



The Pilgrim Shelter and the Church would like to thank the members of the 100 Club for the donations in January of £400 each, which has boosted their funds considerably.

As you can see not only do you stand the chance of a win if you are in the 100 Club, you are also helping the Shelter and The Church.

March - April 2025

Thank you to Mike Lawrence, photographer, artist and resident of Trimingham, for this photo of snowdrops in the church grounds in February 2023

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by Abi Spicer

S.A.C Dip Foothealth Practitioner

Tel: 07881 488486



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- Referrals to Community Coordinators to connect people to further groups and services that cover, not only financial support and entitlements but also physical, mental and social wellbeing

You could be eligible for immediate help

Contact us now on

01263 686999

or E-mail info@cromer-cares.co.uk

March-April 2025



Village Information & Contacts

Trimingham Parish Council:

www.triminghamparishcouncil.co.uk

Trimingham Hall:

Liz King 07789-362323 /

King495@btinternet.com

Pilgrim Shelter:

Dot Bradley on 01263 833249
after 6.00pm.

Linda Brown on 01263 834349.

www.trimingham.org

(hall hire, shelter hire, what's on,
village events & news)

Find us on:  Trimingham Hall

Village News

The Shelter will be holding a **Jumble Sale** on Saturday 17th May. If nearer the time you have anything for this, please let Dot or Linda know on the usual numbers and we will arrange collection.

Drop-in sessions

sUStain Coastal is a new project helping residents cope with the devastating impacts of coastal erosion.

Norfolk and Waveney Mind's "sUStain Coastal Project" are hosting drop-in sessions in the Pilgrim Shelter during March and April 2025 – Join us to share your thoughts, express your concerns, and build resilience with free wellbeing support, community events, and workshops.

There's a leaflet in the Pilgrim Shelter for full details and contacts.

Walkies for Wellbeing

Dogs can play a huge part in the wellbeing of individuals and families and having one, or two, or three, or four... in my life has certainly done that for me. I've signed up to fund raise for **Norfolk and Waveney Mind's "Walkies for Wellbeing"** challenge for March 2025, it's a fantastic opportunity to help others as I'm enjoy being outside with them.

There are so many good causes out there fighting for your donation, but please do give a thought to those in rural areas, isolated, the young and the old, in our county that these funds will go towards helping.

Every £1 helps, so please donate. All funds raised will go towards running essential mental health services in Norfolk and Waveney. You can go to my justgiving page or scan the QR code on the back page of this newsletter.

Thank you, Sue.

Let's Celebrate

The Pilgrim Shelter celebrates 90 years of being a community building used by the village this year. We are hoping to put on an event for the village to come and join us to celebrate. We will let you have further details in the next issue.

Quiz night

A big thank you to Dot and Linda organising these nights. It was evident from the laughter and team banter over the answers, what round to play their joker. It was a lot of fun. The next Quiz is on Friday 28th March and the next Games Night is Friday 25th April. Do come and join in.



**HAPPY
EASTER**

Farewell to Jim Jay Jim lived in our village for many years with his wife Betty. He was a school caretaker and a milkman. He then designed patterns for their machine knitting business, and the jumpers were sold all over Norfolk and beyond. Jim used to go by bus to Cromer and met his “harem” on the bus. He lived his last 2 years at Halsey House in Cromer and died on 20th January 2025.

100 Club Results

January 2025		
No 59	Mr A Rimington	£20.00
No 1	Mrs E Robson	£10.00
No 13	Mr C Dash	£ 5.00
No 53	Mrs V Panks	£ 5.00

February 2025		
No 66	Mrs D Bradley	£20.00
No 32	Mr P Carpmael	£10.00
No 74	Mrs A Edwards	£ 5.00
No 77	Mrs L Brown	£ 5.00

Be in it... To win it!

For just £1 each month you could be our winner of £20! Winners drawn each month. To get your number please contact our Treasurer, Mrs S Burwood, on 833941.

Parish council report from Liz

The parish council met on Wednesday 8 Jan 2025.

The improvements to traffic calming through the village were discussed, the council have been informed this work should take place before the autumn.

Councillor Chris Harrison stated that there was not much to report re Coastwise and although the Mott MacDonald report proposed more feasibility studies re ground water Coastwise refused this idea! There was dissatisfaction that Coastwise seems to be all about surveys and very little practical work.

The next council meeting is
12 March at
The Pilgrim Shelter 7pm
All welcome.

Coastal path erosion

Please do be careful along the cliff edge as the path between the spinney and the Woodlands sign.



6th January 2025



14th February 2025

You can now see the cable placed by the UEA for monitoring the cliff top.

News from the Hall by Liz

We are pleased to say that Trimingham Hall is now very busy with most days having one or more bookings.

In April there is the **Fun Dog Show** with **Car Boot and Table Top Sale** plus mid month 12th April, **The Glamtastics** are performing from 7:30pm Tickets just £10 from Liz 07789 362323.

We would love more volunteers to join our team of workers once a month or once a year all help gratefully accepted.



Coastwise Project Update

The Sub-committee set up by the parish council to work with NNDC have had several very good meetings and we believe that we are moving forward and hope to see some concrete actions happening this year.

Jubilee Wood – Most of you will not be aware that we have this woodland (take a straight line from Woodlands entrance towards the sea-woods on the left) which was established for Queen Victoria's jubilee and is now largely overgrown.

The project is to re-establish this facility, make it more accessible for the village and at the same time clearing ditches and gullies to take the ground water away from the cliff. At the moment this water does not drain, it lays on the land, eventually draining out to the cliff accelerating erosion. The main driver for this project is Chris Harrison, and the team are indebted to him for endeavouring to make this happen.

Both these projects are driven by the need to slow ground water which is one of the main drivers of erosion in our village, and is following the data we received from the Mott Macdonald survey work completed through Coastwise recently.

Terry Brown.

Middle Street Pond – Most will be aware that in times gone by there was a pond at the bottom of Middle Street (the village pump was located close by) but this had been largely neglected for many years. Our project will re-establish this pond, catching the ground water that now soaks into the ground and over the cliff. This will create a community nature and wildlife facility. Water captured in the pond will largely evaporate and any overflow will be directed into the drain. The old pub site will be fenced and planted with trees and fast growing grasses.

There will be a smaller lay-by provided so that people can still access this area and enjoy the coastal panorama. Much historic data has been provided by Geoffrey Pardon, and this data has helped us immensely in planning this project.

The water in the foreground was known as The Pit and was formed by natural drainage from the street and adjoining farmland.

Middle Street 1912



Events at the Pilgrim Shelter

MARCH 2025

- 8th Weds **Poppyland Ladies Group** – 2pm AGM
- 4th Tues **Norfolk & Waveney Mind “sUStain Coastal Project”**
5 to 8pm *Drop-in session.*
- 7th Friday **Craft Circle** – 2pm contact Dot 833249 (after 6pm)
- 12th Weds **Poppyland Ladies Group** – 2pm contact Dot 833249 (after 6pm)
Parish Council Meeting – 7pm to 9pm contact Liz on 834965
- 14th Friday **Book Club** – 2pm Contact Dot 833249
- 18th Tues **Norfolk & Waveney Mind “sUStain Coastal Project”**
5pm *Walk & Talk sessions** – 6pm to 8pm *Drop-in session.*
- 19th Weds **Coffee Morning** – 9.30am contact Linda 834349
Gardening Club – 2pm contact Dot 833249 (after 6pm)
- 21st Friday **Craft Circle** – 2pm contact Dot 833249 (after 6pm)
- 26th Weds **Soup & Pud** – 12.30 contact Linda 834349
- 28th Friday **Book Club** – 2pm contact Dot 833249 (after 6pm)
Quiz Night – Starts at 6.30pm. £6 per person, includes nibbles.
Teams max of 6 or make up a team with others on the night!
Contact Linda 834349

APRIL 2025

- 1st Tues **Norfolk & Waveney Mind “sUStain Coastal Project”**
5 to 8pm *Drop-in session.*
- 4th Friday **Craft Circle** – 2pm contact Dot 833249 (after 6.00pm)
- 6th Sunday **Table Top Sale** – 9am to 1pm. Refreshments
- 9th Weds **Poppyland Ladies Group** – 2pm contact Dot 833249
- 11th Friday **Book Club** – 2pm contact Dot 833249 (after 6pm)
- 15th Tues **Norfolk & Waveney Mind “sUStain Coastal Project”**
5pm to 8pm *Drop-in session and Co-Design Session***
- 16th Weds **Coffee Morning** – 9.30am contact Linda 834349
Gardening Club – 2pm contact Dot 833249 (after 6pm)
- 18th Friday **Craft Circle** – 2pm – contact Dot 833249 (after 6pm)
- 23rd Weds **Soup & Pud** – 12.30pm contact Linda 834349
- 25th Friday **Book Club** – 2pm contact Dot 833249 (after 6pm)
Pub Games – 6.30pm. £5 per person. Contact Linda 834349

Events at the Village Hall

MARCH 2025

- 1st Sat **Cutting the Mustard** live band. Tickets £10 from Liz 07789 362323
- 2nd Sun **Table Top Sale & Car boot** weather permitting
details from Liz 07789 362323
- 8th Sat **CASH BINGO** – 6:30pm EYES DOWN 7:15pm
£6 for six books, Ten games. Licensed bar.
All welcome. Raffle at half time.
- 12th Wed **TEA DANCE** – 1:30 to 4pm. £4 includes admission and tea and
cake. Masses of Free easy parking. Details Liz 07789 362323
- 26th Wed **TEA DANCE** – 1:30 to 4pm. £4 includes admission and tea and
cake. Masses of Free easy parking. Details Liz 07789 362323

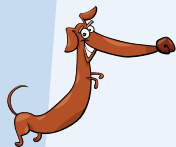
Activities in Trimmingham Hall
view online: www.trimingham.org
"What's On" and the notice board in the
Hall for new events, or pick up your copy
of the Crab Tales at the Hall

APRIL 2025

- 5th Sat **CASH BINGO** – 6:30pm EYES DOWN 7:15pm
£6 for six books, Ten games. Licensed bar.
All welcome. Raffle at half time.
- 6th Sun **FUN DOG SHOW** – Contact Liz 07789 362323
18 Classes, rosettes to five places, £1.50 an entry
& **CARBOOT and Table Top Sales**
Masses of free easy parking. Refreshments: Tea/coffee £1;
Bacon roll £2; Cakes, crisps, chocolate bars 50p each;
Book a table with Liz 01263 834965 / 07789 362323
- 9th Wed **TEA DANCE** – 1:30 to 4pm. £4 includes admission and tea and
cake. Masses of Free easy parking. Details Liz 07789 362323
- 12th Sat **The GLAMTASTICS** come Trimmingham Hall – from 7:30pm
Sounds of the 70s, dance the night away
(70s dress optional, but a prize awarded to the best dressed couple)
Tickets just £10 from Liz 07789 362323
Masses free parking. Reasonable priced bar
- 23rd Wed **TEA DANCE** – 1:30 to 4pm. £4 includes admission and tea and
cake. Masses of Free easy parking. Details Liz 07789 362323

CARBOOT & TABLE TOP SALES

Booking a table inside the hall or outside, give
Liz a call on 01263 834965 or 07789 362323



Weekly events

Monday

MARCH 3rd, 10th, 17th & 24th
APRIL 7th, 14th, 21st & 28th

10.15 to 11am
1pm to 3pm
5:30 to 6:45pm

Mum & Baby Yoga – with Laura 07900 333563
Whist – contact Liz 07789 362323
Yoga – with Pat Briggs 07810 023236. Cost £8.

Tuesday

MARCH 4th, 11th, 18th & 25th
APRIL 1st, 8th, 15th, 22nd & 29th

9:15 to 10am
10:15 to 11am
1:45pm
5 to 8pm

Pilates – with Emma 07941 999011
Walk Fit more & core – with Emma 07941 999011
Slimmers Wild – with Chris 01263 833581
NGMA Martial Arts – with Nate 07921 588094

Wednesday

MARCH 5th, 12th, 19th & 26th
APRIL 2nd, 9th, 16th, 23rd & 30th

10:30 to 11:30am
5 to 9pm

Thai Chi – with Geoff 07833 135116
NGMA Martial Arts – with Nate 07921 588094

Thursday

MARCH 6th, 13th, 20th & 27th
APRIL 3rd, 10th, 17th & 24th

11am to 12noon
1pm to 3pm
7pm

Thai Chi – with Geoff 07833 135116. Cost £6.
Whist – contact Liz 07789 362323
Table Tennis – Dave 07908 246494. Cost £5.
New members welcome – wherever you live!

Friday

MARCH 7th, 14th, 21st & 28th
APRIL 4th, 11th, 18th & 25th

11am to 12noon
6 to 7pm
7 to 9pm

Rest and Restore using Yoga Nidra – with Catherine Lawson of Tranquility Well-being 07449 534440
Sound bath (only first Friday of each month)
– with Amie Airey Soulful 07921 056074
Whist – contact Liz 07789 362323

Sunday

MARCH 9th, 16th, 23rd & 30th
APRIL 5th, 12th, 18th & 25th

1pm to 3pm

Whist – contact Liz 07789 362323

Date for your diary ~ 11th May 2025
1945s Style Tea Celebrating the 80th year since VE
Day – 1pm to 4pm.

Cost just £5, please book early to aid with the catering.
Contact Liz 01263 834965 / 07789 362323

WEEKLY WHIST DRIVES

Cost £4 includes play, refreshments, raffle inclusion and score prizes.
All welcome.
Give Liz a call on 01263 834965 or 07789 362323 for details or to arrange a refresher session.

Nature Notes March - April 2025

Spring is supposedly on its way, officially in March but the wet weather is unrelenting and my drive has been flooded many times this winter. I've had one snowdrop in my garden but the crocuses are doing OK, and I have several self-set lupins coming through.

Blue tits have been examining two of my nest boxes so that's a good sign and robins and dunnocks are singing. You might mistake them for sparrows but they can be identified by their grey head. Pheasants and partridges are using the feeders and also using my greenhouse as a dust bath as usual.

There were still more than 1000 pink footed geese at Cley at my last visit according to a warden that I know. There were also avocets, widgeon, teal, marsh harriers and best of pintail ducks which will soon be away to Scotland. They are all coming in to their breeding plumage.

At Felbrigg the resident swans were rebuilding their nest in the reeds while last year's juveniles were still around. Also on the lake were about 30 tufted ducks – more males than females – mallard, teal, shovellers, gadwall and two cormorants perched in a dead tree.

Around the village in the fields there are hares and Roe deer and a covey of partridges.

Let's hope the rain stops soon.

Mac Marshall

Ten Thoughts on Growing Older

1 Age is a matter of mind. If you don't mind, it doesn't matter

2 Wrinkles are only by-products of smiles

3 Age stiffens the joints but softens the heart

5 Young in heart, slightly older in other places

6 Growing slower in step is only walking closer to God

4 In spite of the cost of living, it is still popular

7 In this life the older believe everything, the middle aged suspect everything and the young know everything

8 Grandchildren are God's gift for growing old

9 Reaching my age isn't at all bad especially when you consider the alternative

10 I'm in the prime of life. It just takes longer to get primed

Trimingham Church and Benefice

Any requests for prayer can be left on the prayer board in the Church; or sent to Rev. Sian via email revsreading22@gmail.com or contact her by phone 01263 833790.

For general enquiries regarding weddings, funeral or baptisms please email the Administrator Poppyland.lector@gmail.com

*Wishing everyone
a very happy
Easter!
from Penny.*



The next church services in Trimingham will be:

March 2nd Holy Communion 11am

**March 30th Holy Communion 10am
Benefice Service at Sidestrand**

April 6th Holy Communion 11am

**April 13th Holy Communion 5pm
Benefice Service at Northrepps,
Palm Sunday**

April 20th Easter Sunday, Holy Communion 11am

Community Speedwatch volunteers needed

Our Community Speedwatch team monitor the speed of vehicles through our village.

Can you spare some time to help?

We need more volunteers, call
Terry on **01263 834349**.

Newsletter – next issue will be designed mid April to go to print around the 20th, any contributions please supply by 13th, contacts are:

Editorial: Dot Bradley on **01263 833249** after 6.00pm or
Linda Brown on **01263 834349**

Advertising: Sue Rust on **07973 502951** or email sue@custardcreative.co.uk

A big thank you to the advertisers – their support helps us to produce this newsletter for the village, please do use them if you can.

The Mobile Library will
stop on 18th March and
15th April at

Staden Park
15.35 to 16.00

Broadwood Close
16.05 to 16.15

**Hire of the Pilgrim
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to discuss potential
bookings call Dot on
01263 833249 after 6.00pm**

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 **Norfolk and Waveney**



Paws up for the pack who are joining in the fund raising for mental health and wellbeing of individuals and families in rural areas.



There are a lot of good causes asking for donations, but even a £1 will help.

Please donate.

<https://www.justgiving.com/page/suerust>

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