



# THE HEACHAM NEWSLETTER

## October 2010

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Heacham in Bloom awarded another Silver for their work this year as shown above. Details inside.

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



### BRAY'S PIT WORK DAY

Join us for another scrub bash in Bray's Pit, on Sunday October 10th from 10am onwards.

The main job is to remove a single enormous multi-stemmed Sallow bush growing in the water. We won't even try to burn this, just cut it up small and put it in a skip.

*Bring saws, loppers and wellies.*

### FAIRTRADE COFFEE MORNING

**At Church Hall, High St., Heacham  
Saturday October 30th 10am-noon**

Fairly traded **Gifts & Foods** from around the world

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THE HEACHAM NEWSLETTER

C/O Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET

E-MAIL: [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk)

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**THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH**

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Dear Newsletter

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Hunstanton Road

Dear Newsletter,

**The Children's Society Box Collection**

I shall be collecting the Children's Society boxes during November. Please would any box holder pass their box on to me during November so that I can bank the contents. I will be at the 10.00am Parish Church service on 7th and 14th November. I live at The Old Gatehouse, 19 Hunstanton Road, the first house on the right past the river on the way to the Church. If you would like to arrange a convenient time for me to collect it, my 'phone number is 571110 or mobile number 07775 514585.

If anyone would like a box to collect for The Children's Society and help with its very important work with disadvantaged young people I have plenty of spares.

**Jeremy Gullan-Whur**

\*\*\*\*\*

\*

**Pioneer Holiday Park**

Dear Newsletter,

On 29th August 2010, I held a fundraising event at Pioneer Holiday Park in aid of the Papworth Hospital Charity Trust, specifically for the Critical Care Unit. I should like to thank all who supported the event, which raised £1,670 and which is more than I could have hoped for, particularly considering the inclement nature of the weather. The monies will be presented to the hospital on 6th October 2010.

I am now in the process of organizing a similar event for next year and once again, may I thank everyone for their support.

**Sue Windle**

\*\*\*\*\*

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

**Heacham Social Club**  
**Christmas Menu**

*Broccoli & Stilton soup with roll & butter*  
 Or  
*Liver paté, toast & garnish*  
 Or  
*Prawn Cocktail (50p extra)*  
 \*\*\*

*Roast Turkey & stuffing, chipolata & bacon roll, Yorkshire pudding, roast & creamed potatoes & seasonal vegetables*  
 Or  
*Roast Beef, Yorkshire pudding, roast & creamed potatoes & seasonal vegetables*  
 Or  
*Five Mushroom Stroganoff on a bed of rice with a salad garnish*  
 \*\*\*

*Christmas Pudding with Brandy sauce*  
 Or  
*Raspberry & White Chocolate Cheese Brulée*  
 Or  
*Cheese & biscuits*  
 \*\*\*

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\*

Malta

Dear Newsletter,

**The High House**

Wow! What a really colourful newsletter issue was that of September 2010!! I really loved the front and back page and the middle pages as well with all those interesting photos. Well done to the Newsletter team and to all the participants. Also a very big congratulation to all the photographers. Keep it up!

I found most interesting the article "Polish Forces in Heacham 1940-1943" by 'Xenos' in which The High House was also mentioned.

As many of the Heachamites know for many years The High House was a Guest House run by the Workers' Travel Agency. I worked there in the summer of 1966 when England won the World Cup. Unfortunately on that Saturday afternoon I was on duty as a porter welcoming the arriving guests.

At that time I've learned that, many years before, The High House was also a school.

**Vince Williams**

\*\*\*\*\*

\*

**Malthouse Crescent**

Dear Newsletter,

**Money Raised for Macmillan Cancer Services**

Joy, Lil, Margaret and I are very pleased to say £125-79p was raised for the Macmillan Cancer Services over two Saturday mornings on stalls outside my gate.

Our thanks to all who bought, gave books, cakes, donations etc. etc.. Also thanks to Maureen who helped the four of us on such an on/off wet morning. Luckily it was dry on the second Saturday.

All items not sold will be taken to the Air Ambulance shop to hopefully swell their funds.

Raffle prize winners: Mrs Plummer, Mr Jeacock and Mrs Smeaton.

Thank you for all your support.

**Tricia, Joy, Margaret and Lil**

\*\*\*\*\*



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**1st HEACHAM  
CUBS**

Over the weekend of Friday 10th -Sunday 12th September 7 cubs from Heacham went on a Sixers and Seconders Camp at Eaton Vale Activity Centre in Norwich, with 19 other Cubs from North West Norfolk. The idea of the camp was to offer the older Cubs the opportunity to sample activities and skills that they will meet when they move up to Scouts.

Activities to try were rafting (all falling off -of course), wall climbing, camp fire cooking, grass sledging, compass, map work and of course knots.

The weather was good for them but that was probably because they were in dorms and not in TENTS!

They arrived on the Friday and after settling in played a wide game. Saturday they were on rafts made out of blue barrels and planks of wood and after rowing out into the lake had to perform the Grand Old Duke of York and the Hokey Cokey, without falling in. After showers and a snack they were inside on the climbing wall and after reaching the top and ringing the bell absailed down. Next after lunch it was camp fires cooking bread sticks, sausages, marshmallows and doughnuts, plus grass sledging down a ramp trying not to fall off. Lastly was the camp fire and sing song before bed. Sunday saw more traditional Scout activities like map reading, compass work and knots.

At the end of this term will we say Goodbye to Oliver Neal and Scot Jones who are going up to Heacham Scouts.

Happy Scouting to all our Cubs

**Akela & Bagheera (Steve & Sam)**

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## Mary's Country Sayings

1. If October brings much frost and wind,  
then January and February are mild.
2. In October dung your fields and your  
land its wealth will yield.
3. A chair unsound soon finds the ground
4. A good beginning makes a good ending

## Mr. James E. Kemp

B.Sc., D.O., M.R.O.

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**HEACHAM  
GARDENERS  
ASSOCIATION**



**Social Evening**

**Speaker - Mrs Temple  
An Evening Of Cheese**

**Mrs Temple will be giving a talk and  
bringing cheese to taste and buy**

**Thursday 16th September, 7:30pm  
Church Hall, High St., Heacham**

Admission £2 including tea and biscuits.

Everyone is welcome.

**Forthcoming Events**

November 18th at 7:30pm - The evening was such a success last year that we have booked Peter 'Waddo' Waddison again to entertain. Light refreshments will be available. Tickets will be £6, to be sold at the door only.

-----oOo-----

For enquiries about Heacham Gardeners Association, please ring Hazel Wade on 579386.

# FASHION SHOW

## 'GLAMOUR ON A SHOESTRING'

[AN ALTERNATIVE WAY TO SHOP FOR FASHION]

HEACHAM PIECE OF MIND CARERS GROUP  
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OF FASHION AND GLAMOUR

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ON FRIDAY, OCTOBER 8<sup>TH</sup>.... 7PM UNTIL 9PM

NORFOLKS OWN AMANDA HOLDEN HAS  
KINDLY DONATED A FASHION ITEM FOR AUCTION.  
THE EVENING WILL ALSO INCLUDE STALLS  
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## NEWS FROM HEACHAM SLIMMING WORLD

By the time you are reading this, it will be Autumn and our thoughts will be turning to casseroles and stews and hearty winter warming dishes.

Members at Heacham have been enjoying good weight losses with some members even coming back from holidays with a weight loss!

Last month, we had our Woman of the Year Competition and the members at Heacham voted overwhelmingly for Dendre Bavastock. Dendre has been a member for some time and although she still has a way to go to her target weight, she has already come down 7 dress sizes! Dendre is a committed member of Heacham Group and part of the Social Team, responsible for helping me run such a friendly and fun group.

I am extremely proud of Dendre as she does have health problems which she struggles with but rain or shine she is in group every week and because of that she inspires and motivates other members to keep losing weight.

If you would like to join our group or would like some more information about what we do, then please give me a call on 01485 528796 and I will be happy to chat to you. Alternatively you can just come along on a Tuesday evening at 6.30p.m. and you will be met at the door by either me or my 'meet and greet' lady, June and welcomed into the group.

My recipe this month is for a hearty warming pot roast.

### Spicy Lamb Pot Roast

This will serve 6 people

#### Ingredients

- 31bs/1.36kg leg of lamb
- ½ "/ lcm piece of fresh root ginger
- 4 garlic cloves
- 2 tsp garam masala
- 2 tsp cumin seeds
- A pinch of ground cloves
- 1 tsp chilli powder
- 3 tbsp lemon juice
- Salt and Pepper
- Fry Light
- 1 Onion
- 3 1/2 ozs/100g very low fat natural yoghurt
- Juice of 1 lemon
- A few coriander sprigs to garnish

#### Method

Remove all visible fat from the lamb. Open it out, cutting as necessary, to make a flat piece of meat. Prick all over with a fork.

Grate the ginger and crush the garlic. Mix with the spices, lemon juice and seasoning and rub into the lamb.

Heat a deep pan sprayed with Frylight until hot. Add the lamb and cook for 5 minutes to seal. Turn lamb over and cook for a further 5 minutes.

Add enough water to the pan to cover, quarter the onion and add to the pan. Bring to the boil, reduce the heat and simmer gently for about 3 hours, turning the lamb over every 30 minutes, until the liquid is thick. Cover and continue cooking for a further hour until the lamb is very tender.

Slice the lamb and serve drizzled with yoghurt and lemon juice and garnished with a little coriander.

Enjoy!

**Julie GODDARD (Slimming World Consultant)**

## SLIMMING WORLD

*Join today, for real food, real support and real results.*

**Tuesdays at 6.30p.m.  
St Mary's Church Hall,  
High Street, Heacham**

**Consultant - Julie Goddard  
01485 528796**

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## CHURCHES TOGETHER IN HEACHAM

Greetings from the manse,

Æthelred the Unready was someone we learned about at school who served as a reminder either to be on your toes or be prepared or more accurately and nearer to the old English *ræd*, meaning counsel, advice, to which the name refers, to give more thought to the consequences of your actions. In the case of *Æþelræd Unræd*, he is nick-named literally the "ill advised" or badly counselled, a pun on the meaning of his name in old English, *æðele- ræd* meaning "noble-advice". His policies and actions were none too successful. The history books tell the tale that Æthelred paid money to the Danes, who were raiding and settling England in the 10th century, to keep them quiet, a payment recorded as *danegeld*. Alas this only served to make matters worse. Poor old Æthelred could have done with a better publicist, or better still to have lived up to his name and listened to better counsel and acted more wisely.

In my daily life I am conscious of the name that I am privileged to carry as a Christian, the name of Christ. This makes me conscious of a number of things. I am conscious that in Jesus, God makes available to me all that is needed for salvation without me having to do anything beyond believing and accepting this precious gift. I am also aware that in company with Jesus in a daily relationship there is made available to me a life of peace and love. It's not that I have got all the answers or that I'm better than anyone else. Not a bit of it. That really would be poor advice and bad counsel. No, from personal experience over many years, I have concluded that the Christian way and life may not be the only way but it is the best life and Christ is the best way, the way of self giving love. Equally to my shame I am all too aware of the times when I do not live up to the name and the honour of the one who calls men and women to follow him. Though we may fail and fall and turn our back on him, he never gives up on us and in trust I believe that the power of the love of the crucified and risen one is stronger than sin and death.

If you want some "*æðele- ræd*", ask him into your life!

With every blessing,

Kim Nally-  
Methodist Minister

## PARISH REGISTERS

### Baptisms

05/09/10 Joshua Denver Forshaw  
son of David & Claire

### Weddings

29/08/10 David Martin Atterbury and Fallon Jayne Auker  
11/09/10 Gary Harvey and Jenny Furner

### Faithful Departed (Church linked funerals)

02/09/10 Evelyn Rosalie Nicol 94  
04/09/10 Ruby Turnbull 95  
06/09/10 Joan Page 81  
*"Blessed are those who mourn for they will be comforted"*

We do extend our sympathy and condolences to all who have been bereaved, and who are prayed for at the Sunday morning services around the time of the funeral of their loved ones.

### METHODIST CHURCH Sunday Services

10.30am Morning Worship

DO YOU KNOW? That Heacham Methodist holds a midweek Communion Service on the 2nd Wednesday morning of each month? This month, October 13th, at 10.30am. All who love the Lord are welcome to attend.

### ST. MARY'S PARISH CHURCH: Sunday Services

8.00am Holy Communion (Book of Common Prayer)  
10.00am Morning Worship  
(Holy Communion on 2nd and 5th Sundays)  
Provision for children during service  
10.30am Morning Worship at Junior School  
(Holy Communion on 3rd Sunday)  
6.00pm Evening Service

### 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](mailto:heacham.church@googlemail.com)

### October Services in Nursing/Residential Homes

Tues 5<sup>th</sup> 2.30pm **Rebecca Court**  
Mon 11<sup>th</sup> 11.00am Holy Communion at **Millbridge**  
Sun 17<sup>th</sup> 7.30pm **Neville Court**  
Wed 20<sup>th</sup> 2.30pm **Summerville**  
Fri 22<sup>nd</sup> 10.30am **Fridhem**  
Fri 29<sup>th</sup> 2.30pm **Sunnyside**

### METHODIST CHURCH NEWS

New members are welcome to all our regular activities. MONDAYS: Indoor Bowls 7pm - good exercise, but not too hard. There is still room for new bowlers - why not give it a try?

TUESDAYS: Ladies' Fellowship 2.45pm on 12th and 26th October. The Guest Speaker on 12th is Jenny Sparks.

TUESDAYS: Hands and Needles Club would welcome anybody who can sew. They will meet at 7pm on 12th and 26th October.

SATURDAYS: Coffee Morning every week from 9.30-11.30am. The season will end on 30th October with a Cake and Bric-a-Brac Sale. Bring a friend.

## Hunstanton Bridge Club BRIDGE LESSONS

The Hunstanton Bridge Club are offering Bridge lessons to anybody interested in learning to play this fascinating game. The club is based at United Services Club at Hunstanton and will start at 7pm on the 28th October. The cost will be £2. For further information call Mark Keightley on 01485 544895

I started playing Bridge when I was about 20. I played during lunch time in the works canteen with 3 other colleagues. Nobody in the group really knew the rules or had a system of playing Bridge but we enjoyed ourselves. After a year or two of playing in this very casual manner my local Bridge club advertised some lessons and so I went along with a friend and we started to learn the game properly. We had an excellent coach and soon we started to play regularly on normal club nights. Grimsby was a very competitive club and we were up against some excellent players. This is one of the good things about Bridge - a beginner has a chance of beating a county player - in what other game or sport can that happen? It will not happen often but you know you have a chance.

I now play at the Hunstanton Bridge club usually once a week and sometimes twice a week. It is a very friendly club and although everybody wants to have success it still maintains a very friendly atmosphere. When we go on holiday we can usually find a Bridge club to go along to or find another couple who want to play and so a very enjoyable evening can be had.

So why should you learn to play Bridge?

Primarily, bridge has been proven to be very good for the mind, and each game played will offer a unique challenge of problems and solutions. Every single deal is different; every deal poses a new problem and can taunt the players to find the solution!

And finally 2 quotes:

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." - Henry Ford

"Acting is my living, but bridge is my passion." - Omar Sharif

**Mark Keightley**



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Sandringham Road, Hunstanton

Sunday Mass: 11am

### 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](http://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

On Saturday October 16th we will be holding our autumn  
Ladies' Lunch at St Cecilia's, Dersingham. This is a very  
popular event, to which we invite all ladies from the area of our  
parish. Tickets are free, but ladies are asked to bring a plate of  
food to share. If you would like a ticket, please contact Sue  
Walker on 01485 533199.

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.

# FRIENDS OF HEACHAM BEACHES



To most people October heralds the end of 'going to the beach' but you'd be surprised how lots of locals continue to enjoy visiting our wonderful beaches along with day visitors on the trail of bird watching.

The Winter tides alter the shape of the beaches, and wash all sorts of shells, seaweed, sea urchins and occasionally large fish on to the shoreline.

Please enjoy the seashore and remember to take your litter home and bag and bin your dog waste.

It won't be long before Spring comes round!.

Our Annual General Meeting is on November 10th at 35, High Street, at 7.30p.m.

**Mary PISHORN (Chair)**

PROMOTING RESPECT FOR HEACHAM BEACHES



## OCTOBER IN WEST NORFOLK

### Fungus Foray

**Friday 22 October, 9.30am-12.30pm**

A morning walk led by Tony Leech to look for fungi in the woodlands of Ken Hill estate.

**Venue:** Meet in the gated field on the right hand side of the A149 just south of the Snettisham bypass roundabout. The entrance will be signposted. Grid ref: TF 679 343.

**Cost:** Free to members, £1 to non-members.

### Bats in Norfolk

**Thursday 28 October, 7.30-9.45pm**

An illustrated talk by Ashley Murray on the work of the Norfolk Barbastelle Study Group. The group have covered many sites locally and the talk will demonstrate how volunteers can get involved in ground-breaking bat surveys.

**Venue:** Hunstanton Methodist Church Hall, Austin Street, Hunstanton PE36 6AL

**Cost:** £1.50 members, £2 non-members, including refreshments.

### A Wind On The Heath - A Wild Walk In West Norfolk

**Friday 29 October, 10am-12.30pm**

Join us for a walk discovering our work to restore heathland in West Norfolk as part of the Gaywood Valley Living Landscape.

**Venue:** Meet at the NWT Roydon Common nature reserve car park at TF 681230. Please bring something to eat and drink and good walking footwear. Walk requires moderate fitness and is not suitable for young children.

**Cost:** Free, no need to book; just turn up

For more details of wildlife events around Norfolk, and for more information about the Norfolk Wildlife Trust, please go to:

[norfolkwildlifetrust.org.uk](http://norfolkwildlifetrust.org.uk)

## EXTRA TIME

My neighbour heard me singing in my shed,  
What have you got to be happy about he said.  
I saw him through the fence and caught his eye,

With certain relish gave him this reply:

"I've reached my three score years and ten, I'm still alive,

I'm free of niggling bosses petty rules,

No longer do I gladly "suffer fools".

And though you may find this a little odd,

The only one I answer to is God.

The one exception is my spouse of course,

But she's with our new grandson in the north.

So just consider this, if you were me,

You would be singing too 'cause you'd be free."

**D.G.I.**

## H.M.S.

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## Bamboozled by barnacles? Mystified by mussels?

Norfolk Wildlife Trust invites you to explore the wealth of marine wildlife this county has to offer. The following adult workshop has been designed to help you develop your wildlife identification skills and be inspired by our amazing coast.

The workshop begins with an informative presentation by Rob Spray from Seasearch on Norfolk's coastal wildlife, followed by an afternoon on the coast looking for wildlife and learning how to complete a simple coastal survey.

**Sunday 7 November, 10am to 4pm, Heacham.** The huge beach of Heacham is a fantastic place to look for marine wildlife. Using push-netting and digging we discover the animals which inhabit the intertidal sea and shore of the Wash.

Booking essential - to book or for further information please phone Norfolk Wildlife Information Service on 01603 598333 or email [wild@norfolkwildlifetrust.org.uk](mailto:wild@norfolkwildlifetrust.org.uk).

The workshops are free, but you will be asked to give a £10.00 deposit for each workshop. The deposit will be refunded when you attend the workshop, if there is an exceptional circumstance which requires you to cancel or two weeks notice is given if you are unable to attend.





Heacham Group Practice - Patients Participation Group

# Surgery Jottings

## Annual Influenza Flu Vaccination Campaign October 2010

### INFORMATION ABOUT THIS YEAR'S FLU VACCINATION CAMPAIGN

During the month of **OCTOBER**, we will be holding Flu Clinics at

**Snettisham Surgery on:**  
**TUESDAY 5th October**  
**Between 2:30pm & 5:30pm**  
**and**

**TUESDAY 12th October**  
**Between 9:00am & 12 noon**

**Heacham Surgery on:**  
**THURSDAY 7th October**  
**Between 9:00am & 12noon**  
**and**

**THURSDAY 14th October**  
**Between 2:30pm & 5:30pm**

These will be **WALK IN** clinics, **NO** appointment necessary. Please bear in mind that the early flu clinics may be very busy.

**A FLU JAB IS ADVISABLE IF YOU FALL INTO ANY OF THE FOLLOWING CATEGORIES:-**

**ARE OVER 65, OR SUFFER FROM:-**

**ASTHMA/BREATHING PROBLEMS,  
CYSTIC FIBROSIS, HEART DISEASE,  
DIABETES, KIDNEY DISEASE,  
WEAK IMMUNE SYSTEM,**

**Pregnant Women,**

**CARERS WHO LOOK AFTER PHYSICALLY  
DISABLED, OR A DEPENDANT PERSON.**

## Heacham Group Practice Patients' Participation Group

*Surgeries at Heacham and Snettisham*



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

### AUTUMN MEETING

Monday October 11 at 7 30pm in Heacham Surgery

Creative Writing as a Therapeutic Activity

Caroline Smith-Heacham Writing Group tutor

**Chairman Mike Press 579007**

# SILVER SANDS PUBLIC HOUSE

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**Sat 16th - Peter T.H.**  
**Sat 23rd - Craig Powell**

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Party Night on Saturday 30th  
with Mike Fox**

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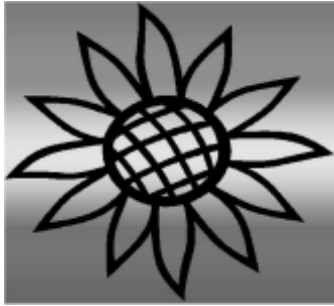
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*Janet Pitkin  
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Practitioner  
surgeries will be  
held on 16th Oct  
& 27th Nov.  
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appointments.*

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## HEACHAM IN BLOOM



**2010/2011**

Five members of Heacham In Bloom attended the Anglia in Bloom Awards in Sudbury on 15 September. We were very proud to accept the award on behalf of Norfolk Lavender for best commercial nomination. Norfolk Lavender has been very supportive of Heacham In Bloom since its inception; therefore it is great that their hard work was recognized. Heacham was awarded Silver for its entry in the Coastal Resort Category, Although this matched the award in 2009, the judges acknowledged, the amount of progress which had been made since last year, by awarding much higher marks. We have recently carried out our own review of Heacham In Bloom 2010 projects and are looking forward to next year.

We will be holding an open meeting on Wednesday 20 October at the Parish Council Office at 7.00pm, to discuss our plans for Heacham In Bloom 2011 and hopefully welcome some new members. The beauty of In Bloom is that there is a role for just about everybody from, being a member of the Committee, adopting a planter to maintain, helping at fundraising events to keeping a hanging basket watered.

I would like to end on reiterating my thanks to my Committee members for their commitment and the many many residents, groups and businesses for their support, without which there would be no Heacham In Bloom.

**Susan Richardson**  
Chairman, Heacham In Bloom



*Philippa Sewell (left) and Susan Richardson presenting Peter Mortin of Norfolk Lavender with the Anglia in Bloom award for Best Commercial Area 2010*

### Calling all Morrison's Shoppers

Morrisons' "Lets Grow" is an exciting scheme whereby children can learn about fruit and vegetables by growing them at School. If you shop at Morrisons, please collect the vouchers, which come free with your shop and donate them to Heacham Infant and Nursery School. The vouchers can be dropped at the School, Parish Council Office or the Parish Library. Thank you.

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## FILMING AT THE FOX BREWERY

One sunny morning in August a large car drew up outside the Fox and Hounds. After a few moments the doors opened, several people got out and started to unload cameras and sound equipment. It was the arrival of a film crew from the production company Optomen and they were getting ready to shoot some brewery sequences for the Norfolk episode of a new television series "Bill Granger's Weekends", which is planned to be broadcast in November by UKTV on satellite.

Bill Granger arrived close behind and planned the morning's filming with the crew. Mugs of coffee supplied by Marie were, of course, essential to this process. The plan was to film the process of brewing Nelson's Blood Bitter from start to finish.

Landlord and Brewer Mark Bristow gave Bill and the crew a quick tour of the brewery so that they could work out the best angles for the shots and plan the sequences and then filming commenced.

Shots were taken of Bill arriving at the brewery, being greeted by Mark at the entrance and then being shown inside. Mark gave a very brief history of the Fox brewery, from the brewing of the first pints of Heacham Gold some eight years ago (a light, modest strength beer with a simple recipe), through to the wide range brewed today, including Nelson's Blood - "A tricky brew with loads of ingredients" said Mark.

The first stage of the process was the addition of sacks of several different malts to the mash tun (brewing vessel). Bill did this under instruction from Mark while they discussed the brewing process. This was then stirred well with hot water and allowed to soak, after which the mixture was "sparged" - hot water was sprayed on to the porridge-like mix to assist in leeching out all the sugars and flavours from the malt. To see four men - Bill, Mark, the cameraman and the sound man - all crowded round the mash tun in such a small space on the top floor of the brewhouse was, to say the least, amusing for the onlookers below who were not having to suffer the heat and steam and the dust from the malt.

While sparging was in progress, the cameraman went outside to give the now very dusty camera a good clean before the next stage got underway. This was the careful weighing out of the four different types of hops used in this brew "I told you it was a complex recipe" said Mark. Bill saw this as a strong parallel to the way ingredients are used in cooking.

After an hour or so the contents of the mash tun was ready to be drained into the kettle on the ground floor where Bill then gradually added the hops - in a specific order and with a pause between each addition to allow the flavours to be absorbed in the right order.

At a later stage various herbs and spices are added. The very last ingredient is 150ml of Nelson's Blood old navy rum per 9 gallons, after the brew has been allowed to ferment for a week.

The final task for Bill and the film crew was to load several cases of Nelson's Blood Bitter ("here are some we prepared earlier") and set off to the Lord Nelson at Burnham Thorpe.

Earlier in the week they had filmed the Red Poll cattle at Sandringham, the landing of fish at Wells-next-the-Sea and had visited other food related locations.

*Note: Bill Granger, who is a self-taught master of the culinary arts, hails from Australia. He has made many programmes about food which have been screened in many countries. He also has several books on cookery to his credit. His focus is on good quality ingredients prepared simply to get the very best of flavour from the food.*

Newsletter Reporter



Bill is filmed arriving at the Fox Brewery



Bill Granger (right) and Mark Bristow outside the Fox Brewery in Heacham [Photos by The Heacham Newsletter]

## FOX & HOUNDS

**AWARD WINNING FOX BREWERY**

Station Road, Heacham

\*\*\*\*\*

**ROCK 'N' ROLL NIGHT**

WITH

**THE HILLBILLY CATS**

Friday 22nd October

\*\*\*\*\*

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Quiz Night Thursdays**

**(Both from 8:30pm onwards)**

\*\*\*\*\*

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**Buyonline @ [www.foxbrewery.com](http://www.foxbrewery.com)**

## Queen's Cottage Almshouses Receive Donation From Hunstanton & District Ladies Circle

The Trustees of the Queen's Cottage Almshouses in Heacham were delighted to receive a cheque for £400 from Hunstanton and District Ladies Circle.

Rachel Waddison, Circle Chairman, said "We are delighted to be able to support the Trustees in their efforts to modernise these lovely cottages". Mrs Carr said that the much needed funds will go towards the repair and replacement of windows. Mrs Waddison also said "We are able to support these local worthy causes because of the generosity of local people who support our fundraising".

The Hunstanton and District Circle, which was formed over 40 years ago, also made a number of other donations this year to the Riding for the Disabled Centre, Cancer Research UK and the Palliative Care Team at QEM. You can find out more about the National Association of Ladies Circles by going to [www.ladies-circle.org.uk](http://www.ladies-circle.org.uk).

Philippa Sewell



Left to right: Jillian Carr: Trustee, Rachel Waddison: Chairman H&D LC, Sam Hunt: Vice-Chairman H&D LC  
[Photo by Philippa Sewell]



**THE NORFOLK HOSPICE**  
TAPPING HOUSE

# The Norfolk Hospice Halloween Ball

**Saturday 30 October 2010**  
**Downham Market Town Hall**  
**7.00pm for 7.30pm**  
**Four Course Meal**  
**Music from The Strollers**

Black Tie/Lounge Suits  
or Fancy Dress  
(prize for the best costume)

**Tickets £32.50 each**  
available from Marion on 01366 501390

Donations of raffle prizes gratefully accepted

All proceeds to  
**The Norfolk Hospice, Tapping House**  
Common Road (West), Spottiswope, King's Lynn PE31 7LX  
01485 542891 • [www.norfolkhospice.org.uk](http://www.norfolkhospice.org.uk) • [fundraising@norfolkhospice.org.uk](mailto:fundraising@norfolkhospice.org.uk)  
(Reg. Charity No. 1062800)

SERVING NORFOLK AND THE FENS



## Light Up A Life Services in 2010

Sunday 5th December, 3.00pm  
St Margaret's Church, King's Lynn

Monday 6th December, 4.30pm  
Sandringham Visitors' Centre

Sunday 12th December, 3.00pm  
St Edmund's Church, Downham Market

Thursday 16th December, 7.00pm  
St Edmund's Church, Hunstanton

More details will be printed next month

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## NEWS FROM ROLLASON STAGE SCHOOL

The start to the Term has been very busy indeed with lots of new members which is nice to see!!

The drama group is progressing nicely - they are currently working on exams.

The Dancers are also working hard on exams and also on upcoming Competitions and shows.

A NEW street dance class is starting on Friday, 1st October, 6.30p.m. 'til 7.15p.m. For 7 to 11yrs. Boys only street dance is on Tuesdays 4.45p.m. 'til 5.30p.m.

Well done to all of the stage school students who took part in the Heacham carnival parade and the display, it was a great day for all.

We have lessons in Ballet, Tap, Modern, Drama and Street Dance!!

The new Dancercise class for ladies is on Mondays 7.30p.m. 'til 8.30p.m. - it's a great way to keep fit and really good fun - its £3. 50 per week.

Anyone interested in classes should call 01485 579074 / 07771  
**Michelle Rollason A.B.T.D.A.**



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### SLIMMER'S WILDEST DREAM



*A weight conscious man from Hilgay*

*Made curries from oatmeal and hay*

*He said "It's just great*

*I don't put on weight*

*Yet I eat like a horse every day!"*

**David Wood**



## OPERATION CHRISTMAS CHILD

This year is the 20th anniversary of "Operation Christmas Child" sending love in a shoe box, small gifts of toys, sweets, toileteries etc, to children who may never have received a christmas present before. Over 150 boxes were sent from Heacham last year, could we send 200 on this special anniversary year? If you want to help reach that target please call into the Christian Bookshop in Station Road and pick up a leaflet containing all the information and labels for your boxes.

The shoeboxes will start on their journey abroad after a special service at the Parish Church on 31st October at 10am, or drop your box off at the Bookshop before that date.

### Knit This Teddy Bear Hand Puppet To Go In Your Shoebox



#### You will need:

- Double knitting yarn,
- No 8's or 4mm needles

Knit in garter stitch throughout.

**Cast on** 18 stitches and knit 4 inches.

Next Row: cast on 10 stitches & knit to the end (28 sts)

Next Row: cast on 10 stitches & knit to the end (38 sts)

**Continue knitting for 1 inch.**

**Next Row:** cast off (loosely) 10 stitches & knit (28 sts) to end of row.

Next Row: cast off (loosely) 10 stitches & knit (18 sts) to end of row.

Continue knitting 18 sts for 2½ ins.

**Cast off loosely** leaving about 18 ins of yarn for sewing up.

**Knit 2 pieces the same** and sew together leaving the bottom open. Turn right side out.

**Face:** Stitch 2 ears by 'pinching in' the 2 top corners.

Sew 2 shirt buttons for eyes or rounds of black felt.

With contrasting yarn stitch a nose and 'smile'.

Thread a ribbon through the neck and tie a bow.

Thank yo so much for knitting a toy and a 'friend' for a child who may be lonely. Perhaps you could knit 2 to make a pair so that they double up as mitts.

Samaritan's Purse International Ltd, Victoria House,  
 Victoria Road, Buckhurst Hill, IG9 5EX  
 Telephone 0870 870 8333

**ONE MOMENT IN TIME**

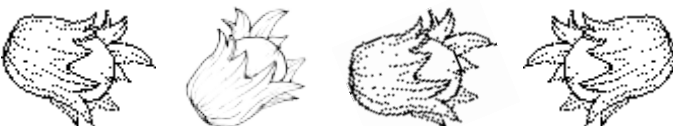
Every three years, the Royal West Norfolk Golf Club Brancaster, located on Brancaster beach, hold a Charity Golf Day. This year, they chose to support The Norfolk Hospice, Tapping House.

Almost two years' worth of preparation goes into the Charity Day event and it certainly paid off as a staggering £75,000+ was raised for the charity. Mrs Dianne Rowe, Director of Fundraising for the Hospice said, "I have been working with the Charity Day Committee for over a year and the amount of work and time, which they have put into making the day such a magnificent success was phenomenal. They have been so committed and incredibly tenacious in acquiring sponsorship and support for the event. The weather was perfect and almost fifty foursomes enjoyed a splendid round of golf followed by a buffet lunch and auction. We are so very grateful to all concerned for the time and effort, which went into the day to raise money for our patients and their carers."



Dianne added, "The end of the event was marked by 'One Moment In Time', which was a release of 250 silver balloons signifying the end of our 25th Anniversary year. Balloon purchasers had made donations to have a message attached, carrying their own dedication. As they were slowly released into the evening sunshine, it was very poignant and moving. They floated gently down the coast towards Snettisham and Tapping House. As we said on our promotional material for the release, 'At the going down of the sun, we remembered them'."

For those of you who were unable to attend the release, a short film will soon appear on the Hospice website which is [www.norfolkhospice.org.uk](http://www.norfolkhospice.org.uk) Meanwhile, photographs can be viewed on the Hospice's Facebook page.



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Do Something Amazing Today

Save a Life

From 225 invitations, 117 people attended the blood donor session at the Public Hall on 1st Sept. 2010 and 104 units were collected. There was 1 new donor. Thank you.

For your diary, the next visit by the NBS will be on **Wednesday 26th January 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](http://www.blood.co.uk).



## NEWSLETTER SUDOKOOOOO

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

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



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-000-

**TRADITIONAL SUNDAY ROAST**  
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AVAILABLE 12 noon - 2pm & 6 - 9pm

-000-

Large Beer Garden - Childrens Play Area

-000-

Saturday 30th October - Halloween Party  
Fancy Dress Optional - Hog Roast Supper

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### News From Chop 'n' Change

Chop n Change would like to welcome Stylist Kelly to the team. Kelly is a fully qualified Hairstylist and has one year of experience. We would like to offer our clients a 20% discount on all cutting services booked with Kelly. This offer is for a limited time only so book your appointment today. Kelly will be supervised by a qualified, experienced member of the team.

Our junior Stylist is approaching her third year at college and although Rebekah shows a real flare for the art of hairdressing, we need more models to come forward and book in for all hairdressing services at a massive 50% discount. Rebekah is available for appointments on limited days so please call the salon for more information. Rebekah is supervised throughout by a qualified stylist.

Congratulations to Donna on the birth of her baby boy Oscar, born on Wednesday 28th August. Donna is now on maternity leave and will be rejoining the team later in the year.

Happy birthday to 'Beautymix'! It's hard to believe that our beauty room has been open a year already. It really has been a welcome addition to Chop 'n' Change and the positive feedback and comments from our clients keep coming so well done to Sandra and best of luck in your second year! For more information on offers and treatments available at Beautymix, pop into the salon for a brochure or give us a call.

Jaime Tooley



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Join Hunstanton & District Ladies Circle

at Heacham Manor Hotel

for an evening of sweet indulgence courtesy of Patisserie

Chef Fabian Eon.

Tuesday October 12th at 7.30pm.


Sip Pink Fizz, whilst watching Fabian create delicious desserts, then enjoy a delectable feast of puddings in the lovely surroundings of the Manor Conservatory.

Tickets £30.00 (includes Cocktail on arrival, Canapes, Cookery demonstration, Dessert selection with tea and coffee and take home goody bag) are available from:

Philippa Sewell 01485 572037 evenings.

Proceeds from this event will go to Cancer Research UK

Solution to  
September 2010  
Newsletter  
SUDOKU



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





## AUTUMNAL DELIGHTS

News from  
the Princess Theatre Club

### POETRY AT THE PRINCESS

As the days grow shorter and the evenings start earlier, here's news of a couple of events which may help to brighten your autumn gloom.

First, for those who enjoy a bit of rhyme and rhythm, there will be another of the Theatre Club's popular 'Poetry at the Princess' sessions on the morning of **Wednesday 27th October**, starting at 10.30 a.m. Venue is the **bar of the Princess Theatre**. As usual, your host will be well-known local author Mary Mackie and we'll have a break halfway for drinks and snacks, available from the bar at very reasonable prices. Thanks as always to the management of the Princess Theatre for allowing the use of their facilities and for arranging the bar specially for this event.

Be assured it's all very friendly and informal, you simply turn up, enjoy the company and listen to the poetry. Could be a hymn, could be Shakespeare, could be Roger McGough. We introduce you to new poems; remind you of old, familiar and well-loved rhymes; we even have a few original poets among our regulars — yes, people usually turn up time after time once they've discovered us. If you wish, you too could

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bring along a poem or two: something old, something new, something borrowed, or even something (not too) blue. Most people read for themselves once they find we don't bite, but if you're rather shy and retiring you can ask someone to read for you. It's always a great way to pass a morning among others of like mind, with tears and laughter an optional extra. You don't have to be a member of the Theatre Club, just turn up and share in an hour or so of pleasant pastime. We do not charge an entry fee but invite donations for club funds if you've enjoyed the morning.

### **DOWN MEMORY LANE - Old Time Music Hall**

However, if poetry's not your bag, how do you fancy a trip DOWN MEMORY LANE? This will be an Old Time Music Hall experience, a chance to join in some of those wonderful old songs, thrill and cat-call as the Master of Ceremonies overdoses on alliterative allegories and painfully preposterous puns, and enjoy an entertaining evening of colourful costumes, disarmingly delectable dancers, music, mirth, and maybe some mesmerising melodrama. If you wish, add to the ambience by adorning yourselves in a touch of Edwardian elegance (that is, come all toggged up in period dress).

This great production will be on stage at the Princess Theatre on Friday, Saturday and Sunday, 18th, 19th and 20th November 2010. Four performances in all, each evening at 7.30, plus a special matinee on Saturday. Tickets still available in all parts of the Theatre but hurry before they all go. This is bound to be an extremely popular show. Theatre Box Office 01485 532 252.

### **HELP - ANCIENT MORNING SUIT REQUIRED**

Finally, **can you help, please?** Would readers of the Heacham Newsletter be so kind as to search the backs of their wardrobes and see if they have an **ancient morning suit** they no longer want? Or would you please spread the word among your friends, and maybe enquire in any charity shop you may frequent, to see if they have such an item?

**Please contact 01485 570452**, where Chris or Mary will be delighted to hear any news of any likely, moth-eaten and junk-worthy morning suit. It's needed as a costume. Can't tell you exactly why. **Come and see the show in November!**

**Katie Young**  
for the Princess Theatre Club

Website: [www.princesstheatreclub.co.uk](http://www.princesstheatreclub.co.uk)  
Email: [ptc@globalnet.co.uk](mailto:ptc@globalnet.co.uk)

## 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

AGE CONCERN Coffee Morning 10.30 am to 12 noon (SM)  
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: Kelly 570956 (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 Brenda on 570727  
RAINBOW CIRCLE TODDLER GROUP 1.00 pm in school  
term time Tel:Pip 570182 or Karen 571837 (SM)  
HEACHAM TENNIS CLUB Junior coaching (weather  
permitting) From 5.00 pm  
INDOOR BOWLS CLUB 7.00 pm (MC)  
SUNNYSIDE SHELTERED HOUSING Coffee Morning 10.30  
am Tel : 570492

### 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 Clara 540411.  
CARPET BOWLS 10.30-12 noon Tel: 570776 (PH)  
CARERS SUPPORT GROUP Run by W.N. Mind. Lunch,  
Coffee and Chat. Peace 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 )

### 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  
DOG TRAINING with Robert Frost 7.30 pm Tel:542861 (SG)  
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)  
OLD FRIENDS CLUB Enjoy meeting new friends, play Bingo  
etc at 2.00 pm Tel : Vicky Morison 570892  
BINGO 7.30 pm Neville Court Grouped Home

CAR BOOT SALE 8.00 am to 12 noon on the Sports Field,  
weather permitting (HSC)  
HEACHAM SONGSTERS rehearse from 10.00 am to 12 noon  
Tel : San 571660 (PRH)  
HEACHAM TENNIS CLUB Senior Club Night (weather  
permitting) from 6.30 pm. Thursday evening if wet on Wednesday  
SUNNYSIDE SHELTERED HOUSING Games Night at 6.30  
pm Tel : 570492

### THURSDAYS

ACTIVE FOR LIFE - see entry on Tuesday  
TABLE TENNIS CLUB 10 am (PH Top Room)  
WHIST DRIVE 2 - 4 pm Entry £1 with prizes (CC)  
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)  
HEACHAM GARDENERS ASSOC meets on 3rd Thursday  
7.30 pm. Guest speaker and trips in Summer. Contact Hazel  
Wade 01485 579386 (SM)  
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/Astro-  
turf. Contact Stephen Joyce 01485 579009  
FUTURE CLUB meets for bereaved people on the fourth  
Thursday of every month in the back room of Heacham Public  
Hall from 2.00 pm to 4.00 pm. Tea, Biscuits & a chat  
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 SHELTERED HOUSING Bingo at 2.30 pm Tel :  
570492

### FRIDAYS

AGE CONCERN Information available from 10.00 am to 12  
noon at The Library, Lynn Road, Heacham  
SOLO WHIST - 2.00 pm Entry £1 ( PRH )  
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

### SATURDAY

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 to 9  
pm ( term time ). **School years 6 – 11** ( Smithdon ). Contact  
Tracey Swann 07833 307856

### SUNDAY

CAR BOOT SALE 8.00 am to 12 noon on the Sports Field  
weather permitting

## HEACHAM DIARY

**Saturday 2nd October** – GIG with JULIE BUNN at Silver Sands Pub North Beach

**Tuesday 5th October** – GIG- COCOON at Fox & Hounds from 8.30 pm

**Thursday 7th October** – TREFOIL GUILD Subject – Visit to Thetford Forest 10.00 am to 4.00 pm

**Friday 8th October** – HEACHAM PIECE OF MIND FASHION SHOW – ‘Glamour on a Shoestring’ a light hearted evening of Fashion & Glamour at Smithdon High School, Hunstanton from 7.00 to 9.00 pm. Tickets £3 from Piece of Mind 4, Poplar Ave, Heacham Tel : 01485 572707

**Saturday 9th October** – GIG with NEIL PATRICK at Silver Sands Pub North Beach

**Monday 11th October** – HEACHAM WIVES GROUP – Lesley Trebbick – COLOUR ME BEAUTIFUL. Talk and practical demonstration using volunteers from the audience

\* HEACHAM GROUP PRACTICE PPG Meeting at Heacham Surgery, Station Road. 7.30 pm including ‘Creative Writing as a Therapeutic Activity’. All welcome

**Tuesday 12th October** – GIG – To be advised at Fox & Hounds from 8.30 pm

**Thursday 14th October** – TREFOIL GUILD Subject – Fellowship Lunch – Venue TBA

**Friday 15th October** - 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 October** – GIG with PETER J.H. at Silver Sands Pub North Beach

**Tuesday 19th October** – GIG- AFTER HOURS at Fox & Hounds from 8.30 pm

**Wednesday 20th October** – TREFOIL GUILD Subject – End of Centenary Celebrations at Hunstanton Cliffs

**Friday 22nd October** – GIG- ROCK’N’ROLL NIGHT with HILLBILLY CATS at Fox & Hounds from 8.30

**Saturday 23rd October** – GIG with CRAIG POWELL at Silver Sands Pub North Beach

**Monday 25th October** – BINGO 7.00 pm at Fridhem Rest Home, Station Road

**Tuesday 26th October** - MOBILE POLICE STATION at Station Road, Heacham from 10.00 am to 12 noon

\* GIG – HOLMAN HILTS DELANEY at Fox & Hounds from 8.30 pm

**Saturday 30th October** – SILVER SANDS PUB END OF SEASON PARTY NIGHT with MIKE FOX

\* BUSHEL & STRIKE HALLOWEEN PARTY with Hog Roast etc.

\* FAIRTRADE COFFEE MORNING Church Hall, High Street 10.00 am to 12 noon. Fairly traded gifts & foods from around the world, Charity Christmas Cards, Advent Calendars etc.

**Tuesday 2nd November** - GIG- EGYPT at Fox & Hounds from 8.30 pm

**Thursday 4th November** - TREFOIL GUILD Subject – Talk from Queenies Sweet Shop plus Raffle

## OTHER EVENTS

**Sunday 9th October** – HUNSTANTON LIONS Car Boot Sale at the Glebe School, also on **October 17th & 31st**. Entry for visitors free, donations welcome. Please note these are the last

Car Boots for this year.

**Monday 18th October** – FOLK DANCING at Brancaster Staithe Village Hall 7.30 to 9.30 pm. Contact Janet Bowles 01485 210857

**Saturday 23rd & 30th October-** HUNSTANTON & DISTRICT FESTIVAL OF ARTS - CRAFT FAIR at The Town Hall, Top of the Green, Hunstanton. 10.00 am to 4.00 pm. Refreshments will be available

**Sunday 24th October** - STANHOE IN SOUND & IMAGES by Gillian Beckett at 2.30 pm in the Reading Room, Cross Lane, Stanhoe. Entry £1.50 per person (inc tea & biscuits). Presentation arranged by the Stanhoe Archive

**Wednesday 27th October** – POETRY AT THE PRINCESS 10.30 am in the bar of the Princess Theatre, Hunstanton.. Hosted by local author Mary Mackie. Drinks & snacks available from the bar. No admission charge, but donations welcome.

**Saturday 30th October** – HALLOWEEN FISH & CHIP SUPPER & QUIZ – 7.00 pm in the Reading Room, Cross Lane, Stanhoe. Organised by Stanhoe & Barwick W I in aid of Stanhoe Reading Room. Tickets in advance only £7 (£3 for under 8’s) for fish’n’chips, pudding & tea or coffee. Bring your own alcohol. Tickets available from 1st October from Chris Drysdale Tel : 01485 517040

**Mondays** – AL-ANON FAMILY GROUP 8.00 pm Union Church, Hunstanton Tel : 0207 4030888

\* 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, Coucil 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

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.or details contact Liz on 07948 407694.

## DIARY DATES

If you have any events or regular meetings which you would like put in the diary pages, please send them to us in time for the deadline whose date can always be found on the front cover of the Heacham Newsletter. You will find contact details at the foot of the front page.

## TIDE TABLES

The tide tables are on the next page this month. Our apologies for the wrong heading last month - the tables were the right ones!

# Christina Thain & Co Solicitors

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## “SHIRLEY’S TOO” IS CHANGING ITS NAME

“Shirley's Too” card shop in Station Road is changing its name to "Chatterbox" and is expanding into the empty shop next door. Thelma, the owner, is in the process of adding "party planning" in the card shop and is hoping that on reading this article anyone who is involved with parties will pop in and give her their contact number and details to add to her catalogue.

Thelma is looking to compile a list of caterers, cake makers, discos, entertainers, function rooms and anything that is used for parties. She herself will be doing balloons, banners, table ware and anything that you want in any theme with enough notice.

If anyone wants to be included please call in and see her in the card shop or the cafe (which she hopes will be up and running by the time this article is printed).

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## HEACHAM THEN AND NOW

The postcard on the right was kindly loaned to us by John Davis. It shows Heacham High Street looking south in 1905. The shop on the right is Evans Newsagents. It was the source of the postcard which has the caption "Published by A.C. Evans" on it. If you look closely you will see a man standing outside the newsagent's - is it Mr Evans himself? The shop in the distance behind it is Moulam - Grocer. Notice that there is an absence of pavements and wires on poles.



Later, the grocer's became International Stores, and today is Suttons Estate Agents (see photo on the left, taken in September 2010). You will also see that A.C. Evans is now Special Petals, and that the shops on the extreme right have appeared since 1905.

Rod's Fish shop and A.E. Wallis have also appeared in the middle distance on the left replacing a row of cottages. They are set back from the road giving a wider pavement.

On the extreme left is the Staypressed shop - another "newcomer" since 1905.

HNL



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## Hunstanton Lions Club

### Turkey & Tinsel Lunches

As the autumn is now with us our thoughts are very much to the busiest time of the year for us, December – Christmas! We are delighted to be able to tell you that we are again holding our “Turkey & Tinsel” lunches. These are for *all over “60’s”* in our area, so don’t be afraid to let us know if you would like to come. The cost for a traditional three course lunch consisting of soup, roast turkey, sausage, stuffing and all the trimmings, a pudding and tea of coffee, is again only £3.00 per head, with the balance of the cost being paid by Hunstanton Lions Club. Drinks are available at normal prices. The lunches will be in the “Green Lodge Restaurant” on the Green in Hunstanton starting on Monday December 6, and running throughout the week. In the next edition of this newsletter we will tell you how to book.

### Christmas Grotto

For the youngsters in our area we are holding our famous “Grotto” in the basement of the “Town Hall”. This will be on Saturdays and Sundays December 11th, 12th, 18th, and 19th. Bring your children along to wander through the misty grotto ending up with a smashing present from Santa and a photograph taken with Santa in his room. To coincide with this, we have a Craft Fair in the Hall on Sunday December 12th and Saturday and Sunday December 18th and 19th. Again full details of all these events will be in the next edition.

### Children In Need

Before that we will be raising money for “Children in Need” on Friday November 19th, so if you see us around the area, please donate to this very worthy cause. All the money we collect goes directly to the “Children in Need” appeal.

### Haiti

On the International front, Lions Clubs International continue to work in Haiti. Throughout the world Lions Clubs donated over US\$ 5 million to this disaster (Lions Clubs of the British Isles and Ireland donated around £300,000) and supplied hundreds of tents to the area. They are still working with the various non governmental organisations there and helping to construct 600 semi-permanent homes, and intend to help rebuild the community until the finish.

We are continuing to help many people and organisations in our area also, so let us know if you need help or assistance.

### Car Boot Sales

Our last “Car Boot Sales” at the Glebe School this year are on Sundays October 9th, 17th and 31st so it’s your last chance to find some of those bargains. Entry for visitors is free, but of course donations are very welcome.

### “200 Club” Winners

Congratulations go to the winners of our “200 Club” September draw who were Ted Capon, Rob Griffin, Graham Parris and Ann Desroches. Next year get in early to guarantee tickets to this club.

Don’t forget to look in the November edition of this Newsletter for full details of all forthcoming events, and how to book.

**Peter Mills**



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**POLISH FORCES  
IN HEACHAM  
1940-1943**

Following on from last month's article about the wartime armoured train in Norfolk, manned by Polish troops, we have received these two photographs from a Newsletter reader. They show Polish soldiers at the High House in Heacham.

We know nothing more about these photographs except that both had "Polish soldiers High House 1941" written on the back.

Mr Cedric Bales of Hunstanton was able to add a little more to the story of the Polish troops:



*Above: Bren Gun Carrier*



*Left: Search Light Wagon*

gun carriers and a few garden walls were knocked down! Later on, I was with my father in the harvest field at Heacham Bottom farm. This field was the one next to the Search Light Field opposite Teapot Corner, where there was a cafe. The men had been 'shockun' (setting up the 'shoofs' (Norfolk slang for sheaves)) for carting. An officer arrived with the Bren gun carriers and could not steer round the 'shoofs' and so knocked some down. Needless to say, they were very impolitely told to quickly go!!

"I refer to last month's Newsletter, as there were memories of the Polish Officers in Heacham At the tender age of 14 I worked for Thomas Peatling & Son. My own first memories of the Polish Officers were in 1943/4. I was sent on my trade bike one Monday afternoon with a box of 12 bottles of drinks to the 'High House'. I was told to go through to the kitchen where I met Joseph who was frying spring onions. I had never seen spring onions fried before!

"Joseph was one of the chefs for the Polish Officers. During this time the Officers started to learn to drive Bren

"I cannot remember the Officers being in the Public Hall as I thought they were in 'High House'. I can remember the armoured train being in Heacham and believe it left at the end of the war in 1945. I can remember British Troops being in the Public Hall as we used to watch the parade to the church every Sunday morning. They were the 'King's Own Yorkshire Light Infantry'."

Thank you very much, Mr Bales. That ties in nicely with the photographs, one of which shows the vehicle you mentioned in your letter.

**HNL**

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## Autumn in the Garden - Spiders

Here we are - its Autumn again, the "season of mists and mellow fruitfulness". Hallowe'en is at the end of the month so what better time to take a look at one of our largest and most common British spiders.

The Garden Spider (*Araneus diadematus*) daily spins its web in our gardens and hedgerows. At this time of year a heavy dew or a misty dawn rewards us with the sight of the webs glistening with tiny beads of water in the morning sun. A new day, a new web. Apparently the Garden Spider spins a new web each morning, having reabsorbed the previous day's web, including any tiny insect which may have been trapped, at sunset.

If you look carefully at the back of a Garden Spider you will see a cross-shape of light coloured marks on its back. This is the source of the alternative names of 'Diadem Spider' and 'Cross Spider'. Hence the second part of its Latin name 'diadematus'.



Adult females can have a body length of as much as 15mm (3/5 of an inch in old money), and the males grow up to 9mm. Male and female look very similar apart from size. Colour can vary from a light brown to almost black. Have a look round your garden or the hedgerows. You should very soon spot many of these minibeasts sitting in the middle of their large round webs waiting for a snack to land. They will be around until November when they will die in the first frosts.

If you miss them this year you will have to wait until May or June next year before they start to appear again in appreciable numbers. They can also be found in mainland Europe, much of Asia and parts of Japan and North America.

HNL

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### Are You Lacking Motivation?

I see people for a variety of different issues but the subject of motivation always comes up. Virtually every issue I work with will require the individuals to make some changes or take action of some kind. Inevitably this requires motivation. This level of motivation can determine how successful the person will be.

One important function of our subconscious mind is to protect us. It sounds weird to talk about our mind as having two personalities but it's not a bad analogy. One example could be through fear of failure. Our conscious mind is saying "I want to lose weight." "I want to be slim and healthier and feel better about myself." The more powerful subconscious however could be arguing; "Remember how bad you felt last time you tried and failed, you actually gained weight in the end, remember how hard it was and how everyone at the gym laughed at you..." Our subconscious is trying to protect us from this "threat" by driving the "putting things off" behaviour. On face value it seems that we are just lazy or will get round to it someday. There can be more to it than that. If you find yourselves putting things off or not getting round to something you need to do then consider the possibility that your subconscious could be trying to protect you from something. Maybe you fear failure? Maybe you fear success? Maybe you just perceive the task as too hard?

Sometimes I see clients who lack motivation because deep down they really don't want to do whatever it is they are putting off. Maybe someone is nagging them to do it (common in smoking or weight loss) and their natural reaction is to resent being told what to do and to resist. Maybe it's the expectations of others that are a problem. Consider the son of a builder. His father wants him to take over the family business and he loves his father so doesn't want to disappoint him but also he really wants to be an artist. He is at construction college but is failing his exams and lacks motivation to study. The builder's son may simply have to make some difficult decisions in following the path that is right for him. The smoker who is resisting all of the nagging is in a different situation. Smoking is going to make them ill and is ultimately likely to kill them. They NEED to find motivation. They would need to look at all of the negative aspects of smoking on one hand and look at what they will gain as a result of quitting smoking on the other. This should help them to see quitting as something that is best for them, not just what the doctor ordered!

If you would like any more information on how to gain motivation or how hypnosis can help please contact me on 0845 603 4421 or email [info@hypnopro.co.uk](mailto:info@hypnopro.co.uk)

**David Woolley**

DipCAH, HPD, MPNLP, CertSCS, MNCH (Reg), MNGH  
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## THE POTTING SHED

### GARDENING ORGANICALLY

Gardening is a very calming, non-threatening type of activity. Plants don't discriminate and they don't care if a person is twenty-five or eighty-five, in a wheelchair or standing.

My Jill is an example of the above. As many of you know, Jill can no longer get about on her own but she loves to be in the garden. So I cart her out there, plonk her down on an old sleeping mat from our camping days, together with her bucket of tools and a couple of waste buckets and she is happy as Larry. I find it amazing how much ground she covers in a couple of hours. The only problem is getting her to stop for lunch or tea. "Just another ten minutes" she says and half an hour later she is still at it. An amazing woman. Of course the chickens are in close attendance, almost climbing over her hands to get at the worms and beasties she uncovers. And chatter! they cluck and murmur continually, demanding she uncovers more goodies for them. Good fun.

So the year has turned once more. I suppose it must be something to do with ageing but the weeks and months seem to pass much quicker than they used to. And, despite the panic, things have not gone too badly, at least crop-wise. As I've already said, the carrots have done very well in their penthouse. The climbing French beans have been superb (and if I'd sown a successional crop, would still be going well.) and apart from onions the size of golf balls, a shortage of apples, no pears, and few if any useable plums, the plot has performed better than I thought. My brassica's are looking very healthy despite clouds of whitefly. The wasps have dealt with all the caterpillars as they did last year and the hoverflies seem to keep the whitefly under some sort of control, aided by an occasional good hose down. We shall know later how effective it's been when I crop them. As usual I have no walnuts or cobnuts, thanks to the squirrel which, so far, I have been unable to target. It's now started on the damsons so I must get picking soon.

As I was a bit half-heartedly dragging a rake through my deep beds this morning ready to cover with horse muck for the winter, I realised that one side was missing. Actually it had disintegrated. Well I knew it was in rough shape but being a fairly idle sort of chap, I pretended it was OK. Now I need to replace it. Ideally I would like some old(ish) scaffold planks but I still have a number of useful ten foot timbers salvaged from



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when next door was built. So having given it some serious thought, I had lunch and a snooze then decided tomorrow will be plenty early enough and this article is getting important - as usual I have 2 1/2 days to get it done. The rake I mentioned at the beginning of this paragraph is a bit of kit I brought back from France with long curving tines. I believe it's called a "Chrome" and its super for churning up the soil. I also brought a sort of mattock on a long handle which is very good for furrowing and general digging without doing one's back.

I have had the most amazing crop of fungi this year, not only giant puffballs - delicious - but also about twenty field mushrooms. The first of these was discussed at length with Brian, my neighbour who knows about these things before I ate it but since then I've been scoffing them merrily and feel quite well. I had mushrooms on toast last evening and am planning an "omelette aux champignons" for supper this evening. I suppose it's the large quantities of leaf-mould and horse muck I have put on the land over the last 40 years but mushrooms are springing up in all sorts of odd places.

Jill and I had a wander round the Walsingham farmers market on the Norfolk lavender site this weekend. I have to say, I was quite impressed with both the range and quality of food on offer. As usual because we had my son, his wife and our only grandson with us, I bought some cheese - too much cheese - and we also bought a delicious venison pie. I've had these things in the past and they have been nothing to shout about but this one was super if a bit pricey. I shall return.

I saw in the Soil association magazine that drinking milk with high levels of conjugated linoleic acids, protects against heart attack. Organic milk has much increased amounts of CLA's compared with the bog standard stuff.

Apparently since many schools improved their nutritional standards and started using organic and wholefoods, the levels of misbehaviour have decreased and children are more attentive. I only hope that with the current attitude to spending and the tough decisions councils are having to take, that the school dinner menu's will not suffer. It's up to parents to see that they don't.

#### BOTANY FOR BEGINNERS CHAPTER 9

For the next couple of articles, I hope to discuss how plants adapt to their environment.

To the best of our knowledge, life started in the primordial seas, which would have been much less salty than they are today. For instance the concentration of salt (Sodium Chloride) in our bodies (and in most plants and animals including sea fish) is approximately 0.9g/100ml whereas the sea has on average



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3.5g/100ml. A possible explanation for this is that we evolved from the primordial seas and thus still have that concentration of salt in our bodies.

The very earliest "plants" to evolve were blue green algae and it is postulated that it was the oxygen produced by these simple creatures that enabled the evolution of all subsequent living things. All of this happened some 3 billion years ago and from the algae evolved seaweeds, mosses, fungi etc. Vascular plants such as horsetails evolved from green algae about 400 million years ago. Ferns and gymnosperms (coniferous) followed and finally angiosperms (flowering plants) evolved. Now some ¼ million species of flowering plants occupy just about every ecological niche on the planet except in the harshest climates.

Animals can move about the surface of the earth seeking the most favourable places to live and breed. Plants however are fixed in their habitat and have evolved various strategies to enable them to cope with changing situations. Charles Darwin in his seminal work "On the origin of species" postulated that in any given population, whether of animals or plants, those that could cope with changing conditions would become the progenitors of future generations (the survival of the fittest).

Natural selection has led to ways by which plants can survive almost any threat to their existence. Cold winters, periods of drought, attacks by predators whether animals that may eat them or insects that may bore into and weaken or kill them, competition for living space and nutrients have all made plants evolve strategies to cope. Cacti for example have fleshy bodies which can store water and nutrients and have evolved spiny leaves for protection against predators. Plants have even evolved that can capture and digest insects and even small mammals to survive in areas such as peat bogs which are very nutrient poor.

Other plants have evolved natural pesticides in the form of toxic substances which can deter or even kill predators unwise enough to eat them. Ragwort is a good example in this country and even when accidentally dried in hay making, can kill cattle and horses.

Although unable to move, plants can move to new locations through the dissemination of spores and seeds. Seeds can be moved long distances in the gut of animals and birds and when excreted in a different location usually have a small deposit of fertiliser to help them make a good start. Seeds can also be carried great distances by the wind (e.g. dandelions) or water.

Sexual reproduction between plants will often result in offspring with enhanced abilities to resist, say drought or cold. Occasionally two dissimilar parents will inadvertently produce a new hybrid offspring able to combat adverse conditions better than either parent.

Mutation, a changing of the DNA of a plants genes caused by exposure to ultraviolet light will often be fatal to the plant but occasionally a new mutated plant will be produced with enhanced survival skills.

Evolution in undirected and is caused by random chromosomal events whether by hybridisation or mutation. These events have produced the astonishing variety of plants that we see all around us.

Next month I will attempt to explain how plants specifically adapt to changes in their environment and how the gardener drives some of these changes via breeding and manipulation of environmental factors. It's all heavy stuff isn't it!

**Michael Drew**

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## PLANNING NEWS

Applications received by BCKLWN between 24th August and 21st September 2010 are:

<u>App. Ref.</u>	<u>Date</u>	<u>Details</u>
10/00028/TPO	03/09	53 Station Road. Overall crown diameter reduction by 4m, crown raise to 2.4m & crown clean to Walnut Tree
10/01550/F	07/09	Social Club, 13 Station Road. Proposed outside seating area with childrens play area.
10/00047/TREECA	07/09	The Shooting Lodge, 38 Hunstanton Road, The Green. Fell Silver Birch Tree in a Conservation Area.
10/01556/F	07/09	Dongola, 11 The South Beach. Continued use and retention of existing bungalow and plot for Caravan.
10/00051/TREECA	13/09	Church House, Church Lane. Re-pollard Holm Oak back to previously pollarded point.

If you would like to know more about the above, or any other applications, details can be found in the Planning section of BCKLWN's website [www.west-norfolk.gov.uk](http://www.west-norfolk.gov.uk).





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**Fox & Hounds, Heacham  
Charity Quiz Night**



The Fox & Hounds Charity Quiz Night, which was held on 20th September to raise funds for the Norfolk Hospice, was a great success.

The pub was full to the brim and a great evening was had by all. The event raised £440.39 for the Hospice and thanks go to Rob Morley who was a superb quizmaster, Mark and Marie Bristow for providing the supper free of charge and prizes for the raffle, and the Hospice supporters and Fox & Hounds locals for their generous support.

**Zena Penty**  
Fundraising Co-ordinator



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**THE LAVENDER HILL MOB  
THEATRE COMPANY**

By Sandra Hohol (Publicity Officer)

I wrote in the Hunstanton Newsletter a long while ago about the Lavender Hill Mob Theatre Company, and continue to do so, bringing the community up to date about our voluntary organisation. I would now like to do the same for Heacham community and residents.

I will not go into the past history of LHMTTC as this is available for all to see on our website at [www.lhmtc.co.uk](http://www.lhmtc.co.uk) However, I will keep up to date with our events and performances as much as I can.

We have our next show at the Princess Theatre, preparing everyone for Christmas on Thursday 11 November at 7.30pm. There are matinees too for children and those who do not wish to venture out at night, on both Friday and Saturday 12 & 13 November at 2.30pm, plus evening shows at 7.30pm. Tickets from the theatre Box Office 01485 532252. A truly magical tale of wishes, a ragdoll, a teddy bear, fairytales, and much more. Who lives at the top of the world? What is in the wardrobe? Are they dreaming, or are we all dreaming. Intrigued?

Come and find out in this wonderful Christmas story full of surprises for all the family.

There is no Panto at the Theatre so we hope our show will start off successfully in the run up to a very busy time of year.

In the show if any children would like to take part in our competition which is open to under 12's, please send their answer to the question 'WHO OR WHAT IS IN THE WARDROBE?' The answer is in our show, but everyone likes to guess. Send answers to me at the address below with your name, age and contact details. There will be three gift vouchers for the winners to be announced at the final show on Saturday 13 November.

The Lavender Hill Mob Theatre Company welcomes everyone from age 4 no matter what ability, disability or capability. Working on a similar ethos as the Chicken Shed Theatre in London, there is no pressure to do anything – people do what they are able to, we do not hold auditions and there is no membership limit.

St Edmunds Church Hall, Hunstanton is our venue on Mondays (Dance & Movement 5 – 8pm), Tuesdays (Workshops for All – 5 – 7pm) and Wednesdays (Writing and Devising 5 – 8pm). For more information please contact me, Sandra Hohol, Publicity Officer on 01485 534827, email [s.hohol@btinternet.com](mailto:s.hohol@btinternet.com) or visit our website [www.lhmtc.co.uk](http://www.lhmtc.co.uk) Reg. Charity 1134490.

**WHAT IS YOUR CLUB OR SOCIETY DOING?**

There are many clubs, societies and organisations in and around Heacham. Is yours doing anything which you think our readers would find interesting? Are you looking for more members or volunteers to help? Have you got any events planned in the run-up to Christmas or in the New Year?

If the answer to any of these questions is "yes", why not send us the details and we will do our best to include them in the next Newsletter. Contact details are on the front page.

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## Seaside Sparkle 2010

Here it is at last, after 18 months of planning on 18th September 2010 Seaside Sparkle had arrived, Seaside Sparkle is Girlguiding Norfolk's Main Centenary event, celebrating 100 years of GirlguidingUK.

Hunstanton and Heacham Brownies and Hunstanton Rainbows joined forces to spend the day together. The brownies wore tie dyed scarves with a centenary badge sewed on that we made during brownies.

We went to the Bus Station to catch the bus to Great Yarmouth. As the girls got on the bus I handed out Goodie Bags to them all - the goodie bag was a yellow drawstring bag, with seaside sparkle logo on containing Sparkly bucket and spade, Folding Seaside Sparkle frisbee in its own bag, Seaside Sparkle notebook, Pen, Emergency rain poncho, Seaside Sparkle woven badge and Purse. There was also a stick of Seaside sparkle rock which will be handed out on the way back to avoid being sticky all day. When on the coach they were all issued with a Seaside Sparkle lanyard, and ID badge.

We arrived about 10.30am and went to the Atlantis Centre which had been booked for the day by Girlguiding Norfolk, so we had a base in case of inclement weather and so we could leave our bags etc..

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We then headed to Harry Ramsden, to see if we could have an earlier lunch than planned, that would leave the rest of the day for us. We had a wonderful lunch there. It was beautifully cooked and served, and as members of Girlguiding Norfolk we got 20% off.

We then went on the beach to use our bucket and spades where we were filling the number 100 marked out in flags with sandcastles.

We then headed to Yesterday's World (its web address is: www.yesterdaysworld.co.uk). We looked round and saw a presentation of Queen Victoria's life and times, looked at some olde worlde shops and railway station, then we visited an olde worlde sweet shop and bought some sweets. They had produced



a Seaside Sparkle fudge. Then we had a ride on a Carousel, where a brownie didn't put her Goodie Bag with the rest and temporarily lost it. We then visited the gift shop and spent some more money. On leaving Yesterdays World, the Mayor of Great Yarmouth was passing and we met him.



Next we went on an open topped bus to have a quick tour of Great Yarmouth seen from above, which was free as we were Members of Girlguiding Norfolk. We then returned to the Atlantis Centre and gathered our belongings, and headed to the green near the beach and enjoyed our packed tea, then we treated the girls to a Calippo Shot each.

We did intend going to the Model Village for a look round and to eat our packed tea, but certain people spent so long shopping in Yesterdays World, and it was a long walk there and we would have to get back, so we decided against it.

We listened to an outdoor concert. The compere was Kaz Carter from Kiss FM, the first local boyband was Walkaway (from Diss). The other boy band was KHY finishing with a mixed band Underline the Sky. The County Commissioner Helen Green and the County President Carol Bundock both got up and made a speech. The concert finished with a firework display

Then we got called for our buses There were 40 coaches attended and they were called in order of the distance they had to travel. As we had the longest journey we were number 1. We arrived back at the coach at about 7.45pm and had an easy journey home which we reached at about 9.30pm, ahead of schedule.

Altogether a very satisfactory but tiring day, a lot of good organisation and planning went into the day.

**Dawn Davis**

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## Heacham Horse Show Winners 2010 (continued from last month)

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- 2nd: Theresa Herries on Irish Charmer
- 3rd: Rosie Ringer on Nutflake
- 4th: Laura Oughton Auker on Erdyl Joshua
- 5th: Laura Oughton Auker on Hot Fuss
- 6th: Phoebe Russell on Lucky Lady

Caroline Plumb Trophy went to Sammy Harold on Hyper Piper.

Weekend Horse/Pony sponsored by Mout Pleasant Equestrian Centre

- 1st: Molly Rix on Rosemore Lucky Touch
- 2nd: McRann on Trehufa Charlie
- 3rd: Rosie Ringer on Nutflake
- 4th: Amy Walton on Sweet About Me
- 5th: Poppy on Misty
- 6th: Cody Gannon on Fred Bear

Junior Handler: Sponsored by Jim Wilding.

- 1st: Mollie Rix with Rosemore Lucky Touch
- 2nd: Poppy with Misty
- 3rd: Phoebe Russell with Lucky Lady
- 4th: Megan Carr with Puzzle
- 5th: Fletcher Yarham with Fancy
- 6th: Sophie Mann with Sonny

Coloured Horse/Pony sponsored by Mr & Mrs Robbie Wright

- 1st: Janet Stewart on Autumn Colours
- 2nd: Nicky on Grace
- 3rd: Charlotte Cooper on Cheeky Charley
- 4th: Stella Gurnering on Hunny
- 5th: Helen Gunn on Golden Opportunity
- 6th: Linda Frost on Shylo

Handlers: Sponsored by Mathias Electrical

- 1st: Lindsey Walton with Sweet about Me
- 2nd: Laura Oughton Auker with Hot Fuss
- 3rd: Catherine Guy with Theodore
- 4th: Hannah Whyman-Navah with Lownthwaite Comet
- 5th: Alice Brittain with Kings Smokemaker
- 6th: Emily Long with Echo Falls

Veteran Horse/Pony sponsored by Cruso & Wilkin

- 1st: Mollie Rix on Rosemore Lucky Touch
- 2nd: Laura Oughton Auker on Hot Fuss
- 3rd: Holly Mathias on Colin
- 4th: Helen Gunn on Golden Opportunity
- 5th: Louisa Patience on Will to Win
- 6th: Maddy Chandler on Caddy

Equitation: Sponsored by Wensum Valley Vets

- 1st: Holly Mathias on Colin
- 2nd: Mollie Rix on Rosemore Lucky Touch
- 3rd: Louisa Patience on Will to Win
- 4th: Sheena Mitchell on Silver Ghost
- 5th: Amy Walton on Sweet about Me
- 6th: Lucy Fuller on Pebbles

Cob Type Horse/Pony sponsored by Marsh Grazing Stables

- 1st: Holly Mathias on Colin
- 2nd: Charlotte Cooper on Cheeky Charlie
- 3rd: Fallon Howe on Yogi
- 4th: Paula Bingley on Mr Woods
- 5th: Laura Oughton Auker on Erdyl Joshua
- 6th: Pam Griffin on Mistletoe

Working Hunter Type sponsored by Mrs L Evans

- 1st: Sheena Mitchell on Silver Ghost
- 2nd: Louisa Patience on Will to Win
- 3rd: Amy Walton on Sweet About Me
- 4th: Charlotte Cooper on Cheeky Charlie
- 5th: Sophie Mann on Sonny
- 6th: Mollie Rix on Rosemore Lucky Touch

Showjumping:

13.2hh & Under: sponsored by Colin Dunn

- 1st: Lucy Carr on Gizaco



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- 2nd: Chloe on Walsteadring of Heaven  
 3rd: Cody Gannon on Archie  
 4th: Lottie Allgood on Tuckers Luck  
 5th: Cody Gannon on Fred Bear  
 6th: Mollie Rix on Malfunction

14.2hh and under: Sponsored by George Caddy

- 1st: Rhiannon Rix on Merry  
 2nd: Hannah Allgood on Newtown Sparky  
 3rd: Amy Felgate on Limited Edition  
 4th: Mollie Rix on Malfunction  
 5th: Chloe Wright on Wurzle  
 6th: Amiee Penny on Murphy

Novice Pony: Sponsored by GJL Animal Feeds.

- 1st: Hannah Allgood on Malfunction  
 2nd: Rhiannon Rix on Sparkie  
 3rd: Ginny York on Lace  
 4th: Cody Gannon on Archie Mitchell  
 5th: Rhiannon Jones on Jack  
 6th: Lucy Fuller on Pebbles

Novice Horse: Sponsored by Mrs Jo Carr

- 1st: Phoebe Russell on Lucky Lady  
 2nd: Katrina Blower on Cinderella  
 3rd: Liz Evans on Fankino Buster  
 4th: Louisa Long on Hercules  
 5th: Megan Howlett on Lass

Horse Class sponsored by Ken Hill

- 1st: Jo Carr on Jelly  
 2nd: Megan Carr on William  
 3rd: Louisa Long on Hercules  
 4th: Rhiannon Rix on Bust A Move  
 5th: Phoebe Russell on Lucky Lady

Open Jumping sponsored by Mr Gullan-Whur

- 1st: Rhiannon Rix on Bust a Move  
 2nd: Laura King on Zebedee  
 3rd: Jo Carr on Jelly  
 4th: Mollie Rix on Malfunction  
 5th: Hannah Allgood on Newtown Sparkie  
 6th: Amiee Penny on Murphy

Fun Class Jump & Run sponsored by Moulam & Horn

- 1st: Mollie Rix on Malfunction  
 2nd: Hannah Allgood on Newtown Sparkie  
 3rd: Ginny York on Lace  
 4th: Rhiannon Rix on Mr MB  
 5th: Rhiannon Rix on Bust a Move  
 6th: Mollie Rix on Rosemore Lucky Touch

**Championship:**

Champion was Holly Mathias on Colin  
 Reserve Champion Lindsey Walton with Sweet About Me  
 Best at Show was won by the Fuller Family with Peanuts & Pebbles.



*Louisa Long On Hercules jumping the new Heacham Horse Show Planks*

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## Heacham Football Club

We have made a good start this season with results as follows:

Date	Venue	Opposition	Team	Score
04.09	Away	Terrington	1st	0-0 Draw
11.09	Away	Docking	1st	6-2 Win
04.09	Away	Wiggenhall	Reserves	4-2 Win
11.09	Away	West Winch	Reserves	2-2 Draw
04.09	Home	Emneth Spartans	'A' team	0-7 Lose
11.09	Away	Sutton Bridge	'A' team	5-3 Win

The fixtures for October are as follows:

Date	Venue	Kickoff	Team	Opposition
02.10	Away	2.00pm	1st	Lynn Discovery
02.10	Home	2.00pm	Reserves	Smithdon
02.10	Home	2.00pm	'A' team	Springwood
9.10	Home	2.00pm	1st	Lynn Napier
9.10	Home	2.00pm	Reserves	Castle Rising
9.10			'A' team	<i>To be advised</i>
16.10			1st	<i>To be advised</i>
16.10	Home	2.00pm	Reserves	Discovery Royals
16.10	Away	2.00pm	'A' team	Pentney
23.10	Away	2.00pm	1st	Ingoldisthorpe
23.10	Home	2.00pm	Reserves	Snettisham
23.10	Home	2.00pm	'A' team	Lynn Williams

The 1st team had two hard fought games, earning a good draw at Terrington and an excellent 6-2 victory at Docking, who had beaten us 4-1 in the corresponding match last season.

The reserve side has many of the Heacham youngsters in the team and they are playing with a lot of confidence and skill. The win at Wiggenhall was particularly impressive and the Wiggenhall manager admitted that his side were "given the run-around by the youngsters from Heacham".

The 'A' side met a new entrant in the league in 'Emneth Spartans' who were clearly a very good side who should probably have been put into the league at least 2 divisions above us. However, we bounced back with a tremendous 5-3 win at Sutton Bridge and we look set for a successful season.

There are several home games this month and we look forward to meeting new spectators, remember there is no charge for admission and the standard of football is good.

**Harry Hornsby**  
Secretary, Heacham Football Club

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## Tour of Britain Cycling Event

On Thursday 16th September crowds gathered, including many schoolchildren, along the A149 near the Lavender cross roads, sheltering behind the barriers erected earlier in the day by Heacham Parish Council.

There was a hush of expectation as the police drove through and temporarily blocked the side roads. Then a pause, then a "swoosh" as the cyclists hurtled past the waiting crowds at break-neck speed. A blink of the eye and they were gone, rapidly receding into the distance as they headed for Hunstanton. They were followed by an entourage of motorcycles, support vehicles and an ambulance. Most enjoyed the spectacle but one child was heard to express his disappointment that it was over so quickly. "I thought the police coming through were much more exciting" he said.

HNL

*Photographs by Colin Abbis*



## HEACHAM PARISH COUNCIL NOTICEBOARD

### Parish Council Meetings for September in Brief

**Heacham in Bloom:** The Chairman congratulated everyone who contributed the success of the Heacham In Bloom 2010.

**Saltings:** The Council thanked CITB for carrying out work to create a new dyke through the reed bed at the Saltings.

**Flood Sirens:** The Emergency Planning Officer had informed the Council that it had been finally decided that the Flood Sirens would no longer be used as part of the flood warning system. A campaign to encourage households in vulnerable areas to sign on for the Precautionary Evacuation Notices would be launched.

**Tescos:** The Planning Authority confirmed that it had issued a planning enforcement notice regarding deliveries to the Tesco Express. Delivery Lorries were limited to a certain size and agreed delivery procedure. The notice had been served as the procedures had not been adhered to by some of Tesco's suppliers, causing the junction to become dangerous.

**Vacancy:** The Council noted that it was unlikely that a by-election would be called, therefore the vacancy would be filled by cooption at the next meeting. The Clerk informed Council that 2 residents had already expressed an interest in the vacancy.

**No Cold Callings Zones:** The Council listened to a presentation about the implementation of no cold calling zones.

**Elections:** The Chairman and Clerk would attend a briefing run by the Norfolk Association of Local Councils about the Elections in preparation for Local Government Elections next year.

**Drainage Meeting:** The Chairman reported that the meeting had been very useful and he was pleased that work would begin in Staithe Road. The regular flooding of Station Road had also been discussed. The Chairman stated that this was under investigation and the County did intend to resolve the matter, however the resolution of the problem was more complicated.

**Cycle Race:** The Chairman reported that the race had proved very popular and as well as around 250 school children, hundreds of residents had turned out to watch the race on the A149. The Chairman said that the provision of security barriers had been a good decision and as well as thanking staff, he thanked a resident for stopping to help set up on the Thursday morning.

**Rail Link:** The County Councillor asked members for their view as he was keen to see what could be done to encourage the reinstatement of the rail link between Hunstanton and King's Lynn. Various members said that they would welcome the debate and supported the idea.

**Next Meeting:** The next full Council meeting would take place on Tuesday 19 October at 7.30pm at the Parish Council Office.

### Bernard Matthews Fund

Funding of up to £2000 is available for groups in Norfolk. Bernard Matthews Fund is managed by the Norfolk Foundation and further details and application forms are available at [www.norfolkfoundation.com](http://www.norfolkfoundation.com). The deadline for applications is the 22 October.

### Heacham Library

The Library at the Barclays Bank Building will be open as usual on Monday 4 October. The official reopening will take place on the following Monday 11 October as the Internet Access Services will be up and running.

**Opening hours in October**  
**Monday, Wednesday and Friday 10.00-4.00pm**  
**Saturday 10.00-12.00noon**

### Notice of Parish Council Vacancy

A vacancy has arisen on Heacham Parish Council for a Parish Councillor. This vacancy will be filled by cooption rather than election. Interested parties should contact the Parish Council Office for further information or present themselves at the next Parish Council meeting which will be held at the Parish Office on **Tuesday 19 October at 7.30pm**

The Clerk

### Drainage Scheme - Staithe Road

Work to upgrade the drainage system in Staithe Road by County Highways will begin on 4 October 2010. This will be an extensive project lasting over 4 months. The work comprises of 5 phases and each phase will result in either temporary traffic lights or road closure. Please take note of the following and plan your journey accordingly.

Phase 1 (Cheney Hill) - Works starts on the 4 October 2010 to 22 October 2010, 2 way temporary traffic signals will be in operation.

Phase 2 (Cheney Hill), Phase 3 (Staithe Road from Rebecca Court to Collins Lane Junction) and Phase 4 (Staithe Road, junction with Collins Lane) will require the road to be closed and work is scheduled to start on 25 October 2010 to 23 December 2010, with a break in works to start again on the 3 January 2011 to 7 January 2011.

Phase 5 (Staithe Road: Causis Close layby to Brays Pit) will require 3 way temporary traffic signals and start on the 10 January 2011 to 14 January 2011.

### Census 2011

The next national census will take place on 24 March 2011. Information on how to complete the required forms will be released in the New Year.

### Heacham Parish Council

Jubilee Clinic

Pound Lane

Heacham

Norfolk PE31 7ET

01485 572142

Open 10.00am-12noon Tuesday to Friday

[www.heachamparishcouncil.co.uk](http://www.heachamparishcouncil.co.uk)

## HELP LINES

**HEACHAM GROUP PRACTICE** 01485 572769  
**HEACHAM** MON TO FRI 08.30 TO 13.00 14.00 TO 18.30  
**SNETTISHAM** MON TO WED 08.30 TO 12.30 14.30 TO 18.00  
THURS/FRIDAY 08.30 TO 12.30 Closed p.m.  
**OUT OF HOURS DOCTOR** 01603 488488  
A Doctor will advise on your emergency - Please think before calling

**HEACHAM & DISTRICT COMMUNITY CAR SCHEME** 534777

**HEACHAM CHEMIST** 570297  
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SAT 09.00 TO 17.30

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**HEACHAM PARISH COUNCIL OFFICE** 572142

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BOROUGH COUNCIL OFFICE 01553 616200  
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Mrs S. SMEATON 01485 572528

Mr A. MORRISON 01485 518469

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**HEACHAM POST OFFICE** 570330

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CHILD LINE 0800 1111

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### HEACHAM COMMUNITY WEBSITES

[www.heacham-on-line.co.uk](http://www.heacham-on-line.co.uk)

E-mail [stella@heacham-on-line.co.uk](mailto:stella@heacham-on-line.co.uk)

[www.heacham-village.co.uk](http://www.heacham-village.co.uk)

E-mail [enquiries@heacham-village.co.uk](mailto:enquiries@heacham-village.co.uk)

### Heacham Halls

Public Hall 570776

Old Friends Hall, Sunnyside 570892

Pine Residents Hall, Wilton Road Mrs Crisp 579440

Methodist Church Hall, Station Road Mike Careless 570363

St Mary's Church Hall, High Street Mon, Wed, Fri 10.30 to 12.30 572539

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**Main pick up points for The Heacham Newsletter.**  
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Jennings, Showtime, Cooks Butchers, Heacham Bakery, Olivers, Post Office, Parish Council, Church, Co-op, Tescos, Norfolk Lavender.

### MOBILE LIBRARY

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SANDRINGHAM DRIVE		10.20	RINGSTEAD ROAD	10.55
CHENEY HILL (F/SIDE)		10.40	NEVILLE CT	11.40
WOODSIDE AVE		11.05	NEVILLE ROAD	12.15
HEACHAM INFANT SCH		11.20	PINE MALL	12.30
MILLBRIDGE		11.55	SITKA CLOSE	12.50
NOURSE DRIVE		12.20	SUNNYSIDE	14.15
POCAHONTAS WAY		13.50	MEADOW RD	14.40
BUSHEL & STRIKE		14.05	POPLAR AVE	15.30
GIDNEY DRIVE		14.20	GYMKHANA WAY	15.50
BANKSIDE		14.40	JENNINGS CLOSE	16.15
MARRAM WAY N CL		14.55	COLLEGE DR/G CL	16.50
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