# **Church Services in the Parish**

Sunday 6th January

Holy Communion

Overstrand 10am

**Sunday 13th January** 

**Covenant Service (renewal of Christian commitment)** 

Overstrand 10.30am

Sunday 20th January

**Holy Communion** Trimingham 10am

Sunday 27th January

Morning Worship Overstrand 10am

Sunday 3<sup>rd</sup> February

Benefice Service with the Bishop of Lynn

Overstrand 10am

Next Cafe- church Sunday February 17<sup>th</sup>. Refreshments from 10.30am in the new hall.

Thanks to everyone who joined us for the Christmas services and for Dot and her team for making the church look so festive - Jan

## **TABLE TENNIS**

THURSDAY FROM 7PM
TRIMINGHAM HALL

**ALL WELCOME** 

# Trimingham News

**NEWSLETTER January 2019** 

A VERY HAPPY AND PEACEFUL NEW YEAR FROM THE **PARISH COUNCIL AND THE TRUSTEES** AND MANAGEMENT **TEAM OF** TRIMINGHAM HALL

- We hope that you all had an enjoyable Christmas and wish you good health and a peaceful New Year and look for forward to seeing you at our events during 2019.
- The Church looked very splendid it all the Christmas regalia and thank you to all who helped and those who visited and put such nice comments in the visitor's book. The refreshments in the Pilgrim Shelter were enjoyed by many, the light show on the church walls showing Christmas trees and snowflakes made a different effect for the outside of the church. It brightened up the church walls in green and white and was approved of by those passing the church in the dark.
- The concert by Broadland Youth Choir was enjoyed by a packed hall and it was a great success. Thank you to all who organised it and made the hall look the part for the concert
- On Sunday 13<sup>th</sup> January at 4pm, for your enjoyment, the pantomime Goldilocks and the Crazy Swans will be performed at the

- hall. Tickets are £6 for adults and £3 for children. (It has already been performed at Swafield and Trunch before Christmas). There will be a Chocolate Tombola and refreshments will be served. Tickets are available from Trunch Stores, Liz 834965 or Linda 834349. Liz King is Goldilocks so please come along to support her in this endeavor. Oh no she isn't. Oh yes, she is.
- The Art Exhibition take place again at Trimingham Hall in April and if you would like to exhibit and have not received an application form by the end of January please contact Dot on 833249 (after 6pm).
- All the usual events will now be back to normal and we look forward to seeing you at them.
   Please see the weekly and monthly event's lists.
- Please keep and an eye on elderly and lonely residents throughout 2019.

# MIND – BODY – SOLE Massage Therapies

Two new exciting treatments Remedial Massage – using deep tissue release techniques
Ayurvedic Kansa Vatki Foot Massage – re-energise through your sole(s)
Full body Relaxation Massage / Neck, Back and Shoulders
Indian Head Massage

Individual treatments tailored to your specific requirements

Home visits or appointments at Trimingham Hall 15% discount off your first appointment

Gift Vouchers available - treat your loved one (or friend) to a special Xmas gift

# **Marian Stackwood, ITEC Dip**

Holistic Massage Therapist
T: 07941 631512 / E: marian.mbs@outlook.com

ITEC Qualified - Member of Complementary Therapists Association (CThA) - Fully Insured

### Alec's Mardle

(Alec Reynolds was born in Trimingham in 1926 and has lived here all his life)

I was reading the EDP and saw the death of a man whose Mum and Dad used to come to the village on Saturdays and Sundays selling ice cream. The name was Mr and Mrs Puruzi. I mentioned to them that this village was having a Fete. I went to Norwich to get some ice cream from them and they put it in a container which kept it from melting. The vehicle I went in was a Red Cross Ambulance belonging to Dr Barnardos. When I got back to the village it poured with rain all afternoon and so the fete was cancelled. So that the ice cream was not wasted we went around the village and gave it away. Not a lot of profit made on that day.

# **Nature Notes for January**

The shortest day is now behind us, so we can look forward to snowdrops pushing through soon to be followed by crocuses and daffodils although at the time of writing -27th December- I still have marigolds and fuchsia in flower.

During December I haven't seen many rarities, but I saw a peregrine falcon which I managed to photograph at Cley and one, possibly the same one, was seen in Trimingham. Also, at Cley on the same visit I watched at least 14 Marsh Harriers coming in to roost as dusk was approaching about 4 pm, a lovely sight.

I went for a walk in Felbrigg park and was looking at a herd of sheep when I became aware of other movements and mixed in with the sheep were about 50 to 60 pink footed geese just grazing and not calling. On another visit I heard an unfamiliar call, something like a goose call. I traced the calls to a large dead oak tree in the middle of the park. To my surprise about 25 feet up the tree were 2 Egyptian geese. I know that some ducks nest in trees, such as Mandarin ducks but I have never seen a goose up a tree.

Closer to home I saw a single swan flying north as well as flights of geese in the evenings. One afternoon down Middle Street there was a reappearance of the flock of linnets that I saw a few weeks ago.

The blackbirds are back in the gardens and I have also had long tailed tits on the feeders as well as great and blue tits, goldfinch and greenfinch.

Mac Marshall

# **Weekly and Fortnightly Events**

# All events in the new Trimingham Hall

## unless otherwise stated

# **Monday**

**1pm Whist afternoon**. Cost just £2 includes play, refreshments and raffle. Players of all levels very welcome Tel Liz 834965.

**6pm and 7.30pm Yoga** with Pat Briggs 07810 023236 or Linda 834349.

# **Tuesday**

**11am to11.45am Dancercise with Georgie.** No need to book. Cost £5. Contact on Facebook.

**1.45pm Slimmers Wild.** Contact Dot Wiseman.

**7pm Whist evening.** Cost just £2 includes play, refreshments and raffle.

# **Thursday**

1pm Whist afternoon. Cost just £2.5.30pm to 6.30pm Pilates with Jo. Contact 07539 649077.7pm Table Tennis Open to all. Please come along.

# **Friday**

11.30 Zumba Gold. Cost £5 or 6 sessions for £22.

**2<sup>nd</sup> and 16<sup>th</sup> November Craft Circle** 2pm, Cost £1.50. Contact June 833382.

7pm Whist evening. Cost £2.

# Monday 7<sup>th</sup> January Parish Council Meeting 7pm All welcome

# **Monthly Events and Bi Monthly**

# **Wednesday**

**2<sup>nd</sup> January Soup and Pud** £5 Contact Liz 834965 to book your place or if you require a lift.

9th January Poppyland AGM with quiz and Bring and Buy.

**16<sup>th</sup> January Coffee Morning** - Wednesday 9.30am Proceeds to Church and Pilgrim Shelter, starts at 9.30am. Please note change of venue and date.

**16**<sup>th</sup> **January Gardening Club** Starts at 2pm at the Pilgrim Shelter. Planning for the coming year.

**16**<sup>th</sup> January 7pm Management Committee/Trustee Meeting. Starts at 6pm. All very welcome.

**23**<sup>rd</sup> **January Lunch** 12 for 12.30pm. Contact Liz 834965 to book your place or if you require a lift.

# <u>Friday</u>

11<sup>th</sup> January Craft Circle 2pm. 25<sup>th</sup> January Craft Circle 2pm. Cost £1.50. Please contact Dot 833249 after 6pm.

# <u>Saturday</u>

**26<sup>th</sup> January Scottish Themed Burns Night Celebration.** Supper and quiz. Super 6pm, £5. Quiz 7.30pm, £2.50. Book with Liz 834965.

# **Sunday**

**6<sup>th</sup> January Table top Sale** Please book with Liz if you would like to have a table.

**13**<sup>th</sup> January Pantomine – Goldilocks and the Crazy Swans. Starts at 4pm. Tickets £6 for adults and £3 for children, from Liz 834965 or Linda 834349.

# 100 Club winners for December 2019

No 99 Mrs E Foxall £30

1<sup>st</sup> No 48 Ms L King £20

2<sup>nd</sup> No 38 Mrs A Rayner £10

3<sup>rd</sup> No 52 Mr A Lyons £5

4<sup>th</sup> No 4 Mrs P Kirk £5

# Football results

**Trimingham Pilgrims** 

2<sup>nd</sup> December Pilgrims 3 Phoenix 3

16<sup>th</sup> December Pilgrims 3 Middle Green 2



# Goldilocks and the Crazy Swans Pantomine

Trimingham Hall
Sunday 13<sup>th</sup> January
4pm
Adults £6 and Children £3
Tickets from Trunch Stores,
Liz 834965 and Linda 834349

Burns Night
Saturday 26th January
Supper and quiz
Supper 6pm, £5
Quiz 7.30pm, £2.50

# TRIMINGHAM ROOFING

FLAT AND PITCH ROOFING
LEAD WORK
CHIMNEY REPAIRS
FASCIA AND GUTTERING
GENERAL BUILDING
Tel 01263 833448
07747 136190

# **Martin Wones Electrical**

All domestic and commercial electrical work undertaken

24hr call out service

Mobile 07468 572068 Tel 01263 479915

Email; martin@martinwoneselectrical.co.uk Web; www.martinwoneselectrical.co.uk

# RACHAEL KIRKHAM (MCFHP MAFHP) FOOT HEALTH PRACTITIONER Nail Trimming, Corns, Hard Skin, Verrucae, Fungal Nails, Reduction of Bulky/Thick Nails HOME VISITS 07766 661035

# CJ Tree & Garden

**Services Norfolk** 

All Aspects of tree work carried out

Hedge trimming, pruning, removal Mini digger and larger excavator work Landscaping, Fencing, Gates etc.

Woodchip always available

City & Guilds / Lantra qualified Public liability & employee insurance

> www.citreeservices.co.uk Phone 07500 514187