



THE HEACHAM NEWSLETTER

July 2011

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Deadline for the next edition is 12 noon, Thursday 21st July

Heacham Carnival Parade & Fete 2011

Sunday 7 August

Parade Starts @ 2:30pm from College Drive

Want to enter a float?

Floats can be: on a vehicle, walking, cycling or on horseback
(or anything else you can think of!)

Entry forms available from Parish Council office in Pound Lane
Closing date for float entries: Noon Friday 5 August

Parade to be
led by
Ambassadors
Of Borrowash
Marching Band

Parade
Collection For
Heacham In
Bloom
(see page 11)

Prizes sponsored by Heacham Caravan Parks. Lavender Queen and Party sponsored by Norfolk Lavender

THE HEACHAM NEWSLETTER

c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET

E-MAIL: theheachamnewsletter@yahoo.co.uk

DIARY-WHAT'S ON: Derek (01485 579403

ADVERTISING: Moira Barnes (01485 570401 Adverts cost £15, £30 or £60 per month

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Dear
Newsletter

*

Neville Road

Dear Newsletter,

End of an era at Heacham Bakery

After almost 20 years at Heacham Bakery we are at last hanging up our oven gloves for good.

We want to say a big THANK YOU from the bottom of our hearts to all our customers who have supported us and kept the bakery open. We will miss Heacham very much and will pop back to see you all sometimes. We are going back to Melton Mowbray to live, to be near my MUM who is now 85years old.

However this is not the end of the bakery by a long chalk.

Leigh and Louise Gentry take on the role of village baker on June 18th. They are expanding their business from King's Lynn. They are a young couple with 2 young boys that are looking forward to living at the seaside.

They are good bakers who are used to making traditional breads and cakes, so we hope you will make them as welcome to the village as you made us 20 years ago.

Once again thank you.

Betty & Richard Howell

Don't be solo - Go Solo

If you can play solo and are sitting solo on Friday afternoons, why not come and join a congenial group who meet at the Pine Residents Hall, Wilton Road.

We meet each week starting at 2pm and finish around 4pm with the possibility of a small cash prize as well as an enjoyable afternoon.

PLEASE NOTE: ALL ITEMS FOR PUBLICATION MUST BE ACCOMPANIED BY THE WRITER'S FULL NAME AND ADDRESS details will be withheld if requested


BACK BY PUBLIC DEMAND

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* **A Piece of Mind,**
Poplar Avenue

Dear Newsletter,

Goodbye And Thank You

As I am sure most of you are aware of the local government cutbacks, unfortunately it has had an impact on West Norfolk Mind and the organisation has had to restructure resulting in reducing staff numbers.

Lydia and Peter have decided to retire early and I have taken a job within the organisation as Carers Support Coordinator, based in Kings Lynn.

We would just like to thank those of you who have supported us at Heacham Mind over the years with our fundraising activities or donations, or those of you who visit our shop regularly. We have thoroughly enjoyed our work here and being involved in the community.

The centre will remain open and operate as usual with different staff as from the end of June, and we hope you will continue to support them as you have done us.

Best Wishes from **Joyce, Lydia and Peter.**

* **Pioneer Holiday Park**

Dear Newsletter,

Craft Stall

On Sunday 28 August 2011, between 10am and 3pm, I shall be holding a craft stall at Pioneer Holiday Park, South Beach Road, Heacham. My stall is in support of the Critical Care Unit at Papworth Hospital, where my husband spent 25 days in 2009, after heart surgery. Whilst visiting him there, I met numerous people from this area in a similar position.

On sale will be numerous hand crafted items together with tombola, sweets, bric-a-brac, home made cakes, jams and pickles. There will also be a raffle with an Indesit fridge freezer as first prize and a number of other good prizes.

I hope you will support my efforts to make patients and their families more comfortable at a time which is very stressful for all concerned.

I look forward to seeing you on the day.

Sue Windle
Mobile: 07889 936060
Home: 01733 240882

* **Tall Trees Caravan Park,**
Jubilee Road

Dear Newsletter,

Where Have All The Craftsmen Gone?

Whenever you hear craftsmen (plumbers, electricians, joiners etc) talking, they are always bemoaning the shortage of work. So why is it that when you want one, you can never get one? I am sure this problem is not peculiar to this area; but we recently needed a few jobs doing best reserved for ‘the expert’. However, we encountered the following setbacks: - telephoning the number on the advert, getting through to an answerphone, but our message not being answered; an arrangement made by telephone, but the workman never turned up; a month after a telephone call, a return call to say ‘it’s too far to travel’ etc.

These examples of a lack of courtesy can be most annoying. However, every cloud has a silver lining and, after several calls, we did manage to obtain the services required from people who came when they said and did a thoroughly competent job – a big thank you is owed to them!

Peter M Oakes

VOLUNTEERS NEEDED

Do you have a few hours to spare each week to help the activities co-ordinator at Fridhem Rest Home?

You can help with crafts, games and outings. If you would like to help please contact Marie at Fridhem Rest Home for the Elderly, Station Road, Heacham. Call in personally or ring 01485 571455. Thank you.

Station Road Garage
33 Station Road, Heacham
Norfolk PE31 7EX
☎: 01485 570259
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Dear Newsletter,

Parking At Tesco Express

Every Thursday, I go out on my mobility scooter to Tesco Express. Normally this is a straightforward thing to do. But recently when I've gone up there I have been faced with inconsiderate people parking their cars in the pedestrian walkway that I and parents with pushchairs use to enter the Tesco store! Also, to my horror, is the rise in able bodied people parking in the disabled bays not displaying blue badges just so they can pop to the ATM or into the store!

Now, I accept the apology that was given to me via the cashier on duty as the person who was parked there at the time was supposedly aware that it was a pedestrian walkway, but it still does not mean that that area should be used for an easy parking place when it is clearly a pedestrianised area. As for those who feel they have to use the disabled parking bay, what is an extra few yards to you when you are completely able to walk. Especially the driver I saw who was wearing extremely high heels!! Does she come across as a worthy disabled parker?

A disgruntled mobility scooter driver!

(Name and address supplied)

Mobile Library Timetable in June Edition

Gremlins crept into the works and we published the wrong mobile library timetable in the June edition. Please accept our apologies for any inconvenience caused.

The Heacham Newsletter Team

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It is with true regret to report that the Heacham Old Friends' Club closed finally on 30th June 2011, after having held weekly meetings for the over 60s since 1st February 1956, joining the list of local groups sadly ending their activities.

The Club had enjoyed immediate popularity and over this 55 year period brought over 60s together for social events of all kinds. Activities included bingo, day trips and even week-long holidays, theatre/market visits, all of which were widely supported, and there were lively parties at Christmas, Easter, strawberry festival time, harvest and other occasions. The monthly lunch innovation was also very popular. In the 1990s there was a waiting list of people to become members. All activities continued to be well supported, including much in-house entertainment which was often of a very high standard. The Club was granted charitable status in February 1993.

However, over the last 5 to 6 years, despite all efforts to encourage a revival, attendance has declined sharply with advancing age taking its toll, coincidental with the seeming decline of community spirit and village participation. As a consequence, with decreasing numbers, activities contracted to such a degree that it became impractical to continue.

The premises were built by public subscription, and one good thing to arise from the Club's demise is that the hall has been gifted to the Parish Council who will continue to operate it for the benefit of the community.

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CHURCHES OPEN WEEK

St Mary's Heacham will be open for visitors from Saturday 6th August to Sunday 14th August on weekdays (including Saturdays) from 10a.m. to 4p.m. and on Sundays from 12 noon until 6p.m.

Special Events

Monday to Friday at 12 noon : **Musical Entertainment** (bring your own lunch), drinks are provided.

Saturday 13th August at 7.30p.m. **Concert** by Jenny Vickers and friends.

Sunday 14th August at 6p.m. **United Songs of Praise**

All Week

Pocahontas Exhibition in Chancel covering many aspects of Heacham's history.

Other displays by church groups and school Christian clubs.

Church website : www.stmarysheacham.webeden.co.uk

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NORTH WEST NORFOLK TREFOIL GUILD

We are holding our annual
Coffee and Gateau afternoon on

Saturday 23rd July
From 2.0pm - 4.30pm

At Holy Lodge, Lynn Road, Heacham

Ticket price £2.00 includes tea/coffee and gateau

- Raffle • Tombola • Book Stall • Jewellery Stall
- Home-made Stall

Plus various other side stalls

Do try to come along and support us
and enjoy the afternoon



Holy Lodge, Heacham in May 1989. [Photograph by A.E. Gunther]

CATHOLIC PARISH OF HUNSTANTON - WHICH INCLUDES HEACHAM

Our Lady of Perpetual Succour & St Edmund

Sandringham Road, Hunstanton
Sunday Mass: 11am

In July and August only: First Mass of Sunday: Saturday 6pm

St Cecilia's

Mountbatten Road, Dersingham
Sunday Mass: 9am

Parish Priest: Fr James Fyfe, 81 Mountbatten Road,
Dersingham, PE31 6YE Tel: 01485 543818

Website: www.hunstantoncatholicparish.org

Weekday Masses:

(subject to change, please check church notice boards, website,
or phone)

Mon, Thu, Fri, Sat: 9am at St Theresa's Convent, 27 Sandringham
Rd, Hunstanton

Wednesday: 10.15am at St Cecilia's, Dersingham

Summer Mass times

During July and August, there is an extra Mass at Hunstanton at
6pm on Saturday evening.

We are always pleased to welcome visitors to our churches -
both those from the local area and those from further afield.
Refreshments are served after the 11am Mass every Sunday at
the church in Hunstanton, and after the 9am Mass at
Dersingham on the first Sunday of the month. We also have a
friendly and informal gathering after the 10.15 Mass at
Dersingham on Wednesdays. Do come and visit - we'd love to
see you.



CHURCHES TOGETHER IN HEACHAM

"Beauty from brokenness"

In May, during our holiday, Alison and I visited part of Hadrian's Wall. Not much of it still remains although pieces of the wall can be found in local buildings for miles around for much of the stone was reused by the local people when the Romans left. Recycling is not a new idea; throwing things away without regard for the waste is modern.

Where I lived in a part of Africa it was not unusual to see rubber footwear made from old tyres. Resources were scarce: as much as possible was used and reused – in often inventive ways.

The Church 'flower' festival in June showcased many displays all made from 'rubbish', bits and pieces that would normally be discarded. Many who came saw beauty and commented on the creativity as Bible and children's stories were depicted. For me and many others the inspiration is the stories that God told and continues to tell.



Jesus often told stories by looking around and seeing what was in front of him. The biggest story of all was lived out in front of the people and in the end they threw Jesus away on a cross. But God is not into throwing away.

As God looks on us he offers his creativity; he desires to bring out the beauty of our lives. God is not into throwing away. One of my favourite songwriters uses the following lines:

"So look in the mirror and pray for the grace
To tear off the mask, see the art of your face."

We are God's workmanship; there is an artistry in each one of us that finds its fullest beauty when we let God work in us. The story started in a garden long ago continues to be told as God seeks to bring beauty from brokenness.

Steve

Steve Davies, Vicar of Heacham



PARISH REGISTERS

Weddings

04/06/11 Aaron Robert Tunnicliff
and Harriet Jane Frammingham
11/06/11 Paul Bumstead and Kirsty Louise Jordan

Faithful Departed (Church linked funerals)

01/05/11 Joanna Susan Ward 51
13/05/11 Kenneth William Wells 80
06/06/11 Gerald Leslie Culvin 79
08/06/11 Peg Arterton 86
17/06/11 Mae Cadman 89

"Blessed are those who mourn for they will be comforted"

We do extend our sympathy and condolences to all who have been bereaved. The church prays for friends and family at the Sunday morning services around the time of the funeral.

METHODIST CHURCH Sunday Services

10.30am Morning Worship

Preachers:

3rd July – Rev'd Kim Nally
10th July – Rev'd Leslie Stoker, with Holy Communion
17th July – Helen Martin
24th July – Wallace Ward
31st July – Mike Gunnell

Chapel Anniversary

Heacham Methodist Chapel Anniversary will be celebrated on the morning of Sunday 31st July when a Songs of Praise Service will be held at 10.30am, conducted by Mike Gunnell.

Midweek Communion Service: This will be on Wednesday 13th July at 10.30am. All who love the Lord are welcome to attend.

Regular Activities at the Methodist Church

New members are welcome to all our regular activities.

MONDAYS: Indoor Bowls 7pm – weekly

TUESDAYS: Ladies' Fellowship

2.45pm on 12th and 26th July

Ladies! If you are looking for an interesting hour midweek you might like to give the Methodist Ladies' Fellowship a try. You don't have to be a Methodist or attend Church at all. They meet fortnightly (as above).

TUESDAYS: Hands and Needles Club:

7.30pm on 12th and 26th July

Saturday Coffee Mornings

These are held each week from 9.30-11.30am. All welcome.

The Parish Church of St. Mary:

Sunday Services

8.00am Holy Communion (Book of Common Prayer)

10.00am Morning Worship
(Holy Communion on 2nd Sunday)
Provision for children during services
at Discoverers

10.30am Morning Worship at Junior School
(Holy Communion on 3rd Sunday)

6.00pm Evening Service
(Holy Communion on 5th Sunday)

REGULAR ACTIVITIES AT ST. MARY'S CHURCH

Looking at the above information you might think that St. Mary's is only open on Sundays, but it is a busy church with things going on throughout each week. There are Bible Study groups with people meeting in their own homes; there are Prayer Meetings; we have a Choir, and

there are Music Groups; for very young children there is the Rainbow Circle Toddlers' Group; Ladies meet together in *Girls Together* or at the Mothers' Union; and there is a Men's Group as well; there are also Coffee Mornings and various other activities which meet not so frequently. So why not find out more about St. Mary's and its regular activities - there will be something to suit you. And you will find our Sunday services welcoming and friendly.

SUMMER WEEKDAY OPENING: MAY-SEPTEMBER

All through the summer (till 30th September) St. Mary's is open for visitors on Mondays to Fridays from 10.00am-4pm and on Sundays from 12 noon till 5pm. Between 10-12 and 2-4 on weekdays there are always friendly people on duty to answer questions and be generally helpful to visitors, and to provide tea, coffee and biscuits. Why not pay a visit one day, enjoy the peace and quiet, and study the wonderful history present in this distinctive building which has been a centre for Christian worship in the area for hundreds of years.

July Services: Nursing/Residential Homes

Tuesday 5th	2.30pm	Rebecca Court
Monday 11th	11.00am	Holy Communion: Millbridge
Sunday 17th	7.30pm	Neville Court
Weds. 20th	2.30pm	Summerville
Friday 22nd	10.30am	Fridhem
Friday 29th	2.30pm	Sunnyside

August: come and have some light refreshment in the church at 4.30pm on Sunday 7 August leading into a short service; similarly, 3.30pm on Sunday 14 August. More details next month.

Church Contacts: (telephone code: 01485)

Methodist Church The Rev'd Kim Nally 570232
 St Mary's Church The Rev'd Steve Davies 570268
 St Mary's Church Office 572539
 email: heacham.church@googlemail.com

"What a difference!"

Report of St Mary's Church Festival

Sweet papers, toffee wrappers, yoghurt pots, crepe paper, old tights and so many other odd materials transformed into objects of wonder. 'wonder' was an oft heard response to the festival with a difference at St Mary's on 17-19 June as the interior of the church was transformed.



Yes, there were flowers, but not real ones. I have to say

that one of the elements that made the displays look realistic was the greenery – and that was real for imitating everything in nature is not easy. Stories were retold – the Good Shepherd, Joseph and his amazing coat, the parting of the Red Sea, and many others, plus a display of the BIGGEST story book of all, dating from 1617, and a reminder of 400 years since King James brought a new English Bible into the world.

During Saturday afternoon Brian Ogden read some of his stories to all who were there to listen – not just for children.

On the Saturday evening the Lacey Theatre Company entertained the church with a solo performance (backed up by technical support for sound and images) of *The Story So Far*, a retelling of the biblical story of salvation. I hope that if you managed to get into the church you enjoyed the displays and a sense of wonder was raised in you.



More images from the Festival:
 Above and below - flowers from recycled materials.
 Right - Pocahontas and John Rolfe





Active Together Needs You!



Are you looking for a flexible volunteering experience?

By Telephone

If you have a very busy lifestyle but would still like to volunteer, why not become a Telephone Befriender? You can volunteer from your own home, in your own time, chatting to our members all of which helps to combat loneliness and isolation.

Home Visiting

Visit an older person in their home taking part together in an agreed task, helping to build confidence to do the task independently.

In the Community

Helping someone engage in their local community by encouraging them to join a club or group, going with them for the first few visits until they are confident to go it alone.

For more details please contact the Active Together office
t 01603 785261 e activetogether@acnorfolk.org.uk

Age UK Norfolk is the operating name of Age Concern Norfolk, a Charitable Company limited by guarantee Registered in England No 03782205. Registered Charity No 3107097. The Registered Office is 310 St Pauls Road, Old Cotton, Norwich, Norfolk NR8 7BL.

In Celebration Of The Life Of Mary Pishorn

At Heacham North Beach
(by Marigold Beach Hut, no.64)

Time: 1pm onwards

Date: Sunday 10th July

ALL WELCOME

'SHOWTIME'

NORTH BEACH

AMUSEMENTS

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Mary's Country Sayings

1. Never walk one way and look the other
2. Trust not the man who promises with an oath
3. Better to go round than fall in the ditch
4. Life's but a means unto an end

Mary Pishorn has been a regular contributor to the Heacham Newsletter for many years so we were sad to hear that she had passed away on Monday 13th June. She was also deeply involved in looking after Heacham's coastline through Friends of Heacham Beaches. Goodbye Mary, thank you for all you have done for the community.

The Heacham Newsletter Team

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Race For Life 2011

Heacham Tesco Express on Lynn Road are proud that every female member of staff has signed up to take part in the Tesco Cancer Research Race for Life 2011 which will take place this year at Houghton Hall (just off the 148 Fakenham road) on July 19th at 7pm.

All have been affected by Cancer in some way, whether directly or indirectly, and we are asking for support in fundraising for this fantastic cause.

Donations are being taken in store now and will continue up to and beyond the event day so please show your support (perhaps you could attend the event and cheer the ladies on), every little helps.



*Chrissy Hope, Brenda Deane, Mel Kite, Beth Lombari, Sue Percy
Jo Wood Carmen Johnson*

There are 8 girls in total. Deborah Dean was unable to make the photo but will be there on the day.

BUSHEL AND STRIKE

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DOLLY'S FISH & CHIPS
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Take Away or Eat In

News From The Pudding Club

We would like to thank everybody for taking part, and making such an enjoyable evening. Once again, the puddings produced at the June Pudding Evening were most impressive - each month they appear to be more professional than ever. We would like to say a very big thank you to the Rev. Steve Davies for judging the puddings, also a big thank you to Tolly.

The next pudding meeting will take place on Tuesday 12th July at 2000 hours in the Bushel and Strike.

Paula and Mark

A Reminder of The Bushel and Strike Pudding Club Rules

1. The Pudding Club is a friendly competition to provide and enjoy the great British pudding. The pudding must be produced by the entrant's own hands and cooking.
2. Only one pudding per entrant is allowed.
3. Pudding/desserts may be sweet, savoury, or both.
4. The event commences at 2000 hours and judging will start within the hour. An Independent Judge shall be used and the Judge's decision is final. Judging is based on presentation and taste.
5. Non-participants will be allowed to taste the goods at the end of the event, a discretionary fee for a nominated Charity is advised.

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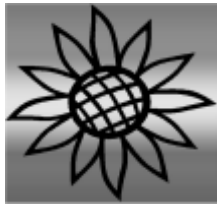


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Opening times
Monday - Saturday
10.30am - 4pm

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Heacham In Bloom 2011

May and June have been busy months for the In Bloom team as we have been working hard to make established planting sites bigger and better than before, including the creation of a large new bed at North Beach. We are also pleased and relieved to see our permanent planting areas really thriving after such a cold winter and dry spring. The next few weeks will be even busier as the Anglia in Bloom Judges arrive on Wednesday 13 July to assess our efforts. We will be doing our own spot of judging just before then to award Heacham's first best Blooming Caravan Park trophy. Well done to all those who signed up for the Pride of Place campaign, we hope you found it rewarding and that many more will join in next year.

With no funding coming from the Borough Council this year, support from businesses and residents has been so important. Thank you in particular to: Heacham Parish Council, Friends of Heacham Beaches, Vanessa Beech at the Surefoot Podiatry Clinic, Charlie Hammond at Moulem and Horn, Heacham Newsletter, Tesco, Frimstone, Scott and Nicky Cawthorne, Kevin Partyka, Jim Wilding, Mrs S South, Mrs W Rumens, Mr R Grieve, Palm Beach Caravan Park, Heacham Rainbows, Heacham Allotment team and last but not least the In Bloom team who give much of their own time and money to making the Village Bloom.

We are delighted to be receiving the Carnival Parade collection this year as this will go towards next year's work, so look out for our collectors and our Carnival float. We also look forward to welcoming you to our open garden at Robin Hill on Saturday 23 July.

Susan Richardson
Chairman Heacham In Bloom
 heachaminbloom@btinternet.com
 01485 572142



Heacham Rainbows bring colour to South Beach.
 [photo by Rob Topliss]



Heacham In Bloom Open Garden

Come and join us on
Saturday 23rd July 2.00pm to 5.00pm
 at Robin Hill Heacham PE31 7SS

Admission £2.00 which includes Tea or Coffee and a scone
 XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX



Book stall



Plant stall



Jewellery



**Photos and
Fridge Magnets**

**Games, Tombola
and Cake stall**




See the projects that have been achieved this year
and how you can be part of next year.



Work in progress - work underway on the new bed at North Beach. [photo by Rob Topliss]

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YORKSHIRE COUPLE WED IN HEACHAM



Alan Taylor and Pat Burton spend as much time in Heacham as they do at home in Brinsworth, South Yorkshire, that they wanted to be married here.

Alan and Pat love Heacham and surrounding area so much, they investigated the possibility to making their dreams come true. They wanted to use local businesses for the day but, most of all, they wished to be married in St Mary's Church in style.

On May 14th 2011, their wishes came true - they were married in Heacham. Family and friends came from Yorkshire, joined by their local friends to celebrate the day.

The event began with Alan being collected from The Claremont Guest House, Hunstanton by 2 beautiful horses with carriage from Townies Carriages of March. After dropping the men at St Mary's Church, the carriage went to collect Pat and Bridesmaids from Longacres.

Rev'd Steve Davies conducted the ceremony, followed by the reception at Four Seasons in the High Street. Flowers were arranged by Scent with Love, Hunstanton and photographs were taken by Alan & Viv Walker.

A wonderful day was had by all and to top it all, the weather stayed fine.

Viv Walker

TONY'S HOUSE MAINTENANCE

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Thursday Steak Night Special -
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Friday - Curry Night £5.95
Traditional Sunday Roast £6.50

Entertainment through July:-

- Sat 2nd - Carole-Anne**
- Sat 9th - Yvette Nowlan**
- Sat 16th - Peter J.H.**
- Sat 23rd - Helen & Michael**
- Sat 30th - Steve Johns**

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Hunstanton Lions Club

Our presentation, in conjunction with Glebe House School, of "Pride & Prejudice" is now very close, next week in fact on July 6th, so make sure you've got your tickets as this will be a great evening for all. The actual performance which is presented by "Heartbreak Productions" starts at 7.30pm, but the gates will be open from 5.30pm so you can come along with your family and friends and have a picnic in the grounds first. There will be a bar and food available as well if you don't want to bring your own. "Heartbreak Productions" are the best known travelling outdoor theatre company in the U.K. They perform many productions up and down the country in Castles, Country Houses and Gardens and other popular locations. Over the years many now famous actors have risen through their ranks so you're in for a really professional and enjoyable evening. Tickets are available from Glebe House School, any Lion, Amanda Knight (01485 534481) or on www.heartbreakproductions.co.uk (no booking fee). We look forward to seeing you all there. Parking is free but bring your own low backed chairs or rugs. Also remember that after dark it may get a bit colder, so a torch could be useful.

July 23rd and 24th sees our now yearly Open Bowls Competition at Old Hunstanton Social Club. Full details will be on notice boards throughout the town or contact any Lion. This is a great relaxing weekend with a bar selling real ales, lagers wines and spirits and a Bar B Q running throughout. Fun for all the family.

If you come to town on Saturday August 13th, please don't be alarmed because you may not believe your eyes. Everywhere you look you will see bras – yes that's right - brassieres. We are hanging these all over the place to raise money for "Breast Cancer Awareness". This is a very important charity, so when you see us, please give generously. It should also be a lot of fun.

At the time of writing our "Fun Day" at the Fair has not yet happened. This is a really major event for us. Every year we invite disabled and unfortunate children from throughout our area for a day out at the Fair. Of course we couldn't do this without the fantastic help of Fred and Chadwick Pooley and all their helpers who give their time and use of all their rides completely free. What a great spirit they have. This year we're expecting well over 300 children and helpers so everyone is going to have a busy morning. We also thank the Borough of King's Lynn and West Norfolk for not charging for parking for the buses and cars used to bring the children here. After a morning on all the rides everyone gets a "Fish 'n Chip" lunch, and this year we have to give extra special thanks to Jose

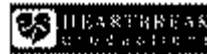
Pride & Prejudice

Presented by Heartbreak Productions
Britain's Premier Open Air Theatre Group



WEDNESDAY 6TH JULY 2011

GLEBE HOUSE SCHOOL
CROMER ROAD HUNSTANTON
PE36 6HW



- ~ Guests can bring their own picnics
- ~ Refreshment will be available
- ~ Please bring a rug or low back seating
- ~ Event will take place in the marquee if inclement

Jane Austen's most popular classic set in the rural village of Meryton follows the story of five sisters' amorous exploits. Heartbreak's fresh and contemporary adaptation will highlight the wit, fun and absurdities of the characters, intermingled with period dance, music and song. And our very own Mr Darcy will make you tingle with anticipation...!!!

Performance starts 7:30pm
Gates open 5:30pm

TICKETS

On line - www.heartbreakproductions.co.uk
In person - Glebe House School Office
Telephone - 01485 534481 Amanda

Adults £12.50 / Under 18's £5.00 / Conc. £10.00 /
Family ticket (2+2) £30.00

Rodriguez and all his team at "Vegas" Fish Bar who are supplying all the food at an exceptionally low cost. More details of how this great day went will be in the next edition of this Newsletter.

Our Car Boot sales continue to be a great success with the next one being on August 14th at Glebe House School.

Another fantastic success was our first "Lions International Golf Competition". Our thanks to all the sponsors and all who turned up to play. The day made well over £2,000 for our charity funds. The day was so successful that we've already arranged to repeat it on Friday May 18th, 2012, so golfers put that date in your diary now.

Our "200 Club" for 2011 is in full swing now and the lucky winners for June were Shaun Felgate, June Playford, C. Grimwood and Christopher Eldridge. Well done all of you. As you can see we're as busy as usual and we will keep you informed of all our activities as the year goes on.

As you can see we're as busy as usual and we will keep you informed of all our activities as the year goes on.

We hope you all, visitors and those living locally, enjoy your Summer in Hunstanton.

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You will be made very welcome by the
same friendly, helpful staff

Outside Catering Available

For further details and bookings give Trish a call



The Detectives are the featured novels for July, solving crimes whether committed in a sleepy village or vast metropolis. Male or female, all the detectives have a rare talent and quirky personality traits which help them solve the most puzzling of intrigues. To make way for new titles, there will be a book sale on Wednesday 6 July 11.00am-2.00pm.

A reminder that free Internet Access is also available as well as the new Norfolk Green Bus timetables.

Heacham Library Opening Hours

Monday, Wednesday, Friday - 10am-4.00pm

Saturday - 10.am – Noon

Letter to the editors

I should like to say a big thank you to the Newsletter team for publishing my call for more library volunteers on the front page of the May edition. We had a fantastic response. Three new volunteers have completed their training and will be in place this month, with a few more waiting in the wings for training. I would also like to thank all those who took the trouble to contact us to offer their services.

(It is good to hear that your appeal was successful. Thank you for letting us know. - Ed)

Open Day at

**Northfields Allotments
Cromer Road, Hunstanton**

Sunday 14th August, 11am – 3pm

- Fresh Fruit and Vegetables
 - Cakes and Preserves • Refreshments
 - Giant Bug Hunt
 - Craft Stalls
- and more!



Parking available next door at the Glebe School car boot sale

Brancaster Camera Club

Come and join us on Tuesday 5th July for our Digital Image Competition which will be judged by Joan Jordan LRPS.

Visitors to the area and interested new members are welcome at our club meetings which are held in Brancaster Staithe village Hall at 7.30 pm. Entrance is £2.50 to include refreshments.

E. W. WITTON

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**Wednesday 28th July
2.00pm – 5.30pm**

The West Norfolk group invites you to
A Garden Wildlife Event
in aid of Trust Funds

at **Gayton Hall** , Back Street, Gayton, Norfolk, PE32 1PL
by kind permission of the Earl and Countess of Romney.

Explore the 20 acre garden of lawns, woodland,
lakes and streams with over 2 miles of paths.
Moth traps, quiz, stalls and games.

Cost: £3.50, accompanied under 12's free.
Tea and cakes on sale

**Norfolk Wildlife Trust
Want to know more?**

Every month throughout the year Norfolk Wildlife Trust
arrange wildlife talks, walks and other events around Norfolk.
To find out about them, and more about the Trust, go to:
Norfolkwildlifetrust.org.uk

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Heacham Group Practice Patients' Participation Group

Surgeries at Heacham and Snettisham



**Contributing to
Health Improvement
in Heacham,
Snettisham, Fring,
Sedgeford and
Ringstead**

AGM

Monday July 18th at 7.30pm in Heacham Surgery

Practice , PPG & Charity Annual Reports, Election of Officers

Summary Care Records-Update Amanda Harries NNHS

Refreshments

Chairman Mike Press 579007

HEACHAM GROUP PRACTICE PATIENTS' PARTICIPATION GROUP

Annual General Meeting

Monday 18th July 2010 at Heacham Surgery 7.30pm

AGENDA

1. Welcome and Apologies
2. Issues and Concerns
3. Summary Care Records - Update.
Amanda Harries Norfolk NHS

Refreshments

4. Annual Reports
 - a-Treasurer
 - b-Chairman
 - c-Practice
 - d-Amenity Charity Fund
5. Election of Officers for 2010/11
 - Chairman
 - Secretary
 - Treasurer
 - Fund raising
 - Snettisham representative
 - Practice News
6. Diary date
October 17th QEH Foundation Trust Developments

The HEACHAM GROUP PRACTICE has surgeries at
Heacham and Snettisham

WHAT'S ON REGULAR EVENTS

CC = Cunningham Court
PH = Public Hall
NC = Neville Court

OFH = Old Friends Hall, Sunnyside
PRH = Pine Residents Hall, Wilton Rd
SG = Scout & Guide Hut, Sunnyside

HSC = Heacham Social Club
MC = Methodist Church Hall, Station Road
SM = St Mary's Church Hall, High Street

MONDAYS

1st HEACHAM RAINBOWS Term time Girls 5 to 7 years old 5.00 to 6.00 pm . Tel : Mary Harpley 07813 014477 (PRH)
TABLE TENNIS 9.30 am Tel: Adrian 570477 (PH Top Room)
DRAMA JUNIOR CLASSES 4.15-5.15 pm Tel: 579074 (SG)
BEAVERS Term Time 6.00-7.15 pm Tel: Victoria 570122 (SG)
LINE DANCING 7-9 pm £3.00 Tel: 532317 (PH)
1st HEACHAM SCOUTS (boys and girls aged 10 to 14) 7.30-9.30 pm Tel: Rob 572239 or Julz 572890 (SG)
HEACHAM WIVES GROUP meets 2nd Monday of most months at 7.30 pm (HSC Top Room) Contact Mrs Wybourne Tel : 532396
RAINBOW CIRCLE TODDLER GROUP 1.00 pm in school term time Tel:Pip 570812 or Karen 571837 (SM)
INDOOR BOWLS CLUB 7.00 pm (MC)
SUNNYSIDE CLOSE (Sheltered Housing for over 60's) Coffee Morning 10.30 am Tel : 570492
SUNNYSIDE CLOSE (Sheltered Housing for over 60's) Exercise class to music – Fun, Fitness and Flexibility for the over 50's. 11.00 am Tel : 570492
HEACHAM TENNIS CLUB Junior coaching (weather permitting) From 5.00 pm
COFFEE MORNING Fridhem Rest Home, Station Road Last Monday in every month at 10.30 am
ZOMBA GOLD Exercise to music 1.00 to 2.00 pm Suitable for all levels. 2.15 to 3.15 pm Gentle stretch & relaxation classes for all ages. Tel : Suzie Povey 07900 818311 (PH)
TUESDAYS
HEACHAM DAY CENTRE FOR ELDERLY 9 am- 3.30 pm Transport may be available Tel: Geoff Speed 572584 (OFH)
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11.30 am Tel: Liz 571773 (SG)
ACTIVE FOR LIFE Exercise classes for those aged 60 or over, or at risk of OSTEOPOROSIS at Heacham Surgery Classroom 10-11am Tel: Pat 572414 or Audrey 542176.
CARPET BOWLS 10.30-12 noon Tel: 570776 (PH)
CARERS SUPPORT GROUP Run by W.N. Mind. Lunch, Coffee and Chat. Piece of Mind, 4 Poplar Avenue Tel: Hannah or Mandy 01553 776966
WOMENS FELLOWSHIP 2.45 pm 2nd & 4th Tuesdays (MC)
SLIMMING WORLD 6.30 pm Tel: Julie 528796 (SM)
WEIGHT WATCHERS 7pm (OFH) Tel: Alison 07796 904311
HEACHAM DIGITAL CAMERA CLUB meet 1st & 3rd Tuesday of the month 7.30 pm at Sandringham Club, West Newton. Email : heachamdigitalcameraclub@yahoo.co.uk or call Viv for info on 07906 056019
HEACHAM BOOK CLUB meet 3rd Tuesday of each month Tel: Beth 570479
POCAHONTAS PLAYERS Drama Group Pantomime rehearsals 7.30 – 9.30 pm Tel: 570402 (PH)
HANDS & NEEDLES GROUP meets every other Tuesday 7.30 – 9.00 pm Tel: Joan Careless 570363 (MC)
LIVE ENTERTAINMENT from 8.30 pm at Fox & Hounds
LADIES KEEP FIT FOR OVER 50's 10.30 to 11.30 am. Contact Kath Manning-Coe Tel : 01553 774343 (SM)
PUDDING CLUB 8.00 pm at the Bushel & Strike on the 2nd Tuesday of each month

WEDNESDAYS

CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)
LINE DANCING 1.30 – 3.30 pm £3.00 Tel: 532317 (PH)

LINE DANCING FOR IMPROVERS – 7.00 pm to 9.00 pm. £3.00 per session. Contact Diane 01485 571166 (SM)
PATIENT ADVICE & LIAISON SERVICE 2 – 4 pm on 2nd and 4th Wednesdays at Heacham Council Offices
WEST NORFOLK SINGERS 7.30 pm Tel : Adrian Huggins 01485 542359 (MC)
QUIZ NIGHT 8.45 pm Prompt start. New teams of up to 5 welcome. £1 entry pp Cash Prize & Cash Snowball (HSC)
BINGO 7.30 pm Neville Court Grouped Home
CAR BOOT SALE Heacham Sports Field car park from 7.30 am. No need to book. Just turn up £5 per pitch.
HEACHAM TENNIS CLUB Senior Club Night (weather permitting) from 6.30 pm. Thursday evening if wet on Wednesday

THURSDAYS

ACTIVE FOR LIFE – see entry on Tuesday
TABLE TENNIS CLUB 10 am (PH Top Room)
1st HEACHAM BROWNIES Term Time Girls 7 to 10 years old 6.00 – 7.30 pm Tel: Mandy (Brown Owl) 01485 518012 or 07769583439 (PRH)
TREFOIL GUILD meets on 1st Thursday 2 -4 pm Tel: 01485 579440 Mrs Christine Crisp (MC)
CARPET BOWLS 10.30 am to 12 noon Tel : 570776 (PH)
JUDO Beginners 6 – 7.30 pm Tel: 571614 (PH)
CUBS 6.45 – 8.30 pm Tel: Steve 525577 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
FLOWER CLUB meets on 4th Thursday 7.30 pm. Flower arranging and demonstrations. Tel: Sandra Panton 571029 (SM)
RAO BUFFALOS 8 pm (HSC Top Room)
QUIZ NIGHT Cash Prizes 9 pm at Fox & Hounds
FOOTBALL Under 8's 5.30 to 6.30 pm Heacham Field/Astroturf. Contact Stephen Joyce 01485 579009
WRITING GROUP AT HEACHAM SURGERY meets 3.00 to 5.00 pm every other Thursday. For further details please ask members of staff at Heacham Surgery or Tel : Caroline Smith 01553 819460 on a Tuesday between 1.00 and 1.30 pm
SUNNYSIDE CLOSE (Sheltered Housing for over 60's) Bingo 2.30 pm Tel : 570492

FRIDAYS

SOLO WHIST – Don't be solo – Go solo. Pine Residents Hall, Wilton Road, Heacham. 2.00 to 4.00 pm Entry £1 Congenial atmosphere
GUIDES Term Time 7 – 9 pm (SG)
WILDFOWLERS CLUB meet 1st Friday 7.30 pm (HSC Top Room)
CASH BINGO 7.30 pm (PH)
TAI CHI Adults 7.30 – 8.30 pm Beginners welcome Tel: Derek 01553 674779 (PRH)
BEREAVEMENT SUPPORT - Meetings are held on the third Friday of every month 10.00 am to 12 noon in the Church Hall, High Street, Heacham Tel : Barbara Fargher 01485 534741
SUNNYSIDE SHELTERED HOUSING Church Service on last Friday in the month at 2.30 pm Tel ; 570492

SATURDAYS

GIGS from 8.30 pm. Free entry for Members (HSC)
COFFEE MORNING 9.30 - 11.30 am (MC)
HEACHAM YOUTH CLUB, Church Hall, High Street. 7-9pm (term time) **School years 6 – 11** (Smithdon). Contact Tracey Swann 07833 307856

HEACHAM DIARY

Saturday 2nd July – GIG at HSC with TONY G's ELVIS NIGHT from 8.45 pm plus BARBECUE - from 8.30 pm

* GIG – CAROLE – ANNE at Silver Sands

Thursday 7th July - TREFOIL GUILD – Subject - Planning for Coffee/Gateau plus raffle

Friday 8th July - GIG - DAN'S ACCOUSTIC SET at Fox & Hounds from 8.30 pm

Saturday 9th July - GIG at HSC with JEFF JUDGE from 8.30 pm
* GIG – YVETTE NOWLAN at Silver Sands

Monday 11th July – HEACHAM WIVES GROUP – Talk on Riding for the Disabled 7.30 pm (HSC Top Room) **Please note there is no meeting in August**

Tuesday 12th July - GIG - D N A at Fox & Hounds from 8.30 pm

Friday 15th July - BEREAVEMENT SUPPORT IN HEACHAM 10.00 am to 12 noon in St Mary's Church Hall, High Street, Heacham. For further information please contact Renee Smith or Barbara Fargher . Tel : 01485 534741 or e- mail silverlinings@gmx.co.uk

Saturday 16th July - GIG at HSC with CUTTING EDGE from 8.30pm

* GIG - PETER J H at Silver Sands

Monday 18th July - HEACHAM GROUP PRACTICE PPG Annual General Meeting at Heacham Surgery 7.30 pm

Wednesday 20th July - FRIENDS OF HEACHAM BEACHES – Meeting 7.30 pm at 35, High Street, Heacham.

Friday 22nd to Sunday 24th July - FOX & HOUNDS BEER FESTIVAL GIGS

Thu 21st - ANDY GRAHAM Acoustic Set 8.30pm

Fri 22nd - HILLBILLY CATS 8.30 pm

Sat 23rd - HILGAY SILVER BAND 2.00 pm

JACK 8.30 pm

Sun 24th SONGS FROM THE BLUE HOUSE 2.00 pm

Saturday 23rd July - N W NORFOLK TREFOIL GUILD – Coffee & Gateau Afternoon from 2.00 to 4.30 pm at Holy Lodge, Lynn Road, Heacham. Tickets £2.00 incl tea/coffee & gateau. Raffle, tombola, book stall, plants, home made stall etc

Please note there will be no meeting in August.

* GIG at HSC with former X factor contestant ROWENA TOLEDO from 8.30 pm

* GIG - HELEN & MICHAEL at Silver Sands

* HEACHAM IN BLOOM OPEN GARDEN and join us from 2.00 to 5.00 pm at Robin Hill, Heacham PE31 7SS. Admission £2.00 includes Tea or Coffee and a scone. Various stalls, games and Tombola. Entertainment from The Lavender Hill Mob

Monday 25th July - BINGO at Fridhem Rest Home. Eyes down 7.00 pm

Friday 29th July - GIG at HSC with TRAVIS GRAHAM from 8.30 pm

* GIG - STEVE JOHNS at Silver Sands

Friday 29th to Sunday 31st July - HEACHAM METHODIST CHURCH ARTS & CRAFTS FESTIVAL – 10.00 am to 5.00 pm on Fri & Sat 2.00 to 5.00 pm on Sun. Refreshments available, all proceeds to charity Tel : 01485 570555

Friday 5th August - CARIBBEAN NIGHT at HSC. Barbecue & Cocktails from 7.30 onwards. Entertainment with KENNY BERNARD from 8.30 pm

Saturday 6th August - KINGS SWINGERS BIG BAND SOUND – Dance to the sounds of the 40's & 50's in the Public Hall 7.30 pm till late, dress optional. Tickets £6.00 available from HSC Tel : 07810 368771

OTHER EVENTS

Tuesday 5th July - BRANCASTER CAMERA CLUB – Digital Image Competition. Judge : Joan Jordan LRPS 7.30 pm in Brancaster Staithe Village Hall. Entrance £2.50 to include refreshments

Wednesday 6th July - PRIDE & PREJUDICE – 7.30 pm at Glebe House School, Hunstanton. Tickets : Adults £12.50, U16 £5.00, Conc. £10.00, Family (2+2) £30.00. Tel 01485 534481 or online at www.heartbreakproductions.co.uk

Saturday 30th July - HUNSTANTON & DISTRICT FESTIVAL

of ARTS – CRAFT FAIR – at the Town Hall, Hunstanton 10.00 am to 4.00 pm. Free Entry. Contact : Lorraine Cannell 01553 671191 or lorrainecannell@hotmail.co.uk **Also on August 6th Saturday & Sunday July 30th & 31st** NORTON HILL LIGHT RAILWAY Charity open days at Hill Farm, Old Church Road, Snettisham. Admission £1.00, children free. Train ride £1.50 per person. 2.00 to 5.00 pm

Mondays – AL-ANON FAMILY GROUP – Hope for family & friends of problem drinkers 10.30 am at the United Reform Church Hall, Sandringham Road, Hunstanton Tel : 02074 030888. Website www.al-anonuk.org.uk

* U3A HUNSTANTON meets on the third Monday of most months (except August and December) at 2.00 pm in the Hunstanton Community Centre. Tel : Norma (Chairman) 533579 or Liz (Secretary) 571573 for further details.

Tuesdays - KEEP FIT FOR OVER 50's 10.00 to 11.30 am at Ringstead Village Hall. Cost £3.50 Tel : Val Barnes on 01328 864358

Wednesdays – YOUTH GROUP meet at Ringstead Village Hall 7.00 pm to 8.45 pm for young people aged 7-14 Cost is £1 per evening and the contact is Mr T Large, 11 Holme Road, Ringstead. Tel : 01485 525480

* SINGING WORKSHOPS FOR FUN 10.00 to 11.30 am Snettisham Village Hall Tel : Cath Coombs 07810 146501

* HUNSTANTON VOLUNTEER SURGERY 3rd Wednesday of each month 10.00 am to 12 noon at 1st Floor, Council Offices, Valentine Road. Tel : Karen Lee 01553 760568 or e-mail Karen@westnorfolkvca.org

* LYMPHOEDEMA SUPPORT GROUP meets on the second Wednesday of each month 10.30 am to 12 noon at Tapping House, Snettisham

* FIRE CADETS at Hunstanton Fire Station. 7–9 pm, Boys & Girls aged 13 plus. Come along for a fun and interesting evening learning about all aspects of fire safety. Tel : 07919 492294

HUNSTANTON WORLD TANG SOO DO CLUB. Korean martial arts of self defence. **Mondays** 6.30 to 8.30 pm at St George's School, Dersingham. **Tuesdays** 6.00 to 8.00 pm and **Fridays** 6.30 to 8.30 pm at Smithdon High School, Hunstanton. For details contact Liz on 07948 407694.

NEWSLETTER SUDOKU

Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

2		9				1		3
			9	7				
5	8					4	6	
				8	1		5	6
	5	1						
			7		5	3		8
3			2		7			
	6	8	1	9		7		5
9		2			8			



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HEACHAM DIARY & REGULAR EVENTS

Do you have an event or regular meeting which you would like listed in our diary pages? If so, you can:

- Write to us at The Heacham Newsletter, c/o Heacham Parish Council Office, Pound Lane, Heacham PE31 7ET
- Email us at: Theheachamnewsletter@yahoo.co.uk
- Ring Derek on 01485 579403

Solution to
June 2011
Newsletter
SUDOKU

8	3	7	9	6	1	4	5	2
5	2	9	8	7	4	3	6	1
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"DIGGING UP THE PAST"



Do you watch programmes like Time Team?
Are you interested in local history and archaeology?
This year will be the sixteenth that the Sedgeford Historical and Archaeological Research Project (SHARP) has been in operation. It is a long term archaeological and historical look into the past of Sedgeford, recording the story of the village since man first came to live there, **and it is on your doorstep!**

The 'dig' season is from **Sunday July 3rd to Friday August 12th**, and visitors are very welcome, free of charge, from **Sunday to Friday between 11am and 4pm**. (Please note we are closed on Saturdays) There is also an additional **extended tour on Fridays at 3.30pm**, conducted by the various supervisors, again free of charge.

During the season we hold Tuesday night lectures connected with archaeology at Sedgeford Church. The **first starts on July 5th** and the **last one is on August 9th**. These commence at 7.30pm and usually end by 9.00pm at the latest. Bring a cushion to sit on if you wish. Entry is free but we ask for a small donation towards the hire of the church please.



A previous year's dig in progress [Photograph by Viv Walker]

On **Sunday July 24th** we will be holding our annual **Open Day between 10am and 4pm** when additional events and activities will be available for all the family. There is a nominal charge for parking but entry to the site is free.

How to find us

Coming from the B1454, which passes through Sedgeford, take the road signposted to Snettisham. The sign for 'SHARP' is on the left at the first bend and the site is at the end of the track.

If you are interested in actually getting your hands dirty or helping in other ways and/or want more information about SHARP check out the website at: www.sharp.org.uk

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Sunday 31 2 - 5 00 pm

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Circus Stars Summer Reading Challenge At Your Local Library

Roll up, Roll up...and join the circus fun at your local Norfolk County Council library this summer.

The 'Circus Stars reading challenge' encourages children to read and collect stickers – offering families a free activity to help make learning fun during the summer holidays.

The challenge is for children of all ages. They can read any books they like – fact books, stories, joke books, picture books – it's up to them. Audio books count too!

To sign up, simply pop into the library or onto the mobile library from Saturday 23 July and collect a Circus Stars 3D folder. Children complete the challenge when they have collected six stickers (one for each book) and will be presented with a medal and a certificate at special events in early September.

Look out for more details in the library, including special circus themed events. For library opening times visit: www.norfolk.gov.uk/libraries

The last word goes to some of the children who took part last year and their parents...

'Cool, I enjoy it a lot' Alex aged 10

'I like it when you get your medal and I think it is fun' Abbie aged 9

'Excellent. Reminded us to keep up the reading over the summer.'

'I didn't realise how well she could read. It inspired the rest of the family to read as well.'

Summer Holiday Events at Hunstanton Library

For further information about any of these events please contact the library on (01485) 532280. Children under 8 must be accompanied by an adult.

Saturday 23rd July – Circus Stars Launch!

Come along and join in this year's reading challenge! There'll be a chance try out some circus skills too in the afternoon from 2 – 4 pm (booking required for circus skills workshop)

Tuesday 2nd August – Roll up, roll up for Circus Stars! An event for 7 – 11 year olds

Another chance to get involved in this year's reading challenge! Starts 10.30am. Booking required.

Tuesday 23rd August - 'Recycle with Dennis the Dinosaur' –

Help Dennis to sort his recycling and reduce how much rubbish he throws away. This event includes a waste reduction activity for the children. Starts 10.30 am. For children aged 3 - 8

Saturday 3rd September – Circus Stars presentation ceremony

When you've completed the reading challenge have your medal and certificate awarded at our ceremony with our special guest! Starts 11am. Booking essential.



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THE IMPORTANCE OF MANAGING EXPECTATIONS

With the people I work with this is one of, if not the most influential area of their performance. The England football team is probably the best example of how damaging expectations can be. We build up the idea of the perfect scenario to the point where we expect, almost demand it to happen and nothing else will do. Let go of the idea of perfect and deal with the reality. Go out with a commitment to do the best you can and deal with whatever your game (or life!) throws at you. If you do that you cannot fail.

I remember listening to the tennis player Rafael Nadal the year he won Wimbledon for the first time. He was asked constantly if he was going to be world number 1 and if he was going to beat Roger Federer, and was he going to win Wimbledon. His response was always the same...."I don't know, I'll try my best and we'll see what happens." What a fantastic, neutral attitude. No expectations, no pressure, no demands of perfection. Just... "I'll try my best and we'll see what happens." The result of this neutral attitude?...err, he won Wimbledon, he beat Roger Federer and became world number 1.

If you would like to learn more about performing better in your sport or any area of your life please feel free to ring Brookhouse Hypnotherapy (Norfolk) on 0845 603 4421 or go to:

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Hunstanton and Burnham Neighbourhood SNAP Meeting

The Way Christian Fellowship, Downs Close,
Hunstanton; 6pm, 4th August 2011

Want to highlight a community problem? Do you know what should be a priority in your neighbourhood?

This is your opportunity – come and have your say.

Your area's priorities are:

1. Reducing Criminal Damage in Snettisham
2. Reducing Anti-Social Behaviour and Criminal Damage in the Chiltern Crescent to Hill Street Alley in Hunstanton
3. No Third Priority

These priorities have been decided and agreed by your panel members who have listened to the issues and concerns of residents.

To find out more about your neighbourhood, contact:

Hunstanton and Burnham Neighbourhood

Hunstanton and Burnham
Safer Neighbourhood Team:

Tel: 0845 456 4567
snthunstanton@norfolk.pnn.police.uk
www.norfolk.police.uk

Borough Council of
King's Lynn & West Norfolk:
Policy and Partnerships Team
Tel: 01553 616657
snaps@west-norfolk.gov.uk



Do Something Amazing Today

Save a Life

From 257 invitations, 134 people attended the blood donor session at the Public Hall on 25th May 2011 and 117 units were collected. There were 3 new donors. Thank you.

For your diary, the next visit by the NBS will be on Wednesday 14th September 2011. To make an appointment for the next session, ring the Helpline 0300 123 23 23. National Blood Service information can be found on Ceefax BBC 2 page 465 and www.blood.co.uk.

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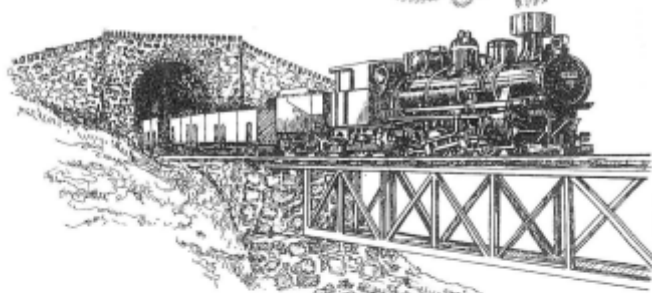
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Aug 27th/28th Kings Lynn Lions Club
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NORTON HILL LIGHT RAILWAY

Once again the Norton Hill Light Railway, at Hall Farm in Snettisham, will be raising steam and money for charity on several days in July and August. Come along for a great family afternoon out. There is ample car parking and there will be refreshments, games and stalls in addition to four steam engines which will be hauling the passengers.

For only £1.50 you get a ride round the 1 kilometre 7¼ inch gauge line, through woodland, over viaducts and through the tunnel. The terrain is by no means flat - there are some challenging inclines including one of 1:45 where the railway crosses a 100ft long 5 span lattice viaduct.

Building of the line started in 1986 with the first charity open day in 1988. It was completed in 1991.



A scene on the Norton Hill Light Railway in 2006

NHS Summary Care Record: Your emergency care summary



The NHS is introducing a new electronic record called the Summary Care Record (SCR), which will be used to support your emergency care. The SCR will give healthcare staff faster, easier access to essential information about you, to help provide you with safe treatment when you need care in an emergency or when your GP practice is closed.

It will contain important information about any medicines you are taking, allergies you suffer from and any bad reactions to medicine that you have had.



Drop in sessions

NHS Norfolk has arranged an opportunity for you to talk face to face with NHS advisers who will be available at the listed date and time. **There is no need to make an appointment.**

The Forum Millennium Plain, Norwich, NR2 1TF
 Saturday, 2 July 2011 9.30am – 4.30pm

Old Town Hall, Bridge Street, Downham Market,
 PE38 9DW Saturday 16 July 2011 9.30am – 3.30pm



How can I get more information?

- Phone the Summary Care Record Information Line on **0300 123 3020**.
- Visit **www.nhscarerecords.nhs.uk**
- Contact NHS Norfolk Patient Advice and Liaison Service (PALS) Monday - Friday from 9am to 5pm, on **0800 587 4132** or email **pals@norfolk.nhs.uk**.



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Heacham Infant and Nursery School

***“Together we explore, discover,
achieve and grow”***

The school has been as busy as ever this month. Firstly we were inspected by Ofsted. The recent Ofsted inspection found Heacham Infant and Nursery School to be “a good school” which is “warm, welcoming and friendly”. It also reported that “teaching is good across the school with some outstanding features.” The Ofsted report stated; “With energetic and purposeful leadership, a supportive and cohesive staff, standards have been raised.”

It also reported that pupils enjoy the school and are eager to succeed - every parent’s best dream! Pupils' achievement is good across the school because of good teaching, a well-planned and interesting range of learning activities and valuable parental support. A strong focus on improving maths and writing skills has raised attainment.

With a good nursery provision on site, children make a smooth transition into school and the teaching in the nursery is well organised and stimulating. This helps the children make good progress in their reception year thereafter. Furthermore, Ofsted commented on the excellent outdoor facilities and the varied range of after school clubs available. The school is also well served by a very active PTA and effective governing body. Thanks to everyone for all their hard work.

And beyond Ofsted...lots of hard work learning of course and some fun too!

A visit to Pizza Express was enjoyed by our year 2. Children enjoyed learning how to make authentic pizzas and each came home with their efforts for their tea!

We must thank our very active and enthusiastic PTA, especially long serving members Zoe Back, Lisa Wicklen and Tracey Swann, for a number of activities which have taken place including a sponsored bike ride for the whole school. All modes of wheeled push or pedal transport were allowed. Bikes and scooters were given a free safety check first by Mr Wallis; a service he has provided for many years and for which we are very grateful. This annual event has raised hundreds of pounds for extra school activities.

On the 8th July the PTA have also organised a school fete from 5.00 to 7.00pm to which everyone in the community is welcome. There will be a BBQ, tombola, bouncy castle, teacup ride, displays from the children and much more. Local crafts

people are also invited to participate by hiring a stall for just £10. Please telephone 570357 to find out more.

Finally, we hope you had a chance to look at our school contribution to St Mary’s flower festival which took place in June. The children were busy making flower and animal displays out of recycled materials. We were very proud to be included in this village activity and enjoyed our trip to the church.

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THE POTTING SHED

GARDENING ORGANICALLY

The size of a garden has very little to do with it's merit. It is the size of its owners heart and brain and goodwill that will make his garden either delightful or dull.

Gertrude Jekyll

Well, we did get a little rain, about 10mm. But it was amazing the difference it made to my vegetable plot (oh yes to the flowers as well but one can't eat the flowers, they just sit there looking pretty and enticing bees). We went away to Wales for the weekend of 27th to 30th May and things were looking rather sad when we went. We arrived home to real, proper rain and by the following Wednesday the difference was amazing. The broad beans stood up straight, I'm sure the potato haulms doubled in size and the onions likewise. We really could do with a lot more of the wet stuff. I got up this morning, determined to make a start on this masterpiece and the road was dampish. It drizzled for about another half hour and that seems to be it.

I dug our first root of potatoes on Wednesday, a variety I've not grown before called Lady Christl. Oh yum, they were lovely. I suspect that some of the yumminess was due to the fact that they were being scooped within an hour of being lifted but I was still very impressed. So yesterday, Saturday, I lifted a root of Maxine, another new variety to me and they also were very good. It does drive home the fact that fresh veg - or fruit - eaten soon after harvesting has a flavour that just can't be beaten. I'm always banging on about growing your own even in tiny plots. Go on, give it a go, there is loads of information out there on the internet. Be warned though, gardening can become a bit addictive, especially when you taste the fruits of your labours. I am now waiting impatiently for the first broad beans and snap peas. Being a lazy sort of person, I find shelling peas boring but the snap peas I have grown for the last three years are lovely, a variety called Cascadia from Thompson and Morgan (and no, they don't pay me to advertise their products!) I froze some last year as I liked them so much. I thawed them not so long ago and they were rubbish, so another vegetable that has to be eaten fresh.

The French climbing beans and runner beans are struggling up their canes and the dwarf beans are growing nicely. I have a bit of a wait though as I was late putting them in. The results will be worth it though. It's raining again, not very hard but it should refresh the soil again. What is it about rain that makes things grow better than water from a rainwater butt? Some magical




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ingredient picked up on its passage through the air perhaps? Maybe there is a clever person out there who can tell me. OK, I'm being all mystical perhaps but I do wonder about these things over my G&T. Maybe I should cut down a bit!

I have some hopes that my new herb garden, created in an area of the veg patch which has the roots of a balsam Poplar running through it, will come good. Herbs like poor soil and with the tree roots sucking out most of the nutrients available, they should do well. It's early days yet as they have only been planted out for about a fortnight but they haven't failed yet. You will hear more next time as to how they are progressing. In the same area are two minaret plum trees and a bavarian fig which has three figs swelling. If the blackbirds don't get there before me, I just may get figs for breakfast but I'm not holding my breath. The advantage of Bavarian figs is that they do not need to have their roots restricted. They also need feeding occasionally and if you can keep the blackbirds away, they taste very good, equal to Black Turkey.

I've measured the rainfall received today and it came to just over 2mm In contrast, Marham got 14mm. I think Heacham can truly claim to be the desert of East Anglia. I blame the government! Our masters seem to think they know everything so why can't they produce rain for us? And that is supposed to be a joke.

VEGETABLES AND THEIR CULTIVATION

By T.W. Saunders

Just a bit more on manures.

"Dried blood. This is a rich and valuable nitrogenous manure containing from 12-16% of ammonia and a very small percentage of phosphates, potash and lime..... A splendid fertiliser for turnips and is largely imported from South America." Now of course we tend to use blood, fish and bone which supplies the phosphates and potassium. I remember when I was a technician (now Biomedical scientist) in the Pathology laboratory at Lynn, I was always being asked if we had any expired blood, by one of the consultants who was a keen gardener. He used it on his marrows and tomatoes. I suspect one would get into serious trouble now, from the food police!

"Green manure. This consists of white mustard, rape, vetches or clover, sown on vacant land and allowed to almost reach maturity before being dug in. White mustard is obnoxious to wireworms. It is rich in potash, phosphoric acid and nitrogen and takes the place of farmyard manure" All of that information still applies today.

"Horse manure. Well known for its highly nitrogenous properties. Not well adapted for light or sandy soils as it has a tendency to lighten soils. In a loose pile, it heats rapidly and the

ammonia escapes. Gypsum (calcium sulphate) should be sprinkled over the heap to fix the ammonia. The heap should also be covered." Now all that is interesting. I have, as I continuously keep wailing, been putting tonnes of horse manure on my garden. My soil is light and sandy. No wonder the stuff vanishes quickly. Now I intend to acquire some gypsum and I also intend to cover my heap. I have, so far, collected about 1½ tonnes of horse manure from Mount Pleasant equestrian centre, building up a large stock to put down in the autumn. As supplies of pig and ox manure are not easily obtainable locally, I shall continue to use horse. There is a huge supply and I'm very sure that it's much better than nothing.

"Lime. A valuable substance for mechanically and chemically improving the condition of soils. Mechanically, it renders clay more pliable and less plastic and in the case of light soils, helps to bind the particles together and render them less susceptible to drought. Chemically, lime sweetens sour soils or those that have been heavily manured for generations. It unlocks the fertility of the soil and frees potash. It acts on vegetable acids (?) and liberates ammonia, encouraging the formation of nitrates. In its caustic condition (Quicklime) it destroys various insect and fungoid pests. For general purposes, ground lime is better than the caustic form and should be applied little and often." NB. Do not mix with manure and do not use on potatoes.

"Liquid manure. To form liquid manures, put a peck (approx 7Kg/16lbs) or so of horse droppings into a 36 gallon cask together with a peck of soot enclosed in a bag. Fill the cask with water and well stir the contents for a week. Then use the liquid undiluted for vegetables." Well, my comfrey juice smells pretty dreadful and that is diluted about 1:10. So try it if you dare! You probably don't need 36 gallons though.

"Night soil. A rich fertiliser abounding in nitrogen, phosphates and alkalies. The leading fertiliser used by the Chinese and has also long been employed on the continent. The Chinese mix it with meal and form it into cakes in which form it is kept until required when it is dissolved in water. They also put it into pits, lined with plaster along with garden refuse. Water is added and the pit covered with straw until decomposition is effected. The manure is then removed and used in the garden." OK a pongy process but they did this for four thousand years at least until Agribiz came along and introduced them to the joys of expensive artificial fertilisers. Remember all this useful information folks 'cos the oil will run out and we will need a substitute.

OK that's quite enough about manures. There is much more but I think you have quite enough to think about and discuss over supper - I dare you! Next time I'm going to delve into cropping and planting. Tell me if you find it boring please.

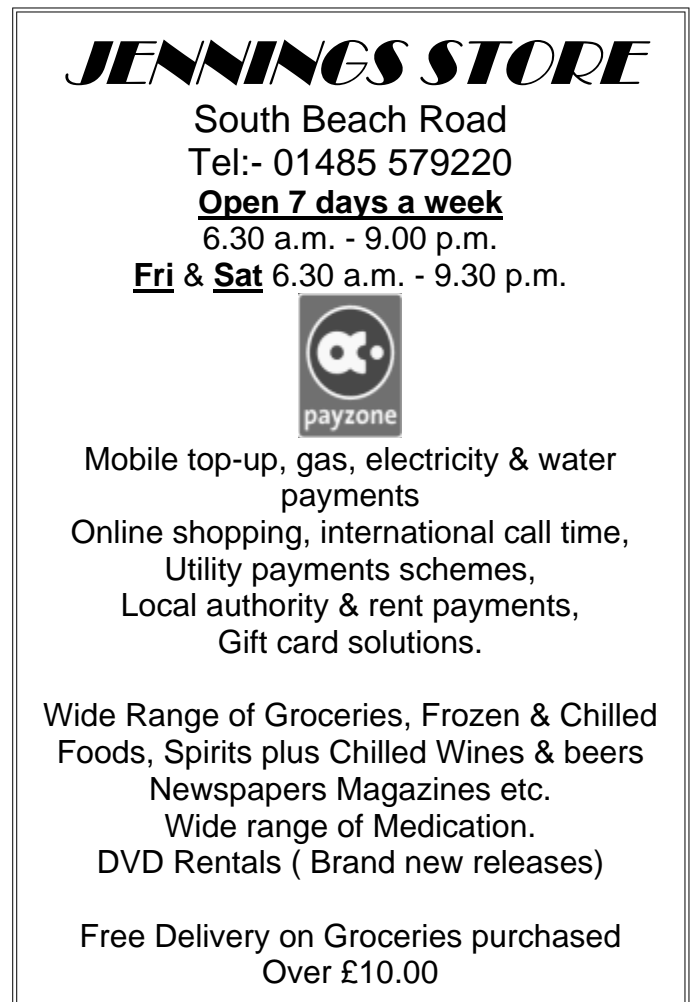


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I have to finish with my thoughts on the problems besetting the Germans and E.coli infection - cause unknown at the time of writing. I and many others, have long believed that we have so sterilised our environment that we are losing our immunity to the bacteria that surround us. Every evening we are bombarded with adverts for disinfectants to remove the "danger" of MRSA bacteria, E.coli and other bacteria, most of which live quite happily on our skin and in our bodies. Sadly, because we now feed our domestic animals antibiotics routinely, not to cure disease but because some bright spark found that antibiotics are a growth promoter, we now have lots of bacteria around that are resistant to many of the antibiotics we used to use to cure disease. So now we spray work surfaces with disinfectants to prevent infection. We also have all these "sell by" dates stuck on our foodstuffs. I, thankfully, grew up at a time when you got rid of foods when they started to smell funny or grew mould. My generation pulled carrots from the ground, wiped most of the dirt off them and ate them. As a result, we were constantly exposed to bugs. I still scrape the mould off cheese, cheese is supposed to grow mould, look at Stilton or Binham blue, it's full of the stuff and tastes wonderful. The Human race has lived with these bugs for thousands of years and has generally developed immunity to most of them. I fully accept that in the never ending war between us and the microbiological world, we are going to occasionally get clobbered by a new variant of bacterium.

My point is that if we continue to live in a sterile environment, any new bug is going to be able to infect us and we won't be able to resist it. And that paragraph may set some tongues wagging!

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INCINERATOR OBSTACLES

All Norfolk's MPs signed a letter requesting incinerator funding be withdrawn, arguing democracy should not be undermined in West Norfolk. DEFRA responded telling Norfolk County Council (NCC) to demonstrate broad support if they want funding. This development makes it harder for NCC to proceed, their timetable is slipping while more obstacles block their path. Months ago NCC's leader offered a false challenge, apparently prepared to consider incineration alternatives. When costed alternatives were put before cabinet they were dismissed without any consideration. NCC's leader and 3 officers should now be replaced - it is time to stop pretending the only choice is to burn or bury our waste. For more information on viable alternatives look on www.farmerscampaign.org.

The Borough Council of King's Lynn & West Norfolk is committed to oppose planning if NCC continue. NCC face another obstacle - their procurement decision is now subject to a legal challenge initiated by campaigners. It makes economic sense to abandon incineration now before NCC sign a contract giving away compensation when it fails. If this first legal challenge defeats the project, a great deal of money could be saved instead of a lingering death at a later stage.

At the time of writing this article NCC's leader was still determined to proceed with incineration. The law firm challenging the incinerator is not cheap and because of this emails were sent out asking for help. If all 65,516 who voted NO in the referendum made a contribution funding would be secure. It is too early to gauge response. At the time of writing a small number had responded with donations. The legal challenge hangs on everyone's willingness to chip-in, the generosity of a few started the process but much more is needed to succeed with Judicial Review. Anyone wishing to contribute can send a cheque to KLWIN C/O Michael De Whalley, The Cottage, 5 Chequers Road, Grimston, King's Lynn, Norfolk, PE32 1AJ. For everyone who has already helped, thank you for sharing this burden.

If BCKLWN are fighting the incinerator why do we need to raise funding?

It's a valid question. Currently the Borough Council are better placed to mount a challenge to planning than procurement. In other similar cases sometimes the borough council wins and others it loses.

Campaigners already have a strong procurement case which can be mounted without waiting for the planning stage. If it can be stopped at procurement it has advantages, we are not having to fight the well funded Cory Wheelabrator (CW) legal team. We



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have more than one chance of defeating it rather than putting all our eggs in one basket at the planning stage. If we wait until planning the contract will have been signed making NCC liable for compensation to CW and have to pay the cost of the appeal to the High Court. Unfortunately the Borough Council cannot simply hand over a cheque to a 3rd party to pay for legal action. If we want to mount the procurement challenge open to us we have no choice but to initially raise funds ourselves. When it is up and running the BC may support the action if the case is shown to be strong. The rules require action to be brought promptly so we had no choice but to start now.

Incinerator Planning Application

On June 10th Cory Wheelabrator submitted their planning application for the incinerator despite the overwhelming rejection of it in the West Norfolk Referendum. Anyone who opposes the incinerator is urged to visit WWW.KLWIN.COM or WWW.FARMERSCAMPAIGN.ORG information on how to make planning objections effective is going to be posted. Although NCC are expected to ignore all objections, it is still worth making them. Registering objections can help for later on when the High Court is asked to quash NCC's decision.

By the time you read this the consultation period will have started. It will run through most of July so there will be a reasonable amount of time for you to register your objections. Also you should be able to access the application and plans at the Borough Council's website. A copy of the application will also be available for perusal at the Borough and Parish Council offices within North West Norfolk.

Mike Knights

www.farmerscampaign.org
info@farmerscampaign.org

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There must be hundreds of bridge players on the banks of the Hun who do not belong to a bridge club and therefore do not have the opportunity of witnessing how many outcomes there can be when the same hand is bid/played by different players. The following hands were dealt recently at the Hunstanton Bridge Club :

N
S 4
H 10 9 8 4 3
D 10 5 4
C Q J 7 5

W
S A Q 10 8 6
H 2
D A Q 8
C 8 4 3 2

E (dealer)
S 7 5 2
H A K 7 5
D 9 7 6 5 3
C 6

S
S K J 9 3
H Q J 7
D K J
C A K 10 9

The bidding went as follows:

N	E	S	W
Pass	1C*	1S	(*playing a weak N T)
Pass	2 S	Pass	Pass

- At 2 tables with West playing in Spades 9 or 10 tricks were made.
- At 2 other tables South bid Spades first (no support from partner) went 4 off and 5 off vulnerable!
- At 1 table South bid 2NT and went 2 off.

Different players playing the same hands is what makes Duplicate bridge so interesting. Look out for our next "Hand of the month!"

Do your readers know that bridge is now classified as a sport and is recognised as improving the mental health and wellbeing of participants!

If you would like to know more contact John or Christine on 01485 572121. The club meets on Monday and Wednesday evenings. We also have a session for "beginners/improvers" on Thursday evenings.



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HEACHAM PARISH COUNCIL NOTICEBOARD

Parish Council Meetings in brief

Age Concern: The Parish Council expressed their disappointment that Age Concern West Norfolk had, with very little notice, closed the Heacham Office.

Queen's Cottage Almshouse Trustee: The Council discussed the appointment of a trustee, Mrs Smeaton and Mrs Carr outlined the work involved.

Tree Warden: The Council were pleased to note that the Borough Council had reinstated the coordinator post. It was agreed that adverts would go into the Newsletter, it was further agreed that several people could be appointed if there was sufficient interest.

Finance: The Council approved the Annual Return ending 31 March 2011. The return would now be forwarded onto the Auditors. The Chairman thanked Mr Barge for his work as the Parish Council internal auditor. The return and accounts would be available for inspection, by appointment, at the Parish Council Office from 27 June until 22 July.

Dairy: Mrs Carr asked if it was known what would happen to the Dairy site following its closure, as she considered the site should be retained for commercial use.

Disabled Bay: The Council noted that 3 months after the request had been made, the disabled bay had been repainted outside the Coop, only to be obscured a few days later by the resurfacing works.

Bathing Water Quality: Mr Drinkwater expressed concern that Heacham had not achieved the Higher bathing water standard for 2011 (it had done so in 2010) and asked that the Council enquire as to the likely causes.

Housing Development: The Council noted that the formal consultation on potential development areas in the village would now take place in September. The Council agreed that a public meeting should be held in early September and would also consider if a referendum was also needed.

Next Meeting: The next Full Council meeting will be held on 19 July at 7.30pm at the Parish Council Office.

Heacham Beach Party

This year's party will be held at Heacham South Beach on **Sunday 10 July** 5.00pm-8.00pm. The party will have an under the sea theme. Party Passes will cost £2.50 to include BBQ, music, drinks, and free activities; which include a sand castle competition for children and traditional seaside entertainment for all. Mik the Graffiti T-shirt artist will also be there to help you create your own Dezyna T-shirt. Join us for a great family event. Sponsored by Jennings Shop and Hunstanton & District Ladies Circle.

Children's Summer Activities 2011

This year The Children's Summer Activities will be run over two weeks.

Arts and Crafts week will be 25-29 July to include pottery painting, mask making and other crafts.

Sports Week will be 8-12 August to include Olympic Challenge, Clay Pigeon Shooting, Beat the Bowler and Laser Gaming.

Leaflets are available from the Parish Council Office and Heacham Library from 4 July.

Heacham Tree Warden

Tree wardens are part of a national force of local tree champions and a key part of the Tree Council's Community action programme. The Tree Council is the UK's leading tree charity. The Scheme gives people who feel that trees matter an opportunity to Champion their local trees and woodlands, plant and care for trees, survey trees and gather information about them and provide a local contact for Tree Council initiatives. The Borough Council has reinstated the local network of Tree Wardens, so that volunteer tree wardens will have the support of the Borough Landscape Officer who will act as a coordinator. So if you are passionate about trees you can find out more about the scheme from the Tree Council website or pick up a leaflet from the Parish Council Office as we are looking to appoint a local tree warden or wardens.



Heacham Carnival Parade & Fete 2011

The Carnival Parade and Fete will be held on Sunday 7 August. This year The Lavender Queen, Amy Noakes accompanied by her 4 Lavender Princesses; Daisy Back, Milli O'Quigley, Emily Smith and Chloe Rumens will lead the Parade. The Ambassadors of Borrowash Marching Band will provide the music. There have been changes to the route to take account of the numerous walking floats and the start will be at a later time of 2.30pm from College Drive. Forms to register your float or walking entry are at the Parish Council Office and Heacham Library. The traditional parade collection will go to Heacham In Bloom.

Queens Cottage Almshouses

The Parish Council has been asked to appoint a Trustee to the board of Trustees for the Queen's Cottage Almshouses. The current Trustees have worked hard to bring the cottages back into use and are looking for an enthusiastic individual to help the board continue this progress. If as a Heacham resident you feel you might have the skills required then please contact the Parish Council Office for further information.

Inter-Village Games

A huge well done and thank you to all those that took part on Sunday 26 June. See next month's issue for all the results.

Sean Sands

Heacham Sports Coordinator

Any queries should be addressed to:
Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
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