



HEATHLANDS

NEWS

Your community newsletter

Dahlia in Bloom

Issue 19

October 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.

Heathlands Management Committee meeting – Tuesday 6th October, 7:30pm

Please contact Jill on 07947 881969 before attending.

Social Club Quiz – Thursday 15th October, 8pm

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

Bingo at Heathlands

Friday afternoon sessions are on the 2nd, 16th and 30th October, from 2pm till 4pm. Friday evening sessions are on the 9th and 23rd October, eyes down at 7:30pm. It's a great evening, with a lovely raffle and the bar is always open.

Heathlands Jumble Sale – Saturday 10th October, 2pm

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.

Heathlands Christmas Fair – Saturday 14th November, 2pm

Come along for gifts, cakes, Christmas goodies, tombola, raffle, children's games, plants and much more!

Viktori Playing at Heathlands – Saturday 28th November, 8pm

Join us for an evening of musical entertainment with Viktori playing in the main hall. Tickets are £5, available from the Social Club.



Social Club Regular Opening Hours

Check our Facebook page/website for the latest updates



Tuesday – doors open 7:30 till 11pm

Thursday – doors open 7:30 till 11pm

Saturday – doors open 5:30 till 11pm

Wednesday – doors open 4:30 till 11pm

Friday – doors open 4:30 till 11pm

Sunday – doors open 2 till 6pm

Heathlands Updates

It's been a busy summer and thanks to everybody who has supported us at the club over the last few weeks. As the nights draw in, please do continue to support us, we have plenty going with music and other events, keep checking Heathlands News and social media for updates.

Paul Grainger – Chairman, Heathlands Social Club

Part-time Bar Staff Required at Heathlands

We're hiring and looking to strengthen our bar team with a number of part-time bar staff roles available. You'd be expected to provide a friendly and efficient bar service to our members and guests, keep the bar areas tidy & well stocked and ensure cashing up processes are correctly completed at the end of each shift.

This is a zero-hours contract which requires flexibility to cover shifts at short notice with both evening and weekend working. Current opening hours are below, but subject to change at any time.

Key requirements

- Over 18s only (due to licensing requirements).
- Previous experience preferred.
- Own transport required.
- A flexible attitude.
- A passion for bar work and providing a friendly service to members and guests.
- Reliability and an ability to conduct yourself in a professional manner.
- An ability to follow instructions and be able to work on your own, using your own initiative where necessary.

Benefits

- Hourly pay which is paid monthly, National Minimum Wage for 18-20 and the National Living Wage for 21 and over.
- Holiday pay.
- Free social club membership while employed.
- Free parking.

If you're interested, please send your CV to Jill Willott at Heathlands to jill.heathlands@yahoo.co.uk and successful applicants will be notified of interview dates. Any successful applicants thereafter will be required to complete a trial period.

Closing date for applications: 1st November 2026

 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

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.

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.*

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.

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.*

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.*

Hemblington Church

Bird in Hand Open Garden

I am very pleased to say that I have raised £1,400 in total this year through the sale of plants and my 'Open Garden' events.

This will be equally divided between Hemblington Church and Heathlands. I would like to thank everyone who came along and supported me.

Claire Norton

Hemblington Make and Mardle

The next Make & Mardle session are at Gables Farmhouse, Hemblington Hall Road, Hemblington from 10am to 12 noon on **Thursday 22nd October and Tuesday 24th November**. Usual format - coffee, cake, chat and optional craft, everyone will be most welcome. *For more information call Catherine on 01603 270360.*

Art Exhibition at Hemblington Church

So many of us enjoyed the opportunity to see John S Applegate's outstanding artworks at Hemblington Church over the 12th/13th September weekend.

The exhibition was organised by his family to show his work to a wider audience, as well as to encourage people to visit the lovely little round tower church. The church team and Friends of All Saints also worked tirelessly, providing homemade savouries and cakes for visitors.

Profits made during the weekend go towards keeping the 11th-century church watertight and in good condition for all to enjoy.

The exhibition and guided tours of the church on 20th September were planned as part of Heritage Open Days. If you missed the tours, or would like to arrange for your group to visit in the future, *please contact the Secretary of the Friends of All Saints Church on 01603 715804 or email: hemblington@gmail.com or see the church website hemblingtonchurch.org.uk.*

Hemblington Church Light Party at Heathlands

We will be holding a Light Party at Heathlands Community Centre on Saturday 31st October from 6 till 8pm. It will be a free, family friendly event, suitable for all ages.

There will be light refreshments, including hot chocolate and lots of light related crafts and games. Drop in and join in the fun.

Contact jennifer@prospero3.co.uk for more details.

Blofield Church

New Book Celebrates Blofield Church's Wonderful Windows

A new book describes Blofield Church's rich heritage of wonderful windows.

This guide to the church's nine stained glass windows highlights particular features and names the artists who created them.

Many of the windows are in memory of parishioners and tell us of their lives of service in the community.

Available in the church for £4.

The Lowestoft Longshoremen

Blofield Church welcomes the return on Sunday 25th October at 3pm of The Lowestoft Longshoremen, singing traditional and new sea shanties and sea songs. Their performances often include audience participation, with a focus on maritime themes.

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



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Village Updates

BLOFIELD AND DISTRICT GARDENING CLUB

Our next meeting will be on Wednesday 14th October at 7:30pm, when Tim Fuller, the Ornamental Grasses and Woodland Perennials specialist at The Plantsman's Preference, will be discussing Naturalistic Gardening. The members' competition is "A photograph of a natural garden".

The 11th November meeting will feature the ever-popular Simon White, retired rose expert – 50 years at Peter Beales Roses – outlining Rose growing made easy.

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

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. October litter-picks take place on:

Monday 5th October, meet at Heathlands, Blofield Heath at 9:30am

Monday 12th October, meet at the Old Court House, Blofield at 9:30am

Let's all do our part to keep our village and Heathlands clean and welcoming by taking our litter home and using bins rather than our streets, playing fields and woodlands.

A little consideration from everyone can make a big difference to help keep our village tidy.

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BLOFIELD HEATH BOWLS CLUB

Blofield Heath Bowls Club is situated on the playing field at the rear of Heathlands and has been running for 100 years.

Our season has ended for 2026, but we will reopen in April 2027. We run three leagues of lawn bowls throughout the summer and would love to see anyone who would like to come along and try the game in a friendly and welcoming atmosphere.

Look out for more information in Heathlands News next spring.

GREAT & LITTLE PLUMSTEAD AND DISTRICT GARDENING CLUB

At our September meeting at Thorpe End Church Hall, we had a talk and film show from a volunteer from TWAM (Tools with a Mission), an incredible organisation helping people to make their lives better by giving them the tools to work and make a living for themselves and their families.

On Monday 5th October at 7:30pm at Thorpe End Church Hall, we welcome Bob Coutts with a talk entitled "Practical Jobs for the Autumn". We will also have our annual Autumn Show on this evening.

On Monday 2nd November at 7:30pm at Great Plumstead Village Hall, we are having a Christmas Wreath Making display created by Sue.

Gardens are beginning to recover slowly after the recent rain. The next thing to look forward to will be autumn colours everywhere as the days get shorter.

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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Village Updates

UNCOVER PEACE: WORDS & MUSIC

A special afternoon of inspiring words, music and reflection will take place at Norwich Quaker Meeting House, Upper Goat Lane, Norwich, on Saturday 21 November, from 12.45pm to 2.30pm.

Uncover Peace: Words & Music will offer an opportunity to take some time out from everyday life, with carefully chosen readings, music and moments for reflection. The event is being organised with local author Alun Buffry, and will include readings from Prem Rawat's book BREATH: Wake Up to Life.

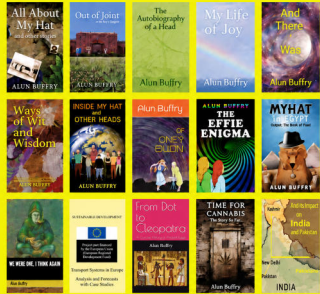
The event is free to attend, although donations are welcome. Places are limited, so advance booking is recommended.

For tickets and further information, search for "Uncover Peace: Words & Music" on Eventbrite.

www.buffry.org.uk/abefreepublishing.html



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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 3rd October – Walsham Fen
Saturday 17th October – Buckenham Wood
Saturday 31st October – Howe's Meadow

Join us on Friday 9th October at 7:30pm for a talk by Vida Armstrong titled 'Do You Know Your Plants?' at Strumpshaw Community Hall, Mill Road, NR13 4FS. Visitors are welcome and refreshments are available.

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

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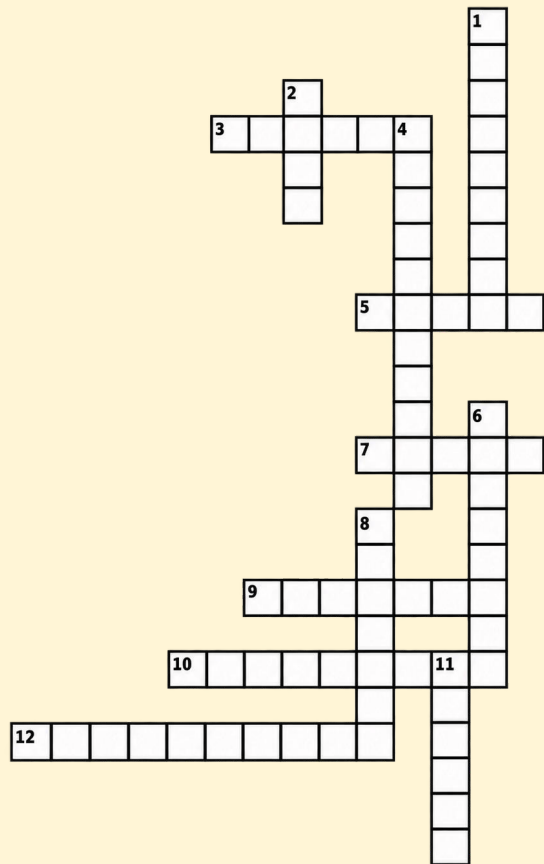
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RIBA

Crossword



Across

- 3. A place of worship featured in several local articles
- 5. A popular number game at social events
- 7. The game played at the club behind Heathlands
- 9. Heathlands News is a local _____ newsletter
- 10. Found in the names of both Great and Little _____
- 12. Our local community centre and the name of this newsletter

Down

- 1. Green-fingered activity featured regularly in Heathlands News
- 2. A test of knowledge, often featured at local events
- 4. Village with a famous round tower church
- 6. A local village
- 8. Exercise involving controlled movements and core strength
- 11. The season when the days get shorter and the gardens develop their colours

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1. Gardening

2. Quiz

3. Church

4. Hemblington

5. Bingo

6. Blofield
7. Bowls

8. Pilates

9. Village

10. Plumstead

11. Autumn

12. Heathlands

Answers

Sudoku

	2				6			
	5		7		8			
		6			4			
7			5			9		
1				4	6			2
								3
				5			2	4
				3		1		
2	8					7	3	

Difficulty: easy

				3		2		
5		7			4	3		
7		8	6				9	
3				4				8
		6	9			5		
					7			
					5	6		2
			2			8	3	7

Difficulty: moderate

8		9		2				
		5				9		1
		1						
			8					6
	3		5		6	1		
				3				
9					5	2		7
	6		7		4			
		4	9			3		

Difficulty: easy

				5		8		
		6			9			
5								
						4		
				8	6		2	7
			3		2	6	8	
	5						1	
		1	4		8		9	
4		2			7			

Difficulty: moderate

				4				
1	6							
8				2		3	4	7
							8	
7					6			
6		3		7				
			7		8			2
		5	3	1				
9							3	1

Difficulty: easy

		4					9	
			9	1		3		7
				3	5			8
			7				5	
	1							
	6	3			1	8	4	
5								
			8		7			5
	9						2	

Difficulty: easy



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!

July's Winners:

Terry Deacon - £19.50

Edna James - £11.70

Chris Willott - £3.90

August's Winners:

Julie Christie - £19.50

Jean Pickersgill - £11.70

Patricia Crisp - £3.90



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Contributors: Please send your submission by the 10th 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!