



TASBURGH QUARTERLY & CHURCH NEWS

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ISSUE NO. 74

SPRING 2024

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Useful Names & Contact Details

LOCAL COUNCIL & COUNCILLORS

Parish Council Chair	Jill Casson	01508 470334
Parish Council Clerk	Tina Eagle	01508 494569
DISTRICT COUNCILLOR	Martyn Hooton	07776 142027
COUNTY COUNCILLOR	Mrs Alison Thomas	01508 530652
MEMBER OF PARLIAMENT	Mr Richard Bacon	01379 643728
	richardbaconmp@parliament.uk	

URGENT NUMBERS

EMERGENCY	999
Non Emergency Police	101
enquiries@norfolk.pnn.police.uk	
Non Emergency Medical	111
Power Cuts	105

GP SURGERY

Long Stratton Medical Partnership	Swan Lane , Tharston	01508 530781
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CHURCH

Church News	Rev'd Dawn Davidson	01508 498924
Parochial Church Council/Yellow Pages	Valerie Cook	01508 470298

VILLAGE HALL

Chair	Graham Pates	07586 456500
	grahamjpates@gmail.com	
Secretary tbc	admin@tasburghvillagehall.org.uk	
Bookings tbc	bookings @tasburghvillagehall.org.uk	

TASBURGH SCHOOL

Preston CE Primary School	01508 470454
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COMMUNITY GROUPS

The Tasburgh Society	Adrienne Watts	01508 470217
Tasburgh Carers Group	Rachel Mahoney	01508 471271
1st Tasburgh Scout Group	To be confirmed	
Social Club Chair	James Hanton	
	james-hanton@hotmail.co.uk	
Tasburgh Short Mat Bowls Club	Dave Moore	01508 471041
Eurolink	Mr Alan Jones	01508 470092
Tasburgh Allotment Society (TAS)	Mr Simon Orford	01508 4 71539
Tasburgh United Football Club	Mr Daniel Edwards	07813 045764
Long Stratton & Tasburgh Men's Shed	Pete Sluman	01508 471529
St Mary's Guild	Julia Orpin	01508 470983
Fitness Club (Over 50's)	Mrs Ann Gibbins	01508 470225
Fat Dad's Football	Mr Bill Wheeler	01508 471633
Martial Arts	Mr Andrew Gillingwater	07775 890359
Tasburgh Tea Room	Mrs Andrea Sluman	01508 471529
St Mary's Church Craft Group	Jane Rae	07910 482852

Inaccuracies or omissions? Please contact tasburghpc@btinternet.com

Tasburgh Parish Council, Serving the Village of Tasburgh



MEETINGS

Parish Council meetings are held on the third Tuesday of the month currently in the Main Hall of the Village Hall at 7.30pm . **Planning Meetings**, if required, are usually held on the first Tuesday of the month, in the Village Hall Committee Room at 7pm. **Agendas** are posted on the village notice boards and the website at least three days beforehand.

Parish Council Meetings will continue to be held in Tasburgh Village Main Hall until further notice. Public are welcome to attend all Parish Council meetings; this is your opportunity to speak or ask questions.

MEETING DATES 2024

16th January	21st May	17th September
20th February	18th June	15th October
19th March	16th July	19th November
16th April	20th August	10th December

Annual Parish Meeting will be held 23rd April

Please note, if you would like an item to appear on the Agenda, details must be sent to the Clerk at least eight days before the meeting. The Council is unable to make a decision on anything not included on the agenda but can discuss newly raised matters and refer them to the next meeting. **Minutes** of meetings are posted on the website or are available from the Clerk.

PARISH COUNCIL SURGERIES

Councillors are still willing to discuss any issues you may have with you; their contact details can be found opposite on page 5.

Tasburgh Parish Council, Serving the Village of Tasburgh

Contacting the Parish Council

If you would like to know more, have any comments about Tasburgh Parish Council and its work, or you have any issues you wish to be raised, please contact one of the Councillors or the Parish Clerk.

YOUR COUNCILLORS

Jill Casson	12 Hastings Close chair.tasburghpc@gmail.com	470334
Matthew Read	Pilgrim Cottage, Low Road vicechair.tasburghpc@gmail.com	07879 816975
Willie Crawshay	The Grange, Low Road williecrawshay.tasburghpc@gmail.com	471650
Martin Bull	11 Henry Preston Road martinbull.tasburghpc@gmail.com	07833 308656
Brian McGuire	12 Curson Road brianmcguire.tasburghpc@gmail.com	471909
Andrew Patrick	Jasmine Cottage andrewpatrick.tasburghpc@gmail.com	07775 898301
Keith Read	Thornly Barn, Saxlingham Lane keithread.tasburghpc@gmail.com	470229
Adrienne Watts	Grove Cottage Adriennewatts.tasburghpc@gmail.com	470217
Preston Thomas	4 Church Road prestonthomas.tasburghpc@gmail.com	07730 049077

Parish Clerk

Tina Eagle
17 Alder Close
Poringland, Norfolk, NR14 7LY
Email: tasburghpc@btinternet.com

01508 494569

Website <https://tasburghpc.wixsite.com/tasburghpc>

Tasburgh Parish Council News

Welcome to this issue of Tasburgh Quarterly.

BUDGET

Recent meetings of the Parish Council have been largely occupied with setting the budget for next year. In common with everybody else, many of our costs have increased over this last year. However, we are also mindful of the problems many of you face with the cost of living. Therefore, next year's Parish Council share of Council Tax will rise by only 1.63%, bringing the figure for a Band D property to £59.67.

DEFIBRILLATOR

This is one item that has been included in the budget for next year as the defibrillator at the village hall now needs replacing. The current one is nearing the end of its recommended life span, and there are many newer models available. Remember,

**IF YOU SUSPECT SOMEONE IS HAVING A HEART ATTACK
DIAL 999 IMMEDIATELY.**

Tell the operator you are in Tasburgh and that you know where the defibrillator is located and the operator will give you a code to access the defibrillator. The machine will talk you through exactly what you need to do!



WEATHER

The weather continues to be unusually wet and stormy this winter. Remember, if floodwater is threatening your property, contact **Norfolk County Council emergency flood line number on 0344 800 8013**. Following the death of a motorist in the ford at Shotesham, the ford on the Low Road was recently closed by Norfolk Highways and may be again if heavy rain returns. Even if not closed, this ford can be dangerous – several vehicles get stuck every winter so please don't take risks. Also beware of flooding on Flordon Hill and drive carefully if flooded.

PLAY AREA

The surfacing under the play equipment at the Village Hall has recently been refilled and returfed, making a safer surface if a child were to suffer a fall. I would like to express my thanks to everyone who gave up a morning to come and help with this. It couldn't have been done without you.

We are still working on raising funds to replace the 2 bay flat swing which fell foul to rot.



Tasburgh Parish Council News

NEIGHBOURHOOD PLAN

The Plan has taken further steps towards completion. The Examiners report has now been received, and we are hopeful that it will go to a village referendum early in the new financial year. Watch out for publicity and the date for this soon.

LONG STRATTON BY-PASS

Work is due to start very shortly – many decades after the need for it was first mooted! This will inevitably cause some traffic hold-ups at certain times, but hopefully will be well worth the effort when completed. In connection with the by-pass, two councillors recently attended a meeting with Norfolk County Council to discuss the effect that it could have on the A140. Concerns about the increase in traffic were raised, along with existing problems exiting on to the road, especially if turning right, the lack of safe footpaths and cycle routes, and also about traffic using Low Road as a cut through to exit at the roundabout instead.

HERITAGE FIELD DOG BIN

We have received complaints from the team at South Norfolk District Council who empty our dog bins. PLEASE, if the bin on the Heritage Field is full, do not leave your poo bags on top of it, or underneath. A crew member has to pick these up, not pleasant especially in wet weather. **It would also be extremely dangerous for the sheep when they return to the Heritage field if one of them ingested one of the bags on the ground. This happened at Caistor Roman Town and as a result the sheep died.** There are other bins available not a stones throw away located at the Village Hall and the junction of Henry Preston Road, or you can place the bags in your own black bin at home.

ANNUAL MEETING OF THE PARISH

Tuesday 23rd APRIL 2024

TASBURGH VILLAGE MAIN HALL

7.00 for 7.30pm

This is your meeting, an opportunity to express your views about the community of Tasburgh.

Come along and hear from other Village groups and find out about more about what is going on in the Parish.

ALL WELCOME & REFRESHMENTS WILL BE PROVIDED

COUNCIL MEETINGS

Continue to be held at 7.30 on the third Tuesday of every month at the village hall. Details of future meetings together with the agendas are published on our facebook page, website and village notice boards.

Jill Casson, Chair

Tasburgh Neighbourhood Plan



After three years working on the draft Neighbourhood Plan I am pleased to tell you that an Independent Inspection was carried out on the Plan in December 2023 and after considering points raised for clarification, from the External Examiner, Statutory Agencies and the community the draft Plan is now back with South Norfolk District Council for final comments.



A referendum will now take place (hopefully in May) at which point you will get the chance to vote on whether you want Tasburgh Neighbourhood Plan to be used by South Norfolk Council to determine future planning applications. The referendum will be organised by South Norfolk District Council and as soon as we have further news on when it will be held we will let you know.

On behalf of the Advisory Group I would like to thank you all for your continued interest and support for this valuable piece of work for the future of our village.

Adrienne Watts, Chair

Tasburgh Tea Room

A café in the village
The Church Room,
St Mary's Tasburgh
Open 2 - 4pm

Drinks and home made refreshments

Saturday 24th February
Saturday 23rd March
Saturday 27th April
Saturday 25th May



For further information
Contact Andrea
Tel:01508 471529

We'd love to see you

Tasburgh Keep Fit Club

Are you over 50, looking to keep yourself fit and active and have an hour free on a Thursday afternoon?

If so, perhaps you might be interested in joining the Tasburgh Keep Fit Club

We meet at Tasburgh Village Hall on
Thursday from 2pm to 3pm.

We are led by a qualified trainer and everyone works at their own pace. We are a small, friendly group and besides exercising have plenty of laughs.

Why not come along for a free "taster" session the charge thereafter is £7 per session , payable on the day.

If you are interested and would like more information please contact



Ann Gibbins
01508 470225
or just come along.



Tasburgh United Football Club

The Club has children playing in teams in the local leagues, from under 7s up to under 18s. We also have girls teams at under 12 & under 14.

Our under 7s and under 11s teams are loving playing their home matches at Tasburgh Village Hall Playing Field this season!

We're looking for experienced under 13 and under 15 players - please get in touch if your child would like to join a training session.

HUGE thanks to the volunteers who run the club, to the various local businesses that sponsor our teams - and last but by no means least, thanks and well done, to all the fantastic young people who train and play for Tasburgh United, at venues across south Norfolk.

New supporters always welcome!

We're on Facebook www.Tasburghunited.com
Or you can call Dan Edwards on 07813 045764

Tasburgh Village Hall



It's been a busy time at the hall since last time of writing.

The quiz early in December was great fun, raising a good amount shared between the Village Hall and the Scouts. Quiz master Heidi did a cracking job, though I thought the book round was particularly tough!

Over the Christmas and New Year period the hall was the venue for some great events organised by TSSC. Walkway were excellent as usual and, although I wasn't able to attend myself, I have heard great things about the children's party and evening activities on New Years Eve.

We continue to host parties for both children and adults in our community which is the main reason we exist as a facility so please continue to support us.

As I reported in our article last quarter we are seeking someone to take over from Lynda in her treasurer/admin role. We have had some interest which is great but we are not in a position to announce anything yet.

Thank You

Since then unfortunately, we have lost Kay as our booking administrator after many years of service to the hall in both voluntary and paid roles. I would like to take this opportunity to publicly thank her.

With these roles currently vacant the trustees are looking at the jobs we need doing across our administration to make sure we are operating at our best both financially and serving our community efficiently. Once we are ready we will confirm how we are planning to do things, announce roles that we have had enquiries for and advertise any further vacancies. **In the meantime, the trustees are working together to keep things going, so please bear with us!**

Moving on from boring admin, you may have seen we have improved security at the hall with enhanced CCTV system and alarms. This is not the way we would really like to improve things, but necessary due to recent events.



Tasburgh Village Hall

Our next projects are improvements to the car park which is really in need of just remedial work, and also improving the flooring in the hall, perhaps finally covering the hole left from the original toilets (take a look next time you are in).

At time of writing, we are hosting a Murder Mystery Night in March, being organised by Tasburgh History Society which was great fun last year. Further details on date, time, how and where to obtain tickets can be found on **page 16**.

We are also supporting Tasburgh Allotment Society with the organisation of the Open Gardens Event which is due to take place in June. And looking further ahead we are fixing a date for the Summer Fete, fitting in with the many bookings we seem to have.



I am sure there are things that I have missed but as you can see we are very busy at the hall. Please get in touch with any comments on how we can improve.

We would still like to welcome extra TRUSTEES

**to come and join us onto the Committee
If this is something you would be interested in
you can have a chat with any of the trustees
if you see us about for more information
or contact myself
or Martin Bull (our Vice Chair) directly**

Graham Pates, Chair Tasburgh Village Hall Committee



TASBURGH PHOTOGRAPHERS
Remember if you enjoy taking seasonal photographs and would like one of
them to be featured on the front cover of a future
Tasburgh Quarterly & Church News
THEN WE WOULD LIKE TO SEE THEM!

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Tasburgh Quarterly & Church News

THEN WE WOULD LIKE TO SEE THEM!

All photographs will be credited and may be held for future issue

Email your photographs for consideration to

tasburghpc@btinternet.com



Tasburgh Sports & Social Club



Hon Sec's Dissertation of Wisdom

We ended 2023 in stonkingly good style with an abundance of good cheer over the holiday period. The finale on New Year's Eve was about as good as it gets with local entertainer James 'D' doing his usual excellent job in captivating his young audience at our year-end TSSC Children's Party, whilst a packed hall then enjoyed Terry Adams coaxing us into 2024 with a variety of songs. Admittedly, some of the Irish numbers might have been more suited to a St. Patrick's Night bash, but it mattered not as everyone had a thoroughly good time, and more than a few had sore heads the next day to prove it!

We've segued into 2024 facing strong headwinds, rapidly evaporating the abundance of good cheer we experienced over the Yuletide season: inflation is a constant menace for us all, we now have to pay VAT for the 1st time and the government insists on hammering social drinkers by changing the taxation on alcohol – the higher the ABV [alcohol by volume] a drink has, the more tax is tacked on to it.

Inevitably, this has meant that our prices have had to increase. Throughout 2023, we held our prices to you down by smart purchasing and tight fiscal controls, but eventually we had to accept that we could no longer continue to maintain this. The change in ABV taxation that came into effect last August, the imposition of VAT and increased prices from our suppliers all conspired to force our prices to you to rise in January. Whilst we've kept these increases to an absolute minimum, we're already receiving notifications of yet more price increases from our suppliers across this quarter, so our selling prices will be under further pressure once again.

By the time you read this, we'll have paid our first ever VAT demand. HMRC will be the lucky recipient of over £1,300 from us – ie you, our loyal customers – in what is nothing other than a tax on pleasure, enjoyment and social intercourse. By the same token, this iniquitous tax bites into our profitability and thus reduces our ability to invest in our local community and charities. A win for the government of the day, regardless of its hue, but a loss for Tasburgh.

And we cannot start the year without a deeply heartfelt apology to all our members for the shambles of our January 2024 Burns Night. For 15 straight years, we've invested in this tribute to the indecipherable Scottish Bard to such an extent that the annual celebration of his birth has become something of a village institution. Alas, this year was simply an utter debacle with its

Tasburgh Sports & Social Club

On-Off-On again status thanks to behind the scenes nonsense that gravely impacted the event. Rest assured that we will never again allow such an iconic fixture to be derailed in such a fashion, and we can only apologise again to members who felt let down by our inability to manage the situation properly.

But enough of the Old and on with the New.

And the **Big News** for this year is it marks our **30th Anniversary**, so we intend to have a 'Bit of a Do' to celebrate it. We've [almost] booked out the Village Hall across the whole of the Easter weekend so you can enjoy:



MARCH 29TH, GOOD FRIDAY – vocalist Lucy Short singing popular songs and hosting an Open-Mic session for any would-be crooners out there.

MARCH 30TH, EASTER SATURDAY – we'll start off with an ABBA tribute duo [one half of which is our popular postmistress Anna] at 5pm and follow that with a night of sounds from the 60's and 70's courtesy of top tribute band The Austin Beats who'll rattle off hits from the Who, Beatles, Stones, Kinks, Beach Boys etc, etc. Time to delve into the wardrobes to ferret out the Cuban-heels and plastic knee-high boots, flairs, loons, mini skirts, Levi jackets, Afghan coats and tie-dyed T-shirts to engage in an evening of pure nostalgia for those of us of a certain age!

Oh – there'll also be a BBQ running all afternoon as well.

MARCH 31ST, EASTER SUNDAY – ever popular local singing sensation Ross Stewart will perform with his band in the afternoon.

Will drinks prices go back to what they were in 1994? No, the average price of a pint of lager then was £1.56 [yes, really] and if we went back to those prices, we'd bankrupt ourselves.

Will we do some special drinks prices over the weekend? – highly likely, but you'll have to wait and see.

See the Back Page of this Quarterly for an aide-memoire to the weekend's events.

It's going to be a belter of a weekend, and we look forward to seeing as many of you there as possible.

Hon Sec.

Norfolk County Council

LANDLINE TELEPHONE DIGITAL SWITCH OVER

What is the landline telephone digital switchover?

The UK's telephone network is changing. Between now and 2025 the old analogue telephone landlines will be upgraded to landline services using digital technology. This means that in the future, landline calls will be delivered over digital technology called Voice over Internet Protocol (VoIP), which uses a broadband connection.

Do you or someone you know depend on their landline and/or use a telecare device connected to a phone line such as a fall monitor, lifeline or personal alarm?

If yes, then please notify the communications provider now (the provider of this service) so that they can advise on how the switch might affect the service of the devices or home phone.

Why is it happening?

The UK is upgrading its telephone network from the old analogue system to a new digital system. This means that by 2025, landline calls will be made using the internet instead of traditional phone lines. This is happening because the old system is becoming outdated and expensive to maintain.

Will it affect me?

The good news is that your landline isn't going anywhere and for most people, this change will be straightforward. But if you, or a relative, use any of the following types of service that rely on a telephone landline then this will affect you: landline telephone for making calls. telecare service Fire alarm Burglar alarm.

What do I need to do?

In most cases you don't need to do anything until your provider tells you that your telephone service is changing.


However, if you or someone you know is dependent on a landline telephone, or a service that relies on it, such as a telecare device, personal alarm, or burglar/fire alarm, then it is recommended that you check with the provider of the service to see what their plans are for the service, and when they expect the changes to happen. They will also be able to advise on whether the device will need to be upgraded or replaced.

When the switchover finally happens for you, and if you already have an internet connection, the change may be as simple as plugging your phone into your broadband router rather than the socket on the wall.

Additional guidance can also be found here:

[Ofcom](#) | [Digital switchover hub](#) | [Local Government Association House of Commons library](#) | [Public Switched Telephone Network charter](#)


South Norfolk & Broadland District Council




Get protected this winter

Book your seasonal flu and COVID-19 vaccinations as soon as you can.

Protect yourself and your loved ones.

 Improving lives **together**
Norfolk and Waveney Integrated Care System

 **warm**
and **well**

Protect yourself and your loved ones this winter by getting your COVID-19 and flu vaccines.

Viruses like COVID-19 and flu spread quickly, and you can pass them on to vulnerable friends and family even if you don't have any symptoms.

Book your COVID-19 and flu jab today. Find out more at
http://https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/?wt.mc_id=eva1_222_Wintervaccination_lettersQR

FRIEND AGAINST SCAMS



By completing the online learning, you can learn about the different types of scams and how to spot and support a victim.

www.norfolk.gov.uk/friendsagainstscams

You can also report scams to the
Citizens Advice consumer
helpline using their online report form or
03454 040506

If you see someone allowing their dog to foul and not clear it up, and if you know the owner's details you can report this using the link below (please do not submit photographs of the waste itself).

<https://www.southnorfolkandbroadland.gov.uk/neighbourhood-issues/dog-fouling>

Tasburgh Eurolink



It may still be winter, but we are already looking forward to next May, when a small group of our Belgium friends will be coming to Tasburgh between 23rd and 27th for our twinning weekend. Everything is in place for their welcome at the village hall on Thursday evening and the day trip to

Thetford for the group on Saturday.

Sadly, as few of the Belgians are still able to travel, and as people there are increasingly moving to one bed roomed flats, accommodation in Linden for us is limited. We have therefore decided to make this the last official twinning weekend in Tasburgh.

We were formed in 1989 and have been exchanging visits every year (except for during Covid), sometimes even twice a year in the early days. That amounts to 35 years of friendship during which we have seen our children grow up and have children of their own. The friendships will undoubtedly continue, and those who can will still visit each other, but this will be the end of our official twinning.

There is much to celebrate, so we have invited those who have been a part of Eurolink here, either by taking part or helping with our fund raising, to join the Belgian group and their hosts in the Village Hall on Sunday 26th May. It should be quite and evening!

I will be able to tell you all about it in my final report in the Summer Quarterly. For more information about Eurolink contact:

Chair - Helen Burnett: helenmburnett@gmail.com

Secretary - Alan Jones: jonesa@talk21.com.

TASBURGH HISTORY SOCIETY present "BAD VINTAGE"

A MURDER MYSTERY EVENING SATURDAY 23 MARCH 2024

Situated on the fertile slopes of the Loire Valley in France, is a small family run vineyard with considerable rustic charm and appeal.

The owners of the estate, Max and Demi Liter, regularly host wine tasting evenings which allow their guests to sample the latest bottlings and place orders ahead of the big conglomerates.

Unfortunately for the guests this evening, the vintage had more body than they were expecting. Max Liter has been discovered dead in a vat of wine.

Only you can help our very own Inspector Nocloseau to solve our wine themed murder mystery **A Bad Vintage**

Tickets are £7.50. email awatts.tas@hotmail.co.uk or
Paula Foster on 01508 470693

The doors open at 7 pm – start time 7.30 pm.

The social club will be open from 7 pm.

Bring your own snacks

**Funds raised will be split between Tasburgh Village Hall
and the Red Cross.**



1st Tasburgh Sea Scout Group

All sections are looking forward to getting back into a full programme of activities after the Christmas break. With the promise of lighter evenings ahead, it will be good to get outside for the usual hikes, outdoor cooking and games on the field.

BEAVERS have started the year with some junk modelling and making a mega marble run.

CUBS have been practising their knot tying and looking forward this week to a visit from a guide dog and their handler.

SCOUTS are planning a trip to the science festival held at Sir Isaac Newton School.

EXPLORERS have been learning about extreme weather conditions and in a couple of weeks hosting their own murder mystery evening. As 2024 is a leap year and 29th February falls on a Thursday, we have decided to celebrate with a group "leap" at Gravity trampolining, with all four sections planning to be there.

WE NEED NEW VOLUNTEERS

As always, we would welcome new helpers at any of the sessions. It's fun, informal and a great support to the leaders. Sessions are held at Tasburgh Village Hall on a Thursday from 5.15pm with Beavers through to Scouts and Explorers at 8.00. We also have spaces in some of our sections, so if you would like more information on helping at any of the sessions or have a young person that would like to be involved;

Please email Matt Williams

Chair of the Executive Committee

mattwilliams.1sttasburghscouts@gmail.com



TASBURGH OPEN GARDENS SUNDAY 23rd JUNE 2024

Can we generate enough interest to make this happen?

We are looking for...

Lots of gardens of all shapes and sizes... have you got something you'd like to show off?

Village volunteers to help organise and run the event

Please contact Simon Orford (07795 637403) or

simon.orford@jic.ac.uk to show your interest

The last effort was in 2016 and it was a day to remember

After the fiasco of 2020... We're ready to roll again

SUNDAY STROLLING

Fancy a Sunday afternoon walk around
the village with some company?



We will meet at the church and begin
the walk at 2pm. The walk will be for
about 1 hour finishing at the Village
Hall where if you fancy it we can share
a pint at the Social Club!

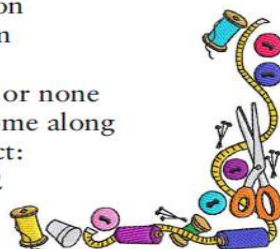
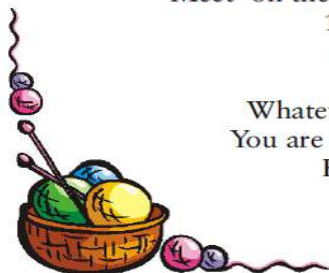
**We will be walking
every last Sunday
of each month**

EVERYONE WELCOME

St Mary's Craft Group

Meet on the 1st & 3rd Monday of the Month
10.00am - 12.00 noon
in the Church Room

Whatever your experience or none
You are most welcome to come along
For more info contact:
Jane 07910482852



Spring 2024

Tasburgh and Tharston

Church Newsletter



With the arrival of the month of February the evenings are gradually getting lighter, and signs of spring are beginning to appear. The first spring flowers are bursting into life and the trees and shrubs are beginning to stir out of their winter slumber. As a keen gardener I am looking forward to the prospect of getting out into the garden once again and I have already been sorting through my seed packets to see what I can set first.

February also sees the beginning of Lent, a season which begins on Ash Wednesday, which this year is on 14th February which is also St. Valentine's Day – a day of celebrating love in our culture.

The season of Lent, a period of 40 days (46 if you include Sundays) reminds us of the time Jesus spent in the wilderness before his ministry began.

Many traditions have grown up around Lent. Some people find it helpful to give something up, for example chocolate, as the season is one of fasting. Others take something up, committing maybe to spending more time in prayer or reading the Bible or Lent book; others commit to learning a Bible verse each day. All have their own advantages and help prepare us for Easter Day.

To begin Lent, many Christians will attend a service on Ash Wednesday. During the service they will receive the sign of the cross, in ash prepared from last year's palm crosses, on our foreheads with the words "Remember you are dust and to dust you shall return. Turn away from sin and be faithful to Christ". This reminds us of our own mortality and our need of repentance, saying sorry for the things we have done wrong, and asking for God's forgiveness.

Lent gives us the opportunity to grow closer to God, and so be ready to meet the risen Lord on Easter Day, which this year is on the 31st of March. It is lovely to think that by the time Easter comes our gardens will be bursting with new life, reminding us of the new life that God offers to us through His Son Jesus Christ.

However, you prepare for Easter, I pray you will have a very holy and peaceful Lent.

With every blessing

Rev'd Austin

Holy Communion at Home

Are you unable to get to church but would like to receive Holy Communion at home?

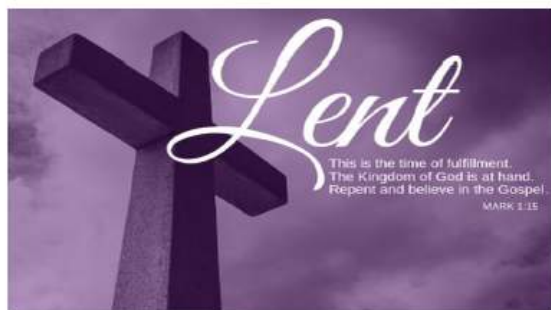
There is a tradition in the Church of England that Holy Communion is taken to those at home who are unable to get to church because of illness or other circumstances.

Home Communion normally takes place once every four to six weeks and can be a one off or for a longer period of time. If you would like to receive Holy Communion at home or find out more, please contact me on 07722413589, and I will be happy to have a chat or arrange a visit.



Baptism, Wedding, Funeral

If you'd like to arrange a Baptism or Wedding, ask something about arranging a funeral, please contact Rev Austin Uzoigwe at 01508 470901 or email revaustinuzoigwe@aol.co.uk



Tasburgh Church News

Tasburgh Church Warden

Peter Sluman Tel No. 471 529



Spring will soon be here, the snowdrops are blooming in the church graveyard.

Christmas is long past, but I would like to take this opportunity to thank everyone for their support at our Christmas services. The Carol Service was amazing, the church was full, and there was only just a couple of seats left. Everyone had a wonderful time. The Crib Service was also well attended and our Christmas Morning was well supported and it was a joyful occasion.

The **monthly pattern of services** has changed due the increase in the number of churches our clergy now have to support:

1st Sunday 10.30am Freedom Café Church (held in the Village Hall)

2nd Sunday 09.30am Holy Communion

3rd Sunday NO SERVICES (there will be services held elsewhere in the area)

4th Sunday 09.30 Morning Praise.

5th Sunday Benefice Service (churches in the area meet together, and in turn, hold a joint service)

As you can see from the pattern of services, we have started Freedom Café Church again. We have a team who organise a well relaxed time for all ages, to share a free breakfast, Bacon Butties, Vegan option, fruit juice, fruit, cakes, freshly made coffee, and tea served from 10.30. We always have a theme, relevant to us all, there are activities to do or just read the newspaper or chat. We have a very short five-minute talk and then, if you so wish join in a time of discussion with issues raised from the talk. We finish at midday.

The Church Room is well used with a very successful Craft Group meeting twice a month on a Monday. Our Guild who raises funds for our church meet also once a month on a Monday. Wednesdays the room is used for a Morning Prayer Service. Thursdays the Art Group meet and on Fridays a small group meet for prayers. Also the monthly Tearoom takes place on the fourth Saturday.

Thank you and I hope to see you around the village sometime.

Peter Sluman

St Mary's Craft Group

We meet 1st and 3rd Monday of the month

10am -12noon

in the Church Room

Whatever your experience or none, You are most welcome to come along

For more information, contact Jane Rae on
07910482852



SUNDAY STROLLING

Fancy a Sunday afternoon walk around the village with some company?

We will meet at the church and begin the walk at 2pm. The walk will be for about 1 hour finishing at the Village Hall where if you fancy it we can share a pint at the Social Club!

**We will be walking
every last Sunday
of each month**

EVERYONE WELCOME

Dates for Sunday strolling:

24th February

24th March

(1 week earlier because
31st March is Easter Day)

28th April

The Pastoral Care Team



The team is here to serve you, providing pastoral support and care to those in need such as a listening ear, words of encouragement, support, visits, practical help, and prayers. And if you need help with other matters, please call or email any of our team members.

Revd Austin Uzoigwe	rev.austin@tasburghchurch.org	Tel: 470 901
Annette Uzoigwe	annette@tasburghchurch.org	Tel: 470 901
Anne Lyddall	anne@tasburghchurch.org	Tel: 470 201
Valerie Cook	valerie@tasburghchurch.org	Tel: 470 298
Peter Sluman	peter@tasburghchurch.org	Tel: 471 529
Andrea Sluman	andrea@tasburghchurch.org	Tel: 471 529

Prayers

Emmanuel Group, Local House of Prayer

Meeting weekly, **10am - 12 noon on Fridays.**

For more details contact Mary Davidson 470 426

Morning Prayer - on Wednesdays at Tasburgh Church @ 9.30am

World Day of Prayer on 1st March @ 2pm

Congregational Church, Ipswich Road,

Long Stratton, NR15 2TF

A service prepared by the Christian Women of Palestine:

'I Beg You Bear With One Another In Love'

The World Day of Prayer is an ecumenical movement inspired by the motto "Informed Prayer and Prayerful Action."



St Mary's Guild

COFFEE MORNING 9th March

10.30 to 12pm at 14 Henry Preston Road



Come and join us for tea and coffee. There will be cakes,
a Raffle and Bric-a-brac plus plenty of chat and laughter.
We would love to see you.



Monday 4th March - 'BEARS '

by Lynn McKinney

Monday 8th April - 'TURKEY - A Living Museum'

by Martin Lyddall

Monday 13th May - 'JARROLDS: Six Generations of a Family Business'

by Antony Jarrold

We usually meet on the first Monday of each month
at 2.30pm in St Mary's Church Room.

*Please contact Julia Orpin on 470 983 or
Sarah Norman on 471 505 for more information.*

Tharston Church News

Contact Rev Austin Uzoigwe 470 901



Carols by Candlelight

This service took place on Friday 15th December and we again had a full and very well decorated Church and after the service the congregation enjoyed the Mulled Wine/soft drinks/ Mince Pies and Sausage Rolls. As always we made a donation to the St Martins Trust in Norwich and once again thanks to all those who made the evening so successful.

New Benefice

This will be made up of the two Long Stratton Churches together with Tharston and we are now waiting for applications to hopefully fill the Priest Vacancy, which is again being advertised shortly. In the meantime we are hoping to continue with our single service on the 2nd Sunday of each month and we are indebted to the Tas Valley Benefice, in particular to Rev Austin, who are making this possible.

PCC Secretary and Account Auditing

Alas we are still searching for a volunteer to take over from the current Secretary who has unfortunately moved away from the Parish, there will be training given for this post.

We are also still looking for that well qualified person to take on the task of Auditing the Church accounts and the qualifications needed were set out in Autumn newsletter.

In both case's please contact Chris Lawson (530055) - email@chrisandhelen.co.uk

Chris Lawson



Tas Valley Home groups



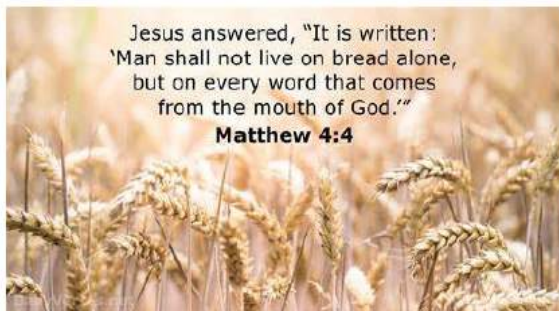
Home groups are small groups, in which you meet to explore how faith in God helps you in your daily life, discover words of wisdom in the bible, pray, and support each other as well as the wider community.

Feel free to contact one of the following groups who usually meet weekly, 7.30pm:

Tuesday evenings in Tasburgh	Revd Austin Uzoigwe	470 901
Wednesday evenings in Tasburgh	Annette Uzoigwe	470 901
Wednesday evenings in Saxlingham	Revd Dawn Davidson	498 924
Wednesday evenings in Tharston	William Ball	471 506

Jesus answered, "It is written:
'Man shall not live on bread alone,
but on every word that comes
from the mouth of God.'"

Matthew 4:4



Team Rector Revd Dawn Davidson: dawn@tasvalley.org 01508 498 924
The New Rectory, The Street, Saxlingham Nethergate, NR15 1AJ

Team Vicar Revd Austin Uzoigwe: revaustinuozigwe@aol.co.uk
01508 470 901 The New Rectory, Church Hill, Tasburgh, NR15 1NB

Contributions for the next Church Newsletter by
Friday 3rd May 2024 to annette@tasburghchurch.org



Happy New Year from Preston Primary School!

Our children have been delighted that we have new iPads and laptops and we have enjoyed using them across the curriculum.

In Year 3, the children have used the Internet to research animals which are invertebrates.



In Year 1/2, the children have been using new BeeBots to learn about coding. They have been inputting algorithms to make the Beebots travel around the classroom. They have also been debugging their algorithms when mistakes have occurred.



Year 5/6 have been making compasses using Micro:Bits. The children had to program their compasses to show the direction they were facing. After setting up a compass pointing to North, South, East and West, they challenged themselves to create 8-point compasses.

Norfolk Archaeological Trust



Last year NAT, in partnership with Norfolk Records Office, were fortunate in securing funding from the National Lottery Heritage fund for the project 'The Norfolk Archaeological Trust: It's Centenary and beyond (NAT100 for short)'. The project is helping us to celebrate a hundred years of NAT and help us with our resilience for the future.

The past 100 years has seen many challenges for NAT; a fire in 1933 that destroyed Sprowston Mill, the day before NAT was due to take ownership of it, bomb damage of its sites in the Second World War, and in more recent years the impact on its sites of climate change, heritage crime and antisocial behaviour.

A new exhibition at the Norfolk Record Office 'The Norfolk Archaeological Trust: Past, Present and Future' tells the story of a century of NAT's work to secure, maintain and protect the county's archaeological sites. On display in the Long Gallery at the Norfolk Record Office (NRO) from **6th February- 31st May 2024** it is a unique opportunity to delve into the past, appreciate the present, and support the future of archaeological preservation.

THERE ARE ALSO LOTS MORE EVENTS HAPPENING OVER THE NEXT FEW MONTHS!

TASBURGH ENCLOSURE WEDNESDAY 6TH MARCH

**join Natalie Butler, NAT Director for a tour of the
Enclosure to learn more about how NAT manages its sites**

Wednesday 14th February- A talk on the history of Bloodgate Hill Fort by Andrew Rogerson at the Norfolk Record Office, and also available online

Saturday 24th February- Morris dancers wassailing the orchard at FiddlerHill nr Warham

Wednesday 3rd April Roman inspired family craft activities at NRO

Thursday 11th April Roman inspired family craft activities at Burgh Castle Fort. Plus much more!

BOOKING IS ESSENTIAL for the above events so please check out the website <https://www.norfarchtrust.org.uk/news-events/> to register your interest

Natalie Butler, NAT Director

**If you would be interested in helping to distribute the
Tasburgh Quarterly & Church News
please contact tasburghpc@btinternet.com
for more information**

Burrfield Park

Spring is starting to show in Burrfield with the arrival of the apple blossom.

Sadly, after many years Roger Burnett has decided to stand down from being a member the advisory group. We would like to take this opportunity of extending our thanks to him for his contribution over the years.

BIG
Thank You!

If you have an interest in conservation and wildlife, and would like more information on the work of the Advisory Group and on how to join us

Contact Carole Hill on carole.hill.tas@gmail.com

With funding available from the Clean Up & Bloom Grant the Advisory Group are considering replacing the bluebell and daffodil bulbs that were lost when the park was flooded and under water for weeks in 2020 along with a couple more fruit trees. It is hoped these can be planted sometime in the Autumn.

We would also like to extend our thanks to the Long Stratton & Tasburgh Men's Shed who have very kindly donated a bat box for the park.

Finally we are looking into arranging more events for the community to get involved in throughout the year.....watch this space and the notice boards for more news on this.

Brian Hill, Chair



Mark Your Calendar

Tasburgh Carers Group		
Thursday 21st Mar, 18th April	Social Club Tasburgh Village Hall	10.30am-12.30pm
Tasburgh Tea Rm		
Sat 24th Feb, 23rd Mar 27th Apr, 25th May	The Church Room St Mary's Church	All sessions 2-4pm
Film Nights Newton Flotman Village Centre		
Tuesday 20th Feb	The Great Escaper	7.30pm
Tuesday 19th March	Napoleon	7.30pm
Tuesday 16th April	One Life	7.30pm
Tasburgh History Society		
Saturday 23rd March	Murder Mystery Evening Turn to page 16 for more details	7.30pm
Tasburgh Open Gardens		
Sunday 24th June		

Healthy Planet - Healthy Communities

IS A HEAT PUMP RIGHT FOR MY HOME IF IT'S NOT A NEWBUILD?

There has been lots written about heat pumps in the press over the last five or ten years, much of it unfavourable. But if we are to transition to a more sustainable way of heating our homes and buildings, heat pumps are an important part of the solution. So, when it comes to changing your existing boiler, if you are thinking of a heat pump, what can you do to ensure that it's a success?

There are a few component parts to understand before making any decisions, how heat pumps work, how the building you want it to heat is built and what existing heating emitter systems (radiators) you have.

When it comes to the heat pump there are a few types; air source, ground source and a less often used water source. Whatever the 'source' of heat, the pump works the same way by taking low grade heat (from air, ground or water) and compressing it (like a fridge does but in reverse). Their efficiency (how much they cost to run) is based on something complicatedly sounding called a coefficient of performance or COP. You will see this as a ratio 3:1, 8:1 etc, which is telling you that the heat pump takes 1 unit of electricity to make 3 units of usable heat (3:1).

The second and most important part is your building. Its shape, size, what it was built out of and when, will it have a significant impact. Heat escapes out of buildings through all the external surfaces just at different rates, through the walls, floors, through the roof, windows and doors but also through gaps around these. A typical period home can lose as much as 30 percent of its heat from draughts. So, insulating the roof, perhaps changing windows and updating doors may well be necessary.

Heat pumps work best with underfloor heating but that's not a deal breaker. Remembering that the heat is lower in the system, when it comes to your heating it may be necessary to change some of your radiators for larger ones.

All this can clearly be expensive so the best and most financially savvy way to approach it is over time (5 years). All the while this upfront investment will be beginning to pay you back. The Energy Savings Trust research showed that loft insulation, which could set you back a typical £880, can save you up to £240 a year on your gas bill.

Jackie Trenavin, www.trenavinconsulting.co.uk

UK POWER NETWORK

Would you, or someone you know require extra help in the event of a power cut? Sign up to our Priority Services Register and we'll make sure you get extra support during a power cut

<https://www.ukpowernetworks.co.uk/.../priority-services...>

Tasburgh Treats

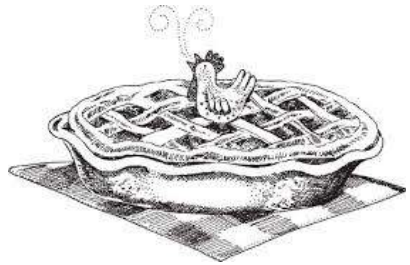
EASY CHICKEN AND CHORIZO PIE

This is a recipe for pie, simplified, and is a great way to use pre-cooked chicken, especially if there is not quite enough of it to make a meal. You can add extra vegetables to the filling, peas, spinach, other quick-cooking greens or mushrooms would work well. This dish is filling and cosy but a good transitional meal as we move into warmer months. Of course it is best served with potatoes and veg.

Serves: 4

INGREDIENTS:

1 medium-sized leek
300g of cooked chicken (more or less is fine)
100g chorizo sausage
50g butter
100g cream cheese
50g parmesan cheese
1tbsp oregano
2 cloves of garlic
400ml chicken stock
1 sheet of ready-to-roll puff pastry



Start by heating the oven to 190 degrees, use a large oven-proof dish. Use your hands to shred the chicken into bitesize pieces, slice the chorizo and the leeks and crush or finely chop the garlic. Heat up or make the chicken stock.

Add the chicken, chorizo, leeks, garlic, butter, cream cheese and oregano, grate over the parmesan then pour over the chicken stock. Use a fork to mix together the filling, the butter and cheeses should begin to melt and form a sauce but the filling will further combine while it cooks.

Cook, uncovered, for 15 minutes then take out of the oven.

Place over the top the sheet of puff pastry, fit to the dish or cut off any excess and brush with a little milk or egg wash.

Bake again for 15-20 minutes until golden brown in colour.

Take out and serve.

Remy

Tasburgh Allotment Society

News from down on the Allotments

February is never the most inspiring month to write an allotment report. It's naturally been a quiet few months on the site but as I write this, during the first weekend of February, the temperature has shot up to 13 degrees C and the weather is reasonably dry. Its led to a rise in activity amongst the plot holders and few were spotted on Saturday afternoon, almost basking in the sunshine.

I can report, it's definitely been a bit windy of late. Since the last Quarterly we've had Storm ('potential to cause disruption or damage') Debi in November, Elin, Fergus and Gerrit in December, with Henk, Isha and Jocelyn in January. That's quite a run considering the previous year (2022-23) storm season (stats run September – August) record only four all year (see met.office.gov/storm centre for further fascinating storm facts). You can even offer up a name for future years if you fancy.

Due to this blustery spate, we've had a few shed casualties. One new shed, on the western front of the site, bore the brunt of these storms and was eventually just left laying down over Christmas, to save effort, after multiple tip overs. Its now fully secured and ready for all that nature can throw at it.



Other shed problems unfortunately don't have an amusing slant. During this winter we have had multiple break ins. Shockingly, twice in as many days over the Christmas period. It seems mindless as we've nothing worth taking. All that results, is a load of broken windows, locks and a lot of wasted time for all concerned, including the culprits. One plot holder injuring themselves with their window repair job seemed a sad and low point.

We are continuing to employ an increase in measures to combat this upsetting situation. As a rural police force (such as Norfolk is) they consider allotment theft and vandalism very seriously. They are watching... Obviously, don't tackle anyone yourselves but if you happen to be walking the dog or visiting the bar and see some suspicious behaviour on the site, please make a note of the date and time and report it to us. Thanks

Security against other pests also continues with fence extensions being installed and we've had our annual muck delivery plonked over the fence from Gerald Barnes. Thank you Gerald.

Tasburgh Allotment Society

We take it in turns to accommodate this heap and this year it was my turn. The only area reachable was on top of the rhubarb patch. Buried in a few tonnes of muck for a few weeks, I'm expecting to be the site's top rhubarb grower this year.

Personally, it's been a stretched winter for time. I've managed some digging in January, but not really enough. Lopped a few branches off and generally thrown muck around but I know there's plenty more to do to get back on track.

Simon Orford – Secretary to TAS



Tasburgh Short Mat Bowls Club

Last summer, at the instigation of Jerry Watts, we decided to explore setting up a Short Mat Bowls club. We managed to buy a second hand mat and with some bowls borrowed from other clubs and existing players, we set up some trial sessions at the village hall.

The sessions proved really popular so we set up the club formally running every two weeks. We received grant's from both the Parish Council and South Norfolk District Council that enabled us to buy two better second hand mats and also a storage rack.

The club has 25 people on our books and regular attendance of around 15. We are really enjoying both the social and activity side of the sport and since Christmas have started meeting every week.

We have also managed a couple of friendly games with other more experienced local clubs which have been great fun.

If you would like to give us a go come along to

Tasburgh Village Hall

Fridays 2.00 till 4.00,pm

even if you just want to join us for a cuppa and a biscuit just pop in

We charge £2 'roll up' fee, and have an

annual membership charge of £5

We are also planning to try some evening sessions again to see if there is scope for a regular group playing in the evening.

Contact Graham Pates or Dave Moore for more information

Contact details can be found on page 2

Tasburgh United Charities

HOW IS THE 'COST OF LIVING CRISIS' AFFECTING YOU? PLEASE DO NOT CHOOSE BETWEEN HEAT OR FOOD HELP MAY BE AVAILABLE

Tasburgh United Charities have a certain amount of money available each year to use in assisting residents of the Parish who, regardless of age, situation or reason, find themselves in need of financial help.

The 'Cost of Living Crisis' has seriously affected everyone, including many of us who were formerly financially secure. Traditionally, the Charities helped the ill, old and unemployed. However, with the cost of mortgages, food and heating soaring, more and more people find themselves unable to make ends meet. Statistics show that the people most likely to be struggling are young families where both parents may be in regular employment. If this is you, please do not struggle on in silence. Tasburgh United Charities are here to help **ALL** residents of Tasburgh, regardless of age or employment status.

If you do know someone who you believe is facing hardship but may be reluctant to seek help, please do try to persuade them to apply to us. We hate to think that anyone may be struggling but be too proud to seek help. We never judge anyone, and all applications are treated with discretion and in the strictest confidence.

Usually, assistance is given in the form of a payment towards general living expenses. However, we can also arrange a delivery of heating oil, or make a one-off payment towards a particular large expense, such as a new oil tank, a new baby in the family or a school trip.

If you are a student off to university this year, or beginning an apprenticeship, even if you are still living at home, we can also make a contribution towards your costs, such as books, new PC or just living expenses.

If you would like assistance, to be considered for a distribution, or just a general chat about how to get help, please contact one of the trustees below. Application forms are also available to download from the Parish Council website, and can then be returned to any of the trustees

Mrs Jill Casson
12 Hastings Close
470334

Mr Geoff Merchant
14 Orchard Way
470606

Mr Keith Read
Thornly Barn, Saxlingham Lane
470229

Mr Roger Burnett
22 Orchard Way
471031

Poet's Corner

HOME BY THE SEA

Occupational stress, under duress,
Need to break free, more time for me

So I retired.

Had cash in my pot, in fact quite a lot,
Knew where I wanted to be, was close to the sea....

So I decided.

I was 60 years old, people thought I was bold,
My townhouse I'm selling for an old clifftop dwelling....

So I traded.

I had a garden and hedge 90 yards from the edge,
A fantastic sea view and plenty to do....

So I pottered.

Storms came and pounded my little house remained grounded,
But the sand washed away a little more every day....

So I worried.

After just seven years, all my worst fears
Came to fruition with the worsening condition....

So I regretted.

First my garden so neat began to retreat,
All the land that I'd tamed was so quickly claimed....

So I mourned.

Then one day they came, said this is no game,
You must move back to town, 'cause it's all going down....

So I stayed.

With the waves so immense, all my garden and fence,
My house and my land all slid down to the sand....

So I wept.

Now with everything lost, I counted the cost,
I had no more to give, no more reason to live....

So I

Robert Buttle

NEXT EDITION

The **Summer** edition of the Quarterly and Church News will be
distributed by the end of **May 2024**

Contributions from local organisations are always welcomed and can be
emailed to the Parish Clerk for inclusion. We would be particularly pleased to
receive suggestions for regular articles.

All articles to the Parish Clerk, tasburghpc@btinternet.com by
3rd May 2024

Tasburgh History Society

THE SHOEMAKER WHO FOUGHT AT THE BATTLE OF WATERLOO

Until the last century the majority of the population had to walk everywhere, so it's no surprise that Tasburgh had its share of shoe and bootmakers. One of them was Richard Warnes who was born in Wymondham in 1793. His wife Sarah had been born in Tasburgh which is where they chose to bring up their family, their eldest, also called Richard, being born in 1823 followed by George, Hebron and three daughters. The 1841 census records him as a shoemaker, living in part of what is now Commerce House on Low Road but which at the time was divided into two properties. Ten years later, both George and Hebron were also working as shoemakers with their father but by the time of the next census in 1861 Richard was working on his own again, when in addition to being described as a cordwainer, or master shoemaker, he was also referred to as a 67 year old Chelsea pensioner.

These days we think of Chelsea Pensioners as the red coated ex-service men and women who live in the Royal Hospital, Chelsea, but until 1955 all army pensions were administered and paid from the Royal Hospital. Describing Richard Warnes as a Chelsea pensioner therefore simply reflected the fact that he had an army pension, so we know he must have been a soldier in his early life. By 1871 he and his wife had moved from Tasburgh, possibly to Framingham Pigot as that was where Sarah was buried following her death in 1875, but by 1881 he had returned to the village and was living in Poppy Cottage on Low Road. The census that year also showed that he had got remarried to a local lady from the village by the name of Ann, who at 71 was probably a widow. More significantly however, he was described as being a Waterloo pensioner, proving that not only had he served as a soldier but that aged 18, he had been present at the battle of Waterloo, helping the Duke of Wellington to defeat Napoleon Bonaparte. Richard Warnes died in 1886 at the ripe old age of 93 and was buried at St. Mary's, Long Stratton

Ben Goodfellow

**COMING
SOON**

TASBURGH HISTORY WEBSITE

will be launching this Spring.

Further details will be published
on the village notice boards
including
Tasburgh Times !

Hethersett & Tas Valley Cricket Club

The days are starting to lengthen, the outfield at Tas has had the first cut of 2024 and our pre-season nets are in full flow!

Our U16 team continued their rich vein of form over the winter, completing their second consecutive unbeaten indoor season to retain the Norfolk U16 Indoor League. By the time you read this message, the following indoor sessions will be remaining, for those wishing to join;

SENIORS – (U17s upwards) February 24th, March 9th, and March 23rd at Taverham Hall

JUNIORS - (U9s – U15s)- March 2nd, March 16th, March 23rd, and March 30th at Taverham Hall

WOMEN – February 26th, March 11th at Long Stratton Leisure Centre

If you are interested in joining us in a playing capacity please contact us, as we always welcome new players for our junior and women's sections. We will be actively recruiting into our younger teams for 2024 and welcome all children from Year 2 upwards to train in our Thursday groups. Younger children from age 5 to 8 (including Year 1) are catered for by our 8-week ECB "All-Stars" scheme, which runs on Sunday mornings during the summer. Signup link - <https://club.spond.com/landing/signup/htvcc>

New teams for this season include a hard ball U11 girls' team and the welcome return of our U19 T20 team after a two-year hiatus.

Outdoor training will commence at Tas in April, and we have several friendlies arranged as we start our campaign for the 2024 season.

Off the pitch, we are building on our success from last year and thanks to the support of some of our most loyal members, we have made further improvements to our facilities. The changes include changes to our indoor space, an extended bar and replacement of our popular outdoor veranda. After a successful first year of draft bar products, we have created new cellaring facilities, and secured a new 6-line dispenser to meet the demand. We continue our policy of supporting local producers and have recently welcomed Village Green Cider (Pulham) and Ampersand Brewco (Diss) to our roster of local suppliers.

Finally, we would love to create more partnerships with local businesses. With 270 members, a wide social media following and hosting 150+ games during the summer months, we offer attractive opportunities for brand awareness and Corporate Social Responsibility. If you or your company would like to partner with us, please contact me.



Matt Bird
Club Chair
htvcommittee@gmail.com

Tasburgh Carers Group



We are planning our next coffee morning for **Saturday 6th April at 10.30am** and look forward to wowing you with our usual offering of freshly baked cakes and savouries (with take away bags available) and our raffle with the opportunity to win one of our fabulous hampers.

Please let me know if you have anything that you are able to donate to our raffle and if you are willing to donate any baked goods on the day

Our monthly Thursday sessions offer a warm welcome, a cuppa and biscuit and an opportunity to chat, make new friends and experience peer support.

We have been pleased to welcome new members that have not always been able to attend due to their caring duties to drop by to see us.

New members are always welcome, please pass our information on to any friends, neighbours or relatives from Tasburgh or surrounding villages who may be interested in connecting with us.

**We meet on the 3rd Thursday of the month from
10.30 – 12.00 in the social club room.**

Future dates:

21st March, 18th April

Carers Matter Norfolk have a service that offers information and support for all carers in Norfolk and their help can be accessed online or helpline, our group is advertised on their website.

<https://carersmatternorfolk.org.uk/>

0800 083 1148

For further information you can contact the secretary of the group
(Rachel Mahoney)

Tel 01508 471271 email rachel.mahoney71@gmail.com

**A LARGE PRINT VERSION
OF THE TASBURGH
QUARTERLY AND
CHURCH NEWS
IS AVAILABLE
UPON REQUEST**

**PLEASE CONTACT
01508 494569**

**POST
OFFICE**

**TASBURGH OUTREACH
POST OFFICE
TASBURGH VILLAGE HALL**

Opening Times:
Tuesday 9.30am - 11.30pm
'USE IT OR RISK LOSING IT'

Tharston & District WI

Our November meeting focused on Christmas with a flower arranging demonstration. Crystal Dyball was our speaker and any member who missed this meeting really missed a treat. We watched the making of four different arrangements with Crystal giving us tips all throughout. The demonstration was named Christmas Sparkle and the finished arrangements matched the title. They were beautiful, sparkly and Christmassy. The winners of the raffle were very lucky to be taking the arrangements home.

Our December meeting was at The Jolly Farmers when we all enjoyed a Christmas meal – no self-catering this time! The food was excellent, the raffle offered great prizes then Gill Banks and Cynthia Hill offered an entertaining poem. Lots of chatter and laughter so I am sure members enjoyed this different meeting with many friends.

A Dog is for Life was the topic for January and the speaker, Emily Matthews from The Dogs Trust, made this an interesting and enjoyable talk illustrated with film clips. Many members would now like to visit but are worried they may adopt a dog!

February is now our annual meeting and it is hard to remember the date change from November. It is always good to be reminded of the different speakers and events over the last year when our secretary, Margaret, reads her report. This meeting is only for members as the new committee is decided for the next year. This year we will offer a ploughman supper and quiz after the business meeting and there is always time for talk and laughter.

The ' & District ' in our name includes the many nearby villages where many members live.

**We meet at Wacton Village Hall
on the second Thursday of the month at 7.30.**

**We generally hold an additional event each month, with much chatting and
always tea and cake!**

Heather Jeary, heatherjearywi@gmail.com



Men's Shed
Long Stratton & District Men's Shed

What is a Men's shed?
It's a larger version of a typical man's shed, a place to get together,
to share knowledge learn skills and to work on projects & hobbies

We meet
Every Monday 10am to 1pm
(except Bank Holidays)
in
Tasburgh

New Members are always Welcome

For further information contact Pete:
tel:01508 471529 or email:info@strattonmensshed.org

The poster is framed by a decorative border of small green house icons. Each house icon contains the text: 'I DON'T KNOW HOW TO DO IT BUT I CAN TRY'.

Long Stratton Medical Partnership

At a recent meeting of the Patient Participation Group (PPG) we discussed the “Did not attend” patients. These are the patients that have an appointment booked but for whatever reason did not turn up to their appointment. This was also a subject of discussion at a meeting of other PPG’s arranged by the ICB and Norfolk Healthwatch.

We discussed the affect this has on the surgery and their ability to give other patients appointments and why we thought it may happen, for which there could be lots of legitimate reasons. From the available data, we know the over 250 patients missed multiple appointments, the overall statistics are shown below. Alarminglly all the missed appointments meant that there were 4.5 weeks’ worth of appointments wasted in 2023.



WHAT CAN YOU DO?

- Please let the surgery know if you need to change arrangements, you can do this by calling the normal surgery number choose option 4 and then option 2, no need to be held in queues or to speak to reception staff.
- If you know a relative has an appointment and needs a helpful reminder if you could do that, it will make a difference to the efficiency for the practice and open availability for other patients.
- If you have any anxiety about attending your appointment please call the practice and seek some help or advice from them.

The surgery may call you when you miss your appointment to check that you are ok.

Let’s try to help each other by letting reception know if you no longer require your appointment, please call 01508 530781 option 4 then option 2.

As a PPG we are your voice, there is a committee that meets regularly to discuss topics where we can help, please feel free to email us via the surgery if you want to find out more about us and if you are interested in becoming a committee member.

**Please send the email for the attention of the PPG to
lsmp.d82037@nhs.net**

Martin Lander – Chair PPG

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Opening Times:

Tuesday 7pm – 11pm

Friday 6.30pm – 11pm

Saturday 2pm – 6pm**

Sunday 2pm – 6pm

*** Note that on some Saturdays, the bar may be closed due to a private booking taking place in the Hall. See your Newsletter for notifications.*

Spring Entertainment at your TSSC:

It's the BIG ONE!

**Come and join us to celebrate our 30th
Anniversary across the Easter Weekend:**

Good Friday, Friday, March 29th:

Lucy Short will be singing for you from 8pm, plus hosting an Open Mic session.

Free Entry. Bar open from 6.30pm.

Easter Saturday, March 30th:

ABBA Tribute Act at 5pm, featuring our very own Anna from our Post Office!

Austin Beats from 8pm. A well known tribute band playing hits from the 60's and 70's including the Stones, Kinks, Who, Beatles, Byrds, Beach Boys etc etc. A real trip down memory lane!

BBQ all afternoon.

Free Entry. Bar open from 2pm until late!!

Easter Sunday, March 31st:

The Ross Stewart Band will be singing for you from 3pm.

Free Entry. Bar open from 2pm until early evening.

Lots going on, so come and join in the fun.

Further updates for 2024 Entertainment will follow via our Newsletter or on social media, so stay tuned!