

R.B.COPPING FUNERAL SERVICE

Independent Family Funeral Directors Since 1935

For Personal Attention with Dignity and Respect
Private Chapels of Rest
Memorials & floral tributes supplied
Pre-paid funeral plans available



125 The Street, Poringland, Norwich, NR14 7RP Tel. 01508 494434 56 Langley Road, Chedgrave, Nr Loddon NR14 6HE Tel. 01508 521159

www.coppingfunerals.co.uk







Useful Names	&	Contact	Details
---------------------	---	----------------	----------------

Useful Names & Contact Details				
LOCAL COUNCIL & COUNCILLORS Parish Council Chair Parish Council Clerk DISTRICT COUNCILLOR COUNTY COUNCILLOR MEMBER OF PARLIAMENT	Brian McGuire Tina Eagle Martyn Hooton Mrs Alison Thomas Mr Ben Goldsborough Ben.goldsborough.mp@	01508 470909 01508 494569 07776 142027 01508 530652 020 7219 3000 parliament.uk		
NORFOLK COUNTY COUNCIL SOUTH NORFOLK DISTRICT COUNCIL	County Hall Horizon Centre, Broadland Business Park	0344 800 8020 01508 533701		
URGENT NUMBERS	EMERGENCY Non-Emergency Police enquiries@norfolk.pnn.r Non-Emergency Medical Power Cuts			
GP SURGERY Long Stratton Medical Partnership CHURCH	Swan Lane , Tharston	01508 530781		
Church News Parochial Church Council/Yellow Pages	Rev'd Dawn Davidson Valerie Cook	01508 498924 01508 470298		
VILLAGE HALL				
Chair Secretary tbc Bookings tbc	Graham Pates grahamjpates@gmail.co admin@tasburghvillageh bookings @tasburghvilla	all.org.uk		
TASBURGH SCHOOL Preston CE Primary School		01508 470454		
COMMUNITY GROUPS Tasburgh Carers Group 1st Tasburgh Scout Group Tasburgh Sport & Social Club Chair Tasburgh Short Mat Bowls Club Tasburgh Allotment Society (TAS) Tasburgh United Football Club	Rachel Mahoney Becky Pates Bex.pates@gmail.com James Hanton james-hanton@hotmail. Dave Moore Mr Simon Orford Paul Swinton	01508 471041 01508 4 71539 to be confirmed		
Long Stratton & Tasburgh Men's Shed St Mary's Guild Fitness Club (Over 50's) Fat Dad's Football Martial Arts Tasburgh Tea Room St Mary's Church Craft Group	Pete Sluman Julia Orpin Mrs Ann Gibbins Mr Bill Wheeler Mr Andrew Gillingwater Mrs Andrea Sluman Jane Rae	01508 471529 01508 470983 01508 470225 01508 471633 07775 890359 01508 471529 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 2025

21st January	20th May	16th September
18th February	17th June	21st October
18th March	15th July	18th November
15th April	19th August	9th December

The next Annual Parish Meeting will be held April 2026 date tbc

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 470334

jillcasson.tasburghpc@gmail.com

Matthew Read Pilgrim Cottage, 07879 816975

mattread.tasburghpc@gmail.com

Willie Crawshay The Grange 471650

williecrawshay.tasburghpc@gmail.com

Brian McGuire 12 Curson Road 471909

brianmcguire.tasburghpc@gmail.com

Andrew Patrick Jasmine Cottage 07775 898301

andrewpatrick.tasburghpc@gmail.com

Keith Read Thornly Barn 07483 841082

keithread.tasburghpc@gmail.com

Adrienne Watts Grove Cottage 470217

Adriennewatts.tasburghpc@gmail.com

Preston Thomas 4 Church Road 07730 049077

prestonthomas.tasburghpc@gmail.com

Jackie Trenavin Mistletoe Cottage 07717 820651

Jackietrenavin.tasburghpc@gmail.com

Parish Clerk

Tina Eagle 17 Alder Close

Poringland, Norfolk, NR14 7LY 01508 494569
Email: clerk@tasburghparishcouncil.gov.uk NOTE NEW EMAIL

Website <u>www.tasburghparishcouncil.gov.uk</u>

Tasburgh Parish Council News

Welcome to this issue of the Tasburgh Quarterly.

ARMED FORCES COVENANT



The Armed Forces Covenant is a pledge between the nation, and the Armed Forces community to ensure those who serve or have served, and their families, are treated fairly and not disadvantaged by their service. This promise is supported by local authorities, public services and

businesses, and includes ensuring that members of the military community receive fair treatment and support, with special provisions for those who have made significant sacrifices.

Tasburgh Parish Council has signed the Armed Forces Covenant and commits to honour the Armed Forces Covenant and support the Armed Forces Community. We recognise the value Serving Personnel both Regular and Reservists, Veterans and military families contribute to our country. Cllr Andrew Patrick, who served with the Parachute Regiment has agreed to be the Armed Forces Champion for Tasburgh, and will act as a bridge between the military community and the Parish Council.

VILLAGE GATEWAY FLORDON HILL

At the beginning of September the Norfolk County Council's Infrastructure Department installed a new village gateway on Flordan Hill, entering and leaving Tasburgh. The cost of the gateway and associated works was £5,000, but was paid for by a grant application by the Parish Council to Norfolk County Councils Parish Partnership Scheme.



Gateways at the entrance to the village are one form of speed mitigating measure because they not only give the impression of a road narrowing, but positioning of gates close to the edge of a road provides a visual deterrent to excess speeds. Gates also have the added benefit of enhancing the environment, particularly in rural locations, while also highlighting further the presence of a settlement which aids local identity and community cohesiveness.

DEFIBRILLATOR



The Parish Council's current defibrillator, installed in 2014, has served our community well over the years. It is now due for replacement, and we are pleased to confirm that a new unit has been ordered. Once the new defibrillator is in place, FREE training will be offered to all residents on how to use it

confidently and effectively. Please keep an eye out for further updates .We will share details of the training session, including the date, time, and location, as soon as they are available.

Tasburgh Parish Council News

PARISH COUNCIL WEBSITE & UPDATED CLERK'S EMAIL

This October, Tasburgh Parish Council launched its new website: www.tasburghparishcouncil.gov.uk, along with a dedicated Clerk's email: clerk@tasburghparishcouncil.gov.uk. These updates were in response to new national guidance for smaller authorities on digital and data compliance. Councils are now expected to use professional domain names and email addresses, and to ensure websites meet accessibility standards—making them easier to navigate and more inclusive for all residents. By adopting a .gov.uk domain and email, this also shows we are a trusted body and helps strengthen our data protection under General Data Protection Regulations.. Do take a look at our website and let us know what you think.

SPEEDING IN THE VILLAGE

In response to concerns raised from residents of speeding on Henry Preston Road it was agreed to locate the SAM 2 machine on a site at the entrance to Henry Preston Road as part of the monthly rotation of the various designated sites for the SAM 2 machine along Church Road and Grove Lane. Approval to locate the SAM 2 on the 30 mph repeater sign/pole by a new fixing bracket could only made by a legal "Memorandum of Understanding between Norfolk County Council (Highways) and the Parish Council concerning the use of temporary speed awareness messaging unit (SAM 2)". Now this legal process has been completed it is hoped that the rotated SAM 2 will provide a visual deterrent to any speeding traffic leaving or entering Henry Preston Road and will provide definitive data by recording the volume and speed of individual vehicles.

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.

FINALLY WE WOULD LIKE TO WISH ALL OUR RESIDENTS A VERY HAPPY CHRISTMAS AND NEW YEAR



Looking for a Christmas challenge? Turn to page 18

Chair, Brian McGuire

Local Community First Responder Group

WHAT HAPPENS WHEN YOU CALL 999 IN A MEDICAL EMERGENCY?

Most of us know that if there's a medical emergency, we should dial 999 and ask for an ambulance. But what actually happens once you make that call? Understanding the process can be reassuring, and might even help save a life. When you dial 999, your call is first answered by a BT operator who asks which emergency service you need: police, fire, or ambulance. Once you say "ambulance", your call is passed straight to an East of England Ambulance Service NHS Trust (EEAST) control room.

From that point, the call handler's priority is to quickly understand what has happened and how urgently help is needed. The very first questions you'll be asked are: 1. "Is the patient breathing?" 2. "Tell me exactly what's happened." These questions help determine whether the situation is immediately lifethreatening and ensure the right response is sent as quickly as possible. The call handler will then ask a small number of structured follow-up questions guided by a triage system used across UK ambulance services. It can sometimes feel repetitive, but every question has a clinical purpose; help can be dispatched while the call is still ongoing.

Once enough information is provided, the dispatch team decides what type of resource to send. This could be a frontline ambulance, a rapid response car, air ambulance, and in many communities like ours, include a Community First Responder (CFR).

CFRs are trained volunteers who live locally and respond to life-threatening emergencies in the minutes before an ambulance arrives. They can provide lifesaving care such as CPR, defibrillation, and oxygen therapy. The aim of the CFRs is to be first on scene, providing vital early intervention.

If the situation is life-threatening, help is dispatched within seconds of your call being answered. For less urgent calls, the ambulance may take longer to arrive as priority is given to those most in need. In some cases, the call handler or a clinician may advise you over the phone or refer you to another service.

It's also important to know that 999 is for serious or life-threatening emergencies only. If someone needs medical help but it is *not* immediately life-threatening, you should use other care pathways such as: **NHS 111 (online or phone) GP surgeries Local pharmacies Urgent treatment centres**

These services ensure patients get the right care at the right time, while keeping emergency ambulances free for the most critical cases. Behind the scenes, dispatchers, clinicians, volunteers, and paramedics are constantly coordinating resources across the region, a team effort that begins the moment you dial 999.

HOW YOU CAN SUPPORT YOUR LOCAL CFRS

Your local Community First Responders team is entirely volunteer-run and funded through local donations. You can support us by:

- * Volunteering a few hours a week (full training and uniform provided by EEAST)
- * Donating to help maintain our equipment and supplies
- * Spreading awareness about when to call 999 and when to use other services

To learn more or get involved, visit:

https://www.eastamb.nhs.uk/join-the-team/community-first-responders.htm or speak to one of us locally, we're part of your community.

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

Ann 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 <u>ONE.NETWORK</u> 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



By the time you read this we will have had another fantastic event at the hall, our annual Art Exhibition and Photography Competition. As usual there were loads of examples of fantastic works of art by local artists. The style, materials

and subject matter varied incredibly and there was something for everyone. We were particularly pleased this year to celebrate local artist and well known Tasburgh resident, Ruth Walker, who sadly passed away earlier this year. Ruth was a huge support of the Art Exhibition and the Village Hall in general, and it was great to see her work represented still this year. Thank you to all who helped organise and supported this event.

Looking back to September we ran our annual Summer Fete. We opened with a couple of fantastic songs from Olivia How and then enjoyed loads of stalls organised by local community groups, classic cars, BBQ and all the other things that helped make it a fantastic day. We were lucky the rain held off until nearly the end, until the drawing of a very soggy raffle! We raised £1,400 for the hall, alongside the monies raised by the various community groups. Again, thanks for everyone's support, we will announce a date for next year as soon as it's fixed.

As a committee we have been looking at options for updating our Fire Alarm and Detection system. We have selected a supplier that we believe will ensure we are meeting current specifications and also be suitable for the future. The total cost of these improvements proved unexpectedly high, but we are pleased to report that the Parish Council has agreed to support the repairs needed and has contributed £5,000 towards the necessary works. We would like to thank them publicly for their support, which has enabled us to bring the building up to specification.

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.

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.

Graham Pates, Chair 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 available with Tasburgh Sports and Social Club and an additional form will need to be completed.

Tasburgh Sports & Social Club



Your Local, Volunteer-Run Community Hub Right at the Heart of the Village!

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

Thank You for Joining Us!

A heartfelt thank you to everyone who attended our AGM on 14th October. One of the most important parts of being a member of Tasburgh Sports & Social Club is helping us keep the club a welcoming space for all. Whether it's a regular afternoon gathering or a lively themed event like our recent Halloween parties, we love seeing the community come together—and your support shows us we're making a difference. We're proud to be part of this village and look forward to welcoming you all throughout the festive period and into 2026.

Changes to the Board

Since our last AGM, our Board of Directors has reduced from eight members to five. We'd like to extend our sincere thanks to Eddy Cook, Chris Whiting, Donna Maund, and Amanda Cook for their dedicated service. We're especially grateful that they continue to support the club by volunteering behind the bar.

Still Going Strong

Our team may be smaller, but we're working harder than ever to keep the club vibrant, welcoming, and fun. Behind the scenes, we have been busy planning new events and improvements to make your visits even more enjoyable.

Looking Ahead to 2026

We're excited to be looking ahead to 2026 and are hoping to introduce a variety of new bands and musical acts in the coming months, along with fresh ideas to celebrate our amazing community. Keep an eye on your inbox, the club noticeboard, and the village board for updates!

Working Together with the Village Hall

Our partnership with the Village Hall continues to go from strength to strength. We're working closely with the Maintenance & Development Committee to ensure the building and grounds are in top condition. If you notice anything that needs attention, please let us know—we'll make sure it's passed on.

Bar Extension Plans

You may have heard about the proposed extension to the bar area. This joint project with the Village Hall will give the pool table and dartboard their own dedicated space, freeing up room for more seating and making the venue even more appealing for hire. After months of discussion (and several chilly patio meetings!), we're happy to share the news that planning applications have been submitted. Detailed drawings will be available soon, and we're looking forward to sharing them with you.

You're Always Welcome

Whether you pop in every week or once in a while, we're always happy to see you. Old friends, new friends, families, and even four-legged companions—

Tasburgh Sports & Social Club

□□ WHAT'S ON EVERY WEEK?

We've got a packed schedule to keep you coming back:

- Monthly Quizzes Test your knowledge and win prizes!
- Live Music Nights Enjoy talented local performers.
- A warm welcome Every time we open our doors.

□□ OPENING HOURS

- Tuesdays: 7pm 11pm
 Fridays: 6:30pm 11pm
- Saturdays: 2pm 6pm (subject to Village Hall bookings)
- **Sundays**: 2pm 6pm

Whether it's a midweek wind-down or a weekend catch-up, we're here for you

PIP UPCOMING EVENTS - SAVE THE DATES!

□□ WALKWAY LIVE IN CONCERT

Saturday 13th December, bar opens 7pm
The legendary rock band returns for a night of electric energy!

□□ Tickets f8.00 – available from the bar.

□□ KIDS' NEW YEAR'S EVE PARTY WITH JAMES D

Wednesday 31st December 2–4pm
Music, dancing, and fun for the little ones!
□□ Free entry for all.

□□ ADULTS' NEW YEAR'S EVE PARTY

Wednesday 31st December, from 7pm
Celebrate in style with live party band Energy.

□□ Tickets £8.00 – available from the bar.

□□ COMING IN 2026

□□ FRIDAY NIGHT QUIZ – 2026 DATES

Hosted by our very own Quiz Master, Mr "I've got all the answers" Scott!

January 9th

February 13th

March 13th

April 10th

□□ Max 6 people per team □□ £1.00 entry per person □□ To enter, contact James on 07786 010732

□□ BURNS NIGHT CELEBRATION

Saturday 31st January 2026, from 7pm until late
Ready your tartans, raise a dram, and join us for a belated Burns Night bash!
Until next time,

Cheers/Slàinte/lechyd da! On behalf of Tasburgh Sports & Social Club.

Norfolk County Council





1 action to take in a flood

can reduce the impacts on your home and family

Go to GOV.UK/PREPARE-FOR-FLOODING

REMEMBER FLOODING CAN HAPPEN ANYTIME

To get as much warning as possible, get Flood Alerts delivered straight to your smartphone Get prepared and keep your home and your family safe Sign up at https://orlo.uk/o8IO3

> To report flooding Call 0344 800 8013 If there's danger to life, always call 999

Norfolk County Council Highways – Report a problem



Drainage & Flooding





Flooded path











South Norfolk & Broadland District Council



HELP BRING FESTIVE JOY TO LOCAL CHILDREN!

South Norfolk & Broadland District Councils are collecting new toys and gifts donated by residents and businesses across the district, to be distributed to local families so that more children can experience the magic of Christmas. Donations of new, unopened and high-quality gifts suitable for children and young people aged 0-18 can be dropped off to LONG STRATTON SPORTS CENTRE, Swan Lane, Long Stratton Mon - Fri 6.30am - 10pm Sat - Sun 8.30am - 4pm

For more information on how to get involved and spread some Christmas joy this year, click through to website: https://orlo.uk/9bERI

IMPORTANT REMINDER FOR POSTAL VOTERS

Under new rules introduced by the Elections Act, postal vote applications must now be renewed every three years.

If you applied for a postal vote on or before 30 October 2024, your current arrangement will expire on **31 January 2026.** Reapplying is quick and easy.

Apply online at

https://www.gov.uk/apply-postalvote

Don't miss out on your chance to vote by post — Check your status



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



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 01508 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 24th January Saturday 28th February Saturday 28th March Saturday 25th April

For further information Contact Andrea Tel:07930 303065

1st Tasburgh Sea Scout Group

Since my last Scout update, we had 11 young people attend Norjam, the week-long international camp at the showground. Everyone (including all the leaders) had a brilliant time doing so many activities, enjoying



each other's company during a long time away from home and building so many skills. We are all feeling very proud of those young people, who represented Tasburgh Sea Scouts so well, and also thankful for all the leaders, helpers and parents who made it happen.

After the summer holiday, we have returned for the autumn term with a great mixture of activities. There have been lots of crafts, including painting pumpkins for the Tacolneston Pumpkin trail, as well as making poppies while learning about remembrance. A highlight for the Cubs and Scouts was a hike from Saxlingham in the dark and the Beavers completed their annual sponsored walk, this year in aid of the food bank.

Looking ahead, the leadership team are all busy making preparations for Christmas. Our parties on the last week of term are always something every section look forward to.

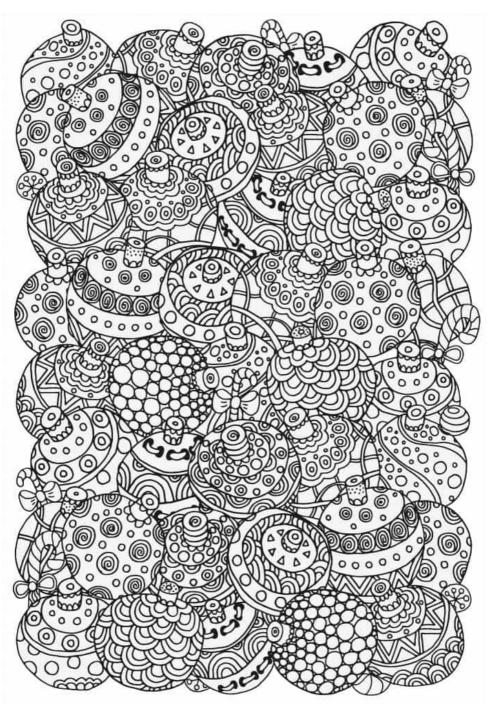
I'm pleased to report our leadership team has grown a little, with two new very keen cub leaders, however we are still in need of more adults to support the young people on Thursday nights across every age group. Volunteering is a great way to spend your free time. The adults are able to learn new skills and just have fun as much as the children do, while providing vital opportunities to the youth of our community.

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



CHRISTMAS COLOURING CHALLENGE



Tasburgh and Tharston Church Newsletter

Winter 2025



Many people like me love Autumn season. It is a time of change; a season ending and a season beginning. While I mourn the loss of warm summer evenings with family or friends gathered around the BBQ, I am trying to embrace the warmth of cuddly jumpers, chilly and colourful walks and open fires.

I'm also looking forward to December, a time of Christmas preparations, with many people engaging in a variety of activities and traditions that have developed from a mix of religious and secular origins. These activities often involve shopping, planning, cooking, giving gifts, spending time with loved ones and participating in festive events.

And then comes January; arguably the bleakest month of the year when the festivities are over, the decorations come down, and life suddenly seems to lack colour!

Many of our churches feel this too – packed services, from the Crib service, Carols and Christmas day. Don't get me wrong – who doesn't love to see packed churches! But what happens after the tinsel is down, the presents put away, and the diets begin?

Traditionally the Christmas period was much longer and feasting and partying continued for 12 days after 25th December – sounds exhausting but fun!

Christmas for Christians marks only the beginning – the hope and vulnerability of a newborn baby, Emmanuel, meaning God with us. A God who promises to remain with us throughout the year, throughout the rest of our lives.

A God who continues to offer us acceptance, love and a sense of belonging – even after the last of the decorations are put back in the loft for another year.

And perhaps especially in the darkest of January days, a light to comfort and to guide - Christ is not just for Christmas!

This Christmas at Tasburgh St Mary's Church we have several services to celebrate this special time of year. I'd like to draw your attention to just a couple of them.



Tasburgh Church Christmas Services

Community Carol service 21st December at 16:00

Crib service – 24th December at 15:00

Midnight service with Holy Communion – at 23:30

Christmas Day service with Holy communion – 10:00

With love and prayers for a joy filled and peaceful Christmas and New Year.

Revd Austin

Holy Communion at Home

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

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

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

Baptism, Wedding, Funeral

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

Tasburgh Church News

Assistant Church Warden

Jacqui Green

Tasburgh Church Services



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

Every Wednesday: Morning Prayer 9.30am with Holy communion

FOODBANK DONATIONS

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

Waveney Foodbank | Helping Local People in Crisis





Awareness to the needs of others in our village community

Many weeks ago when I agreed to write a piece for the *Tasburgh Quarterly & Church News*, little did I know that I would be unable to type due to a fractured right arm. Instead, I am dictating this whilst my husband does the typing. On 14th September at the village fete, I tripped and fell heavily and as my Orthopaedic Consultant rather gleefully put it, I sustained a multi-fragmented fracture to my proximal humerus. In layman's terms, that means I smashed my upper right arm bone. On that day, not only did I lose my independence, but any plans that I had in place had to be altered or cancelled. It was like a fork in the road and I had to travel along a new path.

Along with the obvious pain that I had to manage, this lack of independent living was the hardest psychological barrier for me to overcome. Yet for me this is going to be short lived but for others, their dependence on people around them may be much longer term, or perhaps even permanent.

The reason I wanted to share this story with you is to demonstrate how any one of our lives can be changed in an instant. It may be an injury, an illness, a bereavement, a financial or relationship crisis. Perhaps it may be only then that we can really appreciate the support and help that others can give us.

All of us have chosen to live in this beautiful village of Tasburgh and our community is strengthened by the relationship that we share with others; be it family, friends or neighbours. At some point in our lives, each one of us will have to depend on the care and help that other people can provide. It follows that in a small village community, being aware of the needs of others is an important part of daily life. This means noticing when neighbours might need help, such as the elderly and infirm who may need assistance with shopping or collecting medicines; families who are struggling, or someone who simply needs company. And, as we approach the cold and dark winter months, we need to be even more mindful to those around us.

Never underestimate the importance of making contact with a person in need, even if it is only briefly. Showing genuine care and empathy can be as important as providing material support. I know that for me, the support of friends who visited me, or enquired after my health following my accident was extremely welcome. They are unlikely to realise the effect that their caring concern had on me until they read this article. It's a demonstration of how a little kindness can go a very long way.

As it states in Ecclesiastes 4: 9-11, two are better than one because they can support each other.



Finally, I would like to remind you that if you need help or support, St. Mary's Church here in Tasburgh has a Pastoral Care Team. Please do not hesitate in contacting the team via email to: revaustinuzoigwe@aol.co.uk or by telephoning the Revd Austin on 01508 470901

Anne Lyddall - A member of St Mary's Church



Tharston Church News



Contact Rev Austin Uzoigwe

470 901

Christmas Carols by Candlelight Friday 19th December at 7.00pm



It will be followed by Mulled Wine, Soft Drinks and Mince Pies or Sausage Rolls.

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

A collection will be taken during the service with a donation being made to St Martins Hospice in Norwich.

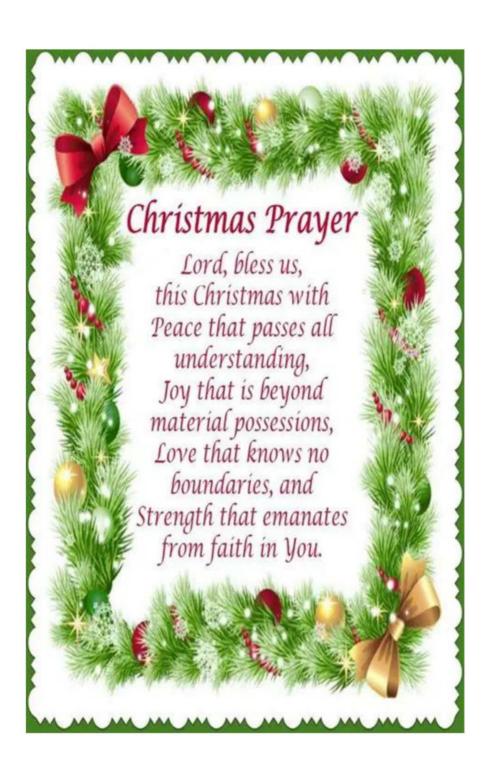
Church Services

We will continue to hold services on the 2nd Sunday at 9.45 alternating between Holy Communion (HC) and Morning Worship (MW), the dates are as follows -: December 14th (MW), January 11th (HC), February 8th (MW) and March 8th (HC). There is also a Benefice service of Holy Communion on November 30th to be held at Stratton St Marys at 11.00.

The process of repairing the Chancel is now starting in earnest with a new Architect at the helm and the re-ordering will follow on from that. This is likely to be a lengthy process, but we will be better placed to make these changes than we have been in the past.

The **Church Fete** which was held at Wheeler Barn on September 6th raised £2362.00 for the Church funds and we would like to thank Mr & Mrs Massey for hosting the Fete once again, all the stall holders and helpers who set up and took down the tents etc. Thanks also to Huggers, Petes Pets, Simons Landscaping, Barnes Butcher, the Chip Inn, the Local Co-op, Cheshunt Tea rooms, Norwich City FC, Stratton Discount Auto parts, and Cheshunt Hair Studio who donated vouchers or prizes and last but not least thanks to the Parish Council who arranged and paid for the Bar Licence as well as loaning us Tents and Tables.

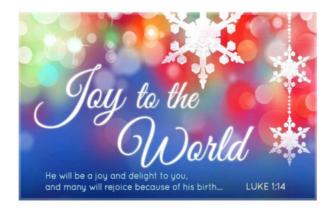




Tas Valley Home Groups

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 30th January 2026 to annette.uzoigwe@gmail.com



PRESTON NEWS

'Living Life to the Full'



THE NEW SCHOOL YEAR

The new school year is well under way at Preston Primary School!

This year marks an exciting milestone as we launch our brand-new curriculum across the Tas Valley Federation. By sharing the same curriculum, we are strengthening collaboration between staff, ensure consistency in learning experiences, and celebrate the unique strengths of our two schools while working together as one Federation. Full details of the curriculum can be found on our school website: https://tasvalley.org.uk/prestonprimary/curriculum

Our theme for this term is Belonging, and we will be exploring this through our key values of Responsibility and Thankfulness. Our big ideas—Belonging, Duty, Democracy, and Community—will guide our learning and help us reflect on what it means to be part of a caring and respectful school family.

Full details of our Open Days are available on the website: https://tasvalley.org.uk/ prestonprimary. Do come and join us or contact the School Office for more information!

CONSULTATION

During November, we have been consulting about a proposal to change the name of **Preston** Church of England Voluntary Controlled Primary School to Tasburgh Church of England Voluntary Controlled Primary School.

The main reason for this proposed change is to strengthen the school's identity within the local community. Our school is physically situated in the heart of Tasburgh village, and governors feel that the name should better reflect this connection.

The consultation document is available on the school website and includes information about how to provide feedback: https://tasvalley.org.uk/prestonprimary





YOUNG MINDS—HELLO YELLOW for WORLD MENTAL HEALTH DAY

On Friday 10th October, we wore yellow clothes to mark World Mental Health Day. We also completed some special activities in class which helped to raise our awareness about living a healthy lifestyle.



Norfolk Archaeological Trust



TASBURGH ENCLOSURE RESULTS OF THE COMMUNITY CONSULTATION



Tasburgh Enclosure has long been a cherished part of village life, offering a peaceful green space steeped in history. In a recent community consultation, residents shared their thoughts on how they use the site, what they value most, and what improvements they'd like to see. The results paint a picture of a site deeply loved and actively used, with a strong desire to preserve its character while enhancing accessibility and interpretation.

HOW THE SITE IS USED

Many respondents use the site daily for exercise, dog walking, or simply enjoying nature. One respondent shared, "It's my daily keep-fit walk — I love the peace and the view." Others mentioned collecting acorns, relaxing, or using the space as a safe area for children and dogs.

WHAT COULD IMPROVE THE EXPERIENCE

Suggestions for improvements were varied but thoughtful:

- Dog access: Some asked for dogs to be allowed off-lead when livestock are not present. One comment read, "It was a great community activity – good for residents to catch up and enjoy time together without a tangle of leads." Others expressed concern about the quantity of dog mess and uncontrolled pets with calls for the site to be kept dog free.
- **Better access and maintenance**: Requests included repairing gates, trimming nettles, and maintaining paths and steps. "The steps between the fields really need attention".
- More seating: Benches were frequently mentioned, especially for older visitors. "I'm old and could sometimes do with a sit-down by the time I get there!".
- Interpretation and signage: Respondents want to learn more about the site's history, with calls for archaeological information, plant identification boards, and visual aids. "More information to put into reality what's under the ground would be brilliant"

EVENTS AND ENGAGEMENT

There was strong interest in guided walks, history talks, and community events. While some prefer informal exploration, many welcomed the idea of structured activities.

PRESERVING WHAT MAKES IT SPECIAL

A recurring theme was the importance of keeping the site natural and tranquil. Respondents urged against over development, excessive signage, or changes that might disrupt wildlife. "Please keep it as natural as

Norfolk Archaeological Trust

possible," was a common sentiment. Sheep grazing was seen as part of the site's charm.

VOLUNTEERING AND FUTURE PROJECTS

Several people expressed interest in volunteering, helping with events, or supporting future projects. "I'd be happy to help – it's a special place and worth looking after".

NEXT STEPS

The consultation has provided valuable insights that will guide future planning. Whether it's improving access, getting up to date on maintenance or enhancing interpretation we can see we have lots of work to do. Tasburgh Enclosure is a special place for all of us, and we have therefore launched a special scheme to help look after the site called "Support Your Site".

Our new initiative called **Support Your Site**, is a monthly donation scheme that gives you the chance to directly contribute to the conservation and promotion of your local site. By signing up, you'll help us maintain the site, improve the visitor experience, and assist us in developing resources for schools and the community. Even a small monthly donation can go a long way in ensuring that Tasburgh Enclosure continues to inspire future generations.

It's a great way to contribute to the care and future of Tasburgh Enclosure. Supporters will receive updates, invitations to events, and recognition for their support — and every contribution helps us do more for the places we all love.

Natalie Butler, Director



Tasburgh Carers' Group

Thursday 20th Nov 18th Dec and 15th Jan 26 Tasburgh Village Hall 10.30am- 12.00pm

Tasburgh Tea Rm

24th Jan, 28th Feb The 28th Mch, 25th April 26 St I

The Church Room All sessions 2-4pm St Mary's Church

Wednesday 10th Dec

Flordon Film Club

Turn to page 37 for more details on film showing/times

Healthy Planet - Healthy Communities

With Tasburgh's status as a Mindful Village in mind together with the transition into winter, I felt an article on some ways to take care of ourselves during this season was in order. Winter is a time for rest, nourishment and renewal, a season to protect your energy and support body and mind through the colder, darker months. With shorter days and lower temperatures, focusing on warmth, nutrition, movement and emotional well being helps us maintain resilience and vitality.

NOURISHMENT AND IMMUNITY

Winter calls for hearty, warming foods that strengthen immunity and sustain energy. Soups, stews, and roasted root vegetables (carrots, parsnips, and sweet potatoes) provide comfort and nourishment. Try to include seasonal greens, citrus fruits, and berries for vitamins A and C, and consider a vitamin D supplement while sunlight is limited. Spices like ginger, turmeric, and cinnamon are an excellent addition and boost circulation and support the immune system. Whilst indoors you can stay hydrated with herbal teas or warm water with lemon to counteract dry indoor air.

MOVEMENT AND FRESH AIR

Even in cold weather, just 30 minutes of regular movement keeps your body strong and mood balanced. Wrap up warmly and get outside for walks when possible as natural light helps regulate your body clock and improve sleep. For all of us, gentle indoor exercise such as Pilate's, yoga, or stretching maintains flexibility and circulation. For children, active play indoors or outdoors is essential; for older adults, low-impact strength and balance exercises help preserve mobility and confidence.

REST AND RHYTHM

Winter naturally encourages a slower pace. Honour this by prioritising sleep and steady routines. Adequate rest supports immunity, hormone balance, and emotional stability. A calming bedtime ritual, reading, gentle stretches, or a warm bath, helps the body wind down. Reducing screen time before bed improves sleep quality for all ages.

EMOTIONAL WELL BEING

The darker months can sometimes affect mood, so emotional care is especially important. Connecting with friends, spending time in nature, and engaging in creative or mindful activities can lift spirits. Practices like meditation, or journaling help calm the mind and ease winter tension. For older adults, maintaining social contact through community groups, phone calls, or shared meals supports mental well being and reduces loneliness.

By embracing winter's quiet rhythm, eating well, moving gently, sleeping deeply, and nurturing connection, people of all ages can support their health through the season and emerge into spring feeling replenished, calm, and strong.

If you do struggle with Seasonal Affective Disorder (SAD) an excellent read is **Wintering** by Katherine May.

Jackie Trenavin, Mental Health Champion

Tasburgh History Society

MAPS OF TASBURGH

With so much reliance these days on Sat Nav and Google Maps it is often forgotten how much information about the past can be found by looking at old maps. County maps showing main roads and rivers as well as the location of towns and villages have existed since the 1600s but the first map to show Norfolk, and in particular Tasburgh, in more detail was published in 1797 by William Faden. Produced on a scale of one inch to a mile it showed the river Tas, the road layout within the village, the areas of common land and the main areas of houses around the junction of Church Road and A140 and along Low Road and Saxlingham Lane, but not in sufficient detail to identify each and every building. The first large scale map to do that came 20 years later with the 1818 Tasburgh Enclosure Award but although the map showed the name of the owner of all the land and buildings in the Parish and whether they were residential or used for some other purpose, it didn't identify which properties had been subdivided into more than one residence.

After another 20 years came the preparation of the Tithe Appointment Award issued in 1840 followed nearly fifty years later by the first 12 inch to the mile Ordnance Survey map of the area issued in 1888 and revised in 1906. These OS maps were the first maps to show where dwellings were semi-detached or a row of cottages rather than just a single building, though in many cases a study of the earlier census returns can identify those as well. By comparing the Enclosure Award map, the Tithe Award map and the OS maps it is possible to trace the gradual development of the village during the 19th and early 20th centuries but there was very little new building thereafter until the late 1960s. The OS maps also contain other information, such as the location of the post office, the blacksmiths, Tasburgh's pubs and their names, and details such as the location of wells and pumps often shared by a number of properties.

In addition to the general maps of the village, a number of specific plans, often from auctions of properties, still exist either as part of a property's old title deeds or amongst the papers held by the Norfolk Record Office. Those relating to the Rainthorpe Estate date from as early as 1772 when a survey of timber commissioned by a new owner resulted in a plan showing all the properties along Saxlingham Lane and the Low Road as far as the Flordon turn, and there were further plans of the estate prepared for auctions in 1852 and 1878 showing many properties in Lower Tasburgh. The most extensive however was for the sale of the estate in 1929 following the death of Sir Charles Harvey to which reference was made in the last Tasburgh Quarterly.

For those interested, many of the maps can be viewed on-line. A comprehensive collection of OS maps is available from the National Library of Scotland website and the Enclosure Map and Tithe Map for the village can be found by searching Historical maps of Norfolk. The reference number for other maps held by the Norfolk Record Office can be found using their on-line catalogue search facility but would then require a visit in person to view.

Ben Goodfellow

Tasburgh Allotment Society

News from down on the Allotments

It's been awards season and you'll all be waiting to know where the prizes went for the Tasburgh Flower, Veg and Produce Show held on Saturday 13th September 2025.

The coveted silverware of **Best in Show Cup** went to **Gilly Read** for her Flower Arrangement - Home Grown and **Most Class Wins Plate** went to **Vivienne Taylor** with eight first places. Chris Austin (also eight first places) was only beaten through the second places tiebreaker

A points system was introduced this year to determine the winners for the general categories. The top three placing's are shown below for these categories and also an overall points haul. Sorry I have not the space to show all placing's but thanks to everyone who took part on the day for your enthusiasm and good-natured competitiveness. The Hall was abuzz all morning and looked fantastic.

3rd: 1pt

Points

2nd: 2pts

1 st Brian Budds	4	9	3	33
2 nd Chris Austin	6	2	6	28
3 rd Vivienne Taylor	5	4	2	25
Flowers				
	1st: 3pts	2nd: 2pts	3rd: 1pt	Points
1st Vivienne Taylor	3	0	2	11
2 nd Chris Austin	2	1	1	9
3rd Gary Bloomfield	1	1	1	6

1st: 3pts

Homemade Produce, Art and Crafts

Veg, Fruit and Herbs

	1st: 3pts	2nd: 2pts	3rd: 1pt	Points
1st Cath Savage	3	2	2	15
2 nd Rebecca Orford	3	1	0	11
3 rd Gilly Read	2	1	0	8

All Classes Combined

	1st: 3pts	2nd: 2pts	3rd: 1pt	Points
1st Chris Austin	8	3	7	37
2 nd Vivienne Taylor	8	4	4	36
3rd Brian Budds	4	10	3	35

Tasburgh Allotment Society

A huge thanks to the judges, Carole Hill, Helen Burnett and Roger Burnett who critically assessed everything on the day to a very high standard. Also, thanks to Graham Pates and Rebecca Orford for setting up the refreshments and to all those who helped serve, set up the Show and pack away. Remember this is an open to all competition and please look out for it next year and come and have a go.

The TAS AGM has been held and saw the end of an era as Chris Austin stepped down from his Chair role. Thankfully former Chair Mick Ireson was prepared to retake the position and was duly elected in. We all thanked Chris for his years of service.

At the AGM the Plot Holder of the Year was voted on by members. **Francis Fry** retained the title by one vote from Chris Austin

On the site it's a quiet time but there's always some tidying up to sort out and time to make ground preparations ready to overwinter. Root veg are still offering themselves and strawberry runners were potted today to rotate the bed to a new location next year.



Simon Orford – Secretary to TAS <u>simon.orford@jic.ac.uk</u>

Tasburgh United Charities

HOW IS THE 'COST OF LIVING CRISIS' AFFECTING YOU? PLEASE DO NOT CHOOSE BETWEEN HEAT OR FOOD THIS COMING WINTER. 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

ANOTHER LONG NIGHT

It's a quarter past three,
And the hands seem to stick,
It seems like many hours
Since Tok followed Tik.

My pillow is lumpy, And the bed's got a ridge, I think my feet must be frozen, Like they've been in the fridge.

I've tried counting sheep, But they just turn and mock, No farmer has ever had Such a huge flock.

My mind's hyperactive, As I squirm in my bed, The tiniest problems, Now fill me with dread.

I glance at the clock, The hands all aglow, So, time hasn't stopped, It's just going slow.

But good news at last, There's a glimmer of light, That heralds the end, Of this interminable night.

So, all hopes of sleep, I now know are in vain. I'll just get through the day, Before night comes again



Rob Buttle

NEXT EDITION

The spring edition of the Quarterly and Church News will be distributed by the end of February 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

30th January 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

UK POWER NETWORK

Would you, or someone you know require extra help in the event of a power cut?

Sign up to our Priority Services
Register and we'll make sure you get
extra support during a power cut
https://www.ukpowernetworks.co.
uk/.../priority-services...

Tasburgh Treats

WHITE CHOCOLATE AND CRANBERRY SCONES

This is an elevated version of a classic so even if you have a tried and tested scone recipe of your own, I recommend using this as an idea for an added twist. Alternatively, if baking during the season, to make this recipe even more festive, try adding a few tablespoons of mincemeat to the dough. Best served warm with plenty of butter

makes: 10-12 smaller scones

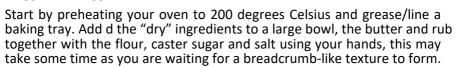
INGREDIENTS

100g "real" unsalted butter (not margarine/spread), in cubes, that has been left to sit at room temperature 350g self raising flour

¼ tsp salt
50g caster sugar
1tsp vanilla extract
185ml warm milk
100g white chocolat

100g white chocolate chips 100g dried cranberries (I prefer the ones not s

1 egg (for an egg wash)



Add the vanilla and slowly add the milk as you may reach the desired consistency before using it all, mixing with a wooden spoon. Fold in the chocolate chips and cranberries.

Dust a work surface/large board with flour and tip the dough onto it. Flatten out until just under two inches thick and use a round cutter to make your scones.

Place on the tray, leaving enough room between to account for spreading. Whisk the egg with a fork and brush a little over the top surface of the scones. Place in the oven for 10-15 minutes until golden on top and well-risen

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 warm sunny day in August members enjoyed a visit to Bury St. Edmunds. It was market day, and the town was bustling with noise from the stall holders, but a few members found peace and quiet on a tour of the Cathedral. Others visited the Abbey Gardens where both children and adults were enjoying the sunshine.

Later in the month we had a stall at Wacton Village Fete selling, books, jigsaws, plants and, of course, jam, marmalade and cakes which goes towards funding our annual outing and speakers.

In September Juyna Lewis gave a fascinating insight into the life and times of Matthew Hopkins, who during the 17th century claimed to be Witchfinder General to root out sorcery and witchcraft. Together with his colleague John Stearne he was solely responsible for the increase in witch trials during this period. She was also able to recommend several books for further reading on the subject.

At our last meeting in October Stuff and Folly, a group of four performers, reading from scripts as is the case with radio plays, entertained the members with a series of original amusing short plays and poems. Before our November meeting we are to be challenged with a one-mile treasure hunt in teams of three in Long Stratton, followed by refreshments at Huggers coffee shop and bistro.

It will be our AGM at our November meeting so following a short matter of business we will be holding a quiz followed by 'Puddings and Plonk'.

After a break of several years instead of a speaker for our December

meeting members of the committee will be performing an original panto, written and narrated by the author.

If you would like to join us we meet at Wacton Village Hall on the second Thursday of the month at 7.30pm where you will be made most welcome.

Dawn Hames

FLORDON FILM CLUB

meets on the second Wednesday of each month

The Christmas meeting will be held on **Wednesday 10 December**, with the doors opening at 7.00pm., when we shall be screening **FOUR LETTERS OF LOVE**.

starring Helena Bonham Carter and Pierce Brosnan.

As it is a festive occasion, **free mulled wine and eats** will be provided before the film starts.

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

Tasburgh Carers 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:

20th November, 18th December and 15th January 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 LARGE PRINT VERSION
OF THE TASBURGH
QUARTERLY AND
CHURCH NEWS
IS AVAILABLE
UPON REQUEST

PLEASE CONTACT 01508 494569



TASBURGH OUTREACH
POST OFFICE
TASBURGH VILLAGE HALL

Opening Times:

Tuesday 10.00am - 12.00pm

'USE IT OR RISK LOSING IT'

Burrfeld Park

As the season draws to a close in Burrfeld, the park is beginning its quiet retreat into winter. Many things are dying back naturally, in preparation for the colder months ahead.



The prolonged dry spell has had a noticeable impact, with the pond now at its lowest level on record. Despite this, the apple trees have once again produced an abundant crop, and the wildflower displays have been varied and vibrant—particularly the yellow Toadflax, which flourished beautifully this year.

A tree inspection is scheduled shortly to assess the overall health of the site's trees. A detailed report will be prepared for the Parish Council's consideration. We are already aware of two dead trees that will need to be addressed.

We would like to extend our thanks to all the volunteers who have contributed their time and energy throughout the year. Your efforts help keep Burrfeld a welcoming and enjoyable space for everyone. We hope residents and visitors alike will continue to explore and appreciate the area in every season.

Carole Hill, Burrfeld Park Advisory Group



Long Stratton Medical Partnership

As I write my final article for 2025, I want to sum up the year for the practice and reflect on what has been a challenging year in many ways. Change is inevitable and my motto is once we accept that, the journey to whatever change we need to undertake is half done and that sets the foundation for the rest of the journey.

One of our major challenges of the year has been the software system change that we undertook in the summer. I have written about it in a previous article. The change over was challenging and however much we had been prepared, the realisation of what we took on hit most of us only on the day it happened. To be honest, I squealed and cried for the first week (my colleague had forewarned me). The impressive aspect of this system change was the practice team effort that went into action from day one. People helping each other, asking for help when needed and ensuring positive energy flowed through the building. We came to work determined to make this work and that attitude continues.

The major change in the last few weeks has been the GP contract change. I wrote about one of the major changes in the contract in the last issue – GP practices having to offer a digital online tool to allow patients to request routine GP appointments. We started the process on the 6th of October and plan to hold a triage clinician meeting early December to assess the process so far and make changes where necessary. I would encourage you to use the online tool rather than call Reception for routine appointments as they have to enter all information into the digital online tool and a triage doctor then decides on the appointment. This is to ensure that there is fairness across the board. We have picked up some urgent appointment requests and that is the danger of this system. My plea to you is that you use the tool appropriately. At present we are managing the system fairly efficiently and that is due to the incredible effort of our triage clinicians.

We have had some staff changes in the past year and the practice has dealt with the changes in the best way possible. These are not easy changes and yet the wheel rolls on.

We wish you a warm Merry Christmas and a Healthy New Year from all of us here at Long Stratton Medical Partnership.



Mini Nelson



YOU CAN
ADVERTISE
YOUR
BUSINESS
AND
SERVICES
HERE

Telephone: 07709850045 / 01508 471596

E-mail: iain@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:

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

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

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

CARRY-ALL

Mel Rogers Home 01508 536182 Mobile 07850 402845 carry_all@btinternet.com

Suppliers of:

Sand • Hoggin Shingle (Golden Natural) • Ballast • Top Soil
 • Crushed Concrete • Bark Chippings • Compost

• Aggregate • Plum Slate • Peat & Turf (Sovereign, cultivated)

Childrens play sand and play bark

(complies with British Standards)
No VAT

NOW DELIVERING MIXED LOGS, HARD AND SOFT WOOD
PER TRUCK LOAD
Free delivery on everything



Plumb Angel- offering a full range of Plumbing & emergency plumbing services including:

tap replacement - burst pipes - toilet repairs blocked drains - kitchen & bathroom updates & general maintenance work

Fully insured - give us a call for a free, no obligation quote.
tel; 01508 470470 or 07824 44 5728

SIMONS LANDSCAPING LTD.

One call does all! 01508 470674

- · Car Parks/Roads
- Soil Moving
- Tar+Stone/Tarmac
- Clearing
- Fencing/Gates Paving/Patios
- Tree Felling
- Turf & Seed
- Tennis Courts
- Planting
- Steps/Walls
- · Resin Bound
- · Indian Sandstone/Porcelain
- · Pergolas/Arches









FULLY TRAINED AND INSURED WORKFORCE



01508 470674

www.simonslandscaping.co.uk enquiries@simonslandscaping.co.uk







The Old Queens Head, Low Tharston, Tharston, Norwich, Norfolk NR15 2AF



Opening Times:

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

Upcoming Events - Mark Your Calendars!



? 2026 Friday Night Quizzes!



? Friday 9th January - 7.30pm

Friday 13 February – 7.30pm

Friday 13Th March - 7.30pm

Friday 10th April – 7.30pm

Teams of Six, £1 entry per person. Please call James on 07786 010732 to enter your team!

Saturday 13th December, bar opens 7pm

The legendary rock band returns for a night of electric energy! Tickets £8.00, available from the bar!

M Kids' New Year's Eve Party with James D M Wednesday 31st December, 2-4pm

Let the little ones ring in the new year with music, dancing and fun with the fantastic James D. Free to all.



🥂 Adults' New Year's Eve Party 🥂



Wednesday 31st December, from 7pm

Say goodbye to 2025 in style with live party band Energy and a night to remember. Tickets £8.00, available from the bar!



🎉 🐅 A (belated) Burn's Night Celebration! 🎊 🎉



Saturday 31st January 2026 from 7pm

Ready your tartan, prepare your Plaid and get ready to raise a dram to celebrate Burn's Night with TSSC! Free to All.

