TRIMINGHAM News

We still need your help us reach the goal of £10,000 .. see inside



September–October 2026

Lifestyle & Wellbeing



All Breeds DOG SALON in TRIMINGHAM

- Dog grooming
- Ears strip & clean
- Nail clipping
- Anal glands



POSHPAWS DOG GROOMING

Call Denise on
07792 832182
POSH_PAWS@GMX.COM

StuffIt Upholstery

Restuffed, restitched, restored
call Claire **07827 295027**
stuffitupholstery@yahoo.com

Improve fitness, posture, mobility, strength, agility, relaxation, body awareness and well-being.

Treatments for
- Back pain
- Knee/Ankle problems
- Achilles Tendon sprain
- Shoulder problems
- Joint stiffness
- Ligament strains
- Plantar faciiates
- Tennis Elbow
- Muscle strains
- Injury rehab

Clinics in TRIMINGHAM, MUNDESLEY and SOUTHREPPS.

UpandRunning TREATMENTS
07764 897554
www.upandrunningtreatments.



'A step in the right direction'
HAPPY FEET by Abi Spicer
S.A.C Dip Foothealth Practioner
Tel: 07881 488486

Cromer and District Independent Funeral Services

"A compassionate and caring service in your time of need"
Funeral Packages Starting From £999.00
www.cromeranddistrictfunerals.co.uk
info@cromeranddistrictfunerals.co.uk
32 West Street, Cromer, Norfolk, NR27 9DS 01263 514814

Tai Chi
movement classes with Paula

- Overstrand - Mon 10am
- Southrepps - Weds 10am
- Felbrigg - Thurs 10:30am
- Trimingham - Friday 11am

All classes are gentle, it's effective movement, classes are lighthearted & I ensure they are welcoming & fun...

07735 562990 *See you soon, Paula*

Luxury Gym, Swim & Spa facilities located exclusively at Woodland Holiday Park

TRIMINGHAM LEISURE CLUB

• Sauna • Steam Room • Spa Pool • Indoor Swimming Pool
• Fully equipped and air-conditioned • TechnoGym® powered Gym

MEMBERSHIP PACKAGES AVAILABLE
01263 576020
email: tlc@woodland-park.co.uk **www.triminghamleisureclub.co.uk**

Village Information & Contacts

Trimingham Parish Council:
www.triminghamparishcouncil.co.uk
Chair: Linda Brown
01263 834349
linda.brown@trimingham.org

Trimingham Hall:
Liz King 07789-362323 /
King495@btinternet.com

Pilgrim Shelter:
Dot Bradley (after 6.00pm)
01263 833249
Terry and Linda Brown
01263 834349
Patrick Carpmael 01263 833382

www.trimingham.org
(hall hire, shelter hire, what's on, village events & news)

Trimingham Hall
Trimingham Village Group

Your Community Speedwatch Needs You!

Can you help, we welcome more volunteers and full training is given.

Contact Jeremy on **01263 834893**

Village News

Church Lych-Gate fundraising

The Parochial Church Council (PCC) sends their appreciation and gratitude as donations trickle in, every pound helps reach the very big target of £10,000.

As we go to print the Lych-gate Reserve Fund has reacted a grand total of £4698. Being made up of donations direct to Christine and gofundme of £2006, and a further £2692 being part of a legacy donated.

We have further activities brewing watch out for future announcements, and it's great to see our villagers come forward with ideas.

If you wish to donate, you can **donate directly to the Trimingham PCC** by contacting Christine Page at West Bracken, near the Church / opposite Broadwood Close.

Or, you can **donate via GoFundMe** that is convenient and safe and can be done in the comfort of your home, at any time. A step by step guide was in our last newsletter.

If you can give, every pound helps

https://www.gofundme.com/f/repairs-to-trimingham-church-lychgate

or **scan the qr code** with a smart phone.



Dot and Linda will be happy to help if you have any queries or fundraising ideas.

Dot (after 6.00pm) 01263 833249 or Linda 01263 834349

Bag it and bin it – or take it home

A new additional waste bin is now in place at the entrance to the fields at the eastern end of the layby, opposite Staden Park.

The bin is for general litter and bagged dog poo. In both cases, the message is simple: **bag it, bin it, or take it home.**

Please use this bin for your litter, **general waste** and **bagged dog poo**. It is currently a temporary fixture, and its continued use will determine whether it remains in place. The bin is not owned by the Parish, so if it is well used, **we get to keep it!**

Be responsible for your dog poo and litter when walking along the footpaths and coastal path. There are now three bins available to use on your walk:

- At the entrance opposite Staden Park
- At the entrance at Woodlands
- At the Pilgrim Shelter

Clean up after your dog and take your litter to a bin — or take it home.

Let's all do our bit to keep our village, footpaths and coastline clean.

100 Club Draw

July 2026		
No69	Mr H Sinfield	£20.00
No 10	Karen Beech	£10.00
No 72	Mrs Hobson	£5.00
No 71	Mrs J Bradley	£5.00

We must apologise that the August 100 Club Draw has been postponed until September due to events at Pilgrim Shelter, visitors and holidays.

... be in it to win it!

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

The Mobile Library
1st, 29th September and **27th October**
Staden Park
15.35 to **16.00**
Broadwood Close
16.05 to **16.15**

Check out tide times:

Scan QR code with your smart phone for Cromer tide times or type in the URL below.

https://tinyurl.com/ytryhr7w

Coastwise News

The open event at the Village Hall detailing the content of the coastal transition plan for Trimingham was held on Friday 17 July. The coastwise team spoke to residents outlining the main adaption priorities for our community.

Living with the changing coast

Source: BBC News, **"If we worry about erosion, we will never get any sleep"**, 9 August 2026.

A BBC News article has shone a light on something that is very familiar to us here in Trimingham – living alongside a coastline that is constantly changing.

The article speaks to residents, including Derick Bowler, who moved to Trimingham with his wife in 2011 and made their home here believing they had 100+ years. NNDC now expect the property to be a victim of coastal erosion in about 20 years' time.



Derick's property, Beacon Farm, showing the "giant bites" out of the moving cliff line. Photo: Qays Najm/BBC

For Derick, as for many of us, worrying about erosion every day would make it impossible to enjoy the coastal life that brought us here in the first place. His approach is to make the most of living here while accepting that, eventually, difficult decisions may have to be made.

The BBC also highlights some of the work being done within our community to prepare for the future. Our new village hall is an important part of that, helping to ensure that we have a place for the village to come together for years to come. Terry Brown also talks about the need to think ahead and consider how we can support residents whose homes may eventually be lost to the sea.

We all know there are no easy answers when it comes to coastal erosion, or know how quickly the coastline will change. For us, it is something we have to live with and think about, while enjoying what attracted us here.

The BBC article is not just about Trimingham, but it gives a good insight into some of the realities facing residents and the decisions we may have to face in the years ahead.

Read the full BBC article: https://www.bbc.co.uk/news/articles/c8dnyqnz4yqo

Build your own photo book

This has proved very popular, and Dot has immersed herself in putting together some wonderful books capturing the history of our village.

During our sessions, you can create your own photo book, complete with text, to tell the story of a holiday, a past or present pet, a family occasion or celebration, a special journey, or snapshots of growing up to mark a birthday.

If you would like to enjoy your photographs in a book and share them with family and friends without having to pass around a screen, this could be just the thing. You can include as many photographs as you wish, with your own choice of layout and added text, just bring along your laptop, iPad or smartphone and we can access the Wi-Fi in the Shelter.

Sessions in September will continue held on the 1st and 4th Wednesday of the month, from 2pm to 4pm. Going forward into the winter months, as I will no longer be available in the afternoon, it will be possible to run evening sessions through October, November, December and January, if there is enough interest. If an evening session would suit you, please get in touch with Dot after 6pm on 01263 833249, and we can sort out a suitable day and time to suit the group.

If you wish to start a new club or share a hobby, the Pilgrim Shelter is an ideal venue, let us know and we can ask here if there is any interest.

Holli from Tech Skills for Life Workshop continues to help with your IT.
1st September
6th October

Soup and Pud lunch returns in October

Internet down

Work meeting

Quiet Private Space

Hot Desk at the Pilgrim Shelter, fast reliable internet starting at just £5.

Parish Council

Despite being told on many occasions that the road calming scheme was “imminent”, it appears that this will not happen until after the main holiday season is over. Highways states the need for minimum disruption during this busy time even though there appear to be so many road closures in the surrounding area. Rest assured that we are pushing hard for a start date.

We have received some comments from a couple of residents regarding overgrown hedges where these are restricting the footpath. May we respectfully ask all home owners to ensure that hedges are trimmed back from the footpath. Thank you for your help.

Our next meeting will be on 9 September in the Pilgrim Shelter. We hope to see you there.



Linda and Dot, wish to say thank you to everyone for attending these events and for those who help.

We are always looking for ways to fund raise to support the running costs of the Shelter. If you have an idea, explore with Dot or LInda

Pilgrim Shelter news and update

The end of July to mid-August has been a busy time:

The Pre-loved Art Sale, over 3 days, took £394.50 gross. We must thank Mike and Sarah for all their hard work helping with this event.

The Pots, Plants and Pebbles made £245 gross and although no children did any painting, 8 adults thoroughly enjoyed themselves and lots of pots were sold.

There will be a **Trustees of Pilgrim Shelter meeting** on Friday 4th September at 6.00pm, all are welcome.

September and October should be quieter months. **The Soup and Pud lunch** will return in October, provided there are enough diners, still a bargain at £5. Let Dot or Linda know if you are interested.

The **Quiz Nights** are still popular and there are a lot of "I do know that but!!" and laughter.

Cushions, tins and magnets in stock

The **cushions, tins and fridge magnets** that depict the scene from our old Trimingham Village sign are restocked. Pop into the Pilgrim Shelter to buy or use the order form to get one posted to you or a friend.

Fast and reliable Wifi

Is your internet not constant or are you on holiday and need access to the internet? Why not visit the Pilgrim Shelter, where you can make yourself a drink, while you work. The cost for the first hour is £5 and privacy is guaranteed, or you could share with a colleague. If you require a longer period, the cost is negotiable.

Activities at the Hall news from Liz

Trimingham Hall continues to be very busy with all the regular classes and now another new class **Boxercise** with Poppy on a Monday evening after yoga. **Chair yoga** with Pete on a Tuesday is a really good workout at a gentle pace I am really finding it beneficial.

The **Free tea coffee morning** is still held every Monday 1030 to 1230 all very welcome.

We have only held two **tea dances** during the summer months in June it was so hot only five people ventured to the event, although inside the hall as the cleaning team had thoughtfully left the blinds down it was cool, July's dance was a resounding success.

FUN CASH BINGO

12th September
10th October
Doors open 6:30pm • Eyes down 7:15pm

The **Fun Cash Bingo's** continue to be very well supported with Will of Wool and Crafts, Cromer helping with the set up each time (he has now joined the committee) and Graham and Karen helping with the clearing away, there is always room for more fit and willing volunteers to join our numbers.

The talk in July by Mario our local first Responder was informative and very well supported.

The talk on **5 September is by Patrick Peal MBE former CEO of EAAA** , the talk in October is yet to confirm but it will be on 2 October.

Sunday 6 September is our second Fun Dog Show of the year with Nina our committee member from Trunch judging from 11 am, Plus at 0830 am a **Free pitch Car Boot** and **inside tables** at £5 each there will be many bargains to be bought. plus great refreshments by the return of Wandering Sausage team

Fortnightly tea dances return on 9 September with Barry Eke singing, then Just William on the 23rd playing the discs.

Trimingham Trosh will be held 3 and 4 October, further details once confirmed, although I can assure all that the fantastic cars of East Coast pirates will be with us on the Saturday.

There has been discussion of opening the committee room for viewing **Strictly Come Dancing** with a wine and cheese theme we would like some feedback on this idea?

Chair Based Fitness 10:30 to 11:30am

Tuesdays with **Pete**, call **07500 660085**
Gentle Movement Class. Beginners Welcome.

Hall Community Coffee Mornings

10:30am to 12noon

In the **Committee Room**. Join us for tea, coffee, cake and a chat.
FREE TO ALL

Trimingham Hall

Talk by Patrick Peel MBE former CEO of East Anglian Air Ambulance

Model Club of North Norfolk donate the proceeds of their shows to the East Anglian Air Ambulance

Saturday 5th September
Doors 6pm • Talk 7pm
£5 includes tea, coffee, wine or water

Contact Liz
07789 232323
liz.king@trimingham.org



Boxercise 6:45pm to 7:45pm

Mondays with **Poppy** call **07507 396807**

TRIMINGHAM HALL TEA DANCES

Barry Eke entertains
9th September & 7th October

Just William with the discs
23rd September
21st October



COST £4 inc. Tea & Cake
1:30pm –4pm
MASSES OF EASY FREE PARKING
RAFFLE IN AID OF DEMENTIA UK

WALTZ • CHA CHA CHA • LINE DANCING • THE BIRDIE SONG

ALL WELCOME • Further details Liz 07789 362323

FUN DOG SHOW & BOOT SALE

6th September - Free pitch boot sale from 8.30 - dog show from 11



£2 a class

Open 10am Judging starts 11am

CLASSES

1) WAGGIEST TAIL – ADULT HANDLER
2) BEST CONDITION – PUP UP TO 1 YEAR
3) BEST CONDITION – VETERAN OVER 7 YEARS
4) BEST CONDITION – ADULT 1 TO 7 YEARS
5) WAGGIEST TAIL – JUNIOR HANDLER
6) PRETTIEST BITCH
7) HANDSOMEST DOG
8) FRIENDLIEST RESCUE
9) FANCY DRESS DOG & HANDLER
10) MOST APPEALING EYES
11) DOG MOST LIKE ITS OWNER
12) BEST 6 LEGS
13) TOP BRACE – ALIKE OR OPPOSITE
14) BEST TRICK
15) HAPPIEST FAMILY GROUP
16) TRIMINGHAM RESIDENT'S
17) VISITOR'S DOG
18) DOG NOT WON A FIRST PRIZE TODAY

LUNCH BREAK INCLUDING SAUSAGE RACING – 50p a go!

Voucher for Class 9 from Wool & Crafts, Bond Street, Cromer

Thank you to all who sponsored the rosettes – we appreciate your support!

TRIMINGHAM TROSH

3rd & 4th October

Have a go at Ploughing
East Coast Pirates Car Club (Sat)

–

FULL DETAILS TO BE CONFIRMED

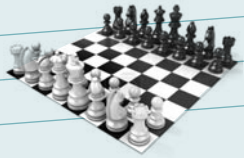
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LIVE MUSIC DAILY – 11 to 3pm
Burgers & Hot dogs • Refreshments
Homemade cakes • Licensed bar
Golden Bucket • Super Raffle • Tombola
VERY WARM WELCOME

Events at the Pilgrim Shelter

SEPT 2026

1st	Tues	**IT Drop-in Session** – with Holly – 1pm to 3pm **Hand Bell Ringing** – 4pm to 5pm
2nd	Weds	**Build a Photo Book Session** – 2pm to 4pm
4th	Friday	**Book Club** – 2pm to 3:30pm **Trustee Meeting** – 6pm to 7pm
6th	Sun	**Table Top Sales** – 9am to 1pm
8th	Tues	**Chess Club** – 7pm to 9pm
9th	Weds	**Poppyland** – 2pm to 4pm **Parish Council Meeting** – 7pm to 9pm
11th	Friday	**Crafts** – 2pm to 3:30pm
15th	Tues	**Hand Bell Ringing** – 4pm to 5pm
16th	Weds	**Coffee Morning** – 9.30am to 11am **Gardening Club** – 2pm to 4pm
18th	Friday	**Book Club** – 2pm to 3:30pm
22nd	Tues	**Chess Club** – 7pm to 9pm
23rd	Weds	**Build a Photo Book Session** – 2pm to 4pm
25th	Fri	**Crafts** – 2pm to 3:30pm **Quiz Night** – from 6.30pm, £8 p/p, contact Linda 834349
29th	Tues	**Hand Bell Ringing** – 4pm to 5pm



Gardening Club – we meet once a month on a Wednesday.

BUILD A PHOTO BOOK

Will continue but with a new time

Contact Dot as it doesn't have to be a Wednesday, will be in the evening and fit in with availability of the Shelter.

September will run as usual, Wednesday 2pm to 4pm, 2nd & 23rd.

Pilgrim Shelter TRUSTEES MEETING

Friday 4th September – 6pm to 7pm

All welcome

PARISH COUNCIL MEETING

Weds 9th September – 7pm to 9pm

All welcome

Contact Dot (after 6.00pm) on 01263 833249 or Linda 01263 834349 for any event information or bookings at Pilgrim Shelter

TABLE TOP SALES

First Sunday in the month – 9am to 1pm
6th September, 4th October &
1st November will include Xmas Gifts starts later time 9:30am

Browse a bargain and join us for Bacon baps, Sausage rolls, Tea, Coffee & Cake available throughout the morning.

All proceeds go to the running of the Shelter

CHESS CLUB

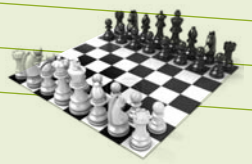
After a summer break the chess will restart fortnightly from

September 8th
Tuesday – 7pm to 9pm*

All Welcome. £1.50.

OCTOBER 2026

2nd	Friday	**Book Club** – 2pm to 3:30pm
4th	Sun	**Table Top Sales** – 9am to 1pm
6th	Tues	**IT Drop-in Session** – with Holly – 1pm to 3pm **Chess Club** – 7pm to 9pm
7th	Weds	**Build a Photo Book Session** – Evening time to be confirmed
9th	Friday	**Crafts** – 2pm to 3:30pm
13th	Tues	**Hand Bell Ringing** – 4pm to 5pm
14th	Weds	**Poppyland** – 2pm to 4pm
16th	Friday	**Book Club** – 2pm to 3:30pm
20th	Tues	**Chess Club** – 7pm to 9pm
21st	Weds	**Coffee Morning** – 9am to 11:30am **Gardening Club** – 2pm to 3:30pm
23rd	Friday	**Crafts** – 2pm to 3:30pm
27th	Tues	**Hand Bell Ringing** – 4pm to 5pm
28th	Weds	**Soup & Pud** – 12noon to 1:30pm
30th	Friday	**Books** – 2pm to 3:30pm **Pub Games** – starts at 6.30pm, £7 p/p



NOV 2026

1st	Sun	**Table Top with Xmas Gifts** – 9:30am to 1pm
3rd	Tues	**Chess Club** – 7pm to 9pm
6th	Friday	**Crafts** – 2pm to 3:30pm

^ ADVANCE DATES FOR YOUR DIARY

Events at the Village Hall

SEPT 2026

4th	Fri	**Monthly talk** by **Patrick Deal of East Anglia Air Ambulance (EAAA)** – Doors open 6:30pm, Talk starts 7pm. £5
6th	Sun	**Fun Dog Show, Car Boot & Table Top** – 8:30am to 4pm
7th	Mon	**Community Coffee Morning** – 10:30am to 12:30am. FREE
9th	Weds	**Tea Dance** with **Barry Eke entertaining** – 1:30 to 4pm. £4 includes admission, tea and cake. Plenty of Free easy parking. Raffle at tea time.
12th	Sat	**FUN CASH BINGO** – 6:30pm EYES DOWN 7:15pm £6 book of ten games. Licensed bar. All welcome. Raffle at half time.
14th	Mon	**Community Coffee Morning** – 10:30am to 12:30am. FREE
16th	Weds	**Science & Technology Group** – 10:30am to 12noon – £2
21st	Mon	**Community Coffee Morning** – 10:30am to 12:30am. FREE
23rd	Weds	**Tea Dance** with **Just William entertaining** – 1:30 to 4pm. £4 includes admission, tea and cake. Plenty of Free easy parking. Raffle at tea time.
28th	Mon	**Community Coffee Morning** – 10:30am to 12:30am. FREE

OCTOBER 2026

3rd 4th	Sat & Sun	**Trimingham Trosh – Carboot & Table Sales** – Have a go ploughing Live music daily, Burgers, Tombola, Golden Bucket and much more.
5th	Mon	**Community Coffee Morning** – 10:30am to 12:30am. FREE
7th	Weds	**Tea Dance** with **Barry Eke entertaining** – 1:30 to 4pm. £4 includes admission, tea and cake. Plenty of Free easy parking. Raffle at tea time.
12th	Mon	**Community Coffee Morning** – 10:30am to 12:30am. FREE
14th	Weds	**Science & Technology Group** – 10:30am to 12noon – £2
19th	Mon	**Community Coffee Morning** – 10:30am to 12:30am. FREE
21st	Weds	**Tea Dance** with **Just William entertaining** – 1:30 to 4pm. £4 inc admission, tea and cake. Plenty of Free easy parking. Raffle.
26th	Mon	**Community Coffee Morning** – 10:30am to 12:30am. FREE

For all Hall events and bookings:

Weekly or regular events at the Village Hall include:

For full details go to **https://trimingham.org/booking-diary/**
Plus events are on the notice board at the Hall and in *Crab Tales*, copies available in the Hall.

Cardio Dance
Fortnightly, Fridays 10am -11am with **Emily**
07815 983482
emily.lee@norfolk.gov.uk. Cost £5.

Yoga
Mondays 5.30pm-6.45pm with **Pat Briggs**
07810 023236. Cost £8.
Sundays 9-10am with **Charly**
email: seedyoganorfolk@gmail.com

Thai Chi
Weds & **Thurs**, with **Geoff** 07833 135116
Classes full.
Fridays, with **Paula** 11am-12noon
07735 562990

Chair Based Fitness
Tues 10:30am to 11:30am, with **Pete**
07500 660085

Boxercise
Mondays 6:45pm to 7:45pm with **Poppy**
07507 396807

Whist Drives
Monday & Thursday 1pm to 3pm
& Sundays 1pm to 3:30pm
Cost £4 includes play, refreshments,
raffle inclusion and score prizes.
with Liz 07789 362323. All welcome.

NGMA Martial Arts
Tues 5-7pm & **Weds** 7-9pm
with **Nate** 07921 588094

Pilates
Tues 9:15 -10am, with **Emma**
07941 999011

Slimmers Wild
Tues 1:45 to 3:45pm, with **Chris**
01263 833581 or chrisbowls29@gmail.com

Table Tennis
Thurs 7-10pm with **Dave**
07908 246494. Cost £5.
New members welcome – wherever you live!!

Line Dancing
Thursday 5.30pm-7pm with **Sue Rondel**
07772 795930
email: therondels@outlook.com

Tea Dances
Fortnightly on Wednesdays
with **Barry Eke** and then with **Just William.**
Cost £4. Includes admission, tea and cake

Science & Tech Group E=mc²
Wednesdays – see calendar
10.30pm-12noon. Cost £2.
contact **Graham** 07731 347162

NOV 2026

1st	Sun	**Late Taptop Sales** – 10:30am to 2:30pm
2nd	Mon	**Community Coffee Morning** – 10:30am to 12:30am. FREE
7th	Sat	**FUN CASH BINGO** – 6:30pm EYES DOWN 7:15pm £6 book of ten games. Licensed bar. All welcome. Raffle at half time.
9th	Mon	**Community Coffee Morning** – 10:30am to 12:30am. FREE

^ ADVANCE DATES FOR YOUR DIARY

Contact **Liz 07789 362323 for further information.**

Trimingham Church and Benefice



The next church services in Trimingham will be:

Sunday September 6th, 11am – Holy Communion

Sunday September 27th, 5pm – Book of Common Prayer.

Sunday October 4th, 11am – Harvest Festival Service

Donations of food to be given to Cromer Foodbank may be left at the back of the Church. Thank you, it will be very much appreciated.

A very warm welcome to everyone.

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.rector@gmail.com

MARLINGS
BAR & RESTAURANT

Fun, food and party

Sat 31st October



CHARLIES FUN & MAGIC SHOW
Childrens entertainer
2pm to 4pm



CURRY NIGHT
6pm to 9pm

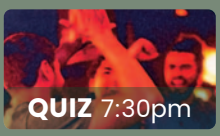


PHYZICAL PARTY BAND
The UK's Premier Party Band
8pm to 10pm

MARLINGS
BAR & RESTAURANT

Add some fun to your evenings

with our quiz and bingo nights!



QUIZ 7:30pm

SEPTEMBER
Friday 4, 11, 18, 25th
OCTOBER
Friday 2, 9, 16, 23rd,
Thursday 29th
NOVEMBER
Friday 6, 13, 20, 27th



BINGO 7:30pm

SEPTEMBER
Saturday 5, 12, 19, 26th
OCTOBER
Saturday 3, 10, 17th
Monday 26th
NOVEMBER
Saturday 7, 14, 21, 28th

BOOK NOW | 01263 576026 | FOH@WOODLAND-PARK.CO.UK

Nature Notes *from Mac Marshall*

Once more to Suffolk with trips to Westleton Heath and Dunwich. This was the week before the fire and I was fortunate enough to see Dartford Warblers at Westleton and an hour later as I was driving towards the car park at Dunwich, my first sighting ever in more than 50 years birdwatching, NOT 'twitching'. Now all is blackened by the flames.

At Minsmere being so hot and dry the scrapes were drying out so there weren't many waders. Five noisy people in the Bittern Hide eventually left and everyone breathed a sigh of relief. Within a couple of minutes a bittern flew into the reeds just in front of the hide and we watched it catch a bream and swallow it. It continued hunting for several minutes then went out of sight in the dense reeds.


Hummingbird Hawk Moth

Back home my friend Vera said that the swifts which nest in the roof of her 18th century cottage in Southrepps have now left for Africa. One evening we were driving through Lower Street and had to stop for something in the road. It was a barn owl which looked at the car for a few seconds then flew off.

I had a badger in the garden digging for bees nests and they have also been digging in the churchyard where I could see a broken honeycomb and a few bees working to do repairs.

We have had rain. At last and my grass already has a hint of green.

Helpful & Emergency Numbers

Medical & Community Emergency Services: 999. **Police**: 101

Coastguard: Emergency call 999 ask for Coastguard.

Doctors: Cromer: 01263 513148 – **Mundesley:** 01263 724500

Hospitals: Cromer: 01263 513571 – **NNUH:** 01603 286286 – **NHS**: 111

Anglian Water 24-hour emergency leak line: 03457 145 145.
If the leak is causing dangerous road conditions it's **Norfolk County Council (Highways)**: 0344 800 8020. **Report online**: https://tinyurl.com/2bzatnj7

Trimingham Newsletter copy deadline – next issue Nov/Dec. Adverts, articles and events supply by 20th October. Send or speak to: Sue Rust on **07973 502951** and send by email: **sue@custardcreative.co.uk**

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Offers Immediate Help & Assistance

Cromer Cares is a registered Charity, run solely by Volunteers, whose purpose is to relieve the **immediate** needs of our local people in Cromer, Thorpe Market, Trimingham, Gimingham, Felbrigg, Gresham, East & West Runton, Southrepps, Northrepps, Aylmerton, Overstrand, Sidestrand and Roughton.

People who are struggling due to financial difficulty, ill health, debt, social care, housing issues, family breakdown or getting to medical appointments.

Some of the services we can offer assistance are:

- Beds for children
- Basic household goods, furniture & clothing
- White Goods (w/machine, fridge, cooker)
- Transport to medical appointments
- Shopping Service
- Foodbank Vouchers
- 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 well-being

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