

Church Services in the Parish

Sunday 5th January

Holy Communion Northrepps 9.30am

Covenant Service 10.30am

Methodist Church Overstand

Holy Communion Sidestand 11am

Sunday 12^h January

Holy Communion Southrepps 9.30am

Morning Worship Overstrand 10.30am

Sunday 19th January

Holy Communion Trimingham 11am

Morning Worship Northrepps 9.30am

Sunday 26th January

Benefice Service Thorpe Market 10am

Both the Christingle and Carol Services were well attended. The Christingle Service collected £110 for The Children's Society. This will help support vulnerable children and teenagers.

Thank you to everyone for your generosity and special thanks to Mary Lyons who made the Christingles. We at Trimingham church, wish all the parishioners a happy, peaceful and healthy new year.

Trimingham News

NEWSLETTER January 2020

May you all have a healthy and peaceful 2020 and hope you enjoy all the events that will be held at Trimingham Hall and the Pilgrim Shelter.

A big thank you to all who put their names on the list to help with Pilgrim Shelter at the Election. The first to be contacted will be those who put their names forward for the work party. It is hoped to be in touch with you at the beginning of January to arrange dates. The Cafe volunteers will be contacted at the end of February or beginning of March. Thank you all once again, it is good to know the Pilgrim Shelter is held with affection by you all.

The church looked splendid in its Christmas attire. Thanks to all who put a tree in and those who visited and put such nice comments in the Visitors Book.

100 Club winners for December 2019

No 28

Mrs E Bowler £30

1st No 22

Mrs P Berry £20

2nd No 57

Miss S Kirk £10

3rd No 41

Mr J Bradley £5

4th No 9

Mr J Page £5

The Mynx Soul Band evening was very successful. The Broadland Youth Choir beguiled the audience with their beautiful singing. Showtime does Christmas played to full houses at all 3 of their performances and both players and the audience enjoyed the experience.

Tai Chi starts again on 8th/9th January. The Craft Circle meet on 10th January, the sale of the Christmas crafts made £50, which has been donated to Pilgrim Shelter.

The Gardening Club had a thoroughly enjoyable Afternoon Tea at Meales of Stalham on 4th December and the next meeting is on 15th January at the Pilgrim Shelter starting at 2.pm. The next Coffee Morning also at Pilgrim Shelter will be on 15th January starting at 10am.

The Poppyland Ladies had a very enjoyable Christmas Lunch at the Vernon Arms, Southrepps. The next meeting is the AGM on 8th January starting at 2.30pm. The programme for 2020 is varied and includes talks on Cromer Peregrines, behind the scenes at Mundesley Panto, Hedgehog Haven, Poppyland, North Walsham and Dilham Canal Trust, Paston Heritage, Gervase Phinn and Cromer Foodbank. To join please come along to the AGM or you are welcome to attend any talk that interests you (non members pay £2 per meeting).

The next Parish Council meeting is on 20th January at Trimingham Hall starting at 7.00pm

Soup and Pud is a week late (due to Years Day) and is on 8th January. Lunch Club will be on 22nd January.

**We wish everybody
a healthy and
Happy New Year**

Alec's Mardle

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

My brother-in-law, Alan, was a great in-law. He would always help me if he could. He was a good man; it is over a year ago since he died. He was a builder. He built his own bungalow, and he would have a Tilley lamp to work by. He worked all day for a builder. Later he worked for himself and built the bungalows each side of his and several others in nearby villages. He was an excellent tradesman. When he was a little boy he heard people talking about putting money in the bank. He had saved a tin full of farthings so he thought he would put them in the bank. He went up his garden, dug a hole in the bank and put the tin with the farthings in it. He told his Dad what he had done, and he went to find it but never did. I expect the tin fell into a rabbits' burrow, they are still there somewhere.

Having read Alec's Mardle in the December issue, when he spoke of a group of youths setting light to hay bales, my mum informed me that one of them was my dad – Ian Kirk. She mentioned who he may have been with, but couldn't confirm anything, so I will not name anyone else!

Sam

Liz will be having Whist on her usual days, see events, and the next TableTop will be on 2nd February.

The forms for the Art Exhibition will be out by the first week in January. If you would like to be on the list, please contact Dot on 833249 (after 6pm)

Dot will be round on Saturday 11th January, starting at 9.30am to collect Jam Jar money

YVONNES CLEANING/GARDENING SERVICES TRIMINGHAM

**NEED HELP WITH YOUR CLEANING, IRONING
OR GARDENING DUTIES?**

I HAVE 18 YEARS EXPERIENCE

**IMPECCABLE LONG STANDING
REFERENCES AVAILABE**

FOR A RELIABLE, TRUSTWORTHY SERVICE

CALL MOBILE 07940 501619

TEL 01263 833237

(WE ALSO PROVIDE A CARPET CLEANING SERVICE)

Having been given the information to put The Newsletter together for nearly eight years, I have decided to step down. I only volunteered for a short time! Sometimes I got the information right, sometimes wrong. Apologies. Good luck to whoever takes over.

Sam x

Nature notes for January 2020

The benefits of standing still and just watching often pays dividends as I recently found again. I came across a barn owl in a meadow above the lake at Felbrigg which was hunting in broad daylight. I watched for around 15 minutes as it dropped about 10 times before it caught something, it covered the unfortunate creature with its wings and although I stayed for a bit longer I didn't see it again.

Another time, I was walking down path in the woods in Sheringham Park when I paused to listen for any bird sounds. It was a grey day, grey clouds, grey sea framed by the trees of the spinney when suddenly the underside of the clouds was lit by the pale orange glow of the setting sun which then reflected on the surface of the sea. The previously unnoticed pillars of the wind turbines were lit like lie bright pink candles on a birthday cake, then, just as quickly as it had appeared it was gone leaving just the memory in my mind.

I went to Hiickling one Sunday in December where a large expanse of meadowland was under water and was full of many species of waterfowl but best of all was the sight of 3 cranes, the tallest British bird, feeding and opening their wings to show the black ends in contrast to the pale grey of the rest of their bodies. I spoke to a warden who lives locally and she told me that the number of seals at Horsey is expected to exceed 3000 for the first time since counting began 25 years ago.

Nearer to home I still have geraniums and fuschias in flower!

Happy New Year

Mac Marshall

Weekly and Fortnightly Events

All events in the new Trimmingham Hall

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. Classes start again 6 January.

Tuesday

10am to 11am low impact class with Georgie.

11am to 11.45am Dancercise with Georgie. No need to book. Cost £5. If you come to a second class in the week this class will be half price – just £2,50. Contact on Facebook.

1.45pm Slimmers Wild. Contact Chris 01263 833581. Commences 7th January following Christmas.

7pm Whist evening. Cost just £2 includes play, refreshments and raffle. Tel Liz 834965.

Wednesday and Thursday

Tai Chi with Jeff. 10.30am to 12 noon Wednesday. Please note change of time. **11 to 12 noon Thursday.**

Thursday

1pm Whist afternoon. Cost just £2. Tel Liz 934965.

7pm Table Tennis Contact Trevor on 07828175493.

Friday

10.30 Cardio Dance Exercise with Emily. Cost £5.

7pm Whist evening. Cost £2. Tel Liz 834965.

Monthly Events and Bi Monthly

Monday

20th January Parish Council Meeting 7pm.

Tuesday

14th January Nidra Yoga Relaxation 6.45 – 8pm.

Wednesday

8th January Soup and Pud £5 Contact Linda 834349.

8th January Poppyland AGM starts at 2.30pm.

15th January Gardening Club Pilgrim Shelter 2pm..

15th January Coffee Morning. Starts 10am. Proceeds to church and Pilgrim Shelter.

Venue Pilgrim Shelter.

22nd January Lunch Club 12 for 12.30pm. Contact Linda 834349 to book your place, or if you require a lift.

Friday

10th and 24th January Craft Circle

Sunday

5th January Table Top 9am-1pm.

Solace Massage Therapy

Trimingham



SAM KIRK 01263 833452 / 07884 002747

ITEC LEVEL 3 DIPLOMA IN MASSAGE

HOLISTIC MASSAGE

INDIAN HEAD MASSAGE

Mobile Hairdresser

Ladies, gents and children's cuts
Blow dries and sets, perms and colours

All at reasonable prices

Please contact Tina

01263 833111

07979 694143

(Please note a skin test required for all
colouring services)

BR Gardening Services

Clearance, hedges, lawns, fences and much more

Call Barry on 07717 575633 or 01263 649743

Email br.gardeningservices@gmail.com

www.brgardeningservices.co.uk

TRIMINGHAM ROOFING

FLAT AND PITCH ROOFING

LEAD WORK

CHIMNEY REPAIRS

FASCIA AND GUTTERING

GENERAL BUILDING

Tel 01263 833448

07747 136190

MIND – BODY – SOLE
Massage Therapies

Constant backache or tension in your neck and shoulders
Feel stressed and need relaxation
Suffer with scar tissue following surgery/accident

If the above sounds familiar to you, please contact me to see how I can help.
Gift Vouchers available for that special someone.

Marian Stackwood

ITEC Qualified Massage Therapist
McLoughlin Scar Tissue Release Practitioner



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

Member of Complementary Therapists Association (CThA) – Fully Insured

YVONNES CLEANING/GARDENING SERVICES
TRIMINGHAM

**NEED HELP WITH YOUR CLEANING, IRONING
OR GARDENING DUTIES?**

I HAVE 18 YEARS EXPERIENCE

**IMPECCABLE LONG STANDING
REFERENCES AVAILABE**

FOR A RELIABLE, TRUSTWORTHY SERVICE

CALL MOBILE 07940 501619

TEL 01263 833237

(WE ALSO PROVIDE A CARPET CLEANING SERVICE)

Martin Wones Electrical

**All domestic and commercial
electrical work undertaken**

24hr call out service

Mobile 07468 572068

Tel 01263 649858

Email; martinwoneselectrical@outlook.com

Web; www.martinwoneselectrigan.co.uk

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.cjtreесervices.co.uk

Phone 07500 514187