

## **Church Services in the Parish**

### **Sunday 10<sup>th</sup> March**

#### **Holy Communion**

Northrepps 10am

#### **Morning Worship**

Overstrand 10am

### **Sunday 17<sup>th</sup> March**

#### **Holy Communion**

Overstrand 10am

#### **Morning Worship**

Northrepps 10am

### **Sunday 24<sup>th</sup> March**

**Benefice Holy Communion** Sidestrand 10am

### **Sunday 31<sup>st</sup> March**

#### **Mothering Sunday**

Trimingham 11am

Café style church at Trimingham Hall

Thanks so much for everyone who came along to Cafe-church on Sunday February 17th. If you want to see a little bit about what we do then visit [Trimingham.org](http://Trimingham.org), press on **the latest**, and then go to **cafe church** where there are some very good pics taken by Patrick Carpmael. You will see that this time we had a couple of children, so children are always welcome, but only if accompanied. Further details from Jan Balfour 01263 576707

We are also famous for our bacon butties!! Refreshments start at about 10.15am, so please come and give us a look.

# Trimingham News

## **NEWSLETTER March 2019**

### **Deep History Coast / Pilgrim Shelter**

This exciting project is now moving forward, and the area around the Pilgrim Shelter will become one of the discovery points. NNDC, who are developing this project, are holding a launch at our new hall on Wednesday 6th March. There will be opportunity for you to 'drop in' during the day, 12 till 2, when you will be able to see what is happening and ask whatever questions you may have. This project will hopefully help the Pilgrim Shelter move forward to its next 'life'. Further news will be coming.....

### **Grass seed**

We have a large bag of grass seed at the hall, surplus to requirements. If you are a Trimingham resident and are looking for some seed... it is that time of year...contact one of the management team.

### **Defibrillator**

As you are aware there is a Defibrillator installed in the telephone box outside the church, and we have been approached by the regulator - The Community Heart Beat Trust - with an offer to arrange training. A member of the Parish Council checks the defibrillator regularly and reports to this organisation, and they point out that we all should be familiar with its use and operation and ready to use if the situation arises.

If you are interested in attending this training, please contact one of your parish councillors or a member of the Hall Management Team. The session would take approximately 1.5 to 2 hours and would be held on a weekend or evening in the new hall.

- The quiz with food on Saturday 9<sup>th</sup> March has been postponed and will be held later in the year.
- There will be Bingo on Saturday 23<sup>rd</sup> March, eyes down at 7pm. Proceeds to Trimingham Church.
- Cafe Church was very well attended and enjoyed by all. The next Cafe Church to be held at Trimingham Hall will be on Sunday 31<sup>st</sup> March (Mothering Sunday) starting at 10.30am. All very welcome.
- The Coffee Morning on Wednesday 20<sup>th</sup> February was much better attended and the takings of £55.50 were divided between the church and Pilgrim Shelter. The next Coffee Morning will be held on Wednesday 20<sup>th</sup> March at Trimingham Hall starting at 10am. We look forward to seeing you there.
- At the February meeting of Poppyland, Jim Page gave a very informative talk on the work of the RNLI and dressed up two members in the items the crew have to wear when going to sea. The meeting on Wednesday 13<sup>th</sup> March will be a talk and demonstration on Tai Chi. Everyone welcome. The cost to non members is £2 which includes raffle and tea/coffee. If you wish to attend, come along at 2pm for a 2.30pm start. A Tai Chi course begins the following week on 20<sup>th</sup> March at Trimingham Hall at 11am. Book with Liz.

- At the February meeting of Gardening Club Tony explained the best way to sow seeds and the meeting on 20<sup>th</sup> March will concentrate on flowers for the Flower Festival in May. The Gardening Club meet in the Pilgrim Shelter starting at 2pm. Cost £2, including raffle and tea/coffee.
- There will no meeting of the Support Group on Wednesday 6<sup>th</sup> March due to a long-standing booking for the whole of Trimingham Hall. The next meeting will therefore be on Wednesday 20<sup>th</sup> March. Contact Ginny on 01263 834471 or Maureen on 01263 834466.
- Again, due the booking of the whole of Trimingham Hall on 6<sup>th</sup> March, Soup and Pud will be held at the Pilgrim Shelter, soup being served from 12 noon. Please book with Liz on 834965, as space is limited.
- Nidra Yoga Relaxation is being held on Tuesday 19<sup>th</sup> March from 6.45-8.00pm Contact Linda Brown on 834349 for further information.
- The Yard Sale will be held on Sunday 7<sup>th</sup> April. Please contact Liz to book so that you can be put on the map. There will be refreshments at the Pilgrim Shelter and Trimingham Hall.
- The Dog Show is on Sunday 14<sup>th</sup> April starting at 10am. Further details from Liz about the classes will be published in the next newsletter.
- The Flower Festival on the weekend of 25, 26 and 27 May is looking for cake makers, flower arrangers and sponsors of the displays. The theme is holidays. Please phone Liz for more details

### **Alec's Mardle**

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

It was a good thing going into Cromer by train, bus, bicycle and much later by car. If you went on your bike you could take it to a shop on the Overstrand Road near the traffic lights. It was a Mr Drury and you paid a penny (old money) and you knew it was safe. Another place was almost opposite to where Iceland is. It was a Mr & Mrs Beck, and the shops were on the roadside. Behind the cycle shop was the Kersel with bumper cars and slot machines etc. Along the road was a shoe repair shop which got knocked down to make the road wider. The road that does go down to the sea front beside the Church there was Rusts, down Garden Street was Mutimers. There was a Mr Huggins who came around the village to take the grocery order and a Mr Burton brought the goods a day or so after. This was for Mutimers. There were some good shops then more than now. There was the Tudor Cafe, another one near the traffic lights was Scotts, Bradley's men's outfitters, Jack Hall, the barber and Pearsons ladies hairdressers.

## **Nature Notes for March**

Much is happening this month as the days grow longer and definitely warmer.

I found a Little Owl in a hole in an ancient oak tree near the lake in Fellbrigg. I saw it on 3 visits and took some reasonable photos. One time on the way I came across a Marsh Harrier near the railway bridge at Northrepps, possibly the same bird that I have had some reports of being seen near to the path to Blackberry Cottage (formerly Hall, see OS map). Mid-February I had a report of a sand martin being seen, they are usually the first of the hirundines to return.

One day I was enjoying the sound of a skylark above me and the call of a buzzard over the trees about 300 yards away when a couple came by me, the woman declaiming vociferously how she loved nature and the countryside. She had her eyes firmly on the ground and heard nothing that I was hearing. To really appreciate nature, you have to listen as well as look.

Snowdrops are now everywhere, and daffodils aren't far behind. I saw my first Marsh Marigold on Church Road, which now has a name. I wonder if this has anything to do with the new house which is up for sale - just saying.

Blue tits are very active on 2 of my birdboxes and on 25th February I heard my first chiffchaff of 2019 on the edge of the wood bordering the Radar Station. That same evening, I saw a wonderfully bright shooting star. It was a moonless evening so the brightness might have been enhanced. It is not the usual season for them, but there is always the odd one about. I saw them frequently in the 1950s when I was stationed in Aden and we were on guard duty every other night and there was nothing to look at but the sky, (apart from listening for any approaching enemy, that is).

Mac Marshall

## Weekly and Fortnightly Events

All events in the new Trimmingham 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 to 11.45am Dancercise with Georgie.** No need to book. Cost £5. Contact on Facebook.

**1.45pm Slimmers Wild.** Contact Dot Wiseman 834506.

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

### Wednesday

**20<sup>th</sup> March Support Group** starts 10am.

### Thursday

**1pm Whist afternoon.** Cost just £2.

**5.30pm to 6.30pm Pilates with Jo.** Contact 07539 649077.

**7pm Table Tennis** Contact Trevor on 07828175493.

### Friday

**10.30 Zumba Gold.** Cost £5 or 6 sessions for £22.

**8<sup>th</sup> and 22<sup>nd</sup> March Craft Circle** 2pm. Cost £1.50. Please contact Dot 833249 after 6pm.

**7pm Whist evening.** Cost £2.

## Monthly Events and Bi Monthly

### Tuesday

**19<sup>th</sup> March Nidra Yoga Relaxation** 6.45 – 8pm.

### Wednesday

**6<sup>th</sup> March Soup and Pud** £5 Contact Liz 834965 to book your place or if you require a lift. Please note this is at the Pilgrim Shelter for March only.

**6<sup>th</sup> March Social Evening** from 8pm to 11pm. Please note a later start.

**13<sup>th</sup> March Poppyland Tai Chi.** Talk and demonstration. 2pm for 2.30pm.

**20<sup>th</sup> March Coffee Morning** Starts 10am. Proceeds to church and Pilgrim Shelter. Please note change of venue to Trimmingham Hall.

**20<sup>th</sup> March Gardening Club** Starts at 2pm at the Pilgrim Shelter. Seed sowing and preparation.

**20<sup>th</sup> March Management Committee Meeting.** Starts at 7pm. All very welcome.

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

### Saturday

**2<sup>nd</sup> March Sing a Long** 2–4pm.

**23<sup>rd</sup> March Antique Fair** starts at 10am.

**6<sup>th</sup> April Laughter Yoga** starts 10am

### Sunday

**3<sup>rd</sup> March Table top Sale** Please book with Liz if you would like to have a table. Then again **7<sup>th</sup> April.**

**31<sup>st</sup> March Café Church** 10.30am.

**Solace Massage**

**Therapy**

**Trimingham**



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**A Tai Chi course begins**

**20<sup>th</sup> March**

**at Trimingham Hall**

**at 11am**

**Book with Liz**

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**100 Club winners for February 2019**

1<sup>st</sup> No 96

Mr Hobson £20

2<sup>nd</sup> No 22

Mr P Berry £10

3<sup>rd</sup> No 91

Mr P Bradley £5

4<sup>th</sup> No 15

Mrs D Reeve £5

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