

## **Church Services in the Parish**

### **Sunday 7<sup>th</sup> April**

#### **Holy Communion**

Overstrand 10am

#### **Morning Worship**

Northrepps 10am

### **Sunday 14<sup>th</sup> April**

#### **Palm Sunday Benefice Service and Procession**

9.45am near Emerys Close, Northrepps, to walk to the church.

### **Maundy Thursday**

#### **Holy Communion with foot washing**

10am Southrepps

#### **Good Friday Mediation round the cross**

Overstrand 10am

Thorpe Market Church - **Cantamus sings Stainer's**

**Crucifixion.** If you would like to take part there is a rehearsal in the afternoon at **3pm**, performance at **6.30pm**.

Please confirm if you want to take part

[cantamussingers@gmail.com](mailto:cantamussingers@gmail.com)

### **Easter Sunday 21<sup>st</sup> April**

**Holy Communion** Trimingham 11am

### **Sunday 28<sup>th</sup> April**

**Benefice Holy Communion** Trimingham 10am

# Trimingham News

## **NEWSLETTER April 2019**

### **Parish council meeting 11th March 2019**

- leader of NNDC Sarah Boutikofer joined us for a very interesting conversation about the changes happening within our local district council at the moment. NNDC are looking at a £2 million deficit in 2021 and this needs addressing by them now. We asked Sarah if she could help with our highways problems (30mph zone around the Woodland entrance) and she said she would help if she could. She asks if any member of the public have any issues with NNDC please let her know.
- a report from the community housing steering group confirmed that a village walk through was taking place looking at identified sites.
- we have confirmation that the discovery point for the deep history coast project around the Pilgrim Shelter will, hopefully, be in place for the beginning of the holiday season. This will consist of picnic benches and sign boards.
- the exchange of our existing playing field for a piece of land next to the new hall site needs some further clarification. A meeting will be arranged with James Harrison.
- there is a need to formalise the Village poor land site and this will be dealt with as soon as possible.
- defibrillator training will be arranged, probably after the coming elections. If you want to be involved, please contact one of your parish councillors or a member of the hall management team.
- we have also heard that we have been granted some funds to help with the trod (or pavement) between Staden Park and the new hall. This will be installed as soon as possible

Full minutes are published on the council web site

### **Trimingham Hall Trustees Meeting 13th March 2019**

- as you are aware, we are coming up to the end of our first year of operation. The hall finances are looking positive as we seem to be generating more income than we are creating expenditure.
- we are meeting the architect and the builder on the 19th April to discuss the end of year warranty and to identify any snagging issues. Once these are completed the contractor will ask us to pay the remaining retention.

- I hope you all had a chance to visit the North Norfolk District Council launch of the Deep History Coast project on Wednesday 6<sup>th</sup> March. It was very interesting, especially being able to handle the fossils and try out the experimental apps.
- The Coffee Morning was moved to the Pilgrim Shelter for March and it was very well attended, and the takings were £47 which was divided between the church and Pilgrim Shelter. The April Coffee Morning, Wednesday 17 April, will be held at Trimmingham Hall.
- The Bingo on Saturday 23<sup>rd</sup> March was enjoyed by all who attended. A big thank you to you all, as £137.50 was raised for our church, which is much appreciated. The next Bingo Session will be held on Saturday 11 May, eyes down at 7pm.
- April will be a very busy month starting on Sunday 7<sup>th</sup> with a Yard Sale (please book with Liz 834965 if you want to take part), 14<sup>th</sup> is the Fun Dog Show, 20<sup>th</sup> is Antique Fair and 27<sup>th</sup> and 28<sup>th</sup> is the Art Exhibition (this is a fund-raising event for the church).
- On Wednesday 3<sup>rd</sup> April there will be a Village Social Evening with Table Tennis, board games etc. Free admission, free parking and licensed bar open.
- On Thursday 4<sup>th</sup> April there will be an Internet Safety Course 10am to 12 noon, 10 free spaces are

available. Book with Liz and learn how to make sure you are safe online.

- At the March Poppyland, a demonstration of Tai Chi was given by Jeff, who is now holding courses on Wednesday and Thursday mornings. The first two six-week courses have been well supported and more will follow in June. The cost is £25 for a 6-week course.
- At Poppyland on Wednesday 10<sup>th</sup> April Dot will give a talk on Mauchline Ware. Everyone welcome. Non-members £2. 2pm for 2.30pm.
- As you know there are elections on Thursday 2<sup>nd</sup> May and the Polling Station will be Trimmingham Hall. The elections are for District and Parish Councils, where appropriate.
- On Friday 17<sup>th</sup> May at 7pm there will be a Good Neighbours Scheme presentation, explaining how we can all help our neighbours. a little or a lot, coordinating others by manning a phone for a week or changing a light bulb, and much more. All are very welcome, and we are lucky enough to have Boris Konoshenko from Swafield Hall playing our piano. Light refreshments will be on offer.
- At Waitrose, in April, you can collect tokens from The Community Fund for the Trimmingham Hall new playground equipment. If you shop in Waitrose, it would be greatly appreciated if you supported this cause.

### **Alec's Mardle**

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

Some of you with long memories might remember that this is Alec's Mardle from 2012. This has been included as Alec has not been able to write anything for this month, but hopefully he will be writing again for May.

#### Railways

Alec's father, Frank Reynolds, could remember sitting on the embankment at Trimmingham as a little lad watching the men working. Alec's Grandfather had told Frank that "the spoils from the cutting was used for the embankments and that it would be loaded up into wagons and a small steam loco would give a sharp tap to send them down the line. Two men were assigned to fix a sprag to the wheels so that the wagon tipped its load. Sometimes they were a bit too over enthusiastic and the entire wagon would tip right over. Since it could not easily be righted it would be buried in the embankment." Frank said "I suppose more than one is still there."

### **100 Club winners for March 2019**

1 <sup>st</sup> No 87	Mrs S Barker £20
2 <sup>nd</sup> No 61	Mrs M Lyons £10
3 <sup>rd</sup> No 26	Mr T Brown £5
4 <sup>th</sup> No 80	Mrs C Penfold £5

## **Nature Notes for April**

Spring has most certainly arrived. The blackthorn is in flower also forsythia, cherry and magnolia in gardens and periwinkle in hedgerows.

There were hundreds (literally) of frogs audible and visible in and around the lakes at Felbrigg with many clumps of spawn and I have 3 clumps in my small pond even though I haven't seen or heard any frogs. Staying with Felbrigg, I previously reported seeing a Little Owl so I revisited the same tree and saw 2 owls sitting looking out of the same hole. As soon as they saw me watching they both took flight just as I passed my binoculars to my companion, so he only got a glimpse. There were toads also mating on the edge of the lake and a swan was sitting on a nest in the reeds.

Chiffchaffs are audible everywhere and I was trying to find one in a pussy willow at the entrance to Woodland caravan park, quite a task looking for a small green bird in a large green tree. I didn't find it, but I saw a number of different species of bees, bumble.

Mac Marshall

**ART EXHIBITION**  
**SATURDAY 27<sup>TH</sup> AND SUNDAY 28<sup>TH</sup> APRIL**  
**TRIMMINGHAM HALL**

## 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 and Thursday

11am to 12 noon Tai Chi with Jeff.

### 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 Cardio Dance Exercise.** 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

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

### Wednesday

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

**3<sup>rd</sup> April Social Evening** from 7pm.

**10<sup>th</sup> April Poppyland** Talk on Mauchline Ware.. 2pm for 2.30pm.

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

**17<sup>th</sup> April Gardening Club** Starts at 2pm at the Pilgrim Shelter.

**17<sup>th</sup> April Management Committee Meeting.**

Starts at 7pm. All very welcome.

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

### Friday

**5<sup>th</sup> and 19<sup>th</sup> April Craft Circle** 2pm. Cost £1.50. Contact Dot 833249 (after 6pm).

### Saturday

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

**6<sup>th</sup> April Sing a Long** 2–4pm

**20<sup>th</sup> April Antique Fair** starts at 10am.

### Sunday

**7<sup>th</sup> April Yard Sale and Table top Sale** Please book with Liz.

**14<sup>th</sup> April Fun Dog Show**

**Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> Art Exhibition**

**Solace Massage**

**Therapy**

**Trimingham**



SAM KIRK 01263 833452 / 07884 002747

ITEC LEVEL 3 DIPLOMA IN MASSAGE

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