



TASBURGH QUARTERLY & CHURCH NEWS

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ISSUE NO. 73

WINTER 2023

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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	admin@tasburghvillagehall.org.uk	
Kay 07752 446868	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
Men's Shed	Pete Sluman	01508 471529
Coffee Pot and Crafts	Julia Fowler	01508 471833
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 2023

17th January	16th May	19th September
21st February	20th June	17th October
21st March	18th July	21st November
25th April	15th August	12th December

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.

WEATHER

As I write this, Storm Ciaran is causing havoc in many parts of the country. So far, we luckily seem to have avoided the worst of the flooding. However, we remember the problems suffered in the Low Road in December 2020. If you do fear that your property will be flooded, Councillor Andrew Patrick has a supply of sandbags for use by the community (see page 5 for his contact details).

There is also a Norfolk County Council emergency floodline number on **0344 800 8013**. More details on flooding can also be found on page 14. Please be careful around the ford in Low Road and also Flordon Hill, which also often floods in heavy rain. The water can be deeper than at first appears, and many vehicles have got stuck over the years!

The heavy rain will wash gravel and stones off many driveways onto paths around the village. If you have a gravel drive, bear in mind that stones on paths can cause problems for small children, buggies and the elderly, so please be considerate and sweep the stones back onto your driveway.

HIGHWAY MATTERS



Some progress has been made lately on highway matters. Many of you will now have noticed the large 'No Entry' signage painted at the top of Church Hill – hopefully this, in addition to the existing no entry signs, will emphasise to drivers that this is a **one-way street**.

Next year, new village gateway signs will be installed on the entry to the village coming from the direction of the ford. This is the site that often records the highest vehicle speeds, perhaps because the current lack of a village sign here means that drivers do not realise that they are about to enter a more built-up area. Flordon and many other villages now have these signs, and they do seem to have some impact on reducing traffic speed. **Our thanks to Alison Thomas, our County Councillor, for her help with both of these projects.**

PLAY AREA

Some of the recent problems with the play equipment at the village hall have been caused by many feet eroding away the turf and ground underneath some of the pieces of equipment.

This can mean that the ground is much harder if a child suffers a fall. Over the next few weeks, Councillors will be filling the dips with soil and then re-turfing the bare areas. If you see us at work, please feel free to help! We are also in the process of putting together a grant application to replace the rotten swing and other worn matting.

Tasburgh Parish Council News

NEIGHBOURHOOD PLAN

Congratulations once again go out to the Neighbourhood Plan Advisory Group, who are now famous thanks to recent publicity in the Eastern Daily Press, and on the BBC website. More details follow on the Plan on the next page.

DEFIBRILLATOR

The faded Defibrillator sign at the village hall has recently been replaced.

**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!



NEWLY APPOINTED POLICE BEAT OFFICER

As of the 19th October 2023 we welcomed our new Beat Manager in the form of PC Tom Goodrum. Tom is keen to undertake a walkabout with Councillors as soon as he is able, so keep an eye open for publicity giving date/time. Contact details Thomas.goodrum1@norfolk.police.uk
Our thanks to PC Andy Sneddon for his support over the last 18 or so months and we wish him all the very best for the future.

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. All members of the public are very welcome to attend. Members of the council are always willing to discuss topics put forward by the public. Our agenda is prepared about a week before the next monthly council meeting so you will need to inform the Clerk or Chair at least eight days before the meeting. Although this might seem a long time in advance the council is required by law to publicise its agenda at least three clear days before each meeting, these days do not include the day of issue or the day of the meeting.

HORSESHOE FOOTPATH

Whilst it is always lovely to see residents walking around the village **PLEASE REMEMBER** always keep to the footpath and **DO NOT** walk on the field area which may contain crops.

THIS FOOTPATH IS A PRIVILEGE NOT A RIGHT

**FINALLY THE PARISH COUNCIL WISHES ALL OUR RESIDENTS
A VERY HAPPY CHRISTMAS AND NEW YEAR**



Jill Casson, Chair

Tasburgh Neighbourhood Plan



It was reported in the Eastern Daily Press and BBC East online that at a South Norfolk Council (SNC) cabinet meeting in early October, District Council members had discussed and praised the Tasburgh Neighbourhood Plan.

John Fuller, leader of SNC, said: **"We have seen a number of these neighbourhood plans sprinkled around the district but this is one of the best ones we have seen. "The people of Tasburgh should be congratulated"**



The 6 week consultation period ended on 29 November. The Plan will now be scrutinised by an Independent Examiner and we hope that in the early part of 2024 to be able to move to the village referendum which, if approved by residents, will bring the plan into action.

To view any of the Neighbourhood Plan documents visit the Parish Council website.

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 27th January
Saturday 24nd February
Saturday 23rd March



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 charge £7 per session , payable on the day.

If you are interested and would like more information please contact



**Ann Gibbins
01508 470225**



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



Since the last quarterly we have had a couple of really successful events.

The 70th anniversary weekend went really well. The produce show organised by Tasburgh Allotment Society was well supported on the Saturday morning with some fantastic entries. I was pleased with how well our music night went, Copperhead really entertained us and I think everyone enjoyed them. We plan to invite them back again in the not too distant future.

The fete on Sunday was well attended despite a damp start. We had a short speech from David Riches whose father was involved in building the hall and David could remember laying a brick. **ARTS** then opened the event after we planted a celebration rose. All the usual stalls were there and a good time was had by all.

At the time of writing we are just recovering from the art festival. Again another really successful event with over 160 works of art on display, fantastic refreshments and great raffle prizes.

Bob Bush won the People's Choice entry in the photography competition with his brilliant photo from Well's beach called "**Rainbow**" Thanks to all those who helped over this busy weekend, but especially **Rebecca Orford** who pulled it all together.



We are planning a quiz in early December jointly with the scouts and will then be looking ahead to 2024.

Unfortunately Lynda our administrator/treasurer has moved on to another job. The trustees would like to thank her for all she has done keeping us in order for the last few years. At the moment the jobs Lynda did are being covered by the trustees on a voluntary basis but we are seeking a replacement.

*Thank
You!*

The trustees are looking forward to another year at the hall and hope the village hall continues to meet the requirements of our community. We are always grateful for the support the village gives and are open to ideas for how we can make things better.

Graham Pates
Chair Tasburgh Village Hall Committee

Tasburgh Village Hall



VACANCY ADMINISTRATOR/TREASURER



Do you have a few hours per month to spare?

Tasburgh Village Hall Management Committee are seeking a new Administrator & Treasurer.

This is a paid role; we would also consider splitting the role if that suited the right applicants.

ADMINISTRATOR ROLE includes the following duties:

- *Taking meeting minutes and distributing these in a timely manner
- *Working with the chairperson and other trustees to shape agendas for meetings.
- *Receiving and responding to correspondence on behalf of the trustees

TREASURER ROLE includes the following duties:

- *Managing the committee's bank accounts eg; banking monies, raising payments
- *Monthly reconciliation and reporting
- *Supporting the trustees with budgeting.
- *Payroll for paid staff (currently 3 members of staff) this includes HMRC reporting.
- *Arrange annual independent examination of accounts.
- *Work with Bookings Administrator to ensure that hall hire invoices are paid.

Both roles will include other tasks at the trustees' request.

Currently the hours for this combined role have been averaging around 22 hours per month.

The trustees see these roles as crucial to the successful running of our village hall which is a key asset within the community.

The successful candidate will need to be efficient, well organised & accurate. Have good communication skills and be fully IT literate with MS Office tools plus other applications.

If you are interested in this role and would like some further information; please email
admin@tasburghvillagehall.org.uk
or send a direct message via facebook messenger to
Graham Pates

Taburgh Sports & Social Club



Hon Sec's Dissertation of Wisdom

By the time this weighty tome is propelled through your letterbox to thud on the Axminster [or if you live in the posh end of the village, the Versailles parquet, a snip at a mere £415 a square *foot*!], we'll be approaching the end of the year and pausing to look back and reflect on 2023.

The first thing to do is to recognise the passing of three Club devotees who are no longer with us.

In Memorium:

Back in March, we said goodbye to ***Simone Luckins***, who with her family, was a regular Sunday afternoon fixture for many a year. Born in Honfleur, Normandie on June 23rd, 1936, she had a normal early childhood until the Nazi jackboot made its presence felt and for 4 years she suffered extreme privation until liberation finally arrived in August 1944. Moving to England in the 1950's, she met and married sweetheart Ted, had a family and eventually moved from Middlesex to Tharston, where she spent the rest of her days. She integrated herself into the local community and involved herself in fundraising for local organisations, including our own TUFC which son-in-law Gary and pal Jim revived in the early noughties. After a relatively brief illness, Simone passed away on March 24th this year aged 87, and the TSSC was honoured and privileged to host her funeral reception, allowing those of us who knew her well to say a final goodbye.

In May, another Club stalwart – this time a Tuesday night “Grumpy Old Men” veteran – ***Bob Muse*** finally succumbed to the multiple ailments that afflicted him for much of his final years. Spending his life as a refrigeration engineer whether on land around the UK or at sea on P&O ships, he had a wealth of stories [and opinions!] he delighted in sharing with his attentive Tuesday night audience. Defying medical logic, the unexpected loss of his beloved wife Morag in January 2022 who was just shy of her 80th birthday proved to be a heartbreaking blow. Bob left Tasburgh for Hitchin to be near the older of his 2 daughters, but in less than a year, he too was laid to rest. All Tasburghers who knew him mourned his passing.

Finally, on August 16th we lost a true larger-than-life village character when 76-year-old ***Geraldine Proudfoot*** lost her battle with a succession of illnesses. Wife of our Honorary President Don, she was the behind-the-scenes rock on whom he depended for much of their 4-decade marriage. Renowned as a superb horsewoman and competitor, she was for many a year a favourite village fixture as she rode one of many horses along the lanes or across the fields. It's a measure of the regard in which she was held that at both her funeral service at Earlham crematorium and at the reception venue back at the TSSC, the rooms were packed to overflowing with those wishing to say their final farewells to this much-loved lady. Along with Simone and Bob, she'll be truly missed by all who knew her.

In addition to the above, the Club would like to offer its sincere condolences to any other member who's lost a loved one this year.

Tasburgh Sports & Social Club

Club Updates:

As a Club, we enter the final quarter of the year in ruddy health, despite all the challenges we've had to endure this year. We've just had our AGM, the most successful ever with a record 34 members attending – roughly 1 in 8 of our total membership. We reported a record year of income and membership and were rewarded with a well-earned pat-on-the-back from our accountant who applauded our application of fiscal discipline that benefits the Club, its members and the wider local community.

We had to invest in a brand new cellar cooling system following its predecessor finally expiring after more than a decade of faithful 24/7 service. We also rewarded our loyal Guinness drinkers by finally getting the black gold on tap, meaning we now have 9 draught drinks available – can you think of another bar of our size that offers such a comprehensive range across such a varied spectrum? Thought not.

Our annual free Children's Halloween party was the usual boisterous bundle of fun, and thanks go to our Chair and master of ceremonies James H who managed to impose a modicum of discipline on the proceedings. Some 60 bags of sugary delights found their way into small hands for immediate consumption, ensuring the Preston VC school teachers were assaulted with a wave of hyperactive children on their return from the half-term break. Yet another unsung community activity the TSSC is delighted to perform!

However, we also go into the winter months with a new and unavoidable menace in front of us – VAT. Whilst on the one hand, it's a recognisable measure of our success to register to pay it to HMRC [you have to have a rolling 12 months turnover in excess of £85k to qualify], it's actually a tax on success for a small community business like ours. Even worse, the threshold for paying it hasn't changed since the 2017/18 tax year, meaning it hasn't kept pace with inflation. Had there been no fiscal drag and the rate had increased in line with inflation over the past 6 years, the threshold would now be £108.5k, way above our current turnover numbers. Regrettably, the effect of now having to pay the taxman 20% of the value of every pint, short or snack we sell is that we have to increase prices if we're to continue to make enough money to invest for the Club's future as well as for our community's wellbeing. By the time you read this, the new prices will be in operation, but despite this forced change, our drinks will continue to be highly competitive, and we look forward to your continued support.

See the back page for details of our winter entertainment. Further updates for 2024 will follow via our Newsletter or on social media, so stay tuned!

It only remains to thank all our members for their support in 2023 and we wish you all a very Merry Christmas and a happy, safe, secure and prosperous New Year.



Hon Sec.

Norfolk County Council

**STAY SAFE
FROM FLOODING**

**Flooding can
happen anytime**



Report flooding to Norfolk's One Number:

0344 800 8013

NSFA
Norfolk Strategic
Flooding Alliance

Now that we're heading towards winter, there might be more rain and surface water about.

Check your drains at the front and back of your house. Are they clear of stones, weeds, leaves and mud? Unclog any blockages now and keep your drains clear.

Encourage your friends and neighbours to check their drains too.

Be prepared: <http://https://www.norfolk.gov.uk/safety/floods>

DID YOU KNOW THAT HIGHWAY PROBLEMS ARE EASILY REPORTED?



**From pot-holes to flooding and far more
Anyone can do it and it really is easy!**



You can report anonymously, or you can register.

If you do register you will also receive updates on the steps that have been taken to resolve the problem.

www.norfolk.gov.uk/roads-and-transport/roads/report-a-problem

South Norfolk & Broadland District Council



Nominations for the Broadland and South Norfolk Business Awards 2024 are now open. The awards recognise and celebrate the amazing array of successful businesses in both districts.

The full list of this year's categories are:

Business Growth	Excellence in Financial Services and Insurance
Business Innovation	New Business
Employer of the Year	Small Business of the Year
Environmental Impact	Tourism Business of the Year
Food and Drink Producer of the Year	
Excellence in Advance Manufacturing	

Pub of the Year – open for public vote only

Retailer of the Year – open for public vote only

Further details of the categories and the nomination forms can be found at:- www.southnorfolkandbroadland.gov.uk/businessawards.

Nominations close on **Friday 15th December** and winners will be announced on 5th March 2024 at an awards event at Norwich City Football Club.

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

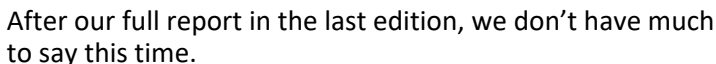
You can also report scams to the
Citizens Advice consumer

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



The committee are now planning for the visit of our Belgium friends next May.

For more information about Eurolink contact:
Chair - Helen Burnett: helenmburnett@gmail.com
Secretary - Alan Jones: jonesa@talk21.com.

1st Tasburgh Sea Scout Group

BEAVERS, CUBS and SCOUTS are all well attended and there is also a waiting list for children wanting to join.

EXPLORERS also continues to run with its current six young people and as part of their programme for this term, they are going to be planning the Beavers and Cubs Christmas parties.

Things to look forward to this term are the annual Quasar trip which is always a great success, as well as the Christmas parties at the end of this term. All sections are continuing to work towards their various badges.

The Scouting stall raised £105 at the village fete in September, a great achievement by all!

WE NEED NEW VOLUNTEERS We are now looking for more adult and young leaders. If you are interested, please get in touch with the group for a chat. We need volunteers to commit to attending weekly meetings on a regular basis to support the current leaders.

Scouting is enjoyable for adults and young people, so please do consider joining us and putting on a uniform.

If you are interested, please email Matt Williams

Chair of the Executive Committee

mattwilliams.1sttrasburghscouts@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!

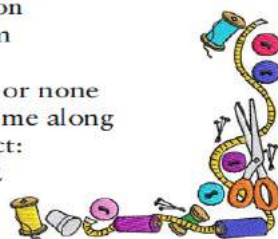
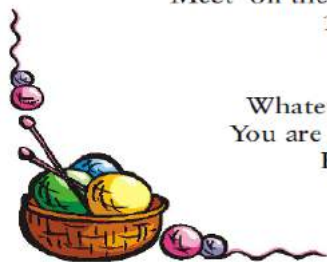
**We will be walking
every last Sunday
of each month**

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



Winter 2023

Tasburgh and Tharston

Church Newsletter



It is hard to believe that the year has rolled round again, it will soon be time for Advent calendars to come out as we begin the countdown to Christmas. The calendars have been on sale for a long time already, but you have to know where to look if you want to find one that reflects the true story of Christmas! Most of them seem to be themed around cartoon characters who have nothing to do with the very real baby, born in Bethlehem some twenty centuries ago. Jesus of Nazareth is no myth. There is solid historical evidence for his birth, life, death and resurrection. We celebrate his coming at Christmas – although, we don't know the exact date of his birth- which was unlikely to have been in December. The impact Jesus has had, and still has, on this world is huge. I encourage you to come to one of our Advent or Christmas Services in December, and to hear for yourself, the story of the birth of Jesus and his relevance for us today.



As many of us already know, The Bishop is back. Ian Bishop was one time vicar of Tasburgh and other parishes in our group. On 29 September 2023 at Westminster Abbey, the Rt Revd Ian Bishop was consecrated as the Bishop of Thetford during a service led by the Archbishop of Canterbury. It was an amazing and most moving occasion attended by many from Norwich diocese, including myself.

The following day there was a service of welcome for him, and his wife Sue, at Norwich Cathedral.

Speaking at the service the Rt Revd Ian Bishop said: "I want to be a pastoral bishop who comes among the people of Norfolk and Waveney with kindness and love, and an ability to listen well."

To be continued ==>

I pray that we will be a blessing to Ian and his wife Sue, as they will be a blessing to us.

We are hoping that Bishop Ian will be able to attend one of our services or social events during the Advent and Christmas season.

And finally, this winter will be a tough and anxious time for many. Economic hardship and falling standards of living will be a recurring theme, but let's pray that the message of hope in Jesus, God with us, will also be proclaimed and heard in our community and across our nation this Christmas and New Year.

With every blessing,

Rev'd Austin



Freedom Café



Freedom Café is back, normal service resumed at last!

We have a new home!

Find us at the village hall on the **first Sunday** of every month

10.30 till 12.00

Come for brunch and activities for all ages.

It's church but not as you know it!!



Tasburgh Church News

Tasburgh Church Warden

Peter Sluman 471 529

At the time of writing the Church News, Summer has gone by and we will all be thinking about Christmas. Look out for the village Christmas card which will give all the info on our Christmas services.

Through the Summer things were quiet although we still held our Sunday and Wednesday Services each week. Our Curate Coryn will be sadly leaving us and moving on to new pastures, taking up the role as Rector at the Costal Group of Churches but still in Norfolk.

We were overwhelmed by the generosity of the residents of the village and the pupils of Preston primary towards our harvest foodbank appeal, it was amazing. We held our annual Harvest Thanksgiving Service and Harvest Lunch on the 15th of October. The lunch was well attended, and everyone had a wonderful time. A special thanks to all who contributed to make it such a successful occasion, everything including food and the hire of the Village Hall was donated so we raised the grand sum of £496 for the church funds, thank you again to all who generously donated and everyone who came along and supported the event.

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

Peter Sluman



FOODBANK DONATIONS

For the latest list with items for donations please visit the website

[Waveney Foodbank | Helping Local People in Crisis](#)



Tharston Church News

Contact Rev Austin Uzoigwe

470 901



Church Fete

Despite the late confirmation that it would proceed we were very pleased with the result which was a profit of some £1860 and we wish to thank all those who made this possible. Special thanks to Ken Grayling who took on the organisers job, to Mike & Corrine Hill who moved equipment to and from the Fete and to all those who helped either before, after and during. We also must thank Mr & Mrs Massey for once again allowing us to hold the Fete at Wheeler Barn, we don't know what we would do without their help.

The Day itself was to say the least rather too hot and this meant we had a smaller attendance on the day, with the Cake stall having to be moved into the Church to avoid melt down.

Thanks also for all those who donated a record sum and to those who gave prizes including Barnes Butchers, Foundry Nurseries, Petes Pets, Simons Landscaping, The Butchers House and CMT.

New Benefice

This will be made up of the two Long Stratton Churches together with Tharston and we are now waiting for applications to fill the Priest Vacancy, but in the meantime we hope to continue with our single service on the 2nd Sunday of each month courtesy of the Tas Valley Benefice.

PCC Secretary and Account Auditing

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.

As mentioned in the last newsletter we are still looking for that well qualified person to take on the Auditing and the qualifications needed were set out in the last newsletter.

In both case's please contact Chris Lawson either by phone 01508 530055 or email email@chrisandhelen.co.uk



Christmas Carols by Candlelight

Friday 15th December
at 7.00pm



Once again we hope it will include readings by children of the Village. If you would like your child to be included, please contact Chris Lawson (see contact details below). It will be followed by Mulled Wine, Soft Drinks and Mince Pies or Sausage Rolls.

Everyone is warmly invited to attend and we look forward to seeing you at the Church for what is a special service.

Chris Lawson – 01508 530055 – email@chrisandhelen.co.uk

Christmas Acrostic

By: Johannie DesRochers

C is for the Child born that night to be our light.

H is for holy is His name.

R is for rejoice with gladness & joy.

I is for Immanuel, God with us.

S is for the star that led the Wise men to Him.

T is for the truth & grace that was sent our way.

M is for Mother Mary laying Him in swaddling clothes
in the manger.

A is for angels singing songs of joy.

S is for salvation.

CHRISTMAS 365GREETINGS.COM

St Mary's Guild

CHRISTMAS

COFFEE MORNING

SATURDAY 9TH DECEMBER

10.30AM—12 NOON

IN THE CHURCH



Come along and enjoy some festive fun with all the usual stalls
and try to win an amazing Christmas Hamper.

We would love to see you there.



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

Monday 4th December - Christmas Social

Monday 5th February - AGM

Thank you for all your support at fundraising events.
We hope you will come again or join us for the first time.

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

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 phone Mary Davidson 470 426

Morning Prayer - on Wednesdays at Tasburgh Church @ 9.30am



A Christmas Prayer

Lord, we pause
amidst the busyness and excitement of
Christmas to thank You for coming low as
a baby in a Bethlehem manger to rescue
us from sin and offer us salvation.
Your gift to us is greater than any present
wrapped and placed under a tree.
We thank You and worship You and
commit to seeking You first
this day,
this season,
this year.
In Jesus' name, Amen

heathercking.org

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.

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
Thursday evenings in Newton Flotman	William Ball	471 506



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: revaustinuzoigwe@aol.co.uk
01508 470 901 The New Rectory, Church Hill, Tasburgh, NR15 1NB

Team Curate Revd Coryn Stanforth: cstanforth@btinternet.com
The Rectory, Church Road, Newton Flotman, NR15 1QB

Contributions for the next Church Newsletter by
Friday 2nd February 2024 to annette@tasburghchurch.org



Preston C of E
Primary School

PRESTON NEWS

'Living Life to the Full'



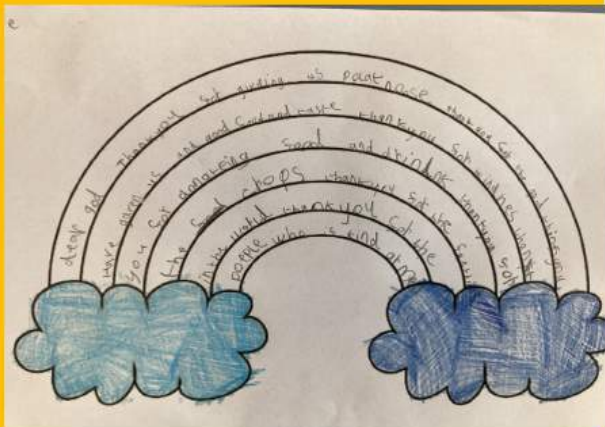
HARVEST CELEBRATION



For this year's Harvest Celebration, we planned a range of different activities that took place across the day, with all classes visiting St. Mary's Church to write Harvest rainbow prayers and to create a 'tree of thanks' within the churchyard.



Back in school, we researched where in the world our food comes from. We learnt about seed dispersal and we undertook some scientific investigating to do with floating and sinking.



Thank you to everyone who made donations for the Food Bank, which will be delivered by St. Mary's Church. Thank you to Rev Austin and the team at St. Mary's for hosting us and making us so welcome.

Norfolk Archaeological Trust



Thank you for making our team feel so welcome at your anniversary summer fete in September, it was good to share the day with you. The rain, though unfortunate, was kind by staying away during the main event, and it was lovely to see the rose planted in celebration of your community activity.



We know that many of you in Tasburgh enjoy The Enclosure, and the wildlife that thrives there as well as its past. We are looking for two more volunteers to support our activity there, by just walking around the site and ensuring that there is no litter or reporting any maintenance work that might need to be done.

If you can spare an hour or two each week or fortnightly, please contact Fran Young
visitorexperience@norfarchtrust.org.uk
and we can send more details and an application form.

If we can generate enough support, we will consider organising some children's activity days during the holiday time, get in touch if you might be interested in supporting this.

Finally, a reminder that when using Norfolk Archaeological Sites, please ensure that you always keep your dog on a lead.

This rule is applicable at all our sites so that all our visitors feel welcome and comfortable.

NEXT EDITION

The **Spring** edition of the Quarterly and Church News will be distributed by the end of **February 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 **2nd February 2024**

Burrfield Park

We are very grateful to a volunteer who has spent many hours cutting back hazels, brambles, nettles, and some dead trees. *Thank You*

The contractor will be cutting some of the other areas in November and the hedge will also be having a trim. Shortly after this has been done we are hoping to have a

WORK MORNING

to rake up the vegetation

If you can help please keep a look out on the notice boards for date and time

or contact Roger Burnett on 01508 471031 for more information

The iris and water lily's have done very well in the pond and several slow worms have been spotted under the pieces of metal. The apple trees have also done very well again this year.

We were also pleased to welcome two scarecrows to the Park that took part in the village scarecrow trail which was a great success.

We hope that visitors will continue to enjoy the park.



Brian Hill, Chair



Mark Your Calendar

Thursday 14th Dec	Tasburgh Carers Group	
18th Jan, 15th Feb	Social Club	10.30am-12.30pm
	Tasburgh Village Hall	

	Tasburgh Tea Rm	
Saturday 27th Jan	Church Room	2-4pm
Saturday 24 Feb	St Mary's Church	2-4pm
Saturday 23rd Mar		2-4pm

	Christmas Coffee Morning	
Saturday 9th Dec	St Mary's Church	10.30am-12pm

	Flordon Film Club	
Wednesday 20th Dec	The Community Centre screening 'The Old Oak'	7.45pm

Sunday 24th June	Tasburgh Open Gardens
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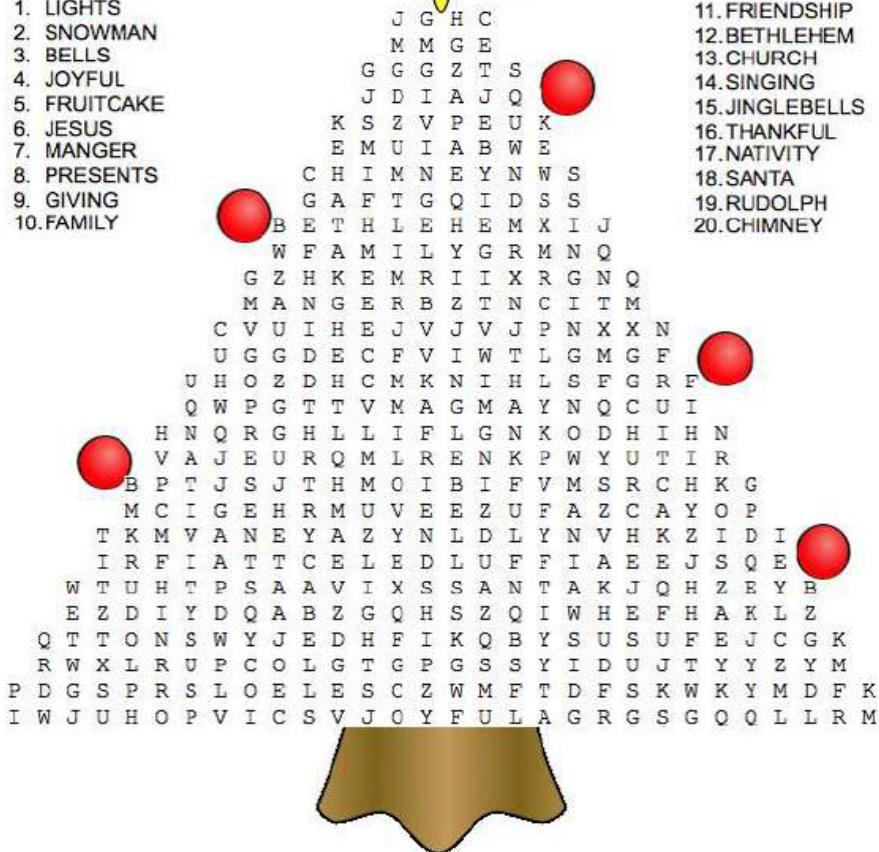
Christmas

Find words that are forward, up and down. No diagonal or backwards words.



1. LIGHTS
2. SNOWMAN
3. BELLS
4. JOYFUL
5. FRUITCAKE
6. JESUS
7. MANGER
8. PRESENTS
9. GIVING
10. FAMILY

11. FRIENDSHIP
12. BETHLEHEM
13. CHURCH
14. SINGING
15. JINGLEBELLS
16. THANKFUL
17. NATIVITY
18. SANTA
19. RUDOLPH
20. CHIMNEY



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

STICKY APPLE PUDDING

If you want to switch it up from apple pies, crisps and crumbles or just want a really warming, cosy dessert, this is the perfect pudding. It is best served hot with custard. If you are using very large Bramley apples you will probably only need one for this recipe. Other apple varieties work just as well since you are cooking them for plenty of time, they will just taste a bit different.

Time: 1 ½ hours

Serves: 4 – 6

Ingredients:

200g caster sugar

150g softened butter

100ml apple juice

2 Bramley apples

1 egg

1tsp vanilla extract

120g self raising flour



Heat the oven to 180 degrees Celsius. Add half of the sugar and a couple of tablespoons of water into a small saucepan over a low heat. Do not stie, just let the sugar melt then stir in 25g of the butter and the apple juice to form a partially cloudy sauce.

Leave this to cool while you peel, core and slice the apples.

To make the batter for the sponge, beat the remaining sugar and butter in a mixing bowl. Crack and mix in the eggs and vanilla then sift in the flour. If the batter is stiff or doughy, use a little milk to loosen it up.

Arrange the apple slices in the base and up the sides of an ovenproof dish then pour over the sauce. Spoon over the batter and smooth out. It doesn't matter if it mixes slightly with the sauce underneath it. Bake in the oven uncovered for 35 to 40 minutes until a fork comes out clean.

Remy

Tasburgh Allotment Society

News from down on the Allotments

Its been Awards season in the village and down on the Allotments with Flower and Produce Show, Plot Holder of The Year and even the Best Scarecrow on display in the village during early October.

We had another successful Village Flower and Produce Show as part of the Fete weekend in September. One beautiful highlight was the finest Dahlia display the Show has yet seen, with a record 15 competitors vying for top spot. This Class is always a keenly fought affair and this year's top Dahlia grower crown went to Gary Bloomfield, seeing off seasoned Produce Show exhibitors, Ben Goodfellow and Chris Austin into second and third place.

The Shield for most Class wins went to Gilly Read. Gilly routinely performs well in the Show and this year was not her first triumph in most Class wins. There was then a buzz was in the air at the revealing of the blue ribband Best in Show Cup as silver ware was dished out. A new name for the Cup this year, as Francis Fry reigned supreme with his very fine Onions from Sets. Good to see junior members of the village getting involved with show, especially in the new junior categories.



A new judging team of Chris and Sally Betts along with Robert and Janet Roberts did the show proud with their high quality assessments. Thanks to them for their enthusiastic efforts. Other thanks are especially owed to Graham Pates and Rebecca Orford for arranging refreshments, the Village Hall and Social Club for helping to host and those unnamed angels who helped organise, bake, serve, shift tables and generally made the event possible.

During the first week of October you may have seen noticed a few scarecrow loitering around the village? The Scarecrow Trail was superbly supported and the effort gone into the twenty creations was astounding.



Tasburgh Allotment Society

Scarecrows were witnessed riding cycles, driving cars (and checking speed limits), hanging in trees, perched on roofs, pirating ships, sitting on walls, scouting around, looking for moles, playing rugby, tending sheep, enjoying a drink at the bar, guarding the allotments (much needed) canoeing, feeding the birds and relaxing outside the school. As voted by the public though, the best display was a spectacular scarecrow circus troop in Orchard Way.

Congratulations to the Williams' and their circus and to Arthur Fry for being the lucky entry form pulled out. Both received luxury hampers.

So many people put so much effort into the trail but the collaboration with Friend of Preston Primary School was the priceless factor to its success. Thanks to those FOPPS volunteers who baked, brewed, served refreshments and sold maps throughout the two weekends at the School pop up café.

Away from the glamour, we've just had manure delivered on site for all the plot holders to make use of. We've also conducted our AGM, and at the end of it the Plot Holder of the Year was unveiled as Mick Ireson. Mick is one of the hardest working members of the TAS Committee and has a mighty fine plot so it was good to see him receive this.

Simon Orford – Secretary to TAS

Flordon Film Club

The next meeting of the Flordon Film Club will be held in the community centre (also the church)

WEDNESDAY 20 DECEMBER 2023

when we shall be screening

THE OLD OAK

Doors open 7.00pm for 7.45pm showing

This is Ken Loach's latest film (and some would say one of his best), which has the contemporary theme of refugees. *"A lot could be said about The Old Oak's beautiful cinematography, excellent acting, and marvellous directing, all of which make this story come to life, but what really stands out the most in the film is the humanity that shines throughout. It is a beautiful reminder of what a community is and can be, regardless of country of origin, religion, or skin colour."* Loud and Clear Reviews.

Tickets are £5 each

Annual membership which is now due also £5

To book or for more information about the club please contact **David** on **470118** or david020747@hotmail.co.uk

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 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

PLEASE HOLD.....

Dial the number on the card -
automated voice!

A list of different options, press a
button, make a choice.

You're put on hold and asked to wait
- tinny music plays,
Apologetic messages, you could be
here for days.

After what seems many hours and
repeats of the same song,
You are told that you are next in
line, you won't be waiting long.

At last you hear a human voice,
you're finally put through,
She asks you loads of questions, to
make sure that it is you.

All the answers are correct, you've
made it to stage two,
But then she says that she's not
qualified, for what she needs to do.

Please hold I'll find an agent who
can help you with this case,
Someone who knows how to solve,
the problems that you face.

So after yet more music, your hopes
go down the drain,
When she says no one's available,
you'll have to call again !!

*This is a true, but I'm sure, familiar
story – Written whilst 'Holding'*

Robert Buttler

GROWING OLD

We all have moans about growing
old,

Some things get harder to do

Others you can't do at all

It's a struggle just to get through.

Growing old can be a pain,

You may be willing, but are you
able?

Mind says yes, but body unable,
Seems it's all give, and no gain.

When you retire you expect to
relax,

To wind down after years of graft,
But your time is seized by others ;
Relax, now you're having a laugh!

But growing old is life's reward,
It's a gift some don't receive,
See it as a blessing; look forward
Not back, that is the way I believe.

Take advantage of this precious
time,

It's yours only once: use it well,
Wasting time is life's mistake,
Treasure it; time will tell.

Share this time:
your friends have it too,
Create experiences,
memories which bring,
Happiness and joy to all around,
There's a first time for everything.

Use your life to inspire others,
Young or old, everyone can play
They may not appreciate the value
now,

But in their time they will recall the
day.

Steve Beckett

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

Tasburgh History Society

TASBURGH'S MILLS

Tasburgh used to have a windmill as well as a watermill. The windmill, which stood in what is now the back garden of Hill House overlooking Burrfield Park, had quite a short existence having been built by the miller, William Nickless, in 1757 and demolished by 1840, but there is a record of a watermill in the Domesday Book of 1086. It belonged to the Lord of the Manor, but would not have been where Mill House now stands on Low Road because in Norman times the river Tas ran across the water meadows to the site of Flordon bridge, which then would have been just a ford.

It is not known when the river was diverted to follow its present course along Low Road and Flordon Road to enable a mill to be built on the current site, but there is a record of the mill being sold by the Lord of the Manor in the 1500s and in 1559 the miller Robert Carre left a Will, something that only the more wealthy would have done in those days. Indeed the position of the miller would have been at the heart of the agricultural based village economy, not just grinding other people's grain for a fee but also buying in corn and selling the flour back to the local population, and many millers became rich enough to own other property in the village.

In 1816 both mills were put up for sale by auction following the death of the owner, Thomas Clabburn, a wealthy Norwich merchant. The auction particulars refer to "a very desirable estate consisting of a Windmill, a most excellent Watermill, a substantial convenient dwelling house, a well planted garden, a barn, a cow house, stables and other convenient outbuildings, all in good repair, and also 9.75 acres of most excellent meadow land adjoining the premises with about 360 trees thereon". It seems that even in those days estate agents weren't backward in bigging up a property! The purchaser was the tenant, James Reeve, who resold the property with vacant possession the following year, no doubt looking for a quick profit.

William L Duffield, who had been born in Tasburgh and served his apprenticeship at the mill, returned to take on a lease of the building in 1896. By then in addition to four sets of water powered millstones, there was a steam driven roller mill. The business prospered with Flordon Mill being taken on the following year and Saxlingham Mill added in 1906 but in 1912 severe flooding badly damaged the mills and Mr Duffield was subsequently declared bankrupt. However after WWI his sons were able to restart the business from Tharston Mill, before moving to Saxlingham Mill where W L Duffield and Sons Ltd. continues to operate.

When the mill was sold in 1929 it only had two sets of millstones, suggesting that it was never fully restored after the 1912 floods. The mill continued to operate until the end of the 1930s, after which the property was converted to residential use, with the "tudor" style chimneys coming from a property in Tharston and the Regency front door from a house in Norwich.

Ben Goodfellow

Hethersett & Tas Valley Cricket Club

As I write this update, fresh from our AGM and a hugely successful Fireworks Display for our members and their families, we can reflect on a season of unprecedented success for our club.

Our 1st XI succeeded in maintaining their place in the Norfolk Alliance Premier Division, finishing in sixth place after a nail-biting last few weeks to the season. Our 2nd equalled last season's fifth place in Division Four and our 3rd XI were promoted to Division One of the Norfolk Cricket League, benefiting from finishing in third place in Division 2 East. Our 4th XI had their most successful season by some distance and will be challenging for promotion next season. Pleasingly, our cohort of U18 players had a positive season, with the really pleasing factor being their emergence as competitive players in the 2nd and 3rd XIs, underpinning our principles of developing our own talent.

Our Women's and Girls section has been swelled by several new players, with our Women's XI unbeaten so far this season and our Softball team winning their County Plate competition after competing in regular festivals throughout the summer. Next season we hope to form a hard ball girls' team to act as a development pathway into women's cricket.

Our junior teams have all had productive seasons, with our U17s and U15s both reaching the County finals (the U15s having won their league), both missing out to strong teams from Great Melton. Our U9s won the County Softball Plate and the U11s reached the County semi-final after convincing winning the league. Our U13s rallied in the second half of the season, having recruited several new players.

Off the pitch, our social calendar has been full this year, with a beer festival, numerous social events, an Oktoberfest and latterly, a free fireworks display. By the time you read this, we will be officially closing our year with the Presentation Evening on 9th December.

As always, we welcome new members from the ages from 5 to 75 and beyond in readiness for the 2024 season and we have indoor practice nets scheduled for senior, juniors, and our women's section from January onwards. If you are interested in joining us in either a playing or social capacity, we would love to hear from you, either by signing up on our membership service via the QR code below. or by dropping me an email.



Matt Bird
Club Chair
htvcommittee@gmail.com

Tasburgh Carers Group



We very much enjoyed having a stall at the recent village fete to meet local people and to share details of our group. Thank you to all who had a go at our fundraiser 'Name the Dragon' in aid of EACH.

Our monthly 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 and also see members that have not always been able to attend due to their caring duties 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:

14th December (note brought forward one week) ,
18th January, 15th February

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**



**TASBURGH OUTREACH
POST OFFICE**

TASBURGH VILLAGE HALL
Opening Times:
Tuesday 9.30am - 11.30pm

'USE IT OR RISK LOSING IT'

Tharston & District WI

Looking back over the past months I see that our WI has been quite busy with meetings, outings and events that include food! Our August meeting is generally an outing.

This year we went to Snape Maltings and Aldeburgh and of course the topic of conversation on the coach was about lunchtime food! Most of us managed to find excellent fish and chips. The outing is paid for by the proceeds of events held during the year and most members take part.

Our speaker for September came in costume to offer us a 'Murder Mystery Hour' I think most of us correctly guessed who was the murderer but deciding on the reasons was more difficult. An event enjoyed by many this month was a harvest lunch at The Kings Head in New Buckenham.

Our speaker for October told us about the work of Each and this was most interesting. This month food featured again with a visit to The Donkey Box Café at Swainsthorpe. The colder weather deterred some members so we will arrange this again in the summer. We also held our annual Quiz and Lasagne evening at Fornsett Village Hall. Many thanks to the quiz master who certainly gave our brains a workout. Again, this was well supported by both members and local villagers.

Christmas is on its way with our meeting in November when Crystal Dyball, a flower arranger, gave a talk on Christmas Sparkle, with topical arrangements. How lovely! Several members decided to visit Bressingham Christmas Market to hunt for Christmas gifts and probably enjoy lunch.

Food again for our December meeting when we have a meal at The Jolly Farmers. Yes, it does seem that each event includes food – but we all must eat!

**We meet at Wacton Village Hall
on the second Thursday of the month at 7.30.
Usually, we have a speaker, much chatting and always tea and cake!**



Heather Jeary, heatherjearywi@gmail.com

Long Stratton Medical Partnership

This is the time that many of you will be invited in for your annual Flu jabs to ensure a degree of protection against Influenza in the coming winter months. This thought gave me the idea for the topic this time: **chronic disease monitoring**.

GP practices play an important role in chronic disease monitoring. An Annual Review is required for all patients with a chronic disease. The purpose of an annual review is to ensure patients are taking the right medication and receiving the best possible care for their condition(s). Regular monitoring of patients with a chronic disease is designed to pick up any changes in health early, remind patients about what they can do to keep themselves well and check that medication is working properly.

Our practice aim is to ensure that patients have these annual reviews in their birthday months and therefore you will receive text message invites or a letter accordingly. In some chronic conditions like Asthma, you may receive a text message with a link to a questionnaire which helps our Asthma Nurses to decide on appropriate follow up. Many of you with a diagnosis of Essential Hypertension will also receive a text message with a link to a questionnaire, and if you are able to do monitoring of your blood pressure at home and complete this questionnaire for the nurses, they will check the forms and alert the doctor of any changes, this is a crucial part of the monitoring process. In any circumstances, if you do not wish to complete our forms, please make an appointment to see the nursing team for a face-to-face annual review. The Chronic disease monitoring list is quite comprehensive. It is a slow, thorough and ongoing process over 12 months of the year.

Annual blood tests are also essential, and we are aware that there is a still a catch-up process happening due to the impact of the Pandemic. **If you haven't had a blood test in over 15 months and are on long term medication, please do not hesitate to contact the practice.**

Please help us to help you by responding to our messages as it is all about your care.

Dr Mini Nelson

Classifieds



Telephone: 07709850045 / 01508 471596

E-mail: ian@isellpianos.co.uk



Piano Lessons

Marian Gibb ALCM (TD) Dip LCM

ABRSM exams or just for fun.

01508 482 746



*Bedingham
(Nr Bungay)*

All ages welcome.

If you are a local business who does not advertise in the Quarterly, then why not consider doing so. The Quarterly is published every quarter and is delivered free of charge to residents in Tasburgh

COST OF ADVERTISING

If you wish to advertise in the Quarterly please contact
tasburghpc@btinternet.com.
prices as follows:

Greyscale: full page £54.40, half page £38.40, quarter page £20.00

Colour: full page £104.00,
half page £72.00, quarter page £40.00

Discount of 10% available to those living and trading in Tasburgh, and a further 5% when four issues are booked and paid for in advance

Classifieds

CARRY-ALL

Mel Rogers

Home 01508 536182 Mobile 07850 402845

carry_all@btinternet.com

Suppliers of:

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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.**

Winter Entertainment at your TSSC:

Saturday, December 9th:

Rock Legends **WALKWAY** are back, supported by local favourite **Ross Stewart**.

TSSC bar open from 6.30pm until late!

Entry strictly by ticket only – £6 in advance, available from the bar, or £8 on the night. Limited numbers, and when they're gone, they're gone. Tickets on sale now.

Christmas & New Year:

Friday, December 22nd, Open as usual, 6.30pm to 11pm

Saturday, December 23rd, Open as usual, 2pm to 6pm

Sunday, December 24th, **Christmas Eve**, Open as usual, 2pm to 6pm

Monday, December 25th, **Christmas Day** - CLOSED

Tuesday, December 26th, **Boxing Day** – **12am Midday to 4pm only**

Friday, December 29th, Open as usual, 6.30pm to 11pm

Saturday, December 30th, Open as usual, 2pm to 6pm

Sunday, December 31st, **New Years Eve – IT'S PARTY TIME!**

3pm to 5 pm – Children's Disco Party, hosted by James 'D' – Disco, Games and Prizes and open to all children 2 to 12. FREE ENTRY. Bar open from 2pm.

7pm 'til late – TSSC's own Disco Party Night, to see the New Year in.

Saturday, January 27th 2024 – BURNS NIGHT:

Fully kilted singer **Ross Stewart** is back to entertain us, plus the traditional Haggis, Neeps 'n Tatties to eat.

Tickets cost £8 per head, available from the bar in January.

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