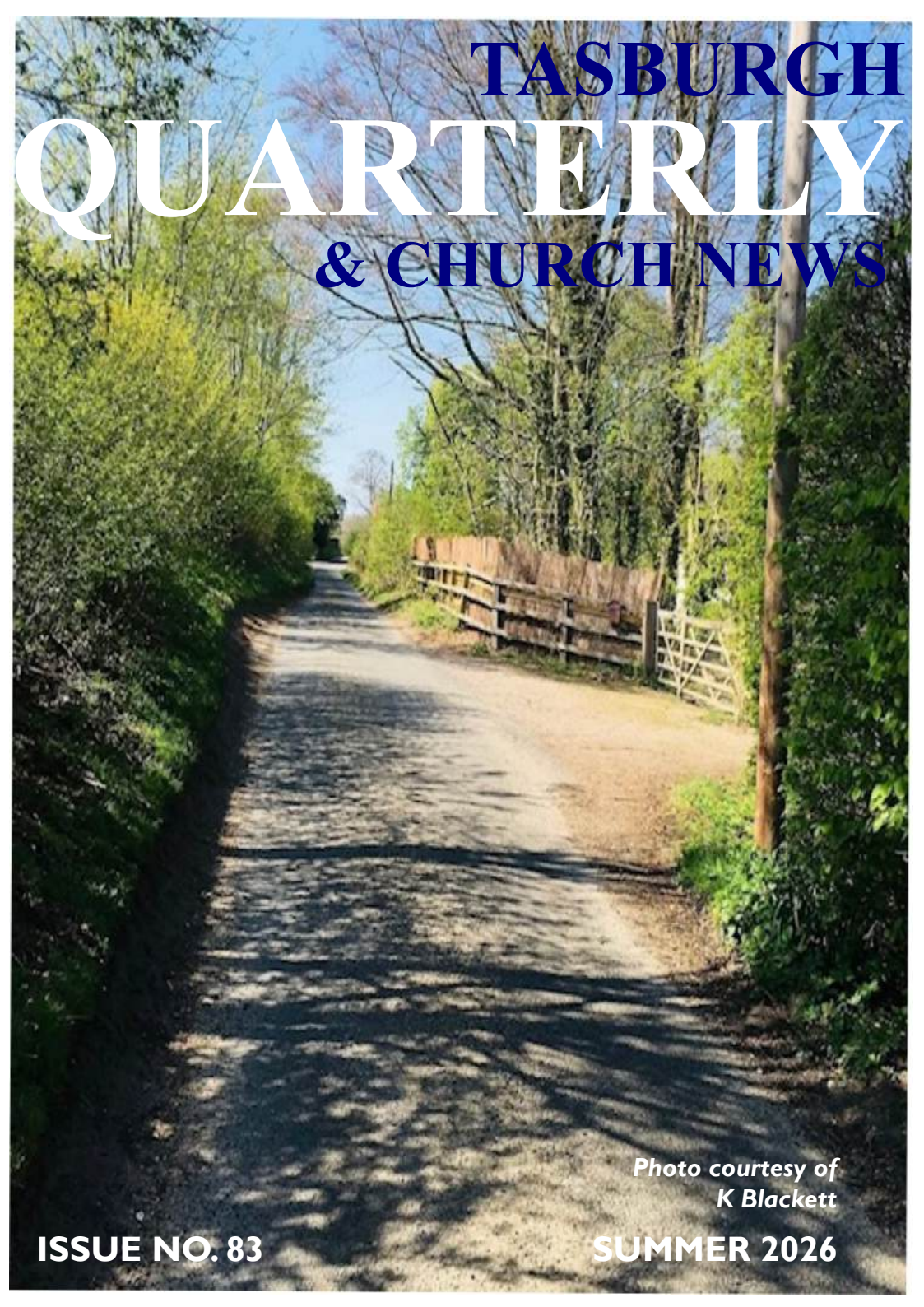


A photograph of a gravel driveway leading into a wooded area. The driveway is made of light-colored gravel and is flanked by dense green trees and bushes. On the right side of the driveway, there is a wooden fence made of vertical posts and horizontal rails. The background shows more trees and a clear blue sky. The overall scene is peaceful and rural.

TASBURGH QUARTERLY & CHURCH NEWS

*Photo courtesy of
K Blackett*

ISSUE NO. 83

SUMMER 2026

Classifieds

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Useful Names & Contact Details

LOCAL COUNCIL & COUNCILLORS

Parish Council Chair	Brian McGuire	01508 471909
Parish Council Clerk	Tina Eagle	01508 494569
DISTRICT COUNCILLOR	Martyn Hooton	07776 142027
COUNTY COUNCILLOR	Karl Catchpole	tbc
MEMBER OF PARLIAMENT	Ben Goldsborough	020 7219 3000
	Ben.goldsborough.mp@parliament.uk	

NORFOLK COUNTY COUNCIL SOUTH NORFOLK DISTRICT COUNCIL

County Hall	0344 800 8020
Horizon Centre, Broadland Business Park	01508 533701

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
---------------------------	--------------

COMMUNITY GROUPS

Tasburgh United Charities	Jill Casson	01508 470334
Tasburgh Carers Group	Rachel Mahoney	01508 471271
1st Tasburgh Scout Group	Becky Pates	
	Bex.pates@gmail.com	
Tasburgh Sport & Social Club Chair	James Hanton	
	james-hanton@hotmail.co.uk	
Tasburgh Short Mat Bowls Club	Dave Moore	01508 471041
Tasburgh Allotment Society (TAS)	Simon Orford	01508 4 71539
Tasburgh United Football Club	Paul Swinton	to be confirmed
Long Stratton & Tasburgh Men's Shed	Pete Sluman	01508 471529
St Mary's Guild	Julia Orpin	01508 470983
Fitness Club (Over 50's)	Don Gibbins	01508 470225
Fat Dad's Football	Bill Wheeler	01508 471633
Martial Arts	Andrew Gillingwater	07775 890359
Tasburgh Tea Room	Andrea Sluman	01508 471529
St Mary's Church Craft Group	Jane Rae	07910 482852

Inaccuracies or omissions? Please contact clerk@tasburghparishcouncil.gov.uk

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 2026

20th January	19th May	22nd September
17th February	16th June	20th October
17th March	21st July	17th November
21st April	18th August	15th December

The next Annual Parish Meeting will be held 27th April 2027

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 jillcasson.tasburghpc@gmail.com	470334
Matthew Read	Pilgrim Cottage, mattread.tasburghpc@gmail.com	07879 816975
Willie Crawshay	The Grange williecrawshay.tasburghpc@gmail.com	471650
Brian McGuire	12 Curson Road brianmcguire.tasburghpc@gmail.com	471909
Andrew Patrick	Jasmine Cottage andrewpatrick.tasburghpc@gmail.com	07775 898301
Keith Read	Thornly Barn keithread.tasburghpc@gmail.com	07483 841082
Adrienne Watts	Grove Cottage Adriennewatts.tasburghpc@gmail.com	470217
Preston Thomas	4 Church Road prestonthomas.tasburghpc@gmail.com	07730 049077
Jackie Trenavin	Mistletoe Cottage Jackietrenavin.tasburghpc@gmail.com	07717 820651

Parish Clerk

Tina Eagle
17 Alder Close

Poringland, Norfolk, NR14 7LY

Email: clerk@tasburghparishcouncil.gov.uk

01508 494569

NOTE NEW EMAIL

Website

www.tasburghparishcouncil.gov.uk

Tasburgh Parish Council News

Welcome to this issue of the Tasburgh Quarterly.

SOUTHBOUND A140 BUS SHELTER

The top of the bus shelter was hit by unknown vehicle on the 9th February 2026 with enough force to render it unreparable. Councillor Andrew Patrick stabilised the compromised structure with aluminium supports, which was then wrapped with hazard tape. Our insurance claim has now been approved and the appointed contractor has removed the damaged bus shelter and a new shelter has now been installed.



CHURCH HILL DRAINAGE

The aqua cells at the top section of Church Hill by the St Mary's Church have been replaced by Highways. This is an area that can become flooded by sudden summer thunder storms and sustained winter rainfall. This will mitigate future flooding and speed drainage. The impact on the verge during construction work was addressed by grass re-seeding, and reflective verge markers were also installed.

POTHoles

Improving weather conditions have allowed the filling in of the deep potholes along Low Road and Grove Lane and other parts of Tasburgh, which will be greatly welcomed by drivers and cyclists. **Details of how you can report potholes can be found on page 14**

SPEEDING

PC Thomas Goodrum, our designated beat manager who covers 21 villages from Poringland to Tasburgh, attended a recent Parish Council meeting. He reported that the Police Camera Partnership Scheme had visited Low Road several times during peak traffic times, but had no specific speed incidents to report. He also advised that he carries a speed gun in his police vehicle so he is able to undertake random checks when he is on patrol. The police priority focus continue to be crimes against the person, anti-social behaviour, drug related matters, and speeding.

PLAY AREA

All play equipment is inspected monthly by the Parish Council. It was noted that due to use, the webbing fabric covering the steel wires on the base of the senior swing basket had worn away. In anticipation that this defect would be picked up by the independent safety assessor at the next inspection it was decided to replace the basket and keep one of the most popular swings in full operation throughout the summer.



Tasburgh Parish Council News

A140 ROAD JUNCTION FROM CHURCH ROAD

It is probably worthwhile communicating the official position regarding this junction going forward from the Norfolk highways engineer. The Major Road Network study that was undertaken in 2024 for the A140 north of Long Stratton did identify the Tasburgh Church Road/ A140 junction as an area of potential improvement. The study engaged with local representation and making a right hand turn along this stretch of road was a key issue. The Newton Flotman Flordon Road/A140 junction was highlighted as a priority issue and previous road study work supports this, so any future road mitigation measures subject to funding availability are likely to be focused there. The accident record at the Tasburgh/A140 is presently low with none recorded in the last three years. Consequently there are no plans to implement any road layout changes in the immediate future.

PARISH COUNCIL ELECTIONS MAY 2027

Parish Councils play an important role in local life: they help shape the community, support village services, and act as the voice of residents on a wide range of issues. If you've ever thought about getting more involved in village matters, this could be the perfect time for you to consider thinking about standing as a Parish Councillor. **You don't need any special qualifications — just an interest in our village, a willingness to listen, and a desire to help make positive things happen.**

Most residents aged 18 or over can stand, provided they meet the basic eligibility criteria set out in electoral guidance. These include living or working in the parish, or living within a set distance of the parish boundary. Anyone considering standing should check the official requirements closer to the time, as these are set nationally and may be updated.

Interested?

If you'd like to know more about what the role involves, how the Council works, or what standing for election entails, the Parish Council will be sharing further information as the 2027 election approaches. Until then residents are also welcome to attend monthly Council meetings to see the process in action. Being part of the Parish Council is a practical and positive way to help shape the future of our village — **and new voices are always welcome.**

COUNCIL MEETINGS

The Parish Council meets at 7.30pm on the third Tuesday of every month in the Village Hall. Information about future meetings will be posted on our website and the village noticeboards. Everyone in the community is welcome to come along. If you'd like to share a comment or raise a question, please contact the Clerk via clerk@tasburghparishcouncil.gov.uk

Chair, Brian McGuire

Local Community First Responder Group

WHAT TO DO IF SOMEONE IS HAVING A STROKE

A stroke is a medical emergency where every second counts. The quicker someone receives treatment, the better their chances of survival and recovery. Knowing how to recognise the signs, and what to do, could quite literally save a life. A stroke happens when the blood supply to part of the brain is cut off, either by a blockage (the most common type) or a bleed. Without oxygen, brain cells begin to die within minutes.

HOW TO RECOGNISE A STROKE; THINK FAST

The easiest way to remember the signs of a stroke is the word **FAST**:

- **Face** – has one side of the face dropped? Can they smile?
- **Arms** – can they raise both arms and keep them there?
- **Speech** – is their speech slurred or difficult to understand?
- **Time** – time to call 999 immediately

If you notice **any one** of these signs, do not wait, act straight away.

Other symptoms can include sudden confusion, vision problems, dizziness, severe headache, or loss of balance, but FAST covers the most common and recognisable signs. Point to note: If symptoms disappear quickly, **still** call 999. A Transient Ischaemic Attack (TIA), also known as a mini stroke, is often a "warning stroke" that requires urgent medical investigation to prevent a major stroke.

WHAT TO DO

If you suspect someone is having a stroke:

1. **Call 999 immediately**
Ask for an ambulance and clearly say you think the person is having a stroke.
2. **Note the time**
Try to remember when the symptoms started. This is very important, as some treatments are time-dependent.
3. **Keep them safe and comfortable**
Help them to sit or lie down. Reassure them and stay calm.
4. **Do not give them food or drink**
Their swallowing may be affected, which increases the risk of choking.
5. **Monitor their condition**
If they become unresponsive and are not breathing, begin CPR. The call handler will guide you.

WHY ACTING QUICKLY MATTERS

In stroke care, you may hear the phrase "**time is brain.**" This means that the longer a stroke goes untreated, the greater the damage to the brain.

Rapid treatment can:

- reduce long-term disability
- improve recovery outcomes
- in some cases, reverse the effects of the stroke

That's why calling 999 immediately is so important, even if you're not completely sure.

HOW COMMUNITY FIRST RESPONDERS CAN HELP

Community First Responders (CFRs) are often tasked to suspected stroke calls. As trained volunteers, we can arrive quickly, assess the patient, provide initial care, and pass vital information to the ambulance crew.

While we can't provide hospital treatments, early assessment and rapid escalation play an important role in the patient's overall outcome.

A FINAL THOUGHT

A stroke can happen to anyone, at any time, at home, at work, or out in the community. But it doesn't have to be a mystery.

Remember FAST.

Act quickly.

Call 999.

Those simple steps could make all the difference.

Rhodri Coleman, Group Team Leader

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 £6 per session , payable on the day.

If you are interested and would like more information please contact

Don Gibbins

01508 470225

or just come along.



TASBURGH DEFIBRILLATOR

Is located to the right of the Village Hall main door.

Call 999 in an emergency for an access code

SAXLINGHAM (SAXON) BOWLS CLUB

If you are thinking of taking up a new sport

come along and have a go at outdoor Bowls at our friendly Club on the Saxlingham Playing Field Bowls Green

The Club arranges league and friendly matches, internal competitions, practice sessions and social events

Free coaching for beginners.

Experienced Bowlers are welcome too.

**Contact: Club Captain
Rachel Stevenson on
01508 532617**

REMEMBER you can use the [ONE.NETWORK](https://www.one.network) website to search online for real-time updates of live incidents in your locality including traffic restrictions and roadworks, road closures and diversions, traffic congestion and traffic speed motorway lane closures, accidents, weather incidents, landslips and flooding.

Tasburgh Village Hall



Firstly I am sorry to announce that Lloyd has decided to step down as a Trustee at our AGM in June (more on that later). I am sure most of you will know Lloyd and will recognise the fantastic service he has done as both a Trustee and as our Grounds person. Myself and other Trustees past and present are really grateful for all he has done. Please if you see him out and about say “thank you” to him.

We are welcoming the volunteers from Marsh again in May. We are really grateful for Doug and his team coming to support us. The work they have done for us really saves both money and time in the maintenance of the hall.

We recently installed CCTV cameras overlooking the containers to improve the security in that part of the field. We have turned on a security feature in our cameras that now report any motion detected between the hours of 11pm and 9am. So far we have seen lots of early morning dog walkers and even captured a fox by the containers.

We are aware of the problems caused by rabbits on the field, and would ask any users of the field to be mindful if the ‘scrapes’ they make as potential hazards. We have been advised that a lot of the rabbits are actually visiting us from adjacent fields so very difficult for us to control.

Can I remind users of the hall that we do have a designated smoking and vaping area? Despite being well signposted as a non smoking and vaping area we still observe people using the sloped entrance to the small hall to smoke. This is both unpleasant for people accessing the hall through clouds of smoke and also creates work for our Caretaker in clearing the discarded cigarette butts.

The hall continues to be well used by community groups and for parties, wakes and many other events. I would like to particularly thank the Carers who ran a fantastic coffee morning in May and who are sharing some of the profits with the Village Hall.

Our AGM will be in June, probably on the 10th but this will be confirmed at

Tasburgh Village Hall

our May meeting. Please look out for confirmation on Facebook and via the noticeboards. It would be good to see some more members of the public in attendance this year.

As a reminder, our trustees are as follows: Graham Pates (chair), Karen Hazell (vice), Martin Bull, Sally Bull, Shaun Palmer, Mick Ireson, Lloyd Giacomelli, Mike Daniels. New Trustees and roles will be appointed at the AGM.

We have places for more trustees on the committee. Some spaces are for organisations and some are for members of the public but these must be filled by Tasburgh residents. If anyone is interested in getting involved in keeping this wonderful community asset please get in touch

HOW TO BOOK THE HALL

Check our calendar on the website for
availability

www.tasburghvillagehall.org.uk

Email

bookings@tasburghvillagehall.org.uk

We will send you the our booking form
(or it can be found on the website).

Fill in the forms after discussing your
requirements.

**Please note that if you request the bar we will
need to confirm availability with
Tasburgh Sports and Social Club and an
additional form will need to be completed.**

Graham Pates, Chair TVHMC

Tasburgh Sports & Social Club



**IT'S GREAT TO SEE YOU
COME ON IN!**

Opening Times

Tuesday 7pm-10pm
Friday 6.30pm-11pm
Saturday 2pm-6pm
Sunday 2pm-6pm

It's already been a fantastic start to 2026, with a lively run of events from Burn's Night through to Simon Howard's first appearance in April (what a night!). These events are a brilliant reminder of how the club continues to offer an informal, friendly space at the heart of the village. A place where neighbours meet, friendships grow, and community spirit shines. Whether you're popping in for a quiet drink, joining us for one of our regular events, or looking for a way to get more involved in village life, the club is here to welcome you.

A Place for Everyone

The club is run and staffed entirely by volunteers, with a small board of volunteer Directors (yes, we do it for the love of the club and our community!) and that's part of what makes it special. It's a place shaped by the people who use it — families, long-time residents, newcomers, sports teams, and those who simply enjoy a sociable afternoon or evening close to home. We're proud to offer a welcoming and inclusive atmosphere where everyone can feel comfortable.

What's On at the Club

There's always something happening, and we're continually adding new events based on what the community enjoys.

- **Monthly Quiz Nights** – A village favourite. Bring a team, test your knowledge, and enjoy a lively evening with plenty of laughs.
- **Live Music & Social Evenings** – From local performers to themed nights, these events bring great energy to the club.
- **Big Match Screenings** – Join fellow fans to watch major sporting fixtures on the big screen.
- **Seasonal & Family Events** – From festive celebrations to summer gatherings, we love creating moments the whole village can enjoy.
- **Sports & Activities** – With darts, pool, and outdoor space, there's something for those who like a bit of friendly competition.

Keep an eye on the notice board in the club and look out for the members' newsletters for dates, updates, and new additions to the calendar.

Membership Renewals

As we head into a new year of events and improvements, we're inviting all members — and anyone thinking of joining — to renew their membership. It's just **£10 per year**, or **£5 for seniors**, and every membership helps support the running of the club and the facilities we all enjoy.

Tasburgh Sports & Social Club

We're Looking for More Volunteers

As the club grows, so does the need for extra hands. Volunteering is flexible, sociable, and a great way to support a valued village asset. Whether you can help behind the bar, assist with events, lend a hand with maintenance, or offer skills behind the scenes, we'd love to hear from you. Please ask a member of the bar team for a Volunteer form and leave it in the suggestion box.

If you're interested in shaping the club's future more formally we'd also love to talk to you about your ideas and how you can help the club go from strength to strength. Please talk to a member of the bar team or one of the existing directors – we're all ears!

Why It Matters

Tasburgh Sports & Social Club is more than a venue. It's a place where people meet, talk, unwind, and feel part of something local and meaningful. Every visit, every event, and every volunteer hour helps keep the club open, active, and thriving for the whole community.

Come and Join Us

If you haven't visited for a while — or at all — consider this your invitation. We'd be delighted to welcome you.

Your village. Your club. Your community.

Cheers/Slàinte/Iechyd da!

On behalf of Tasburgh Sports & Social Club.



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:07970 0003916 or email:info@strattonmensshed.org

Norfolk County Council

DO YOU KNOW HOW TO REPORT A POTHOLE?

ABOUT POTHOLE INSPECTIONS

Highway Inspectors inspect our highway network on a daily basis. They inspect each road dependent on the road hierarchy which is outlined in the Transport Asset Management Plan (TAMP) with the busiest roads inspected more frequently.

TAMP also outlines how we prioritise the highway problems we find. We cannot repair every pothole straight away due to the size of the road network. Potholes are assigned a priority based on a variety of things including the size, position in the road and how much the road is used.

Our teams request potholes, that cause a significant risk to public, be repaired or made safe as soon as possible. **All potholes will likely be repaired within six weeks of identification.**

If you have seen a pothole please report it. During reporting you can also see on a map if a pothole has already been reported by someone else.

Online Reporting Tool: Use the official Norfolk County Council pothole **Information to Provide:** Provide the exact road name, location, and a photograph if possible.

**If potholes are outlined with paint they are due to be fixed.
YOU DON'T NEED TO REPORT THESE**

Norfolk County Council Highways – Report a problem



Drainage and flooding

Standing water, ditches, blocked drain, flooded property, impassable road



Flooded path

Standing water affecting public rights of way or trails

Drainage & Flooding



Flooded Path



Household Hazardous Waste Days 2026

Dispose of hazardous waste safely – for **FREE!**

Upcoming Event Dates

Friday 10 and Saturday 11 April

Friday 17 and Saturday 18 April

Friday 24 and Saturday 25 April

Friday 8 and Saturday 9 May

Friday 15 and Saturday 16 May

Friday 29 and Saturday 30 May

Friday 5 and Saturday 6 June

Locations

Norwich North Recycling Centre

Thetford, Recycling Centre

King's Lynn Recycling Centre

Caister Recycling Centre

Dereham Recycling Centre

Hempton Recycling Centre

Norwich South Recycling Centre

Booking is essential!



RECYCLE YOUR UNWANTED ELECTRICAL ITEMS & BATTERIES

Book a convenient home collection for small electricals such as kettles, toasters, hairdryers, phones, and more.

Why recycle? Keeps electricals out of landfill and help protect the environment!

How it works:

1. Book your collection online
2. Place your electrical items in a bag
3. Leave them out at the edge of your property on your booked date – we'll do the rest!

READY TO RECYCLE? BOOK YOUR COLLECTION AT

<http://https://www.southnorfolkandbroadland.gov.uk/rubbish-recycling/bin-collections-and-app/south-norfolk-small-electrical-items-and-battery-recycling>

ST MARY'S GUILD TASBURGH

A friendly supportive
group that meet in
in the Church Room
on the first Monday
of the Month
at 2.30pm



WE MEET SOCIALLY & HAVE A VARIED PROGRAMME INCLUDING SPEAKERS THROUGHOUT THE YEAR.
WE ASK FOR A DONATION OF £2 WHICH INCLUDES THE COST OF REFRESHMENTS.

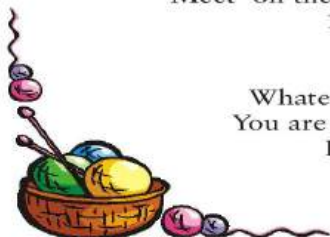
We also fundraise through additional events to support our village church.

For additional information please contact Julia on 01 508 470983

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



Tasburgh Tea Room

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

Drinks and home made refreshments

Saturday 23rd May
Saturday 27th June
Saturday 25th July
Saturday 22nd August



For further information
Contact Andrea
Tel: 07930 303065

We'd love to see you

1st Tasburgh Sea Scout Group



The summer term is always the busiest and most fun for the Scout group, with so many adventurous outdoor activities and lots of trips too. Here's a few examples of what we're getting up to:

The Beavers are busy exploring different areas of the village, as well as growing potatoes on the allotment. Cubs enjoyed a trip to the cinema and are looking forward to raft building at Eaton vale. The Scouts have enjoyed making use of the tennis court and exercise equipment at the village hall, and will also be exploring their creative sides with photography and painting. Of course, lots of hikes, wide games and campfires will be enjoyed by all sections too. You are definitely likely to see us out and about in the village at some point this term!

As always, we have many nights away trips planned, including a sleepover at Saxlingham Scout hut for the Beavers, a district Cub camp (mixing for Cubs from all other southern Norfolk) and a pirate themed scout camp, as well as a whole group adventurous activity camp. Although Cub numbers (young people and leaders) are strong at the moment, we are low in both Beavers and Scouts, so please get in touch if you have a child who would like to join or are interested in volunteering with us as a leader. Please see the ages and times we meet below.

Beavers: 6 to 8 years – 5.00-6.15

Cubs: 8 to 10 ½ years – 6.30-7.45

Scouts: 10 ½ to 14 ½ years – 8.00-9.15

Becky Pates (bex.pates@gmail.com)

Group Lead Volunteer

DOG FOULING

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 using the link below (please do not submit photographs of the waste itself)

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





FREE Community CPR Awareness Training for Tasburgh residents

The Community Heartbeat Trust will be demonstrating the use of a defibrillator and explaining how the equipment works and its benefits to the community in saving precious minutes in the treatment of sudden cardiac arrest.

Saturday 6th JUNE 2026

11am - 1pm

TASBURGH VILLAGE HALL

The more people that know how to use the portable defibrillator installed in our community, the more chance there is of saving the life of a victim of Sudden Cardiac Arrest

No special skills are required, just your willingness to play an important role in the event of a medical emergency

BOOKING IS ESSENTIAL

Please email clerk@tasburghparishcouncil.gov.uk

to reserve a place.

© The Community Heartbeat Trust 2017

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...>



Summer 2026
Tasburgh Church Newsletter



What will this year bring? What about next year? Or five years from now? We are living in a time of great uncertainty; as we see what is happening in the world around us, it's understandable that many people feel anxious. Throughout life, we will often encounter challenges that require us to rely on God's strength and guidance. As I look back on own life I know there have been milestones or moments when God has intervened. These times have anchored my faith and encouraged me to remember that God is always with me, in the good times or the bad.

In the Bible we read that the Israelites were facing severe struggles against their enemies. Samuel, a prophet and judge, takes a large stone and establishes a monument to remind the people of God's assistance and protection during their hardships. This stone was given the name 'Ebenezer', which means 'stone of help.' Samuel declared, 'Thus far the Lord has helped us.' It is a statement of faith; a reminder of how far God had brought them.

Recognising God's past help can empower us to trust Him in our present and future challenges.

Are there specific experiences that you can look back on and know that God carried you through? By creating our own "Ebenezers," whether through journaling, prayer, or sharing our stories, we can strengthen our faith and encourage each other in these difficult days.

Remind yourself: thus far, the LORD has helped me.

And the God who's been faithful thus far? He's not going anywhere.

Reverend Rachel Hayden

Tasburgh Church News

Acting Church Warden

Jacqui Green

Tasburgh Church Services



1st Sunday of the month 10.30ish	Freedom Cafe
2nd Sunday of the month 09.30am	Holy Communion
3rd Sunday of the month 09.30am	Morning Worship
4th Sunday of the month 09.30am	Holy Communion
5th Sunday of the month 10.30am	Benefice Service

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. If you would like to receive Holy Communion at home or find out more, please contact Rev Dawn Davidson on 01508 498 924 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 Dawn Davidson on 01508 498 924 or email

dawndavidson@btinternet.com

Acting Church Warden's report for April 2026 for St Mary's Church Tasburgh.



We hope this report is finding the residents and visitors to Tasburgh enjoying the natural beauty of our Village.

We have had quite a busy year at St Mary's so far.

We continue to hold regular weekly services here, to encompass Holy Communion alternate Sundays, with Prayer and praise on the other two Sundays. On months with a fifth Sunday, all parishes join for a Benefice service to celebrate the Christian faith.

On the first Sunday of the month Freedom Cafe runs at the village hall at 10.30 am. This is a breakfast for all (including any visiting football teams), usually consisting of bacon or vegan rolls, sweet treats, juice and fresh filter coffee and tea (all free of charge). We learn in a fun inclusive way about God's love to us and life lessons. We continue to share those sentiments with all who attend and include word searches and craft for adults and children alike. This gathering is useful for people who prefer not to worship in Church but enjoy a more relaxed atmosphere.

Wednesday is a prayer service and often includes Holy Communion.

The poor heating system has been resolved by a local engineer, and the problem was treated by a new pump. It is so good for all now feeling the benefit of it, and services are being held in the beautiful Church again.

Many regular events continue, such as the craft and art groups, Samaritan's purse charity for children in deprived or war-torn countries to enable them to receive a Christmas gift. Last year they sent well over 100 boxes of gifts in shoe boxes. The tearoom is a welcome village event.

St Mary's Guild continues to have monthly meetings, and the social side of things enable the Church to benefit greatly from their fundraising events, with grateful thanks to them all.

The Bellringers grace us with practice sessions, which are delightful to hear, thanks to them.

The Church warden stepped down last year, and we are without one currently. Like many other groups in the village, we have a dwindling supply of willing people able to fulfil roles and responsibilities within the church. If you feel able to join us in whatever your capabilities, you would be very welcome.

The Church fete was successfully combined with the annual Village fete in September, and plans are afoot to continue in the same vein this year.

The Safari supper event last year was a great affair, so much so that we are planning on a future one this year on the 4th July, with an American theme. Details should be in the Tasburgh Quarterly and Tasburgh times, and hopefully we will be able to cater for more people this time.

An anonymous bequest has been made to the fabric fund of the Church, with a stipulation that it would include a cycle rack for the Church, has been received with much appreciation.

You will be aware that our Vicar Austin Uzoigwe is leaving us, to move to Hempnall and Brooke Parishes. We wish him and his family well. There is no plan for a replacement Vicar or Curate currently, however the Team Rector Rev Dawn Davidson, will be the point of contact, through the Tas Valley Ministries website, should you require any information.

We wish every blessing to all of you and look forward to seeing you in the near future.

Jacqui Green



FOODBANK DONATIONS

URGENTLY NEEDED ITEMS

- Fruit Juice (Longlife)
- Jar of Cooking Sauce
- Instant Noodles (Not POT)
- Plain Rice (not instant)
- * Tinned Potatoes
- * UHT Milk
- * Tinned Meat

For more information about donations please visit the website

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



St Mary's Guild

Contact Julia Orpin 470 983 or Sarah Norman 471 505



Everyone welcome

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

Monday 1st June

Holiday Memories

by Claire Crawshay

Monday 7th July

Annual Garden Party

at Ann & Don Gibbons house
Low Road



August/September

Summer break - no meeting

We would love to receive any suggestions for speakers.



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



Tasburgh Shoe Box

St Mary's Craft Group is participating in the Operation Christmas Child by organising the filling of Shoe Boxes for children in other parts of the world to surprise them at Christmas.

If you would like to donate any items or get involved, please contact Jane Rae on
07910482852

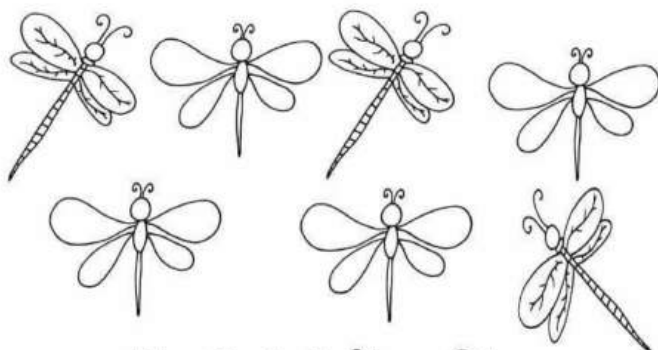
YOU ARE INVITED TO

FREEDOM Café

@ Tasburgh Village Hall
1st Sunday of the Month
10.30 ish Start

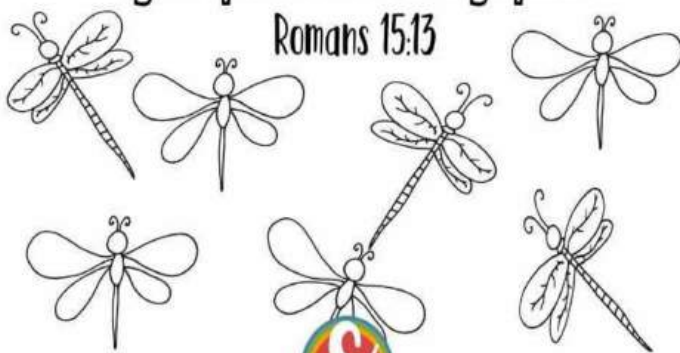


Come for Breakfast
Including Bacon Butties
& maybe explore
the Christian Faith
0 -110 years Welcome!



May the God of hope fill you
with all joy and peace as you trust in him,
so that you may overflow with hope
by the power of the Holy Spirit.

Romans 15:13



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.



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 Curate Revd Rachel Hayden: revrachelhayden@gmail.com

01508 826 971

The Rectory, Church Road, Newton Flotman, NR15 1QB

Contributions for the next Church Newsletter by
Friday 31st July 2026 to jacquigreen29@googlegmail.com

We've had a busy and exciting start to the term at Preston Primary School in Tasburgh, with children across the year groups embracing new learning opportunities and adventures.

Year 4 – Bikeability Success

Our Year 4 pupils have been developing their cycling confidence and road-safety skills through the Bikeability programme. The children approached the training with enthusiasm and determination on a chilly winter's day.

Goldfinch Class (Year 3) – Preparing for “Spring Awakening”

Goldfinch Class are filling the school with music as they rehearse for their upcoming participation in the *Spring Awakening* celebration at Norwich Cathedral. The children are taking part in such a special event in such a magnificent setting alongside children from other schools from across the county.

Year 5 – Active Leaders in Action

Some of our Year 5 pupils have now completed Active Leader training. This programme equips pupils with the skills to plan, organise, and lead playtime games for younger children. We look forward to them putting their training to great use, helping to make lunchtimes fun for everyone.

Years 5 & 6 – Looking Ahead to Bawdsey Manor

There's a real buzz of anticipation among our older pupils as Years 5 and 6 look forward to their residential trip to Bawdsey Manor. This offers opportunities for team-building, outdoor activities, and creating wonderful memories together.



Norfolk FA Kickstart Girls School Football Festival

Some of our Year 3 and 4 girls were lucky enough to spend the day with coaches working on their footballing skills with two other local schools. The children met 2 Norwich City Women's players, Eloise King and Lauren Hailes, who shared their experiences of the women's game. The girls then put their training to the test in some 4vs4 games.

A fantastic day was had by all!



Norfolk Archeological Trust



THE SHEEP HAVE RETURNED TO TASBURGH ENCLOSURE



The sheep have returned, helping with the careful management of this important site. Grazing plays a vital role in keeping vegetation under control and protecting the archaeology.

With livestock now on site, all visitors are kindly reminded that:

Dogs must be kept on leads at all times

Please clear up dog mess and take it home

Follow the Countryside Code, respecting animals, other visitors, and the landscape

These simple actions make a real difference, helping to keep the site safe, welcoming, and well cared for. Thank you.

SUPPORTING TASBURGH ENCLOSURE

We look after Tasburgh Enclosure with essential help from you, the local community, through the Support Your Site scheme. This scheme directly supports the ongoing care, conservation, and accessibility of the site.

We are pleased to announce that bookings are now open for an exclusive event for Support Your Site supporters of Tasburgh Enclosure:

DIRECTOR'S WALK & TALK: TASBURGH ENCLOSURE

TUESDAY 1 JULY, 10AM

Join Natalie Butler, Director of the Norfolk Archaeological Trust, for a special guided walk around one of Norfolk's most intriguing earthwork sites. This relaxed walk will explore how the Trust cares for the site today, the challenges of conserving earthworks, and how local support helps to keep Tasburgh accessible and well looked after.

There will be time for questions, conversation, and enjoying the views across the surrounding countryside. The Director's Walk & Talk is an exclusive benefit of the Support Your Site scheme and places are limited. The walk takes place outdoors over uneven ground, so suitable footwear is advised. Supporters may bring one additional guest for £4.95.

For more information about supporting Tasburgh Enclosure or to join the scheme, please visit the Norfolk Archaeological Trust website – www.norfarchtrust.org.uk/support-your-site.

For details of how to book tickets, please contact Victoria – info@norfarchtrust.org.uk

Natalie Butler, Director

Norfolk Archeological Trust

FUN PHOTOGRAPHY COMPETITION!

NORFOLK ARCHEOLOGICAL TRUST INTRODUCES ITS BIG SUMMER PHOTOGRAPHY COMPETITION 2026! OPEN TO ALL AGES, AND WITH AN ARRAY OF EXCITING (AND DELICIOUS!) PRIZES, WHAT'S NOT TO LIKE?

This summer, Norfolk Archeological Trust (nat) invites you to step into the magic of Norfolk's heritage and nature, and bring to life the spirit of the past through image. Norfolk is a county covered in beautiful landscapes and steeped in a rich history, a veritable treasure trove of English culture and tradition.

Here at Norfolk Archeological Trust, we strive to honour this every day. Our sites offer a unique view into medieval life, and vista after beautiful vista of Norfolk's stunning countryside. We are proud to be biodiverse and therefore, home to many different wildlife species, including many ground-nesting birds and even the rare barbastelle bat. This photography competition is a chance to share all this with each other and celebrate everything Norfolk. The wacky, the weird, the wonderful, the whole Norfolk shebang!

The competition is open to all ages and abilities, so if you're passionate about Norfolk's archeological heritage, please do throw your hat in the ring—after all, anyone could be a winner! There is an adult division (18+) and a youth division (Under 18), with amazing prizes to be awarded in both. To participate, all photos must be taken at one of NAT's historical sites, and must fall under at least one of three categories: Landscape & Architecture, Wildlife at NAT, or People at NAT. Don't forget; the deadline for entries is the **4th of September 2026**. We'd love to see as many submissions as possible, so get to snapping!

Now, onto the most important part, the part you've all been waiting for... The prizes, of course!

All winning and shortlisted photographs will be showcased and celebrated (with full credit to the photographer) at NAT exhibitions, events, and fundraisers. Alongside this, one winner will be chosen per image category and receive a year's worth of free parking at two of NAT's iconic sites, Burgh Castle and Caistor Roman Town.

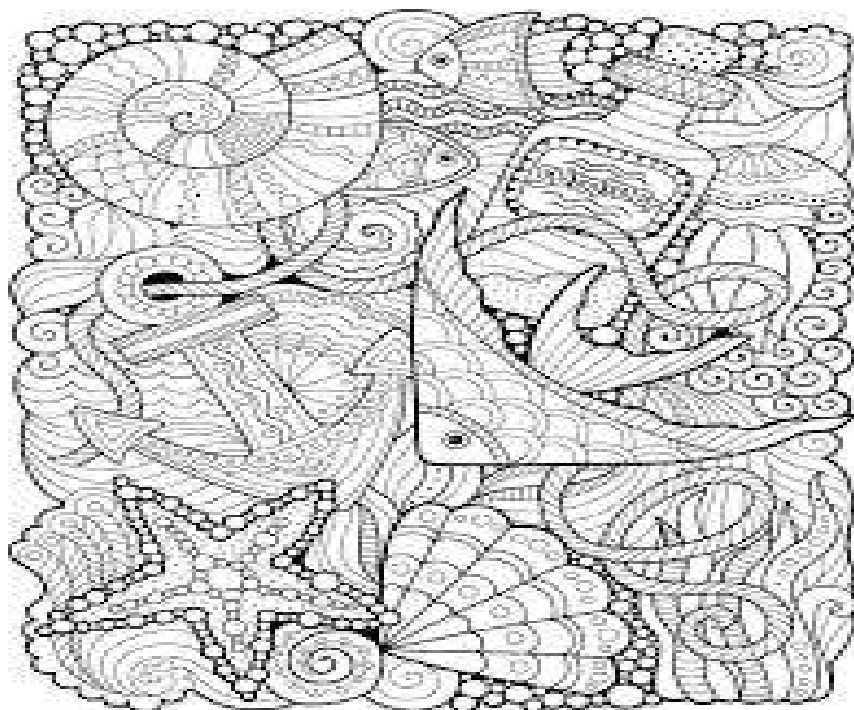
First place in the adult division will win a delicious meal for two, with wine, at The Queen's Head restaurant near Burgh Castle! Whilst, excitingly, the winner of the youth division will receive a £50 chocolate hamper, generously donated by Waitrose Wymondham in collaboration with Village People Magazine! Both winners will also be given free parking for a year at Burgh Castle and Caistor Roman Town. Norfolk Archeological Trust is truly so grateful to everyone who has helped source and fund these prizes, without whom the competition wouldn't be possible. Thank you.

If you are interested in entering the NAT Photography Competition 2026, head on over to our website at

<https://www.norfarchtrust.org.uk/events/photography-competition-2026/> to find the full terms and conditions, and more details, including a list of all NAT sites.

From everyone here at Norfolk Archeological Trust, we wish you good luck and look forward to receiving your submissions soon!

Summer Colouring Challenge



Mark Your Calendar

Saturday 6th June	FREE CPR Awareness Training Tasburgh Village Hall	11am - 1pm details on page 18
1st July	Tasburgh Enclosure Director's Walk & Talk	details on page 28
4th July	Tasburgh Allotment Society Open Day	
18th June, 16th July	Tasburgh Carers' Group Tasburgh Village Hall	10.30am- 12.00pm
27th June, 25th July 22nd August	Tasburgh Tea Rm The Church Room St Mary's Church	All sessions 2-4pm
Saturday 12th Sept Sunday 13th Sept	TAS Produce Show Summer Village Fete	details on page 33 details to follow

Tasburgh History Society

St Mary the Virgin, Tasburgh's parish church

Until housing development was started along Church Road in the 1960s, Tasburgh's parish church stood isolated halfway between the houses and farms along Low Road and those around the junction of Church Road with the A140. It owes its location to the fact that the Anglo Saxons had built their settlement within the iron-age hill fort so in fact, far from being isolated, it was originally at the heart of the early village. It used to be said that a round tower denoted a Saxon church but current opinion is that most were built after the Norman conquest; either way it is thought that Tasburgh's with its blind arcading of which there is only one other known example, was one of the earlier ones to be built, almost certainly replacing an even earlier wooden church. What is certain is that the majority of the tower and adjoining parts of the west wall are the oldest parts of the current church. In 1375 much of the church was demolished when the patron, Sir Adam de Clifton, widened the nave as evidenced in the change in the flint work in outer sections of the west wall, but architectural fashions change and in 1445 the Lord of the Manor, Thomas Bumpstead, left monies for raising the walls of Tasburgh church and further funds for raising the chancel of Newton Flotman. The Gothic style tracery of the windows in Tasburgh's nave and Newton Flotman's chancel are very alike, suggesting a similar date and possibly even the same builder. Sixty years earlier Thomas' grandfather, John de Bumstede, had left money in his will to repair the church tower, so the upper section and parapet may have been added then. The oldest of the tower's six bells dates from 1593, with three others from the early 1600s, but the last one was only installed in 2010.

The roof would originally have been thatched but in 1532 Margaret Gambyll left money in her will "for ledying the church" and 42 years later further funds were left to repair and relay the lead on the south side of the church but in 1670 the rector sold the lead of the chancel roof to pay for other essential work and replaced it with tiles. By 1746 the roof needed further repairs and the nave lead was sold but the current roof is of more recent construction, having been totally replaced with a rather poor copy of the medieval hammer-beam style construction as part of a major restoration in the early 1900s, paid for by Sir Charles Harvey of Rainthorpe Hall. At about the same time the east window above the altar was enlarged to take the stained glass donated by Mrs Berney Ficklin of Tasburgh Hall in memory of her parents and infant son. Other structural work paid for by Sir Charles included raising and rebuilding the chancel arch, the addition of the vestry in 1911 and later in 1920 the installation of the current organ which involved building an extension on the southern side of the chancel. The final addition to the fabric of the church was the church room beyond the vestry in 1978 in the funding for which Mr and Mrs Walton of Tasburgh Hall played a generous role. Over the years the interior of the church has also seen a number of changes and additions but those will have to be the subject of another article.

Ben Goodfellow

Tasburgh Allotment Society

News from down on the Allotments

It's the time of the year to start planning your efforts for the Tasburgh Produce Show in September. Which classes do you fancy entering? See the classes list to hone in on your areas of interest.

This is a show for the entire village and beyond. It's organised by Tasburgh Allotment Society but very much open to all. It's a show ran by amateurs for amateurs and the more people entering the merrier. Relive those magical childhood memories of winning certificates.

Ever wondered what goes on down on the Allotment Plots? We are having an Open Day on Saturday 4th July. Come along and see our efforts and if you find yourself interested ask about how to go about joining.

Lovely time down on the site right now. Fresh growth bursting into life which is of course of great interest to the local wildlife. Most is very welcome, although we are continuing our border improvements with extended fencing to keep out the rabbits and deer.

Simon Orford - TAS Secretary



THE TASBURGH TIDIERS

A massive thanks to those willing souls who turned out on 7th March for a good old village tidy up. We managed every road in the village this year which is a great effort.

The event allowed us to enter the South Norfolk Big Tidy with a chance to win cash a prize for the village. Look out for a surprise new addition to the village green after the group won an award from a previous annual effort.

So many great people help to keep the village tidy throughout the year – dog walkers, people out for a stroll etc.

PLEASE SUPPORT THEM

Tasburgh Allotment Society

TASBURGH PRODUCE SHOW SATURDAY 12TH SEPTEMBER CLASSES

Simply Come Along and Register Entries on the Day Between 9:30 – 10:30am

Section A:

Home Made Produce

- A1 Three Sausage Rolls
- A2 Six Eggs
- A3 Three Egg Victoria Sponge
- A4 Jar of Jam or Marmalade
- A5 Jar of Fruit Curd
- A6 Jar of Pickle or Chutney
- A7 Homemade Honey
- A8 Loaf of Bread Any Type
- A9 Lemon Drizzle Cake
- A10 Homemade Cordial
- A11 Three Sweet Scones
- A12 Three Savoury Scones
- A13 Three Norfolk Shortcakes
- A14 Three Cup Cakes
- A15 Homemade Beer, Cider or Wine
- A16 Homemade Flavoured Spirit

Section B:

Root Veg

- B1 Three Potatoes
- B2 Three Carrots
- B3 Three Parsnips
- B4 Three Onions from Sets
- B5 Three Onions from Seed
- B6 Three Shallots
- B7 One Garlic Bulb
- B8 Three Beetroot
- B9 Three Leeks

Section C:

Other Veg

- C1 Ten French Beans
- C2 Six Runner Beans
- C3 Two Cobs Sweetcorn
- C4 Two Courgettes
- C5 One Marrow
- C6 One Cabbage
- C7 One Cauliflower
- C8 Six Cherry Tomatoes
- C9 Six Other Tomatoes'
- C10 One Squash
- C11 Three Chillis
- C12 Three Different Veg
- C13 Any Other Veg

Section D:

Novelty Veg

- D1 Longest Runner Bean
- D2 Longest Carrot
- D3 Heaviest Onion
- D4 Heaviest Marrow
- D5 Heaviest Potato
- D6 Largest Pumpkin (circumference)
- D7 Humorous Veg

Section E:

Flowers

- E1 Three Dahlias Dinner Plate Large
- E2 Three Dahlias Poms
- E3 Three Dahlias Cactus
- E4 Three Dahlias Spray
- E5 One Sunflower
- E6 Six Sweet Peas
- E7 One Spike Gladioli
- E8 One Rose
- E9 One Potted Succulent
- E10 Flower Arrangement Homegrown Only
- E11 Flower Arrangement Including Bought

Section F:

Fruit and Herbs

- F1 Three Apples
- F2 Three Pears
- F3 Dish of Twelve Soft Fruit
- F4 Bunch of Herbs

Section G:

Homemade Art and Craft

- G1 Gardening Art Any
- G2 Gardening Photography
- G3 Knitting and Crocheting
- G4 Embroidery

Certificates of achievement to be won in all classes. Most Wins and Best in Show awards. Section Winners and U16 Winners recognised.
Look out for further entry details nearer the time. In meantime contact simon.orford@jic.ac.uk any further for information

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, funeral expenses or a school trip. if you are a student off to university this year, or beginning an apprenticeship, attending interviews, or training for any other career even if you are still living at home, we can also make a contribution towards your costs, such as books, new PC, travel 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

Rachel Mahoney
6 Matthews Close
471271

Mr Keith Read
Thornly Barn, Saxlingham Lane
470229

Mr Roger Burnett
22 Orchard Way
471031

SOUTHWOLD STRIPES

Southwold, a town we oft frequent,
Posh shops with patrons affluent,
A famous brewery on the coast,
Good beer and fish and chips they boast.

But watching people walk about,
There's a fashion theme without a doubt,
Blue stripes, pink stripes, him or her,
In Southwold this seems 'de Rigueur'.

A toddler held on shoulders high,
Was spotted as they sauntered by,
Her mother wearing stripes of blue,
The child, you guessed it, wore stripes too.

All the shops sold tops like this,
So many they are hard to miss,
We won't go back there for a while,
Next time I'm wearing Breton style.



Rob Buttle

FLORDON FILM CLUB

Our last screening for the season was **H IS FOR HAWK** in May.
Please note that the club does not meet during the summer, but will start up again in September.

In the meantime, if anyone requires more information about the club, please contact

David Harrison
01508 470118 or via
david020747@hotmail.co.uk.

NEXT EDITION

The autumn edition of the Quarterly and Church News will be distributed by the end of **August 2026**

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,
clerk@tasburghparishcouncil.gov.uk
by

31st July 2026

TASBURGH UNITED FOOTBALL CLUB

We train at Long Stratton Leisure Centre's 3G pitch during the season and some of our teams train into the summer at some of our match venues too.

To find out more, you can message us via Facebook

www.Tasburghunited.com

We're on Facebook

www.Tasburghunited.com

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

**PLEASE CONTACT
01508 494569**

Tasburgh Treats & Cookery Corner

COOKERY QUIZ

1. What cooking method involves searing meat at a high temperature before finishing it in the oven?
2. Which Italian cheese is traditionally used to make authentic tiramisu?
3. What is the purpose of de-glazing a pan?
4. Which cut of beef is typically used for making classic beef Wellington?
5. What is the ideal internal temperature (in °C) for safely cooked chicken breast?
6. Which ingredient helps emulsify a vinaigrette?
7. What is the term for cooking fish gently in seasoned liquid just below simmering point?
8. Which spice blend is traditionally used in Moroccan tagines?
9. What type of flour is typically used to make fresh pasta?
10. What is the name of the French technique of preparing ingredients before cooking?
11. What is the term for cooking sugar until it reaches a deep amber colour?
12. Which wine is traditionally used in making coq au vin?
13. What is the purpose of resting meat after cooking?
14. Which grain is used to make tabbouleh?
15. What is the term for cooking food in a vacuum-sealed bag at a precise low temperature?
16. Which herb is the key flavour in chimichurri sauce?
17. What is the main ingredient in a classic beurre blanc sauce?
18. Which type of stock is traditionally used for risotto alla Milanese?
19. What is the term for finely chopping herbs or vegetables into a paste?
20. Which spice gives garam masala its warm, sweet undertone?

Turn to page 39 for answers

**If you would be interested in helping to distribute the
Tasburgh Quarterly & Church News
please contact clerk@tasburghparishcouncil.gov.uk
for more information**

Tharston & District WI

At our February meeting we welcomed two new visitors when our speaker for the evening Elizabeth Scott entertained us with her amusing anecdotes on 'Living History at Blickling Hall' in 1937. Dressed accordingly and portraying Kat, a former scullery maid who worked for two years at Blickling, she gave an account of her day from getting up at 6am to light the range cooker and making tea for Flo Wadlow, the cook, to going to bed at 10pm. All for five shillings a week pay! With input from the audience on pronunciation of some of the foods that were prepared she shared many a tale on the visitors and ghosts at the hall and was later joined by her husband who portrayed the 11th Marquess of Lothian who was the last private owner of the hall. Elizabeth completed her presentation with photographs of Blickling and background information to the character she had portrayed. Over tea and cake members spoke of how much they had enjoyed the evening.

Angela Bishop, our speaker in March entertained members with her mini travelling museum comprising various memorabilia from the past including girl guide and boy scout uniforms, autograph books and children's popular annuals, which we were able to view at the end of the meeting. She gave an interactive and engaging talk looking back at our childhoods with participation from the audience ending the evening with amusing alternative words to well-known nursery rhymes.

Robin Parker, owner of Cavell Orchards gave us a fascinating month by month account of a beekeepers year at our April meeting, urging us to buy locally made honey. The orchard holds sixty-five different varieties of apple, some dating from 1740, and fifteen beehives. We discovered that bees can fly as far away as five miles at a speed of up to 20mph, the queen bee can lay up to two thousand eggs per day and that the main predators of the bees are wasps, Asian hornets, varroa mite and mice. Specimens of beeswax, honeycomb and propolis, a type of bee gum used in medicine, were handed round before being invited to sample some different types of honey.

We have a varied programme ahead of us as we look forward to celebrating our 60th anniversary later in the year beginning with a **'Retro 60's Night' to be held at Forncett Village Hall on Saturday 6th June at 7.30pm**. Save the date and join us for a 60's sing-along, karaoke and 60's party food with a prize for the best dressed 60's fancy dress. Bring your own drink. **Everyone welcome. Tickets £12 a head. Please contact Gill 07754214964 or Gabby 01953788263 for tickets.**

Our next regular meeting will be on Thursday 14th May at 7.30pm at Wacton Village Hall when the speaker will give a talk on the topic 'Help! I need a lifestyle adviser'. If you would like further information please phone 0775421496

Dawn Hames

Tasburgh Carers Group



At the time of writing we are busy planning for our Coffee Morning

Our yearly fundraiser ensures that we have enough funds to keep going each year. We also really enjoy talking to everyone about carers group, selling our fabulous bakes and tickets to win one of our raffle baskets. We hope you have enjoyed our event if you were able to join us.

As a group we meet to support carers and those they care for. Carers can come along by themselves or attend with those they care for.

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

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 small hall (fully accessible)

Future dates:

18th June 16th July 2026

Carers Matter Norfolk have a service that offers information and support for all carers in Norfolk and their help can be accessed online or by 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 REMINDER

The Outreach Post Office will be moving to a new day and time.

To streamline services they will be combining the same day at
Newton Flotman, this will now run every
Wednesday from 9.45–10.45am.

Thank you for your understanding, and apologies for any inconvenience this may cause.

Burrfield Park

Burrfield Park has been full of colour and activity over the past few months. Early signs of spring began with carpets of snowdrops, followed by a particularly strong display of daffodils. The bluebells have been the best they've been in years, creating a beautiful sweep of colour through the woodland areas.

The fruit trees are now in full blossom, which is promising and if the weather is kind perhaps a generous crop of apples will follow in the autumn! Wildlife sightings have also been plentiful: three slow worms and a young grass snake have all been spotted enjoying the warmer days, together with a pair of ducks which continue to make regular visits to the pond.

As spring turns to summer, we are pleased to confirm that the new memorial bench for Ruth Walker has recently been installed. It will provide a welcome resting place for visitors and stands as a fitting tribute to someone who valued the park so much.

Burrfield Park is cared for by a small group of dedicated volunteers, and new helpers are always welcome. If you would like to get involved in looking after this much-loved community space, please contact Carole Hill at carole.hill.tas@gmail.com

TASBURGH PHOTOGRAPHERS!

We would love to showcase your photographs on the front cover of forthcoming editions of the Tasburgh Quarterly & Church News.

If you've captured a beautiful landscape, event or hidden corner of Tasburgh, please send your images in for a chance of it to feature on the front cover. Photos should be taken in portrait orientation and of high resolution to ensure they reproduce well when printed.

Please email your photos to clerk@tasburghparishcouncil.gov.uk

1. Searing then oven-roasting (reverse-sear method)
2. Mascarpone
3. To lift and dissolve browned flavourful bits (fond) into a sauce
4. Beef fillet (centre-cut tenderloin)
5. 75°C
6. Mustard or egg yolk
7. Poaching
8. Ras el hanout
9. Tipo
10. flour
11. Mise en place
12. Caramelisation
13. Red wine (traditionally Burgundy)
14. To allow juices to redistribute for tenderness
15. Bulgur wheat
16. Sous vide
17. Parsley
18. Butter (emulsified with vinegar or wine reduction)
19. Beef or chicken stock
20. Mincing or making a chiffonade into a paste
20. Cardamom

Long Stratton Medical Partnership

Let me introduce myself, I am Miles one of the Mental Health Practitioners working at Long Stratton Medical Partnership. I have been part of the surgery team for the past four years and work closely with GPs and other staff to support patients with their mental health. My role is to help people feel listened to, understood, and supported when they are struggling with their wellbeing.

We are introducing a new mental health triage system at the surgery. This means we can assess mental health needs more quickly and help people access the right support sooner. You will be offered a phone assessment and following this, we may offer support directly at the surgery or refer you to another service that is best suited to your needs. This aims to improve patient experience and reduce waiting times for mental health appointments.

Through this process, we can help connect you with local support services. These include NHS Talking Therapies for anxiety, stress, low mood, or depression. We can also signpost to our Social Prescribing team for support with money worries, housing problems, loneliness, domestic abuse, or other life stresses. For people with mild mental health difficulties, we can link you with our Norfolk and Waveney Mind practitioner, who provides local, practical mental health support including bereavement and stress.

If you are already being supported by a local mental health service — such as a Children and Young People's Mental Health Service (Youth), Adult Community Mental Health Team, or Older Persons Mental Health Team — we are not able to offer an additional appointment through the GP surgery mental health service.

Your existing team will continue to be the best place for your ongoing care and support. You can also self-refer to the following services:

NHS Norfolk & Waveney Talking Therapies

Support for anxiety, depression, stress, and low mood. You can self-refer without seeing a GP. 0300 123 1503 www.nandwtalkingtherapies.org.uk

NORFOLK AND WAVENEY MIND

Local mental health charity offering emotional support, advice, courses, and signposting. 0300 330 5488 www.norfolkandwaveneymind.org.uk

MIND REST

A partnership project that brings together mental health support, local services where everyone can feel welcome. 0300 330 5488

www.restnorwich.co.uk

CHANGE, GROW, LIVE (CGL) – NORFOLK

Support for alcohol and drug use, including advice, treatment, and recovery support. 01603 514096 www.changegrowlive.org

SOCIAL PRESCRIBING TEAM

Support with finances, housing, employment, loneliness, domestic abuse, and community activities.

Please contact Long Stratton Medical Partnership reception to be referred

Classifieds



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E-mail: ian@isellpianos.co.uk

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The Quarterly is published every quarter and is delivered free of charge to residents in Tasburgh

COST OF ADVERTISING

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Opening Times:

Tuesday 7pm – 11pm

Friday 6.30pm – 11pm

Saturday 2pm – 6pm**

Sunday 2pm – 6pm

What's Happening at Tasburgh Sports & Social Club



Friday Night Quizzes – 7.30pm

Round up your clever clogs, your giggle-mates and your best guessers for an evening of friendly competition and plenty of fun.

• 12 June • 10 July • 4 September

Teams up to six, £1 per person. To enter, call James on 07786 010732.



Come on, England!

Join us on 17th June as England kick off their World Cup campaign — we'll be open early so you can grab a drink and enjoy the build-up. We'll show as many England matches as we can throughout the tournament, so keep an eye on the club boards for updates.



Family Fun Day x 4th July Party

Combining the success of two of our events last year, Tasburgh Sports & Social Club is bringing the village together for a brilliant Family Fun Day and 4th July Celebration and everyone's invited! Expect a relaxed, cheerful afternoon packed with games, activities, great food, and plenty to keep all ages smiling. As sun sets, we'll turn up the atmosphere with music, drinks, and a friendly community vibe that makes the club such a special place. Mark the date, bring the family, and come enjoy a fantastic village get together on your doorstep.