friends of All Saints Church, Hemblington

Prepare to enjoy seeing the church full of exquisitely observed paintings by Gorleston artist John S. Applegate. Over the weekend of **12th and 13th September** you will be able to see this amazing display, and perhaps be tempted to buy one! There is no charge to see the exhibition and enjoy the facilities of the church: level access pathway and wheelchair-accessible toilet, huge St Christopher wall painting and the tranquillity of the churchyards. Refreshments will be available all during the exhibition too.

If you would like to learn more about the history of the church, its architecture and stonework, we are offering short tours on **Sunday 20th September**, as part of Heritage Open Days. Please contact churchwarden Catherine on 01603 270360 to book a free place.

If you would like more information about the Friends group, please contact the secretary on 01603 715804 or email: hemblington@gmail.com or see the church website hemblingtonchurch.org.uk.

“Coast & Country”

Hemblington Church 12th –13th September



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

FREE ENTRY, REFRESHMENTS, PAINTINGS FOR SALE

Saturday 10am-4.30pm & Sunday 11am-4.30pm

All Saints Church, Church Lane, Hemblington, NR13 4EF

Hemblington Make and Mardle

The next Make & Mardle session is at All Saints Church, Hemblington from 10am to 12 noon on **Tuesday 22nd September**. On **Thursday 22nd October**, we will move to Gables Farmhouse, Hemblington Hall Road, Hemblington. Usual format - coffee, cake, chat and optional craft, everyone will be most welcome.

For more information call Catherine on 01603 270360.

Hemblington Church Eco-Team News

A small team of people keen to encourage environmental awareness in the local community at Hemblington has worked hard over the last few years to reach good standards of sustainable living as advocated by the A Rocha foundation.

The team has looked at the use of green energy in the church, reuse and recycling of materials and managing the churchyards for wildlife. A recent approach has been to show "The People's Emergency Briefing film" at Heathlands in July.

The interest and enthusiasm of many of the people who attended this film was very encouraging. Suggestions were made which might help mitigate some of the climate change and food shortage predictions, supporting what the scientists and experts in the various fields felt might be possible.

If you are a member of a group and would like to organise a screening of this film for your members, all the information is available on the National Emergency Briefing website: nebriefing.org/host-the-film

The Hemblington eco-team would be happy to support you in this if that would help – please contact us via email: hemblington@gmail.com or phone 01603 715804.



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Our Local Churches

Well-attended presentation about the Bayeux Tapestry

On **Saturday 1st August**, well-respected Medieval historian Imogen Corrigan enthralled the 70-strong audience in All Saints Church, Hemblington, with a masterclass detailing the history surrounding the Norman invasion of 1066. Her explanation of events expertly sewn into the embroidery by English women 900 years ago, delighted the audience and encouraged many questions afterwards. The tapestry is currently on loan to the British Museum.

The event had been organised by The Friends of Hemblington church and supporters provided tea and much cake for the audience after the talk. One attendee emailed later to say "It was a delightful well-organized afternoon, with an expert speaker, wonderful hospitality, in a beautiful church. Thank you."

St Gregory's Orchestra Concert at Blofield Church

Blofield Church welcomes the return of our favourite visiting orchestra on **Sunday 27th September at 3pm**. St Gregory's Orchestra, now in its 40th year, will present a concert featuring Rossini's Thieving Magpie Overture, Kol Nidrei by Max Bruch, a Beethoven Violin Romance, a Mozart Andante and a Strauss Horn Concerto.

Tickets are £12 at the door, payable by card or cash, and include afternoon tea.

Heritage Open Days at Blofield Church

Blofield Church will be open for Heritage Open Days on **Saturday 19th September from 10am to 4pm** and **Sunday 20th September from 2pm to 4pm**.

Come along and enjoy the beauty of our stained-glass windows, while discovering the stories behind them. You can also get on your knees and try your hand at rubbing stone memorials, with materials provided. A newly published book will guide you around the artwork and stories behind nine wonderful windows. Refreshments will also be available.

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Village Updates

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.

Our next work parties are:

Saturday 5th September – Walsham Fen

Saturday 19th September – Howe's Meadow

Saturday 3rd October – Walsham Fen

Friday 11th September at 7:30pm will be our AGM at Strumpshaw Community Hall followed by an evening when members bring along items on natural history to discuss. Visitors are welcome and refreshments are available.

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



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Village Updates

GREAT & LITTLE PLUMSTEAD AND DISTRICT GARDENING CLUB

We were delighted to welcome David Bryant to our meeting on Monday 3rd August, and pleased that so many of our members were able to join us on a very hot August evening.

We are all waiting for rain. How strange to think that in this country, when rain seems to happen all the time, this heatwave is giving everyone problems and making us think about how we can garden in the future.

On Monday 7th September at Thorpe End Church Hall at 7:30pm, we are pleased to welcome our speaker, who will give a talk entitled Tools With a Mission. We welcome anyone who would like to come along to hear about this vital service and see the work involved in making it happen.

On Monday 5th October, also at Thorpe End Church Hall at 7:30pm, we look forward to welcoming Bob Coutts, with a talk entitled Practical Jobs for the Autumn.

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

KEEP BLOFIELD SPECIAL

We welcome you to 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. Litter pickers, high-vis waistcoats and bags are available. We aim to keep our villages looking attractive and reasonably free of litter. September litter-picks take place on:

Monday 7th September, meet at Heathlands, Blofield Heath at 9:30am

Monday 14th September, meet at the Old Court House, Blofield at 9:30am

We also much appreciate the informal collecting done by residents.



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BLOFIELD AND DISTRICT GARDENING CLUB

Our next meeting will be on Wednesday 9th September at 7:30pm, when 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". The members' competition is "2 companion plants".

On Wednesday 14th October, the meeting will feature Tim Fuller discussing Naturalistic Gardening.

All meetings are held in the Margaret Harker Hall, Blofield. Free light refreshments after our evening gardening-related talks. £10 annual membership which includes eight talks and exhibiting in the Summer Show, or guests are £2.50 per meeting.

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

BLOFIELD HEATH WOMEN'S INSTITUTE

Blofield Heath WI held their July meeting, and their speaker was Phyllida Scrivens, who gave a very comprehensive talk about Lady Lord Mayors of Norwich. It is not the first time Phyllida has attended our WI, and she never fails to give an informative talk. Afterwards, a delicious tea of savouries and cakes was enjoyed by the WI members.

The Auction of Promises was held at Heathlands on Saturday 4th July, and the WI participated in a Cake-a-Thon. The lucky bidder was Sandra Baxter, who runs the Broadbeat Choir. The cakes for the next six months will be enjoyed by one of Sandra's choirs. The evening raised over £2,500, which will be distributed between Heathlands Community Centre and Hemblington Church.

Gillian Weston, Secretary, Blofield Heath WI

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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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