

Newsletter



May 2026

Costessey Flower Club

Committee Contact points for you;

President:
Doris Waymark

Chairman:
Kate Hopewell

Treasurer:
Jane Hamshaw

**For all others see
your 2026
Programme**

2026

**We have a full calendar
of exciting
demonstrations for this
year and we plan to hold
some other events such
as a Christmas Workshop
and a Coffee Morning. If
you have any ideas for
other events you would
like us to organise, please
speak to Kate or another
member of the
Committee.**

**Thank you to all
those Members,
friends and partners
who supported the
recent Coffee
Morning during
which we held a
raffle and plant stall
and raised £268
towards club funds.**



www.costesseyflowerclub.org

Summer News

What a glorious Bank Holiday weekend we are having. For some of you the temperature may be too much, but I am sure you are finding ways to keep cool. It is certainly the weather for just relaxing and "chill out".

Last Thursday we had the Coffee Morning at Norfolk Bowls Club, another successful event. Thank you all who supported us it was lovely to see members bringing their partners along. A big thank you to Pam for organising the plant stall, as usual it was very popular. Thank you too to those members and the committee who made cakes and to Jane, Linda and Liz who all worked so hard to make the event successful. I am sure we have raised a tidy sum.

In the past we have used this fundraiser to help pay for the flowers for our entry to the Floral Art Competition at the Royal Norfolk Show. Sadly, this year we will not be entering as no volunteers have come forward to undertake the Club Class entry. I think this is the first year that Costessey has not entered and I am disappointed as Chairman that we are not being represented. I do however recognise that it does take time and commitment that people are sometimes unable to give. Jane and I will be at the show on one of the days supporting the Norwich Branch of East of England NAFAS.

We have another event coming up on 18th June when we have our Garden Visit to East Carlton Manor, the home of the late Colin and Hazel Chapman, founders of Lotus Cars. We are very privileged to be able to attend as the garden is not usually open to the public. The visit is between 2pm and 4.30pm and costs £10. There will be refreshments available. We will collect the cash on the day and please feel free to bring family members and friends. If you are attending, please can you let me know by email so that we have an idea of numbers for catering at kathyhopewell1@aol.com or costesseyflowerclub@gmail.com

I hope you all enjoyed Crystal's demonstration in May. We always know we will have some fun with Crystal as well as lovely arrangements. The laughter started as soon as she arrived, as she suddenly realised she had left a vital part of the demonstration at home - THE HATS! Luckily, she does not live too far away so was able to nip home and get them.

We look forward to our next demonstration which is back to our normal first Thursday of the month on **2nd July with Linda Kingcott with her title of 'Dancing with Flowers'**. Linda is travelling from Essex so hopefully her journey will be uneventful.

I hope you have had a lovely Bank Holiday weekend, and I look forward to seeing you at the garden visit or on 2nd July.

Kate

Dates for your diary in 2026;

Friday 5th June – Demonstration by David Wright – St Margarets Church Hall, Old Catton, Norwich NR6 7DT – Commences at 7.15pm

Monday 15th June – Workshop with Jonathan Moseley entitled 'Styled for Summer' – Swanton Morley Village Hall -10am until 3pm cost £25

Thursday 18th June – Our Garden Visit to East Carlton Manor between 2pm and 4.30pm – Refreshments will be available

Wednesday 24th and Thursday 25th June - Royal Norfolk Show

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Costessey Flower Club



The Flower Arranger is the UK's leading quarterly floral art magazine. It is full of inspirational designs, essential tips and techniques from top floral artists, seasonal ideas and step-by-step projects. **If you missed the opportunity to order copies for 2026 and would like to purchase them please speak to Cynthia.**

As well as the nationwide website for NAFAS: nafas.org.uk lots of news and information on things happening locally in the East Region are available on the Area website: nafas-east.com



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How do I look after cut flowers in the hot weather?

To keep cut flowers fresh in hot weather, trim the stems at a 45-degree angle and place them in a freshly cleaned vase filled with cool water and flower food. Keep the arrangement in a cool, shaded room away from direct sunlight, heat sources, and ripening fruit.

Following these core rules will ensure your summer blooms don't wilt before their time:

- **Trim and Re-Cut:** Cut 1-2 cm off the stems at a 45-degree angle to increase surface area for water absorption. Do this every 2 days when you refresh the water.
- **Scrub the Vase:** Bacteria thrives in the heat. Wash your vase thoroughly with warm, soapy water and a bottle brush before each use to keep the water crystal clear.
- **The Fridge Trick:** If you have an exceptionally hot house, placing your flowers in an air-conditioned room or even popping them into the fridge overnight (between 2°C and 6°C) will significantly extend their lifespan.
- **Keep Away from Fruit:** Ripening fruit (like bananas, tomatoes, and apples) gives off ethylene gas, which causes petals and leaves to drop prematurely.
- **Daily Top-Ups:** Hot weather causes rapid evaporation. Check the water levels in your vase daily and top up with cool water as needed.
- **Remove Submerged Foliage:** Strip away any leaves that sit below the waterline to prevent bacterial rot and pluck out any fading blooms quickly.



Chelsea Flower Show

Congratulations to North Midlands Area of NAFAS member Jade Loftus, who not only won a Gold medal at the Chelsea Flower Show for her stunning 'Nature Magnified' design in the Floral Creations section, but was also named RHS Florist of the Year.

NAFAS will be featuring Jade's award-winning design, along with more highlights from Chelsea, in the next issue of The Flower Arranger magazine.

Flower and County Shows in 2026

27th and 28th May – Suffolk Show – Trinity Park, Ipswich

24th and 25th June – Royal Norfolk Show – Norfolk Showground, Costessey, Norwich

21st to 26th July - RHS Flower Show - Sandringham Estate in Norfolk -

As you will note this event is being held over several days this year.