

TASBURGH QUARTERLY & CHURCH NEWS



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ISSUE NO. 82

SPRING 2026

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Useful Names & Contact Details

LOCAL COUNCIL & COUNCILLORS

Parish Council Chair	Brian McGuire	01508 470909
Parish Council Clerk	Tina Eagle	01508 494569
DISTRICT COUNCILLOR	Martyn Hooton	07776 142027
COUNTY COUNCILLOR	Alison Thomas	01508 530652
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
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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	23rd June	20th October
17th March	21st July	17th November
21st April	18th August	15th December

The next Annual Parish Meeting will be held 28th April 2026

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.

BUDGET 2026-27

In recent meetings, the Parish Council has been working through the budget for the year ahead. Like many households and organisations, we're continuing to manage rising costs. To ensure we can maintain local services, the Parish Council's share of the precept will increase by 0.76% for 2026/27. This small rise remains well below the current rate of inflation and means the annual cost for a Band D property will be £61.60.

THE DAFFS ARE BACK!

Spring is here so look out for all the daffodil flowers that were planted by village volunteers in the winter of 2024. They can be seen along Low Road, the verge outside Burrfield Park, on the triangle near the Church, and around the Village Green.

DEFIBRILLATOR



You may have noticed the new defibrillator and cabinet installed on the wall outside the main entrance to the Village Hall.

The Vivest PowerBeat X3 is an easy- to- use Automated External Defibrillator with the following key features;

- Full- colour LCD panel with audio-visual instructions and voice prompts.
- Paediatric capability.
- Supplied with a 4-year replaceable battery, adult/child pads, soft carrying case.

The defibrillator is housed in a Sentry stainless steel cabinet with a ten-year warranty. It is registered with the Circuit and WEBNOS so emergency services and the ambulance service are aware of its location.

HORSESHOE FOOTPATH

By the end of the winter of 2025 the fence on horseshoe footpath adjacent to the field had collapsed and needed replacing. It has now been removed and a braced two wire fence has been installed with posts along the 120 meter path from the Low Road entrance to the top of the field.



SUSPENSION OF WINTER GRITTING SERVICE HENRY PRESTON ROAD

This was flagged by Norfolk County Council Highways Department, on the 2nd of January. The gritting lorry was prevented from laying grit because of a parked vehicle blocking the turning head at the end of Henry Preston Road.

IT IS IMPORTANT TO KEEP THE TURNING HEAD CLEAR AT ALL TIMES BECAUSE OF THE PROXIMITY OF THE SCHOOL AND TO MAINTAIN GOOD ACCESS FOR EMERGENCY VEHICLES.

Tasburgh Parish Council News

PARKING AT THE ENTRANCE TO HENRY PRESTON ROAD

Having one road that is the only means of access in or out of an estate of over 100 houses, with 5 other roads/closes and a School with 108 pupils, with average daily recorded traffic SAM2 movements of 277 vehicles incoming (can assume the same number exiting) is very challenging for residents.

Parking on the noticeboard side of Henry Preston Road is within the guidelines of the Highway Code providing a vehicle is more than 10 meters from the junction with Church Road. Parking there must not endanger, inconvenience or obstruct other road users. Long term parking by multiple cars vans/commercial vehicles narrows the entrance/exit to one lane, obscures sight lines and creates a hazard for other road users.

It is not considerate to park vehicles there just because it is convenient. If there is space on your own property, please park there out of consideration to other residents.

COUNCIL MEETINGS

Council meetings are held at 7.30 on the third Tuesday of every month at the village hall. As always, details of future meetings will be advertised on Facebook, our website and noticeboards, and all members of the public are very welcome to attend.

You can also use the website or our Facebook page to forward comments or questions to the Parish Council.

TASBURGH ANNUAL PARISH MEETING

**TUESDAY 28TH APRIL 2026
7.30PM TASBURGH VILLAGE HALL
REFRESHMENTS SERVED FROM 7.00PM**

Parish Councils provide a focus for the community to identify concerns and projects. and attempt to solve issues locally themselves.

This is your meeting and is an opportunity for you to raise any village issues you may have, and to find out more about what is happening in your community.

**SO PLEASE COME ALONG AND SUPPORT YOUR
COMMUNITY**

Chair, Brian McGuire

Local Community First Responder Group

WHAT TO DO IF SOMEONE IS CHOKING

Choking is one of those emergencies that can happen anywhere, suddenly and without warning. Choking occurs when something becomes stuck in the airway, preventing air from reaching the lungs. This is most commonly food, but it can also be a sweet, small toy, or other object. When this happens, time is critical.

How do you know if someone is choking? A person who is choking may suddenly be unable to speak or breathe, clutch their throat,, cough weakly or not at all, make high-pitched noises or no sound at all, turn red, then pale or blue, become unconscious if the blockage is not cleared. If someone can cough effectively, encourage them to keep coughing. Do not intervene at this stage, coughing is the body's best way of clearing the airway.

If they cannot cough, speak or breathe, this is a life-threatening emergency and action is needed immediately.

WHAT TO DO FOR AN ADULT OR CHILD

Give up to five sharp back blows. Stand behind them and slightly to one side. Support their chest with one hand. Lean them forward so the object blocking their airway will come out of their mouth, rather than moving further down. Then give up to five sharp blows between their shoulder blades with the heel of your hand. After each back blow, check to see if the blockage has cleared.

IF THAT DOESN'T WORK, GIVE UP TO FIVE ABDOMINAL THRUSTS

Stand behind them, place your arms around their waist and bend them forward. place your fist just above the belly button, grasp it with your other hand and pull sharply inwards and upwards. Repeat this movement up to five times. Check after each thrust, check to see if the blockage has cleared.

IF THAT DOESN'T WORK CALL 999 AND ALTERNATE BACK BLOWS AND ABDOMINAL THRUSTS

If back blows and abdominal thrusts don't clear the blockage, call 999 immediately and tell the operator the person is choking. Continue with five back blows and five abdominal thrusts until help arrives. If they lose consciousness and stop breathing, you should begin CPR

IMPORTANT EXCEPTIONS

Do not perform abdominal thrusts on babies under one year old. Babies require a different technique using back blows and chest thrusts. You can find out more here: <https://www.nhs.uk/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/> **Do not** perform abdominal thrusts on someone who is pregnant.

AFTER A CHOKING EPISODE

Even if the blockage is cleared and the person seems fine, they should still be medically checked. Abdominal thrusts can cause internal injuries that may not be immediately obvious.

HOW COMMUNITY FIRST RESPONDERS CAN HELP

Community first responders (CFRs) are trained to attend life-threatening emergencies such as choking. We can provide airway support, oxygen, and ongoing care until an ambulance arrives. We aim to reach patients within minutes.

A FINAL THOUGHT

Choking is frightening, but knowing what to do can turn panic into action. A few simple skills, remembered under pressure, can make all the difference. Learning basic life support or first aid is one of the most valuable things any of us can do, not just for strangers, but for our own families too.

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



Having put a busy 2025 behind us we have been furiously planning for the rest of 2026. The date for the Annual Village Hall Fete is set for **Sunday 13th September** so please add this date to your calendars. Further dates for the Annual Art Show and other fundraisers will be confirmed

shortly.

Your Village Hall was opened in 1953 and has served the community well since then but like all of us it requires regular maintenance and upgrading from time to time! The most recent upgrade was to the Fire Alarm and Detection System. Although a significant cost, it has kindly been part funded by the Parish Council. We are pleased to confirm these necessary works were undertaken and completed in January. The Trustees would like to thank regular users of the hall for their patience and for any disruption during these vital works.

The Village Hall Trustees ensure that general maintenance continues throughout the year. The most significant project now in our sights is a Kitchen upgrade. The present kitchen is over 30 years old and needs updating as it is in constant use by hirers. The necessary quotes have been obtained for the works and we are currently seeking grants to help with the cost. Further updates will follow.

We have been seeking a replacement Groundsman for the last six months and are delighted that a Village Hall Trustee, Mick Ireson, has kindly agreed to carry out this role one day a week. Mick knows the property well, has been a Trustee for 4 years and is an active member of the Hall's M & D Committee (as well as master of the BBQ at the Annual Village Fete).

Another important vacancy filled is that of a cleaner for the hall. We are pleased to confirm that Top2Bottom Cleaning was appointed for this in December and Trustees and hirers have so far been pleased with the results.

One of the ways villagers kindly help support the upkeep of the Hall is by membership of the Tasburgh Village Hall 300 Club. This Lottery has been raising funds for the hall since the 1980s. For the equivalent of £1 per month, paid annually, monthly entry to the draw pays three prizes of £30, £20 and £10. Why not sign up. You can request an application form by email to treasurer@tasburghvillagehall.org.uk.

Mike Daniels, Trustee TVHMC

Tasburgh Village Hall



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 availablity with Tasburgh
Sports and Social Club and an additional form
will need to be completed.**

Tasburgh Sports & Social Club

Tasburgh
Sports & Social
Club

It's good to see you! Come on in.....

Our entertainment team have been working hard to bring you some exciting events for Spring! Be sure to add these to your calendars and join Tasburgh Sports & Social club as we celebrate, cheer and compete over the next few months!

FRIDAY NIGHT QUIZZES – 7.30PM START.

Get your thinking caps on, settle in for a night of fun and pitch your wits against
TSSC's Quiz Master!

- Friday 13th March
- Friday 10th April
- Friday 8th May

Teams of up to six People, £1.00 entry per person. Contact James on 07786 010732 to enter your team.



2026 RUGBY SIX NATIONS AT TASBURGH SPORTS & SOCIAL CLUB

Tasburgh Sports & Social Club will continue to screen a selection of 2026 Rugby Six Nations matches, with extended opening hours to ensure you don't miss the action from rounds 4 & 5!

Friday, 6 March: Open 18:30 – 23:00

- Ireland v Wales – 20:10

Saturday, 7 March: Open 14:00 – 19:30

- Scotland v France – 14:10
- Italy v England – 16:40

Saturday, 14 March: Open 14:00 – 19:00 *(Please note we will be closing at 19:00 for a private booking)*

- Ireland v Scotland – 14:10
- Wales v Italy – 16:40

ST PATRICK'S DAY PARTY – SATURDAY 21ST MARCH 7 – 11PM 12

Wear your brightest green, raise a glass and join Tasburgh Sports & Social Club as they celebrate St Patrick's Day! Here's to good company, good craic, and a St Paddy's celebration that's as legendary as a pot of gold at the end of the rainbow!

Tasburgh Sports & Social Club

FRIENDLY COMPETITION AT TSSC!

TRADITIONAL BAR GAMES ON

MAY BANK HOLIDAY,

MONDAY 4TH MAY – 12 – 6PM

Come together with your family, friends and neighbours to play our Traditional Bar Games, both indoor and outdoor! Look out for more information in our regular Members' Newsletter and on the entertainment boards in the bar. Who knows – we may see the return of Upper vs Lower Tasburgh!

FAMILY FUN DAY 2026!

SUNDAY 24TH MAY

We had such a great time last year, we're doing it again in 2026! Join us for a full day of fun for all ages as we say hello to the warmer weather (hopefully!). A Car Boot, fun fair rides and food trucks are just a few of the things being planned for during the day. Don't forget to bring your dancing shoes and singing voice, so you can boogie your way to the end of the night!



Looking ahead to this year's FIFA World Cup, TSSC is excited to be screening a selection of matches as we cheer England and our other favourites all the way (hopefully) to the final.

Join us for **England's** opening game on **17th June** — we'll be opening early ahead of the **9pm kick-off** so you can sit back, soak up the atmosphere, and enjoy the match with fellow supporters.

Let's keep everything crossed for a strong England run that sees them land a place in the final!

Whether you pop in every week or once in a while, there'll always be a warm welcome and people to meet. We're looking forward to seeing you.

Cheers/Slàinte/Iechyd da!

On behalf of Tasburgh Sports & Social Club.

Norfolk County Council

Report a flood in Norfolk

Flooding Hotline, call:
0344 800 8013



DO YOU KNOW HOW TO REPORT A FLOOD IN NORFOLK?

Report floodwater anywhere in the county by calling the
Flooding Hotline on 0344 800 8013.

You can also report it online via the Norfolk County Council's
website.

Remember, if people or property are in immediate danger from
floodwater call 999 immediately.

Check your long-term flood risk and sign up for flood warnings on
the gov.uk website

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



South Norfolk & Broadland District Council

INCONSIDERATE PARKING

With 42% of households within East Anglia owning more than one car, many households don't have the luxury of space to park their vehicles. Add into the mix narrow roads, turning areas, dropped kerbs, parking restrictions, delivery vehicles, buses and taxis, situations involving parked vehicles are likely to occur.

Inconsiderate parking is a common problem in all our towns and villages. You have no legal entitlement to be able to park on a public road directly outside your house and so anyone may park outside your property, providing there are no restrictions in place, such as yellow lines or permit parking.

If you are experiencing inconsiderate parking, you will need to speak to the owner of the vehicle directly to find a solution. Visit our complaints page for tips on dealing with an inconsiderate neighbour. Unfortunately, South Norfolk Council has no powers to deal with these issues.

VEHICLES THAT BLOCK A DRIVEWAY

If a vehicle has parked across a dropped kerb and this prevents you from accessing your driveway with a car or bike, then this may be an offence of wilful obstruction (Section 137 of the Highways Act 1980) and this can be reported to the Police using the 101 service.

VEHICLES PARKED ON A FOOTPATH AND/OR CAUSING AN OBSTRUCTION

There is no national prohibition against parking on a pavement, except for heavy commercial vehicles, and there are also restrictions for cars in London unless there are yellow lines on the road next to the pavement when this is an offence and a Penalty Charge Notice could be issued. However, it is an offence under Section 72 of the Highways Act 1935 to drive onto the pavement, whether with the intention to park or not.

This could also be considered as an offence of wilful obstruction (Section 137 of the Highways Act 1980). Both these offences are criminal offences and as such, offences should be reported to your local Police Safer Neighbourhood Team or if there is a more urgent need for the police to attend, please call 101.

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.

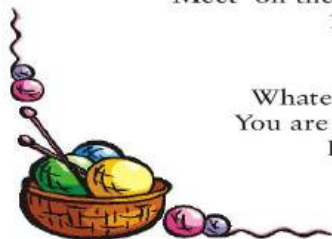
We also fundraise through additional events to support our village church.

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 25th April
Saturday 23rd May
Saturday 27th June
Saturday 25th July



For further information
Contact Andrea
Tel: 07930 303065
We'd love to see you

1st Tasburgh Sea Scout Group

It's the start of a new year and the whole Scout Group is looking forward to more adventures, building skills and trying new things. The Beavers have already been on a trip to Stemex in Norwich for a science workshop and all sections are looking forward to archery at Eaton Vale, as well as joining Scouts from all over Norfolk for a takeover at Banham Zoo! Of course, the leadership teams are all busy beginning plans for night away opportunities too, as these are where some of the best memories of 2026 will be made.



We have just completed our annual census, sharing our numbers and other statistics to be monitored by the national Scout HQ. Currently in Tasburgh there are 17 Beavers, 14 Cubs, 11 Scouts and 3 Young Leaders (14-18 year olds supporting the younger sections). We would love to continue to build on this and welcome new young people to build skills for life.

However, to make this possible, we are in need of more adult volunteers too. We have had some new people step up recently and all sections are enjoying adjusting into our new teams, but especially Beavers and Cubs would love to find someone new to share the fun with.

Please contact me to enrol a young person or chat about how you could help the Scout Group. Here are the age groups and timings for when we meet:

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>



Long Stratton & Newton Flotman Patient Participation Group Keep Your Heart Healthy Event

Date **Monday 13th April 2026**

Time **6: 30 pm** run time approx. 90 Mins

Location **Long Stratton Surgery NR15 2UY**

If you'd like to attend please email

longstrattonppg@gmail.com

During this event we will hear from practice staff, whether you're looking to make small changes or learn more about heart health, this event is designed to be informative, practical, and welcoming.

We look forward to seeing you there.

This event is hosted by the Patient Participation Group

We are a voluntary group who help support the practice with organising education events and conducting occasional surveys and being the voice of patients.

If you would like to know more or could help us with secretarial duties please email Martin Lander Chair for more details **email address above**)

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...>



Spring 2026
Tasburgh Church Newsletter



As the days gradually lengthen and the first signs of spring emerge in our churchyard, I find myself reflecting on the unique season we are entering together. For me, this February to April period carries a double weight: the spiritual journey of Lent and Easter, and the personal journey of my final months here as your Team Vicar before I move to the Brooke Benefice and Hempnall Group to begin a new chapter.

February begins with the soft light of Candlemas on the 2nd, marking the end of the Epiphany season and the presentation of Christ in the Temple. It is a time of quiet transition. As we see the snowdrops "bursting into life," we are reminded that even in the tail end of winter, God is at work beneath the surface, preparing us for new growth.

This year, Lent arrives on Ash Wednesday, February 18th. Lent is often seen as a time of "giving up," but I encourage you to see it as a time of "taking on"—perhaps a new habit of prayer, a small daily act of kindness, or simply a commitment to be more present to one another. It is a 40-day invitation to slow down and reset our spiritual lives.

Our journey culminates in the joy of Easter Sunday on April 5th. After the solemnity of Holy Week and the stillness of Good Friday (April 3rd), Easter arrives as a profound reminder that life and love always have the final word.

As I prepare for my own "springtime" in a new ministry, my reflection for you is one of deep gratitude. Seven years of ministry in Tasburgh have taught me that the "heart of the kingdom" is found in the everyday support you show one another—at the Tea room in the Church Room, in the school collective worship, in our Parish Council meetings, and in the quiet friendship of village life.

May this season of renewal bring you peace and may the light of the rising Easter sun (resurrection of Jesus Christ) shine brightly on the path ahead for this wonderful community.



With love and prayers
Rev'd Austin
Team Vicar of Tasburgh

Farewell thank you message

Writing my final edition for the Tasburgh Quarterly, I do so with a mixture of gratitude, affection, and a little sadness, as my time as Team Vicar here in Tasburgh draws to a close after seven very happy years.

It has been a great privilege to serve this community — to share in moments of joy and celebration, to walk alongside people in times of sorrow, and to be part of the everyday life of the village. From services and special occasions to conversations in passing, acts of kindness, and quiet faithfulness, Tasburgh has been a place of generosity, warmth, and deep care for one another.

I am writing to share that I have been appointed as **Priest-in-Charge and Rector Designate of the Brooke Benefice and the Hempnall Group**. This is an exciting new chapter, and one that I step into with hope and anticipation. At the same time, leaving Tasburgh is not something I do lightly.

I want to say a heartfelt thank you to everyone who has offered friendship, encouragement, and support over the years — not only to me, but to my family as well. Your kindness has meant more than words can express, and the memories we carry from our time here will stay with us for a very long time.

Although my role is changing, please know that this is not a goodbye in the truest sense. We will not be strangers to Tasburgh. Our paths will cross, friendships will continue, and this place will always hold a special place in our hearts.

Thank you for walking this journey with us. It has been an honour to serve you, and we pray that the next season of life here will be richly blessed.

With every good wish and prayers,

Rev Austin and family

Goodbye!
A THANK YOU

Tasburgh Church News

Assistant 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



FOODBANK DONATIONS

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

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



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

Tasburgh Church Services

(Please check website for any changes: www.tasvalley.org/worship)

February

- 18 07.00pm Ash Wednesday Service for all Parishes in
Forngett St Edmunds Church

March

- 1 10.30 ish Freedom Café in Village Hall
8 09.30am Holy Communion
15 11.00am Morning Worship for Mothering Sunday
22 09.30am Holy Communion
29 09.30am Palm Sunday Morning Worship
30 07.00pm Compline
31 07.00pm Compline

April

- 1 07.00pm Compline
2 07.30pm Maundy Thursday service
3 03.00pm Devotional Hour at the Cross in **Saxlingham**
08.00pm Tenebrae service in **Shotesham St Mary**
5 09.30am Easter Service with Holy Communion
12 09.30am Holy Communion
19 11.00am Morning Worship
26 09.30am Holy Communion

May

- 3 10.30ish Freedom Café in Village Hall
10 09.30am Holy Communion
17 09.30am Morning Worship
24 09.30am Holy Communion
31 10.30am Benefice service



St Mary's Guild

Contact Julia Orpin 470 983 or Sarah Norman 471 505



Coffee morning

Saturday 7th March

10.30 am – 12

At 14 Henry Preston Road

Raffle ~ Bric-a-Brac ~ Tea, Coffee & Cake

Everyone welcome

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

Monday 2nd March



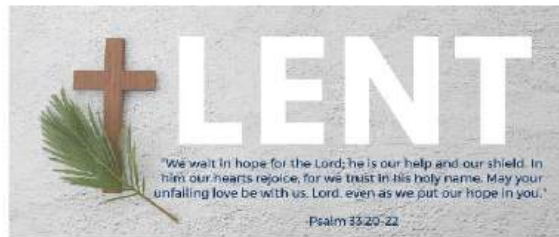
~ Rev Austin Uzoigwe

Monday 13th April

TBA

We would love to receive any suggestions for speakers.





What is Lent?

- one of the five seasons of the church year
- a time when people who want to follow Christ reflect on Jesus' journey to the cross
- an invitation to renew baptismal promises: to reject evil and turn to Christ as Saviour and Lord
- the three pillars of Lent are traditionally prayer, fasting (self-denial as a spiritual exercise to express repentance) and charity/works of love (self-denial to free us from attachment to material goods)
- 'Lent is about becoming, doing and changing whatever it is that is blocking the fullness of life in us right now. Lent is a summons to live anew.' *Henri J. M. Nouwen*



Looking for volunteers for Open the Book team

Open the Book (OtB) is an exciting storytelling project where Bible stories are shared with children in a way that is fun, interactive and memorable. As invited guests in school, our storytelling team use the Open the Book programme to prepare and present a 10-15-minute scripted Bible story to the school assembly in Tasburgh and Saxlingham Nethergate, involving the children as much as possible.

Staff in the schools value Open the Book because they know exactly what has been said and can answer with confidence any questions they may be asked about the content of the assembly. The stories and assembly scripts are acceptable and accessible to the widest possible audience. Teachers can link the Bible stories through to Religious Education lessons.

If you would like to become part of the Open the Book team or would like to hear more about it, please contact Andrea Sluman 01508 471 529 or Julia Orpin 01508 470 983

World Day of Prayer 2026



Friday 6th March

2pm

Congregational Church

Long Stratton

NR15 2TF

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
Monday 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 Rachel Hayden: racheljhayden1@outlook.com

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

Contributions for the next Church Newsletter by
Friday 1st May 2026 to annette.uzoigwe@gmail.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 Archaeological Trust



Thank you to everyone who has supported Tasburgh Enclosure through the Support Your Site scheme. Your help is really appreciated and is already making a difference to the way we look after the site.

Every donation, no matter the size, supports the ongoing care of the earthworks and their surrounding landscape, and it means a great deal to us to have the community's backing. Every subscription or donation made through the Support Your Site scheme for Tasburgh Enclosure is ring-fenced specifically for Tasburgh. We will not use it at any other site.

All contributions stay local, supporting the care and upkeep of the Enclosure and helping us protect this important place for the community. As a subscriber, as well as other benefits, you are invited to an annual Director's tour where you can hear directly about how your contributions are being used and learn about any future plans for the site. This event is exclusive to Support Your Site supporters and is our way of thanking you for helping to care for Tasburgh Enclosure.

[HTTPS://WWW.NORFOLKARCHTRUST.ORG.UK/SUPPORT-YOUR-SITE/](https://www.norfolkarchtrust.org.uk/support-your-site/)



Natalie Butler, Director

Spring Colouring Challenge



Mark Your Calendar

7th March	Tasburgh Tidy Network Litter Pick	9.30am - 10.30am
19th Mch and 16th Apr	Tasburgh Carers' Group Tasburgh Village Hall	10.30am- 12.00pm
2nd May	Coffee Morning	10.30am- 12.00pm
24th Jan, 28th Feb	Tasburgh Tea Rm The Church Room	All sessions 2-4pm
28th Mch, 25th April 26	St Mary's Church	
Sunday 13th September	Summer Village Fete	more details to follow

Healthy Planet - Healthy Communities

HEALTHY YOU, HEALTHY PLANET

With spring just around the corner now it's a good moment to think about health, both our own and that of the planet. After the darker months of winter, there is a palpable sense of renewal in the air as the days become longer, gardens begin to stir, and village life slowly becomes more outward-facing again. This seasonal shift offers us an opportunity to support our own wellbeing in ways that are simple, affordable and also good for the environment.

Movement often feels easier in spring. Regular walking is one of the most effective things we can do for our health, supporting the heart, joints, balance and mood, and it costs nothing at all. Choosing to walk locally rather than drive when possible, also reduces pollution and keeps our air cleaner. Spring walks offer their own quiet pleasures: blossom on the trees, birdsong, fresh green growth and the chance to exchange a friendly word with neighbours. Exposure to daylight at this time of year also helps regulate sleep and energy levels, which many of us notice improving as the darker days begin to disappear.

Food choices naturally shift in spring too. Lighter meals made from simple, seasonal ingredients are often both cheaper and healthier for us. Oats, lentils, beans, vegetables and potatoes provide excellent nutrition without straining the budget, while reducing reliance on highly processed foods. Eating a little less meat, rather than cutting it out altogether, supports heart and digestive health and has a lower environmental impact so a real win-win. Spring is also the ideal time to grow something small. Herbs, salad leaves, spring onions or tomatoes can be grown in pots, window boxes or small garden corners, bringing fresh flavour and satisfaction at minimal cost. Perhaps most importantly, spring reminds us of the value of connection, to each other and to the place we live. Sharing seedlings or spare plants, swapping surplus produce, borrowing tools, or offering and accepting lifts all reduce waste while strengthening community ties. A walk with a neighbour, stopping for a chat over a garden fence, or checking in on someone who lives alone can have a powerful effect on wellbeing (and don't forget that Tasburgh is officially a Mindful Village, one that encourages connection and support to all our residents). Loneliness is now recognised as a serious health issue, particularly for older people, and regular social contact is as important for health as diet or exercise. Feeling part of a community gives a sense of purpose, belonging and mutual care, which benefits both mental and physical health.

Caring for the planet doesn't require perfection or great expense. Spring encourages small, hopeful steps: walking more, wasting less, eating simply, growing a little and reconnecting with one another. In nurturing our local environment and our village connections, we also nurture our own health, gently, sustainably and well within our means.

Jackie Trenavin, Mental Health Champion

Tasburgh History Society

TASBURGH'S WAR MEMORIAL

It might be easy to assume that the twelve WW1 soldiers originally named on the war memorial were all Tasburgh men born and bred. In fact only six of them had been born and brought up in the village and two of those were no longer living here in 1914. Three others had moved to the village and the only known link the remaining three had to Tasburgh was that they had relatives here. Indeed, it was not uncommon for names to appear on more than one memorial. Of the twelve, only one was a regular soldier, all the others being volunteers, and none of them were officers. Not surprisingly seven of them had joined the Norfolk Regiment, although three of those had been transferred to make up losses in other regiments before they died. Four of them died on the Somme, two were brothers and there were two pairs of cousins.

The two brothers were Frank and John Rix whose parents ran Manor Farm, Saxlingham Lane, as tenants of the Rainthorpe Estate. They had a third son, Thomas, who also signed up but survived. The brothers had all been born in Tasburgh but Frank became a teacher at Sunbury on Thames and despite that being an exempted occupation, meaning he was not required to serve, he nevertheless volunteered to join the London Regiment and was killed at the battle of Arras in 1917. John Rix had emigrated to Canada before the war but returned with the Canadian army and died in 1916 shortly after arriving in France. He was one of the hundred or so men who died every day just holding the line away from major battles elsewhere.

Jeffrey (wrongly spelled as Geoffrey) and Herbert Cushion were cousins and true Tasburgh men. Jeffrey's parents lived in Marl Pit Lane, but by 1914 Jeffrey had married and was living with his wife and five children in a row of old cottages which stood at the original junction of Church Road and the A140 roughly where the village sign now stands. When war was declared, he joined the Norfolks but in 1915 he was transferred to the Essex Regiment and lost his life on the Somme shortly after the battle commenced. His cousin Herbert, or Bertie as he was known, had enlisted as a regular soldier with the Norfolk Regiment in 1906 and had spent much of his service in India. He was part of the British Expeditionary Force shipped out to France in August 1914 and later died of wounds sustained at the 2nd battle of Ypres in May 1915.

The other pair of cousins were Herbert and William Harbour. William had been born in East Harling and was already living in London before his parents moved into Wayside Cottage on Low Road. Initially William had joined up as a territorial member of the London Regiment for home duties but his battalion was later converted to full active service and in 1917 was transferred to France. He survived the 3rd battle of Ypres (Passchendaele) but facing the German Spring Offensive of 1918 he was killed on the first day at St. Quentin. Herbert's links to Tasburgh were even more tenuous and seem to be entirely based on the fact that William's father was his uncle. He had been born in East Dereham but by 1914 was married and living in Liverpool. Like his cousin he had originally signed up for home service before being sent out to Belgium with the Liverpool Regiment in 1917 where he lost his life at the battle of Passchendaele.

Ben Goodfellow

Tasburgh Allotment Society

News from down on the Allotments

I like writing this one, the first report of the year. It's all about looking forward, not back and knowing that although still dark, cold and wet, the promise of better is getting closer by the day. With the odd blip along the way of course.

We have to face it though, it's a slow time on the allotments. Writing this at the end of January, the prospect of working on the allotment is not that appealing. During a dry spell over Christmas, I managed to get a decent amount of plot digging done (to offset over doing the calorie intake) but then that's been it really. I've been pulling a few leeks parsnips and carrots and when doing so, always vowing to myself to get these harvested and finished up earlier, but never seem to manage it.

Once we do get fully into the swing of the new growing season, look out for the Flower and Produce Show dates. A fun packed morning of showing off your efforts of growing and cooking, arts and crafts at the Village Hall. More details to follow but likely in September.

I'm therefore looking forward in this edition and for your enjoyment, I thought I'd invite you to look at the grid opposite and find those words that should be, either with us by now, or just around the corner. Opposite you will find twelve words associated with spring. Words can be horizontal, vertical, diagonal, forwards or backwards. I'm not telling you what they are though... Answers at the back on page 39



TASBURGH LITTER PICK

When: Saturday 7th March 2026

Time: 9.30am – 10.30am

Meeting Point: Tasburgh Village Hall

If you have a fearless nature for picking up dubious items from the hedgerow
please turn up and join in the fun!

Gloves, bags, litter pickers, bright clothing can be provided.

For more information contact

simon.orford.jjc.ac.uk

Tasburgh Allotment Society

SPRING WORDSEARCH

F	B	L	U	E	B	E	L	L
T	K	R	E	A	L	Y	H	F
D	A	F	F	S	Q	A	O	P
V	M	N	K	T	R	D	E	S
S	X	A	S	E	C	S	D	W
H	N	O	S	R	L	U	N	H
O	M	R	I	M	B	N	A	A
W	C	R	O	C	U	S	G	T
E	H	U	Z	T	C	H	B	C
R	E	Y	U	L	X	I	J	H
S	F	L	V	P	S	N	P	I
D	I	Y	S	G	S	E	B	N
P	T	T	G	F	T	L	L	G
S	E	E	D	L	I	N	G	K

TASBURGH TIDY NETWORK SPRING CLEAN 2026

SATURDAY MARCH 7TH 9:30AM

Its been noted that Tasburgh, having so many kind hearted and considerate people, has its fair share of litter picking volunteers, willing to collect roadside rubbish when they see it. To that we applaud and thank you. Off the back of that, if anyone fancies joining in the annual Big South Norfolk Litter Pick 2026, please join us at the Village Hall on the 7th March at 9:30am for a good Tasburgh tidy up. Bags will be provided and some gloves and hi viz jackets available but if you have your own please do bring along. We will co ordinate on the morning to attempt to cover the whole village. For the last three years we have had Duke of Edinburgh volunteers litter picking for us at this time of the year but unfortunately not this time. So **PLEASE** do come along as there will plenty to find.

Simon Orford – Secretary to TAS simon.orford@jic.ac.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, 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

TEAM WORK

As I walked along the road,
I saw two men digging holes,
They were working very hard,
Europeans, maybe Poles.

After one had dug a hole,
On a second he'd begin,
The other man came up behind,
And filled the first hole in.

Hole after hole the first man dug,
Moving swiftly down the street,
The second man just filled them in,
Stamping soil down with his feet.

I stood and watched for half an hour,
Until I had to ask...

"Excuse me gents, you're working well,
But what exactly is your task?"

One man turned and looked at me,
Said "There's usually three of us,
But Jon is running late today
Because he missed the bus."

"We said that we'd continue,
We can do the job with ease,
I dig the holes, Pete fills them in,
But it's Jon who plants the trees!"

Rob Buttle

FLORDON FILM CLUB

meets on the second Wednesday
of each month

The spring screenings are:

Wednesday March 11

DOWNTON ABBEY,

Wednesday April 8

THE CHORAL.

To book tickets (£5 each), or to find
out about club membership, please
contact David Harrison at
david020747@hotmail.co.uk or
01508 470118.

NEXT EDITION

The summer edition of the Quarterly
and Church News will be
distributed by the end of
May 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

1st May 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

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**PLEASE CONTACT
01508 494569**

Tasburgh Treats

E'S BEST CHOCOLATE CHIP COOKIES

As a keen baker, there are some recipes which I've tried and failed many times to find a perfect version of, classic chocolate chip cookies are one of them. One of my friends, however, has found the perfect recipe, and after trying and since recreating her cookies, I thought it was only fair to share them with you as well. They are soft, chewy, dense and chocolatey.

Ingredients

Makes 12 large cookies

160g unsalted butter

250g light brown sugar

1 large egg and one large egg yolk 1 tbsp vanilla extract

240g plain flour

$\frac{3}{4}$ tsp bicarbonate of soda

$\frac{3}{4}$ tsp salt

150g chocolate chunks/chips/roughly chopped chocolate

Firstly, melt the butter using a bain-marie or in the microwave. There is no need to preheat the oven as the cookie dough will require thorough chilling. If you are feeling fancy, make brown butter by continuing to gently heat the butter past melting point until golden brown with a nutty aroma, however this is not necessary for the general quality of the cookie. Allow to cool.

In a large mixing bowl, combine the butter and sugar using a spatula then add the eggs and vanilla, mix. Next, fold in the flour, baking soda and salt followed by the chocolate chips. Take care not to over mix or they may come out tough or dry.

Wrap the dough in cling film and leave in the fridge for at least an hour (you can leave it overnight or even freeze the dough for another day). Preheat the oven to 180 degrees C, cover two baking trays in parchment and start by splitting the dough in two then again to create balls of equal size. Place in the oven for 12 minutes.

Upon removing from the oven, sprinkle with a little more salt and allow to cool somewhat before serving.

Remy

**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

On a wet, cold and windy evening and the threat of storm Goretti numbers attending the January meeting were low. However those present were suitably cheered with a sing-a-long accompanied by Peter Jeary who with his clear vocals gave us an evening of musical memories. His selection of melodies ranged across the 1960's from artists Dean Martin and Englebert Humperdinck to Neil Diamond and Tom Jones and pop band Herman's Hermits.

It was the time of year to consider the five resolutions shortlisted for the WI's next campaign and members were asked to vote on the resolution they would most like to go forward for further discussion and voting by WI delegates at the annual meeting in 2026.

Between our January and February meeting eighteen members spent an enjoyable afternoon participating in a jigsaw race. Five teams were tasked with completing a 500 piece jigsaw in the quickest time with prizes for the winners.

We have an exciting new years programme of speakers and events at Wacton Village Hall at 7.30pm on the second Thursday of the month. The subject for our March meeting will be a mini travelling museum.

Dawn Hames



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

Tasburgh Carers Group

COFFEE MORNING Saturday 2nd May 10.30am - 12.00



Our yearly fundraiser ensures that we have enough funds to keep going each year. We also really enjoy talking to everyone in the group, selling our fabulous bakes and tickets to win one of our raffle baskets. We hope you can support us this year.

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:

19th March , 16th April 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

**POST
OFFICE**

IMPORTANT NOTICE

From the beginning of March, 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

There are a few exciting projects on the horizon for Burrfield.

The Advisory Group were recently advised that a small legacy had been left for use at the site, and it was agreed that the funds would be used to purchase a new seat and commemorative plaque in memory of the resident. In other news, a ward members funding application is due to be submitted to make further improvements to the site, and the observation box is also set to receive a much-needed makeover. Further information on how these projects progress will be shared in the Summer edition of the Quarterly.

The park is also beginning to show its first snowdrops — a welcome sign that spring is on the way. As usual the routine maintenance continues, and we remain extremely grateful to the volunteers who help keep Burrfield looking its best; we couldn't do it without you.



For more information on how you can volunteer at Burrfield, please email carole.hill.tas@gmail.com

Carole Hill, Burrfield Park Advisory Group

Wordsearch answers

	B	L	U	E	B	E	L	L
				A			H	
D	A	F	F	S		A		
				T	R			S
S				E		S	D	
H			S	R		U		H
O					B	N		A
W	C	R	O	C	U	S		T
E				T		H		C
R			U			I		H
S		L			S	N		I
	I			G		E		N
P			G					G
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Long Stratton Medical Partnership

It's 2026, and one thing is certain: the pace isn't slowing down. Technology, culture, and expectations have all crossed thresholds that we didn't envisage some years ago. Many people worry about the changes that are taking place and yes there should be apprehension. Let us grab the best of the changes taking place and use it to our benefit. I listened to a podcast recently talking about Artificial Intelligence (AI) and whether there should be licensing as to who can use it and whether it should only be used by medical professionals. It was thought provoking.

I therefore used my limited skills with AI and asked for advice on Self Care and what it threw at me was fascinating. I am sharing this information with you as I think that even if 1 person takes on some of the ideas offered by AI and it heals that person physically or mentally, it is a game changer, a winner!

AI tips on self care:

MENTAL AND EMOTIONAL SELF-CARE

These activities help stimulate the mind, process feelings, and reduce stress.

Practice Gratitude: Write down 3–5 things you are grateful for each day to train your brain to look for the positive.

JOURNALING

Use a journal to offload strong emotions or gain clarity on difficult thoughts.

DIGITAL DETOX

Conscientiously unplug from social media for a day to reduce information overload and refocus on yourself.

MINDFULNESS AND MEDITATION

Use apps like Calm, Headspace, or Insight Timer for guided sessions that can reduce anxiety.

RELAXATION AND ENVIRONMENT

Creating a peaceful space can have a direct impact on your mental state.

Connect with Nature: Take a mindful walk in a park or forest. Spending time in green environments is linked to lower levels of stress and depression.

DECLUTTER YOUR SPACE

Clear off surfaces or organize a single drawer. A tidy environment can help clear a "cluttered" mind.

SENSORY RITUALS

Light a scented candle (lavender is often recommended for relaxation), take a warm bubble bath, or listen to a calming playlist.

I left out the physical self-care and social self-care sections as there was so much information. One little change every day or every week is a realistic goal on our path to looking after ourselves better in 2026.

Dr Mini Nelson

Classifieds



YOU CAN ADVERTISE YOUR BUSINESS AND SERVICES HERE

Telephone: 07709850045 / 01508 471596

E-mail: ian@isellpianos.co.uk

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
clerk@tasburghparishcouncil.gov.uk
prices as follows:

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Tuesday 7pm – 11pm

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Saturday 2pm – 6pm**

Sunday 2pm – 6pm

WHAT'S ON AT TASBURGH SPORTS & SOCIAL CLUB

FRIDAY NIGHT QUIZZES – 7.30PM START.

Get your thinking caps on, settle in for a night of fun and pitch your wits against TSSC's Quiz Master!

- Friday 13th March
- Friday 10th April
- Friday 8th May

Teams of up to six People, £1.00 entry per person. Contact James on 07786 010732 to enter your team.



2026 RUGBY SIX NATIONS AT TASBURGH SPORTS & SOCIAL CLUB

Rounds 4 & 5 on our big Screen!

Friday, 6 March: Open 18:30 – 23:00

- Ireland v Wales – 20:10

Saturday, 7 March: Open 14:00 – 19:30

- Scotland v France – 14:10
- Italy v England – 16:40

Saturday, 14 March: Open 14:00 – 18.45 *(Please note we will be closing at 18.45 sharp for a private booking)*

- Ireland v Scotland – 14:10
- Wales v Italy – 16:40

ST PATRICK'S DAY PARTY SATURDAY 21ST MARCH 7 – 11PM 12

Wear your brightest green, raise a glass and join Tasburgh Sports & Social Club as they celebrate St Patrick's Day!

FRIENDLY COMPETITION AT TSSC! TRADITIONAL BAR GAMES

May Bank Holiday, Monday 4th May – 12 – 6pm

Come together with your family, friends and neighbours to play our Traditional Bar Games, both indoor and outdoor! Look out for more information in our regular Members' Newsletter and on the entertainment boards in the bar.

FAMILY FUN DAY 2026! SATURDAY 24TH MAY

A Car Boot, fun fair rides and food trucks are just a few of the things being planned for during the day. Don't forget to bring your dancing shoes and singing voice, so you can boogie your way to the end of the night!

Join us for **England's** first World Cup game on **17th June**
we'll be opening early ahead of the **9pm kick-off!**