



THE HEACHAM NEWSLETTER

September 2011



Heacham Carnival

Centre page Photos

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Childrens Summer Activities



Deadline for the next edition is 12 noon, Thursday 15th September

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

E-MAIL: theheachamnewsletter@yahoo.co.uk

DIARY-WHAT'S ON: Derek (01485 579403

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Dear Newsletter

* Denham, Suffolk

Dear Newsletter,

Information Request - Bircham Tofts Church

I have just spent an enjoyable week in a holiday cottage in Heacham and whilst frequenting the fish 'n' chip shop, I picked up a copy of your Newsletter. Coming as I do from a rural Suffolk parish with negligible community spirit, it's nice to see that Heacham has so much going on and can produce such an interesting monthly magazine.

The main reason I'm writing is something of a plea to anyone with an interest in the history of churches in the area. I've long had an interest in the ruined churches of Norfolk and over the years have collected photos and postcards of many of them. But one has eluded me so far - Bircham Tofts. Today this is an ivy covered ruin, yet it was abandoned as recently as 1940. Do any of your readers have any old postcards or photos of this church? If so could they get in touch? Old photos of Babingley church (again before the ivy took hold) would also be of interest.

Chris Mawson

(If anyone can help, please get in touch c/o the Heacham Newsletter. The address and email address are on the front page).

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For an informal chat and more information

Please contact:: Mick Bovington on 07584 657858

OPERATION CHRISTMAS CHILD

Advance reminder that it is not too early to start preparing shoe boxes - more details next month.

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

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*

Fridhem

Dear Newsletter,

Summer Fete

May I, through your newsletter, say a big THANK YOU to all those who came along to support our Summer Fete. The weather was kind to us and we had a good turn out both of local people and of passers by.

Our gratitude goes to all the local shops who donated prizes for the raffle. These include Chop and Change, A.E.Wallis, The Post Office, Chatterbox, Tesco, Farmhouse Butchers (Snettisham), Boots and Tony Stamford's Fruit and Veg.. As well as the traders thanks to all those individuals who donated prizes and their time to making the event a success.

Events and activities on the day helped raise a total of £652.50 which will be put towards the residents' entertainment and social events fund.

Again thank you all.

**Marie Rawnsley
Activities Co-ordinator**

*

March, Cambs

Dear Newsletter,

Childhood Memories Of Holidays In Heacham

First may I say how I look forward to, and enjoy, the Heacham Newsletter. We stay at our caravan on the South Beach during the summer months and love Heacham and the beautiful surrounding coast.

As a child I spent many summer holidays here along with Mum and Dad and my four sisters, so it seemed a fitting place to have a holiday home in our later years.

Your article on Heacham Station brought back many memories. As our Dad worked on the railway we always travelled by train. It is so good to see the station lovingly kept and used for holiday-makers. We used to stay in a field on Plumbs Farm in a railway carriage. I used to think it was wonderful – all very basic, gas lights, bucket toilet etc, but that was part of the fun! Alongside us was a double decker bus, a gipsy wagon, a single coach and several little wooden shed type bungalows. We spent two weeks at Plumbs every year, then Mum and Dad decided they wanted to be a bit nearer the 'West Norfolk', so we changed venue to Browns Holiday Camp on the North Beach side. We stayed in a little wooden bungalow right next to the railway line and, of course, we were handy for the pub. Like many kids of that era, we spent hours sitting outside with a vimto and a packet of crisps, whilst the pianist played on and on and the singing got louder!

As I walk to the beach now, I can stand and look at Plumb's field and visualize where our railway carriage stood. I look along the sea front and remember the two wooden cafes stood each end with the beach huts in between them.

I remember the houseboats where we used to spend days with our neighbours who used to holiday in 'The Rose' or 'Taverbelle', and then of course I remember the devastation left behind after the terrible floods.

Yes, it is a sure sign of old age when you sit and reminisce. It was a magical time.

Our holiday home now has all the comforts of home and I hope we will have the health and strength to enjoy many more years in Heacham.

Veronica Nederpel



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*

Heacham

Dear Newsletter,

A Night At The Theatre – Encore

The Pocahontas Players would like to thank all those who voiced their appreciation of our recent production 'A Night At The Theatre'. We were aware of the desire for us to repeat the show and it had been our intention to do so in September.

Unfortunately we are now unable to do so as some members of the original cast and production crew are not available.

We are sorry to disappoint those of you who wished to see the show again so soon but our intention is to make it our May 2012 production.

So the Pocahontas Players next production will be the 'Panto' in January 2012. Look out for further details in the Newsletter.

Dave Curtis

Chairman, Pocahontas Players

AN APOLOGY TO ROGER DEAN & THE LAZY BOYS

Last month (August) the Heacham Newsletter carried an advertisement on page 4 for the show "The Johnny Cash Story". Unfortunately we inserted the previous year's advertisement which displayed the wrong date for this year's show. We apologise to Roger Dean and his band, also to our readers for any confusion or inconvenience which this error caused.

The Heacham Newsletter Team

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STATIONERY

NOTE TIME CHANGES AND ADDITIONAL SHOW

September 22nd 2.30pm

September 23rd 7.30pm

The Same Ol' Me

@ Sheringham Little Theatre

2 Station Road, Sheringham, Norfolk, NR26 8RE

East Anglia's much loved Poet & Storyteller Doreen Reed will be relating some of her homespun amusing poems & tales of nostalgia and everyday life, some should be taken with a pinch of salt. If you remember the 50s and 60s you will appreciate her subtle humour.

You can see part of her recent performance at the Auden Theatre on www.doreenreedpoet.com.

Tickets £5

Box Office: 01263 822347

Net proceeds of this show will be donated to
Alzheimer's Research

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HEACHAM SCALLYWAGS

Heacham Scallywags is a mother and baby group in the village. We meet in the Scout Hut in the village once a week. I think most of you will know that the Scout Hut is in the process of being refurbished after a burst pipe in the winter caused extensive damage to the hall.

When the Scout Hut is up and running again we would like to re-open Scallywags but we need some help.

Is there anyone who has a few hours spare one morning a week to help set the group up and put away, putting out chairs and toys, setting up a craft area and generally mucking in to help. Then putting away at the end. We have helpers but they have little children and it is not easy moving chairs etc. when you have a little one to watch. If anyone would like to help out then please contact me, Liz, on 01485 571773 or Rachel on 01485 571621.

Heacham & Criteuil-la-Magdeleine Twinning Association

BACK TO THE 60s DANCE

At Heacham Public Hall

On Saturday 12th November 2011

Further details in October Newsletter



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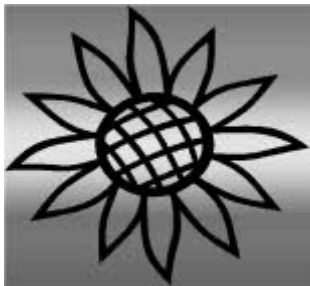
We find ourselves in need of an extra pair of hands here at the Heacham Newsletter and so we are asking for a volunteer to join our merry band.

We need someone who is competent in the use of a personal computer and, preferably, has some experience in the use of desktop publishing programs.

If you would like to find out more, please get in touch with us either by ringing 01485 570258, or writing to The Heacham Newsletter, c/o Heacham Parish Council Office, Pound Lane, Heacham PE31 7ET or by sending an email to theheachamnewsletter@yahoo.co.uk.

We look forward to hearing from you.

The Heacham Newsletter Team



Heacham In Bloom 2011

I would like to thank everyone who contributed to the Carnival Parade collection on 7 August, it was a lovely event with our Heacham In Bloom fairies featuring in both the Lynn News and the EDP. We collected £389.70 in our buckets, which was kindly made up to £400 after the count. On top of this we have already had pledges of sponsorship for next year, which is a great start to our 2012 plans.

I was really pleased to, at last, present our lovely new "Best Blooming Caravan Park" trophy to Jeff and Doreen at Long Acres Caravan Park.

I very much hope you enjoy the colour photo gallery in this month's Newsletter.

The only blot on the landscape so to speak was the theft of 3 blue grasses from our Robin Hill scheme, someone obviously liked our plant selection a little too much.

Our next meeting is on Monday 19 September at 7.00pm in the Parish Council Office when we shall know the results of the judging and be discussing winter bedding, spring bulbs and a special Diamond Jubilee project - all are welcome to attend.

Susan Richardson

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





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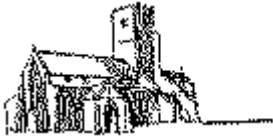
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CHURCHES TOGETHER IN HEACHAM

Season of mists and mellow fruitfulness

It's back to school, back to work and back to normal as the summer visitors leave our village and return to their homes but some of them may not have homes to return to!

As I write this the country is reeling from an unprecedented outbreak of lawlessness in our urban communities. What started in response to an incident in one area of London escalated and was copied in other major cities. The press has called these "riots", which the dictionary defines as 'a disturbance of the peace'. This does not adequately describe what has occurred which has been the lawlessness of pillage and plunder with arson, resulting in homelessness for some innocent citizens. The perpetrators have been taken to Court in their hundreds. Courts have been sitting all night to deal with these large numbers of offenders. Most are young people in their formative years, some as young as 9 years old. They seem to have adopted the maxim 'I want therefore I will take'. There is no discernible political motivation as their targets are purely for personal gratification and have largely consisted of electronic goods, fashion items and alcohol. One man committed a triple murder in his greed.

Around 2000 BC God gave Moses the Ten Commandments. These were the rules for God's chosen people, the Israelites, to live by and enable them to thrive as a community. They have proved their durability as most legal systems in the world are currently based on these ten principles. Three of these are of particular relevance in this situation:

- No murder
- No stealing
- No lusting after your neighbour's property

Adhering to these rules makes for strong communities which is why some groups were able to defend their property and drive these raiders away.

Recent events have been a 'wake up call' for every one of us. Are we living by those rules and thus playing a part in our community? Are we teaching our children those principles so that they in their turn can live in a vibrant community? As the children return to our local schools perhaps they will talk about the role their contemporaries played in these events. As you return to work or social activities perhaps you too will talk about how we demonstrate respect for others in our community and live together in harmony. The fruitfulness of our season could be a strengthened community within our village where we all guard against the possibility of our young people acting in the same lawless fashion. Abiding by God's law will enable us to thrive as a community.

Penny Sutton

Member of the Ministry Team at St Mary's

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

PARISH REGISTERS

Faithful Departed (Church linked funerals)

08/08/11	Joan Irene Hubbard	91
15/08/11	William Smith	72

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

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

The Parish Register entry for Dorothy Moseley was incorrect in last month's Newsletter. She died on 12/7/11 aged 92. Our apologies to her family for any distress caused by this mistake.

METHODIST CHURCH Sunday Services

10.30am Morning Worship

Preachers:

- 4th Sept – Elizabeth MacLeod
- 11th Sept – Rev'd Kim Nally, with Holy Communion
- 18th Sept – Philip Batstone
- 25th Sept – Rev'd Alison Davies - Harvest Festival

Midweek Communion Service: This will be on Wednesday 14th September at 10.30am. All who love the Lord are welcome to attend.

Regular Activities at the Methodist Church

New members are welcome to all our regular activities.

MONDAYS: Indoor Bowls 7pm – weekly

TUESDAYS: Ladies' Fellowship

2.45pm on 6th and 27th September

TUESDAYS: Hands and Needles Club:

7.30pm on 6th and 27th September

SATURDAYS: Coffee Mornings - 9.30-11.30 weekly

Come along and bring a friend.

Harvest Festival

The Methodist Church will be celebrating Harvest Festival this year at 10.30am on the morning of Sunday 25th September, with special guest preacher Rev'd Alison Davies. Everyone welcome. *"All good gifts around us are sent from heaven above"*.

Methodist Church Arts and Crafts Festival 2011

This year's event was the most successful so far, owing to the hard work of the resident team and the involvement of three local art groups but, more especially, the attendance and support of so many local residents and holidaymakers who came to view and enjoy the work displayed. Thank you all so very much. We shall be sending a cheque for £700 to the Anglia Air Ambulance.

The Parish Church of St. Mary: **Sunday Services**

8.00am Holy Communion (Book of Common Prayer)

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

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

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

Make a special note of 25th September
– Harvest Festival services at 10am and 10.30am.
BRING A HARVEST GIFT

Traditional!

When I am asked for 'traditional' services or 'the traditional form' it is not always easy to interpret what is meant, for different people have very different understandings of what tradition means. I am, however, prepared to try. On the first Wednesday of the month, the next being Wednesday 7 September, at 3.30pm there is a traditional communion service at St Mary's followed by fresh tea and cake. If you like the idea – support it.

HARVEST SUPPER AT ST. MARY'S

Our Harvest Supper will be on Saturday 24th September at 6.30pm in the Church. There will be a hot first course, followed by delicious desserts or cheese and biscuits. After supper, there will be entertainment from the Norfolk Dixieland Band – something to get your toes tapping and a dance or two from the more nimble folk. Tickets at £8 (for the meal and the entertainment) are now available from the Christian Bookshop in Heacham, Terry Clay (570712), or Mary Sanders (570264).

REGULAR ACTIVITIES AT ST. MARY'S CHURCH

Looking at the above information you might think that St. Mary's is only open on Sundays, but it is a busy church with things going on throughout each week. There are Bible Study groups with people meeting in their own homes; there are Prayer Meetings; we have a Choir, and there are Music Groups; for very young children there is the Rainbow Circle Toddlers' Group; all the women are welcome at *Girls Together* and there is a Men's Group as well; all can be part of the Mothers' Union; there are also Coffee Mornings and various other activities. So why not find out more about St. Mary's and its regular activities – you might be surprised. The Sunday services act as a focal point when all meet together for worship, for fellowship, for support, learning, encouragement, challenge and growing.

JUNIOR SCHOOL CONGREGATION ANNIVERSARY

St Mary's Church will celebrate the 19th anniversary of meeting at the Junior School with a special service on Sunday 2nd October at 10.30am when all in the parish join together. The speaker will be Steve Lofts, a local Christian Youth Worker, who takes the message of Jesus into schools and youth clubs.

SUMMER WEEKDAY OPENING: MAY–SEPTEMBER

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

September Services: Nursing/Residential Homes

Tuesday 6th	2.30pm	Rebecca Court
Monday 12th	11.00am	Holy Communion: Millbridge
Wed. 21st	2.30pm	Summerville
Friday 23rd	10.30am	Fridhem
Friday 30th	2.30pm	Sunnyside



One ancient bell... and a younger larger one that is only a few centuries old. St Mary's is home to one of the oldest Church bells in Norfolk; it dates from about 1150 and is hung right at the top of the church tower. Sadly the years have taken their toll (sorry about that) and both bells need some TLC. We have been told it is not safe to use either one; it has not been possible to use the older one for many years. To prevent further decay they need to be brought down from where they hang and the faults rectified, a safe structure has to be created for them to be returned to the tower, both now at the same level, and after that both can be chimed. This is part of the problem with traditional, mediaeval church buildings and fixings: they cost a lot. If bells interest you come and take a look at the photographs that I hope can be displayed in the church. Sadly, the tower is not considered safe enough for general access.

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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

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

Sr M Margaret Carolan FDC

Sr Margaret Carolan, Mother Superior at the Convent in Sandringham Road, died peacefully on the morning of 22nd July, in her 81st year, and 60th year of her religious profession. She had been ill for some time, and was cared for with great tenderness by her community in Hunstanton. She was a much loved member of the parish and we will miss her. May she rest in peace.

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. Do come and visit – we'd love to see you.

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CHARITY WALK AT HOLKHAM IN AID OF BRAIN TUMOUR RESEARCH & SUPPORT

Here is a date for your diaries – the fifth annual Norfolk Family Walk for Brain Tumour Research and Support will take place at Holkham Hall on **Saturday 8th October**.

The walk, which is organised by the Norfolk branch of Astro Fund (registered charity no. 1133561), is between 10:00am and 4:00pm. The cost is £5 for adults while children are free. There is a car parking charge of £2.50 which is redeemable on registration or in the café.

The walks are: 1, 3, 6, or 10 miles. The one mile walk for children has games along the way. Prams, trikes, wheelchairs and animals on leads are welcome.

Brain tumours now account for more deaths among children and those under 40 than any other cancer. Join others and raise sponsorship for your chosen brain tumour charity and help us find a cure for this devastating disease.

The 2011 “World Walk” for Brain Tumours is a project of the International Brain Tumour Alliance (IBTA) and is in its fifth year. We hope to achieve enough mileage world-wide to encircle the Earth at the Equator many times. The “World Walk” symbolically unites all those around the globe whose lives have been touched by a brain tumour.

Go to www.astrofund.org.uk to download a sponsorship form and for a link to create a justgiving page or contact info@astrofund.org.uk tel: 01485 572767

MACMILLAN COFFEE MORNING

The now annual MacMillan Cancer support event will take place at:

**Pioneer Holiday Park,
South Beach Road, Heacham**

on:

**Friday 30th September and Saturday 1st October
From 10am to 12 noon both days**

In addition to **teas and coffees** there will be **Prize Tombola, Prize Draw**, and on Saturday a small **auction**.

Local residents and visitors are invited to attend.

Please come and give us your support

Help us to help others

SJP

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NEWS FROM HEACHAM'S SLIMMING WORLD

As we head into late summer/early autumn members are coming back from their holidays – some have even lost weight on holiday!

Our group seems to be growing in leaps and bounds and members are motivating each other to greater weight losses. We are seeing members achieve their target weights on a regular basis and it is motivating and inspiring for all our new members to see.

It is a good time of year to think about losing some weight for the next big holiday and if you have a few pounds to lose or a few stone you will be made very welcome at Heacham group.

If you would like to have a chat before coming along then please feel free to give me a ring on 01485 528796 or my mobile 07515648928 and I will be happy to tell you all about the group. Or you can just turn up any Tuesday prompt at 6.30 p.m.. You will be met at the door and made welcome.

We now have several men in the group and they are losing weight at a fantastic rate. We also have a programme for young adults 11 to 15 years old. Slimming World really is for everyone, young or old.

My recipe for this month takes account of the chilly autumn evenings we usually experience at this time of the year.

Salmon, Fennel and Tomato One Pot

Ingredients

Fry Light

1 leek (white parts only) finely diced

1 small fennel bulb trimmed, cored and finely chopped

4 garlic cloves, peeled and thinly sliced

3 teasp fennel seeds

4 tomatoes roughly chopped

1.5 litres chicken stock made with Bovril

1 bouquet garni

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**

1.5 kg salmon fillet, skinned and cut into bite sized pieces
salt and pepper, cayenne pepper

Method

Spray a large non-stick saucepan with Fry Light and place over a medium heat. Add the leek, fennel, garlic and fennel seeds and fry for 2 – 3 minutes.

Add the tomatoes, stock and bouquet garni and bring to the boil. Stir in the salmon, bring back to the boil, then reduce the heat and simmer gently for 5 – 6 minutes or until the salmon is cooked through. Season with the salt, pepper and cayenne and divide the fish between four large shallow bowls.

Strain the soup and ladle it over the fish. Serve immediately.

Enjoy.

**Julie Goddard
Slimming World Consultant**

PUTTING GREEN FISH BAR

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We have been offering NHS Healthchecks for some months now. One of the most common subjects we are asked about during the course of the check is cholesterol. Here are some facts you may find interesting:

What is cholesterol?

Cholesterol is a substance essential to your body's wellbeing. Without it, your body cannot function. However, too much cholesterol can harm your body by clogging up blood vessels.

Where does it come from?

Some cholesterol comes from the food in your diet, such as shellfish and offal. Most cholesterol, though, is actually made by your liver from the fats you eat, particularly saturated animal fats. This is why it is important to limit your intake of fatty foods.

Is all cholesterol bad?

Actually, no. There is good cholesterol and bad cholesterol. Good cholesterol (HDL cholesterol) is carried out of the body; bad cholesterol (LDL cholesterol) is carried into the body, where it can clog blood vessels. If you have too much bad cholesterol, you will be at higher risk of heart disease.

What can I do to reduce my cholesterol levels?

Regular physical exercise that leaves you slightly out of breath will help you maintain a healthy cholesterol level. A good diet, with plenty of fresh fruit and vegetables, will also help. Try to eat at least two portions of oily fish each week (such as mackerel, pilchards, salmon or fresh tuna). Keep your saturated fat intake as low as possible by trimming all visible fat from meat, and choosing low fat options where available. Foods rich in fibre such as beans, lentils and porridge are also good. Avoid fatty foods such as pastries, crisps, cakes and biscuits.

How can I find out my cholesterol level?

We measure your cholesterol as part of the NHS Healthcheck. This is free to people between 40 and 74 who are not diabetic, and do not have heart or kidney disease already diagnosed. We check your weight, height, blood pressure and cholesterol levels, and, if you are at high risk of diabetes, we check your blood glucose levels. We can then give you personalised advice on any changes you can make to your lifestyle to help you keep healthier for longer.

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This Month's Events

Tuesday, September 6th - Print Competition

Tuesday, September 20th - Annual Digital Competition. Judge Dave Jordan ARPS

Anyone interested in photography is welcome at our meetings, which take place in Brancaster Staithe Hall at 7.30 p.m. Entrance is £2.50 to include coffee & biscuits.

For further information please contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725

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HYC

Heacham Youth Club

Woohoo !! Best Youth Float in this year's Heacham Carnival !! Well done and thank you to everyone who helped us with the preparation and on the day especially Nancy Robinson, our very own, super talented, dragon tamer extraordinaire!!

We're back on Saturday, 10 September in the Church Hall, High Street from 7 to 9pm. This term we're hoping to start table tennis and pool tournaments so you need to sign up to be in with a chance of winning. Prizes will be handed out at our Christmas party!

Remember all NEW YEAR 6s - you're all invited to HYC too now and we look forward to seeing you soon.

Tracey Swann
Chairman

BELONG TO YOUR LOCAL COMMUNITY CHOIR

Autumn approaches and Snettisham Community Choir welcomes new singers of all ages and abilities. Meeting on Wednesdays 10am - 12pm in Snettisham Village Memorial Hall, The Choir opens its doors for a new 12-week term starting on 7th September. Snettisham Community Choir is available to everyone even if they have never sung before and are less than confident about their singing abilities.

Musical Director and Natural Voice Practitioner Carol O'Neill's approach is sensitive and patient. Her sessions are light-hearted and always begin with a short, guided relaxation to settle the body and mind. After that you are guided through a series of warm-ups to encourage healthy and effective singing practise. The songs are taught aurally and there is great encouragement in the art of listening and being present. You don't ever have to sing alone unless you choose to. Emphasis is placed on exploration of posture, breathing, range, resonance and harmony to nurture mind, body and spirit. The songs, which are sung mainly without instruments, are from different genres and backgrounds, including Folk, Doo-wop, African, Sea Shanties, Gospel, Medieval and more.

So that you know what you are getting, here is Carol's story. She was born into a large Scots family with a father who loved to sing. He encouraged his children to listen to an eclectic mix of Traditional Folk, Country & Western, Rogers & Hammerstein, the Great Tenors and Classical music. With no formal music training Carol's instinctive urge to make song led her to follow a life-long passion. From the age of nine she remembers experimenting with sound and listening out for harmony. She became sustained by the tenderness and passion of song in its raw state. She discovered that music needs no education, only an affinity with the natural rhythms of life.



In the 1970's, inspired by Joni Mitchell and Simon & Garfunkel Carol learned to play the guitar in the wake of the great folk revival. For many years she performed as a solo singer-songwriter singing Folk & Country music as well as her own self-penned songs touring widely with her guitar, whistles and bodhran. Eventually she began teaching groups for Adult Education and the WEA.

Carol taught herself to read music, which gets her by, though her heart lies in the aural tradition of teaching and learning. She trained with Access To Music and gained a qualification from the Open College Network as well as a City & Guilds NVQ in teaching adults. Discovering that working with groups was a whole new ball game she spent 3 years training in person-centred, psychodynamic counselling and gained her diploma in 2001.

In the past few years Carol has also founded Swaffham and Fakenham community choirs who she currently directs. With 17 years experience she is used to training choirs for the fun and exhilaration of performance. There are a number of spaces available for those who are keen to join the choir. Telephone Carol O'Neill on 01328 838316 or email carolone@homecall.co.uk to find out more.



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Practice Notes

2011 FLU CLINIC DATES

The Flu clinics will be held only during October and November and for the first time this year there **will be an appointment system in place for these clinics.**

Appointments will be available to book as from the 5th September.

The dates for the October clinics are as follows:

Heacham Dates:

Monday 3rd, 10th, 17th & 24th October,
Starting at 10.00 a.m through to 11.50 a.m.

Thursday 6th, 13th, 20th & 27th October,
Starting at 4pm through to 6pm.

Snettisham Dates:

Tuesday 4th, 11th, 18th, 25th October,
Starting at 10.00a.m. through to 11.50a.m.

Wednesday 5th, 12th, 19th & 26th October
Starting at 4.00pm through to 5.20pm.



Can we ask patients to call after 9.00 a.m for these appointments to avoid the busiest time of our day which is from 8.30 a.m through to 9.00 a.m. Thank you.

The November dates will be published in the next Heacham Newsletter.

Further details with regards to the Flu clinics can be found on our web site: www.heachamgrouppractice.org

Wasted Appointments

A note from the Practice Manager

In June of this year we commenced texting patients to remind them of their appointments in a bid to reduce the number of appointments that are wasted by our patients, this could be you!

We all lead busy lives and it can be quite easy to forget a Nurse or Blood test appointment. However as these wasted appointments mount up it can obviously lead to a much greater knock on effect with the service that we try to deliver to you.

Each month I do an audit on the appointments that are wasted at the Practice.

From the 14th July through to 14th August patients wasted:

- 56 GP Appointments
- 68 Nurse Appointments.
- 47 Health Care Assistant appointments.

This is an improvement on our previous Month's total!

I am often asked what action I take on patients who persistently break their appointments.

I will write to patients to warn them that they are breaking appointments and are wasting the Practice time. If they continue to fail to attend their appointments they will then be removed from the Practice list.

It is very frustrating when you are dealing with patients who are desperately trying to get a Nurse Appointment to see how much of our resources that we waste.

I would love to put additional staff cover on over the holiday period but I am afraid as with everything else in life at the moment we do not have the funds to do this.

The best advice I can give to you is not to waste the resources that you have.

Thank you for your help with this matter.

Lucy Woodall
PracticeManager
Heacham Group Practice



Heacham Surgery, 45 Station Road, Heacham, King's Lynn PE31 7EX

Patient Participation Group PPG

All patients are welcome to attend the Patient Participation group Meetings which are held at the practice throughout the year. The details of meetings are displayed in each surgery and Village magazines.

It is an opportunity for patients to discuss the provision of healthcare, suggest any improvements we can make and to discuss any current new developments at the Practice.

The chair of the Group is Mr M. Press who can be contacted on: Tel: 01485 579007

If you have any comments that you would like to put to the PPG you can always email these to: ppg@heachamgrouppractice.org

The next PPG meeting will be on Monday 17th October 2011 at 7.30pm at Heacham Surgery.

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Tuesday 27th - Blues Tubes
Friday 30th - Hillbilly Cats

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MEMORIES OF HEACHAM HOLIDAYS IN AN OLD RAILWAY COACH

I enjoy the Heacham Newsletter, sometimes I'm a bit late getting it but I was delighted to read Alan & Viv Walker's article "Alight here for Heacham" in the June issue. It brought back many memories of the 1930s and 40s when we holiday-makers did alight at Heacham Station.

Our Auntie and Uncle had a motorcycle combination with a double sidecar and they were able to come by road and bring all the sheets, pillowcases, towels and clothes that we'd need for our week.

Mum, my younger sister and I came by train. We were told to watch the station names for the first one with "ham" on the end - then Heacham wouldn't be much further on. Didn't we get excited when we spotted the first "ham".

Auntie had booked a caravan in Jennings field. The first time we came only the right side of the field had caravans on it, threequarters of the field had been ploughed and was growing corn.

We wandered down looking for the caravan named "St. Swithin's" - imagine our delight when we saw a railway carriage with an open verandah built on to it and yes, it was ours for the week. We absolutely loved it. The dining room was as it had been on the railways, a table between two seats with high backs. The bedrooms were either side of the dining area and we had bunk beds. There was a small kitchen. The



A view of Jennings Field - labelled on the picture as "Jenning's Camp, Heacham". The shop is on the right in the foreground. Can anyone give an approximate date for this view?

verandah had a long table and bench. In the evening we played cards - Snap, Old Maid, Happy Families etc.. All the kids from the other vans would bring their colouring books to sit with us on the verandah.

I did errands, going to the farm at the top of the field to fetch jugs of milk, eggs and bacon. I don't know if it was "Jennings" who served in the shop at the top of the field but I do remember he didn't much like children.

How did we spend our days? We walked miles to the beach (or so it seemed then) and stayed for the whole day building castles, digging holes for the sea to rush into. We played cricket or rounders and would be joined by lots of other children. We hunted for pretty pebbles and driftwood pieces. Sometimes we walked into Hunstanton along the beach road. I remember the roller skating rink on the prom and if we were lucky, Mum would give us 6d to hire the boots to have a go but mainly we got a lot of pleasure by just watching other folk falling over.

When the tide was out we went "cockling" - I loved that. There were very few shops in Heacham but being an avid reader I do remember the secondhand bookshop in the main street.

We came to Heacham to St. Swithin's once or twice a year when we were children. As young adults we went to various new places but Heacham always remained "special".

On day trips to Hunstanton over the years we usually returned home via Heacham, stopping at Jennings Field to see if St. Swithin's was still there. We liked the improvement of added windows to the verandah and the brilliant yellow paintwork.

Coming to the field some 50 years after we first saw and stayed at St. Swithin's the old railway carriage was in a dilapidated state and the following year she was being used as a place for workmen's tools. Then she was gone.

My husband and I returned in retirement to holiday in Heacham once more and yes, we enjoyed a week in Terry and Judith Clay's Station Waiting Room. We loved the welcome chalked on the board - "the next to alight on the platform will be Mr & Mrs Rowland of Irthlingborough". The railway coach wasn't in the yard then.

Where do I take my holidays now? Well, in a dog friendly cottage in Heacham, of course. How changed it all is from the days when we first came.

Many thanks for the nostalgic article. See you in September.

Jean Rowland
Northamptonshire

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INCINERATOR UPDATE

The planning consultation has produced significant objections, now it is the Environment Agency's turn to ask for permitting objections up until 16th September.

Few trust Norfolk County Council to make an objective planning decision, many have requested for the Secretary of State to decide it.

Those promoting incineration have claimed regulations are 'strict'; however, the developer's own figures suggest otherwise. If the project were allowed to go ahead it would be permitted to discharge more than 21 tonnes of toxic metals including arsenic, mercury and cadmium over King's Lynn and West Norfolk during its lifetime. This is in addition to hundreds of thousands of tonnes of CO₂ and oxides of nitrogen. As a major polluter it requires an 85 metre stack to discharge over a wider area. If pollution was not an issue the stack could be as short as the power station's.

The developer has now confirmed only a few pollutants would be monitored constantly despite promotional material suggesting otherwise. Heavy metals and dioxins would go unmonitored more than 99% of the time. Peer reviewed studies show this minimal approach to monitoring underestimates dioxin emissions between 5 and 50 times.

If we don't burn it what else can we do? To learn more about the alternatives and access peer reviewed health studies please visit www.farmerscampaign.org. Guidance how to submit a permitting objection will also be available. (Please use browser refresh button to display updates)

Mike Knights BSc

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Take Away or Eat In

News From The Pudding Club

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

The next pudding meeting will take place on Tuesday 13th September at 2000 hours in the Bushel and Strike.

Please see last month's Heacham Newsletter for the Pudding Club rules.

Paula and Mark

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Thursday 22nd September - 7.30pm

The West Norfolk group invites you to an illustrated talk by John Smith of the Wildfowl & Wetlands Trust at Welney A Year in the Life of Norfolk's Migratory Wildfowl

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Cost: £1.50 members/£2 visitors, (incl. refreshments)

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BUSY DAYS FOR YOUR THEATRE CLUB

Following the success of 'Allo! Allo!' in May (which attracted some welcome new talent to our ranks), another group of members had a hit at the Adjudicated Drama Festival. Their version of Tom Stoppard's enigmatic short play **A Separate Peace** won a Certificate of Merit, while individual nominations went to Mick Yates as Best Actor and Lorna Hutchinson as Best Supporting Actress. Our congratulations to director Ann McKimm and all her team, especially for their cool handling of the slight mishap when the bed broke in two — none of the cast turned a hair and the action flowed on seamlessly. Such incidents separate the true pro's from the absolute am's, so well done all.

We are pleased to announce that we are holding a **PLAY-WRITING COMPETITION** in the hope of finding a short play that can compete for the 'Best Original Script' prize at next year's Drama Festival. It can be on any subject, modern or historical, comedy or tragedy, but when produced it must run for no less than twenty minutes and no more than forty-five. For full details, and an entry form, send an email via our website (see below) or phone 01485 570452. Closing date for entries is 1st December 2011.

Just to remind you: annual subscription for Friends/Associate Members is still only £5, entitling you to join in our social events, to receive our Newsletter, with inside news of all our activities on and off stage, and to enjoy a reduced price for theatre tickets for any of our shows. 'Active' Members, who wish to act or help out

backstage, pay a little more to cover insurance, but when you consider what other theatre groups charge (as much as £70 in one town, we hear), this is a very small price for helping to 'KEEP LIVE THEATRE ALIVE' in Hunstanton. For more details, visit our website at www.princesstheatreclub.co.uk or you can email us at princesstheatreclub@globalnet.co.uk. We look forward to hearing from you.

A SPECIAL INVITATION FOR POETRY LOVERS - 28th September 2011

Thanks to the much-appreciated co-operation of the Town Hall management and the Festival Committee, the Theatre Club Poetry Group (in the person of Ann McKimm) has secured a new venue and a regular meeting day, so that we shall be able to enjoy our poetry-reading sessions six times a year, at twice-monthly intervals.

The venue is Hunstanton Town Hall and we shall be holding our first session on **Wednesday 28th September, starting at 10.30 a.m.** The suggested theme for this first meeting is 'The Sea, and its Harvest', but this is only a suggestion and you are welcome to bring along a poem on any theme you choose.

The idea of these Poetry Mornings is for everyone and anyone who enjoys poetry to get together and share their enthusiasm for rhyme and rhythm with other people of like mind. You can bring a poem (or two) to read yourself, or if you're a bit shy one of the Theatre Club members will read for you — OR you can simply come and listen, the choice is yours. It's all very informal and friendly, no pressure, no strict rules. What sort of poetry! — absolutely anything — words rhyming, scanning, set in blank verse, comic verse or dialect; something by T S Eliot, Spike Milligan, Wendy Cope, Joyce Grenfell or Shakespeare; song lyrics, hymns, sonnets, limericks, maybe even the dreaded iambic pentameter. Or, if you write your own poems, bring some of it along and give it an airing.

Our earlier occasional and ad hoc meetings, in the bar at the Princess, have been immensely enjoyable and increasingly popular as word spread. Now that we have a regular date and a new home you can keep a note in your diary. We hope to see as many of you as possible. Our second meeting will be on Wednesday 9 November, because of other bookings in the Town Hall, but after that we shall be meeting regularly on the third Wednesday of every other month, starting in January 2012. But come along before then and you can get details of all our dates for next year.

Entry is free to all - members of the Princess Theatre Club and non-members alike. Also, there will be refreshments available for which there will be a small charge. We always have a lovely time, sharing poetry and good company. You will be very welcome. That's 10.30 a.m., Wednesday 28 September, at the Town Hall, Hunstanton St Edmunds. See you there.

Mary Mackie, for the PTC

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40's Nite

The theme was the 1940's at The Public Hall on 6th August, organised brilliantly once again by Martin Doy. It was a great night, everyone turned out in their 40's outfits and some in uniform also. It was the uniforms that triggered off a spark of an idea for a possible entry in the carnival the next day. 11.15 the next morning we got the thumbs up, so it was rushing round houses to collect uniforms, to drop off a camouflage net and jerry can and an entry was born. So a huge thank you to Martin and all the others concerned for putting it all together. You have to admit, it was a great carnival and this year the bucket collection was in aid of Heacham In Bloom.



TAI CHI AT HEACHAM CARNIVAL & FETE



This photo shows the West Norfolk Tai Chi Group demonstrating on the field at the Fete. We hope to run an article about the group next month. (See them in colour on the centre page!)

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HEACHAM JUDO CLUB

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As many of you know we took part in the village carnival and did a small display at the fete. Everyone who joined in had a great time and enjoyed the whole occasion.

We were lucky enough to win the carnival for the second time with our Harry Potter themed float this year. This has been possible through all the hard work put in by our parents and club members. Special thanks go to Lisa and Jeanette, Sue and Denise, for all their help and creativity, to Steve, Harry and Josh for their entertainment and to Christian Hughes for the loan of his truck.

We look forward to next years carnival and hope that everyone continues to support the event.

Shirley Tucker



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Heacham Carnival Parade & Fete 2011



THE CARNIVAL PARADE

This year's parade started from College Drive at 2:30pm. Spectators were already lining the route along Staithe Road and Collins Lane when they heard the band strike up in the distance, but then the sound died away after only a few bars. What was happening? All was silent for a couple of minutes and then the band started again. The pause was caused when the ponies in the parade were spooked by the sound of the music, so there had to be a quick re-shuffle to move them to a position further away from the band in the parade.

Eventually the waiting crowd was rewarded with the first glimpse of the approaching parade being led by Heacham's fire engine. This was followed by the Parish Council's truck proudly bearing the Village Flag and then the Lavender Queen's float (sponsored by Norfolk Lavender). There sat the Queen, Amy Noakes, surrounded by her attendants, Daisy Black, Milli O'Quigley, Emily Smith and Chloe Rumens, all waving to the spectators.

There must have been at least 20 floats, on foot, on horseback, on various trucks and trailers, and even on mobility scooters. Most notable of the scooter entries were the Sunnyside "Flying Wrinklies".

The Ambassadors of Borrowash Marching Band appeared in their colourful, piratical uniforms and gave a rousing musical performance throughout the parade. Whenever there was a pause they displayed their marching prowess by doing wheels, about turns and marching through the ranks.

The sun did its best to shine (but did not always manage it), but the colour of the floats outshone it.

The best Overall Entry and Legion Trophy winners were Heacham Judo Club with their "Harry Potter and the Club of Judo". The Best Youth Group award went to Heacham Youth Club's Green Dragon and the Best Family award was taken by the Cawthorne family with their "Just Clowning Around" Circus entry. The Best Other Entry was Hunstanton & District Round Table with their Starsky and Hutch car and Ghostbusters wagon.

The biggest winners had to be the crowds who turned out to watch and follow the parade. By the time the fire engine reached the entrance to the Sports Field Station Road was completely blocked in one place by the watching throng.

An honourable mention has to go to two late entrants - the military vehicle accompanied by assorted personnel in forties services uniforms (these were some of the party-goers from the previous evening's Swing Band Night at the Public Hall; and the "Wash Monster" cleverly devised from vast panels of cardboard and dust sheets draped around a truck, most effective.

This year's bucket collection was in aid of Heacham In Bloom and raised nearly £400 towards next year's planting. Heacham In Bloom also had their own Flower Fairies entry in the parade.

Was it the best Heacham Carnival Parade ever? I don't know, but it was certainly very very good. The ingenuity of the entrants was impressive. As a spectator I can only say well done everyone and thank you to all the entrants, organisers and parade marshals for putting on such a grand display. Let's hope that it will encourage more entries for an even bigger and better display next year.

[Colour photographs in this issue are by: Viv Walker, Rob Topliss and David Barker]

THE FETE

On behalf of the members of the Fete Committee of Heacham Club, I would like to submit the following account of the 2011 Sports and Social Club Fete from our point of view. Hopefully the Parish Council will submit their viewpoint of the Carnival.

The weekend really started on Saturday evening with a brilliant Swing Band Night held in the Public Hall. A very big thank you to Split (Mr. Doy) for organising the evening. A lot of effort went into the vast array of costumes and congratulations must go to all who dressed up for the occasion. I'm sure all who attended will agree it was a huge success and most definitely enjoyed by all.

The following day was the Carnival / Fete. As in previous years, we were very lucky with the weather, which always plays a major role in the success or otherwise of any outdoor event.

The day started with the Car Boot sale which was attended by a multitude of stallholders. Around noon, 2 young local bands – **Genuine Fake** and **Bazz**, entertained the masses with their music, which was much appreciated. Hopefully, they will benefit from the publicity.

Andy Groom, who, as always, did a terrific job keeping us all up-to-date with the goings-on around the field and kept both young and old alike on their toes with random prize games throughout the afternoon.

Unfortunately, there were several disappointments on the day with planned events / attractions not turning up, which made the field look rather sparse. These things were beyond anyone's control and could not be re-catered for at such a late stage; none-the-less, we all hope that these minor upsets didn't detract from the great atmosphere on the field.

Arena events – Judo, T'ai Chi and Dance Group all did a great job in keeping us all entertained and thanks must go to them all for giving up their time for us. The display by the Borrowash Marching Band was a real treat and I'm sure everyone marvelled at their military precision and loved their performance.

The **St John Ambulance** did not have anything untoward to deal with so that in itself is a bonus.

Grand Draw Winners: £150 - No. 1610 - 'Fred';
£75 - No. 4455 - Waldron; £50 - No. 3778 - Simpson;
£25 - No. 4043 - Healey.

Bowls Winner – J. Bayliss

Sweets in the Jar Winner – Maureen. Guessed the exact amount – 84.

Giant Teddy - Where do I live? Unfortunately no-one won him. He lived at No 23. Prize not won so doubtless he will make an appearance at another function!

All other prizes were claimed on the field on the day or shortly afterwards.

Now to the main part of this write up... To single out individuals would be impossible and wrong – some people gave a small amount of their precious time whereas others gave huge amounts of time. Whichever category you fall into, as a helper towards a very successful day, Thank You. Without your help and dedication the event would never have taken place. Of course, thanks must also go to those people of Heacham and beyond for attending. Thank you all.

Heacham Club





WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

1st HEACHAM RAINBOWS Term time Girls 5 to 7 years old 5.00 to 6.00 pm . Tel : Mary Harpley 07813 014477 (PRH)
TABLE TENNIS 9.30 am Tel: Adrian 570477 (PH Top Room)
DRAMA JUNIOR CLASSES 4.15-5.15 pm Tel: 579074 (SG)
BEAVERS Term Time 6.00-7.15 pm Tel:Victoria 570122 (SG)
LINE DANCING 7-9 pm £3.00 Tel: 532317 (PH)
1st HEACHAM SCOUTS (boys and girls aged 10 to 14) 7.30-9.30 pm Tel: Rob 572239 or Julz 572890 (SG)
HEACHAM WIVES GROUP meets 2nd Monday of most months at 7.30 pm (HSC Top Room) Contact Mrs Wybourne Tel : 532396
RAINBOW CIRCLE TODDLER GROUP 1.00 pm in school term time Tel:Pip 570812 or Karen 571837 (SM)
INDOOR BOWLS CLUB 7.00 pm (MC)
SUNNYSIDE CLOSE (Sheltered Housing for over 60's) Coffee Morning 10.30 am Tel : 570492
SUNNYSIDE CLOSE (Sheltered Housing for over 60's) Exercise class to music – Fun, Fitness and Flexibility for the over 50's. 11.00 am Tel : 570492
HEACHAM TENNIS CLUB Junior coaching (weather permitting) From 5.00 pm
COFFEE MORNING Fridhem Rest Home, Station Road Last Monday in every month at 10.30 am
ZOMBA GOLD Exercise to music 1.00 to 2.00 pm Suitable for all levels. 2.15 to 3.15 pm Gentle stretch & relaxation classes for all ages. Tel : Suzie Povey 07900 818311 (PH)
HEACHAM IN BLOOM Every 3rd Monday of the month in the Parish Council office at 7.00 pm

TUESDAYS

HEACHAM DAY CENTRE FOR ELDERLY 9 am- 3.30 pm Transport may be available Tel: Geoff Speed 572584 (OFH)
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11.30 am Tel: Liz 571773 (SG)
ACTIVE FOR LIFE Exercise classes for those aged 60 or over, or at risk of OSTEOPOROSIS at Heacham Surgery Classroom 10-11am Tel: Pat 572414 or Audrey 542176.
CARPET BOWLS 10.30-12 noon Tel: 570776 (PH)
CARERS SUPPORT GROUP Run by W.N. Mind. Lunch, Coffee and Chat. Piece of Mind, 4 Poplar Avenue Tel: Hannah or Mandy 01553 776966
WOMENS FELLOWSHIP 2.45 pm 2nd & 4th Tuesdays (MC)
SLIMMING WORLD 6.30 pm Tel: Julie 528796 (SM)
WEIGHT WATCHERS 7pm (OFH) Tel:Alison 07796 904311
HEACHAM DIGITAL CAMERA CLUB meet 1st & 3rd Tuesday of the month 7.30 pm at Sandringham Club, West Newton. Email : heachamdigitalcameraclub@yahoo.co.uk or call Viv for info on 07906 056019
HEACHAM BOOK CLUB meet 3rd Tuesday of each month Tel: Beth 570479
POCAHONTAS PLAYERS Drama Group Pantomime rehearsals 7.30 – 9.30 pm Tel: 570402 (PH)
HANDS & NEEDLES GROUP meets every other Tuesday 7.30 – 9.00 pm Tel: Joan Careless 570363 (MC)
LIVE ENTERTAINMENT from 8.30 pm at Fox & Hounds
PUDDING CLUB 8.00 pm at the Bushel & Strike on the 2nd Tuesday of each month

WEDNESDAYS

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

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

THURSDAYS

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

FRIDAYS

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

SATURDAYS

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

HEACHAM DIARY

Saturday 3rd September – WRESTLING COMES TO HEACHAM – Heacham Public hall, doors open at 7.00pm. Bell time is 7.30pm. To reserve tickets call 07581 290824. Tickets can also be purchased on the night. Adult £10, Children under 14 £7 and £30 for a family of 4 (2 adults, 2 children)

* GIG at HSC with LOIS MCLAINE by popular demand from 8.30pm

Tuesday 6th September – GIG – KEANO KINGS at Fox & Hounds from 8.30 pm

Friday 9th September – GIG – STIFF at Fox & Hounds from 8.30 pm

Saturday 10th September – GIG at HSC with STEVE PERRY from 8.30 pm

Monday 12th September – HEACHAM WIVES GROUP – ‘Coins’ by David

Tuesday 13th September – GIG – D N A at Fox & Hounds from 8.30 pm

Wednesday 14th September - BLOOD DONOR SESSION in the Public Hall, Station Road from 1.00-3.30pm and 5.00-7.00pm. The National Blood Service welcomes existing and new donors. Please make an appointment if you can, by calling the Helpline 0300 1232323 or online at www.blood.co.uk

Friday 16th September - BEREAVEMENT SUPPORT IN HEACHAM 10.00am-12 noon in St Mary’s Church Hall, High St, Heacham. For more information please contact Renee Smith or Barbara Fargher. Tel: 01485 534741 or e-mail silverlinings@gmx.co.uk

* GIG – SPLIT WHISKERS at Fox & Hounds from 8.30 pm

Saturday 17th September - GIG at HSC with MARK STEELE from 8.30 pm

Tuesday 20th September – GIG – WALKWAY at Fox & Hounds from 8.30 pm

Thursday 22nd September – GIG - ANDREW CUNNINGHAM at Fox & Hounds from 8.30 pm

Saturday 24th September - GIG at HSC with JULIE BUNN from 8.30 pm

Sunday 25th September – GIG – DAN’S ACOUSTIC SET at Fox & Hounds from 8.30 pm

Tuesday 27th September – GIG – BLUES TUBES at Fox & Hounds from 8.30 pm

Friday 30th September – GIG – HILLBILLY CATS at Fox & Hounds from 8.30 pm

Fri 30th September & Sat 1st October MACMILLAN COFFEE MORNING at Pioneer Holiday Park, South Beach Road, Heacham from 10.00am-12 noon both days. Tea/Coffee, plus Tombola, Prize draw and on Saturday a small auction. Local residents & visitors welcome. Please help us to help others.

Friday 30th September A MACMILLAN COFFEE MORNING to be held at Neville Court, Heacham from 9.30-11.30am with Tombola, Bric-a-brac, cake stall and raffle. All proceeds to Macmillan. Please come and help us to help others.

Tuesday 4th October – GIG – TONY EDWARDS at Fox & Hounds from 8.30 pm

Thursday 6th October - N W NORFOLK TREFOIL GUILD – Subject – Talk by Diane West from L.I.S.T. plus Bring & Buy

OTHER EVENTS

Friday 2nd to Sun 4th September – SNETTISHAM ART GROUP are holding an ART EXHIBITION at the Royal British Legion Hall, Church Road, Snettisham. 10.00 am to 5.30 pm. Free admission, donations to the Royal British Legion are welcome.

Saturday 17th & 24th September - HUNSTANTON & DISTRICT FESTIVAL of ARTS – CRAFT FAIR – at the Town Hall, Hunstanton 10.00 am to 4.00 pm. Free Entry. Contact : Lorraine Cannell 01553 671191 or Lorraine cannel@hotmail.co.uk.

Monday 19th September - FOLK DANCING at Brancaster Staithe Village Hall 7.30-9.30pm. Contact Janet Bowles 01485 210587

Thursday 22nd September – The West Norfolk Group invite you to an illustrated talk by John Smith of the WILDFOWL & WETLANDS TRUST at Welney “A Year in the Life of Norfolk’s

Migratory Wildfowl”. 7.30pm in Hunstanton Methodist Hall, Austin Street, Hunstanton. Members £1.50 visitors £2 (inc. refreshments)

Saturday 24th September – CHOIR CONCERT with KING’S LYNN MALE VOICE CHOIR and LUTON MALE VOICE CHOIR in Hunstanton Town Hall 7.30pm. Tickets £8.00 Phone Ken Winson 01553 673001 for information. All proceeds to Macmillan Cancer Support and RNLI

Wednesday 28th September – THEATRE CLUB POETRY GROUP 10.30 am at Hunstanton Town Hall. Entry free to all, small charge for refreshments

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

* U3A HUNSTANTON meets on the third Monday of most months (except Augst 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 10.00-11.30 am at Ringstead Village Hall. Cost £3.50 Tel : Val Barnes on 01328 864358

Wednesdays – YOUTH GROUP meet at Ringstead Village Hall 7.00pm-8.45pm for young people aged 7-14. Cost £1 per evening. Contact 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 each month 10.00am-12 noon, 1st Floor, Council Offices, Valentine Rd. Tel: Karen Lee 01553 760568 or email Karen@westnorfolkvca.org

* LYMPHOEDEMA SUPPORT GROUP meets on the 2nd Wednesday each month 10.30am-12 noon at Tapping House, Snettisham

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

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



Heacham Infant and Nursery School

*"Together we explore, discover,
achieve and grow"*

Ideas for September

Hello again. As you read this we are preparing to return to school for the new autumn term full of energy and enthusiasm! If you are a local family with young children or are considering moving into the area please come to visit us as we still have a few places from September 2011. Our school is friendly, inclusive and recently judged as good overall with some outstanding features in our early years by Ofsted. A great place to grow and learn!

We have said our goodbyes to the year 2 children who have now started at junior school and wish them good luck in their first few weeks settling in. We also welcome our new nursery and reception year children and families. We are pleased to announce that we have appointed a fabulous new nursery teacher, Mrs Kim Howard. Working part-time alongside Shona Waters, she brings to the school a wealth of experience having taught in a number of schools around the country and most recently at Snettisham. We welcome her and wish her and our new children good luck.

Some of you may wonder why the school year starts mid-week. Well, the school is allocated a number of training days and whilst our staff continuously undertake professional development by studying in their own time and attending relevant courses, these days are an opportunity for staff to collectively undertake training to improve their performance. Recent training has included safeguarding, first aid and developing an 'inquiry based curriculum'. In September all the teachers are visiting a conference in Norwich to discuss good teaching practices in Early Years, Special Educational Needs, raising standards in learning and the Government white paper for education.

While the children have been enjoying the holidays, improvement works have been undertaken with new flooring being laid and safety ramps added to the adventure area for easier wheelchair access. The children have really enjoyed using our Hughes Early Years Playground and we are pleased to see many members of the local community enjoying the open afternoons on Wednesdays. The area is ideal for young children to explore and learn in a natural environment. Our Nursery and Reception children have been growing tomatoes and loved seeing butterflies on the flowers. Our Eco club children have also planted vegetables in the bigger playground, learning about sustainability.

We have been lucky to have been accepted to participate in a Norfolk County Council initiative called Energy Busters. Our Year two children will be learning about saving energy around the school over the Autumn Term. This includes taking meter readings, encouraging children and staff to switch off lights and computers and presenting an energy saving assembly to parents and carers. We hope this will save us money in the short term and lead the way towards gaining an Eco Schools award in the future.

Another award which we will try to achieve this year will be the Artsmark award from the Arts Council. This is given to schools that value the Arts and develop their curriculum to enrich learning with Arts activities. We have undertaken a rich variety of arts opportunities this year and hope this will be recognised

with an award. We will let you know how we get on later in the year.

Finally, please remember our request in the last newsletter for new community governors. If you feel passionately for our school and have a challenging, caring attitude we would like you to consider joining us as a governor, it's a great way to contribute to your community. Meetings take place termly at the school.

Please call on 01485 570357 for further details or to arrange a visit.

**Louise Jackson, Head Teacher
Janet England, Parent Governor**

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Parking Disabled Access

The Importance Of Body Language

Body language is a powerful communication. No surprises there. In any sport it is important to communicate to your opponent that you are unflappable. You need them to think that you are in charge, that everything that happened was part of your plan and that it is inevitable that you will win and they will lose. That's not the most important bit however.....

What most people forget is that body language is also a communication to ourselves. Without sounding too Zen Buddhist about this the mind and body are too closely linked to be able to act one way and feel another.

If we want to feel confident then we must communicate this to ourselves through our body language. Between now and the next time you play your sport think of a champion in that sport that you admire for their confidence, calmness and determination. Note a few things that you notice about them. What gives you the impression that they are calm and unflappable? Maybe the speed they move, or their posture and head position? Maybe their length of stride and their facial expressions? Whatever it is see if you can pick it out.

Now, the next time you play (or walk to the kitchen to make a cuppa for that matter) literally practice acting as if you are that person. Adopt their posture, facial expressions and pace of movement. Notice how different you feel.

All sound a bit too simple? Not everything in life worth having has to be difficult or time consuming!

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

www.hypnopro.co.uk


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SOME POINTS TO TAKE NOTE OF

By Kate Gigg FCA of Kathryn Gigg Chartered Accountants, Hunstanton

• VAT MATTERS

HM Revenue & Customs' latest disclosure opportunity is aimed specifically at businesses which should be registered for VAT but have failed to do so, i.e. those who have been trading at above the turnover threshold, currently £73,000.

In the same way as with previous disclosure facilities, which targeted those with offshore savings, medical professionals, plumbers and associated tradespeople, beneficial "terms" are on offer. Most businesses making a full disclosure of under declared VAT (and of other taxes related to the trade) will pay a lower than normal penalty rate of 10%, in addition to the tax and interest charges, in respect of the VAT arrears.

HMRC has already identified approximately 40,000 target businesses that it suspects have exceeded the VAT Registration thresholds in the past 6 years. These "targets" are currently being sent correspondence informing them of how to register for VAT, and pay over the arrears.

Businesses must notify HMRC of their intention to disclose under the facility by 30 September 2011, and, subsequently, make full disclosure and pay the additional liabilities, including the penalty, by 31 December 2011.

Once the initiative closes at the end of September this year, the Revenue plan to review all information that it currently holds on file from traders' Tax Returns, and various other sources, and will then target those businesses, which HMRC believes should be VAT Registered but did not come forward during the campaign, by opening enquiries into their affairs. Anyone caught in this manner will be subjected to the full regime for failure to disclose, which could mean penalties up to 100% of the taxes owed.

Remember, there is no time bar on the back dating of VAT Registrations.

The annual thresholds in recent years have been as follows:

2010/11	-	£70k
2009/10	-	£68k
2008/09	-	£67k
2007/08	-	£64k
2006/07	-	£61k

Do you need to make a VAT disclosure to HMRC?

Although the initiative is being presented as a straightforward process by HMRC, it is obvious from the guidance that there are a number of different circumstances for taxpayers where the full benefits of the facility may not apply.

We therefore recommend that you **seek professional advice** on whether you need to make a disclosure, **before approaching HMRC**.

If you find yourself in this position we can help, as we have extensive experience of assisting clients in such cases, dealing with tax enquiries generally, and negotiating with HMRC to secure a fair outcome.

• MILEAGE CLAIMS

Where does your business journey start? What is your base for purposes of claiming the mileage deduction/allowance? This may seem a trivial matter when compared with other tax issues, but it must be borne in mind that many people - employees and self-employed - all make such claims on a weekly basis, so the figures at stake are huge for all concerned. Because of this, anyone claiming mileage as a tax deduction must firstly ensure

there is a valid basis for the claim and keep a full and proper record of all business journeys but also check that you are claiming the maximum allowance possible for tax purposes as many folks are not aware of the possibility of claim.

• PERSONAL ALLOWANCES

We have heard much of late of how IT difficulties in the Revenue have caused many modestly paid people to pay the wrong amount of tax, and so it is a good idea to check your tax code. In the current tax year (to 5 April 2012) the personal allowance is: £7,475 for those under 65, £9,940 for people aged 65-74 - where your code should begin with a letter P, and £10,090 for those aged over 75, where it should begin with a Y or a T. It is particularly important to check your codings in the year in which you retire, and start receiving your pension income, as well as the following year, as the Revenue, quite frequently, get this wrong. You can then end up with either a refund due to you in respect of tax that should never have been deducted in the first place, or, worse, find out that you have quite a material liability to pay because HM Revenue & Customs didn't take account of one of your pensions. So beware, a coding may be a simple thing and a bit of paper that you file away but it can cause problems for your cash flow!

If you would like to discuss any of the above in more detail please contact myself, Mrs K. H. Gigg FCA or my assistant Miss Susan Fish FMAAT at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800/ email kate@kathryngigg.co.uk.

Caution: This newsletter article is produced for guidance only and should not be used as a substitute for professional advice. Accordingly, no liability for any loss or damage can be accepted by Kathryn Gigg Chartered Accountants or other contributors, as a result of any person, company or other organisation acting, or refraining from acting, upon comment made in this article.

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NEWSLETTER SUDOKU

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

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



BRAIN TEASER

Can you figure out what the following seven words have in common?

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Assess

The answer will be printed in next month's Newsletter.

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THE POTTING SHED

GARDENING ORGANICALLY

Gardening is a kind of disease. It infects you, you cannot escape it. When you go visiting, your eyes rove about the garden; you interrupt serious drinking because of an irresistible impulse to get up and pull a weed.

Lewis Gannit

I've actually done the above but not in other people's gardens. I have in the middle of a pre-lunch gin, leapt - well lumbered - to my feet to pull a weed or fetch the secateurs and cut something off, and it's not as if my garden is weed free, nothing of the sort. But it is true that when sitting at peace in the garden, things catch the eye and one gets up to deal with it. Silly, really, the whatever it is that catches the eye isn't going to go away, it will still be there when the G&T is quaffed. Some clever people would call it OCD or obsessive compulsive disorder, I call it stupidity, on my part.

This funny "Summer" weather continues. We have had some warm days and more cool days but we haven't had a lot of water. In Heacham, we had a thunderstorm and we had a day's rain and the total came to less than an inch. The ground is now reasonably moist down to a depth of about 9" (about 23mm) so the poor old brassicas will keep their roots fairly high which means they will soon fall over when the top growth gets heavy. So a lot more rain would be very helpful and, frankly, it doesn't look as if we'll get it yet. Still, at least the grass is green! My herb bed is doing pretty well probably due to the fact that most herbs are from dry countries. My mint has suffered though and has also got bad mildew, so the other day I cut it down and watered it well. I now hope for a fresh crop.

The broad beans are all in the freezer and I left some plants to dry out and provide next year's seed. In fact I pulled them yesterday - 9th August - and put them in the greenhouse for a couple of days. I'll shell them soon and packet them for next year. The runner and climbing French beans are good but as usual, I haven't sown a follow on crop and it's too late and I haven't enough time and there is too much to do and I have a large crop of woody nightshade and sow thistle erupting in the flower beds and there are not enough hours in the day!!! Deep intake of breath.

The tomatoes have been lovely and my brother gave me a big bag as well which I'm going to make into soup. I just love homemade tomato soup. The tinned stuff is OK but nothing like as good as homemade. I also have a large crop of giant beetroot and Eileen made some lovely Borsch the other day which was very good drizzled with creme fraiche. The young leaves are very good in salad as well.

Which brings me, inevitably, to grow your own. I'm sure many of you have seen in the papers and heard on the news about how

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food prices are going to escalate this year due to poor wheat harvests across the world. Countries like Russia will probably hold on to their own stocks. Our lot will probably sell wheat off as prices will be very high and there is money to be made. Which means that bread and flour will be costly as will be anything using flour for cakes, puddings, thickeners and all sorts of other recipes. Apples may be cheap but whilst an apple a day etc, living on them may be interesting for the bowels!

So what can one do? I have been banging on now for years about using your plots at least to supplement your diets but as oil stocks shrink and get more costly, it really makes sense to grow as much as you can yourselves. Runner and broad beans, also peas can be grown up near a fence, beetroot looks pretty in a flower bed and lettuces will grow almost anywhere. Believe me guys, the time will come, when people will be fighting for food if this government doesn't get off its collective butt and encourage people to grow their own. Just try and get an allotment. You'll be lucky. In London and, no doubt in other cities, people are waiting tens of years for one. It won't be long before people will be putting their babies name down, not for a posh school but for a bit of an allotment! Hah, you may laugh but just you wait and see. The organic Guru has prophesied.

The chickens have decided to favour me with more eggs at last. They 'went off' for a good while and despite scoffing loads of expensive sunflower kernels, four chickens were producing one measly egg a day. Then it went to two and today I had three. Mind you, I let them into the brassica cage last Sunday as I thought they would eat a few caterpillars and maybe some whitefly and scour the ground for soil pests. So what happens? I go down to put them away for the night and the little **** had scratched up all my second crop of peas which were just starting to swell nicely. I chastised them with bad words and they just looked at me as if I was daft. I wonder what they would taste like? A bit tough, I

suspect. I remember, that many years ago when we were even poorer than we are now, purchasing locally for half a crown each (that's 12.5p, you ignorant lot - I think,) two battery chickens. I was assured by the vendor that they would make a lovely casserole. In those far distant days, when I was young and a bit thick about these things, I decided to pluck these lovely looking birds and have them for Sunday lunch. So my Jill and I set to. We used a pair of pliers each to pluck the little darlings! I was told later, by a friend who was doubled up and nearly wet himself laughing, that one skins such birds. Well I didn't know! And they tasted rubbish anyway. So my girls are relieved, unless the dogs get them.

VEGETABLES AND THEIR CULTIVATION

By T.W. Saunders

"Points to remember: The reader should avoid the following mistakes:- Planting any members of the Brassica family in succession to each other.

All root crops and tap-rooted vegetables should not follow in succession.

Alliums should not be sown in succession.

Plots that have been devoted to Rhubarb, Seakale, Asparagus and Herbs, should not be cropped again with permanent crops for at least three years."

I find that last paragraph a bit puzzling. I have grown Rhubarb in the same place for about ten years now and the crops are still good. I hope that my new herb bed will see me out with luck. I suppose what Mr. Saunders is saying is that if I dig up my Rhubarb bed, I shouldn't grow asparagus on the same site for three years. I can't really see the logic in this statement unless Mr Saunders is saying that ground used for crops like asparagus or Rhubarb depletes the soil of goodness. Well my rhubarb is growing in almost neat horse manure and my asparagus has always been rubbish. I'm pretty sure that neither of these crops belong to the same plant grouping, If I'm wrong, perhaps someone will enlighten me. And a herb garden is a pretty permanent feature, at least mine will be. And incidentally, I'm pretty chuffed with my herbs at the moment, I think growing them in poor soil is a good idea. I do have a problem with suckers from the Balsam poplar but I can cope with that.

"Planting. In planting and transplanting vegetable crops, there is a need for more care and skill than beginners are apt to bestow upon such operations. Slovenly and unskilful planting, not only hinders the proper development of a crop, but also has a bad appearance in the vegetable garden." What a lovely paragraph and what excellent English language.

Mr Saunders then goes on to say how all rows should be quite straight using a garden line stretched taut for the purpose. Oh dear, I'm glad he hasn't seen mine! Actually, now there is a strong school of thought saying that sowing in blocks works very well. The reader can take their choice.

"Always plant after showery weather to give plants the best chance of establishing themselves. If very dry, plant in the evenings when the sun is low and water well afterwards. Never expose the roots of plants to the sun, cover them with a rhubarb or cabbage leaf 'till required for planting. Tender plants should be covered by an inverted flower pot until the sun is off them. Use a trowel in preference to a dibber (which compacts the soil). See that the soil is pressed to the roots to the full depth of the hole and not merely at the top hereby leaving a hollow space around the roots below. Firm planting is essential. Loose planting means an imperfect growth and yield."

All good stuff and most of it is still relevant today. I'd better stop there. If you are bored out of your skulls, let me know and I'll stop.

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HUNSTANTON LIONS CLUB

In the old days of steam when Monday's 'supper' or 'dinner' (curiously referred to as "tea" by some around here) was always shepherds or cottage pie depending on which had been roasted the day before, Monday was always "Wash Day". If you had awoken on Saturday August 13th from a long slumber Hunstanton's High Street would have been your greatest nightmare. Furlong after furlong of soggy wet underwear hanging in dreary rain from all the lampposts up and down the road. However, as the day progressed and the weather cleared up you would have realised that all the underwear were 'bras'. The point of it was to raise money for "Breast Cancer Care". We had collected all the bras we could muster with the help of Charity Shops and others so we could put on this rather unusual bunting display and we raised well over £800 for that Charity. Thank you all for giving so generously - it really was a great achievement.



Hunstanton Lions Club "Bra Day" in Hunstanton High Street on Saturday August 13th

In July we helped our colleagues from Wells Lions Club sell programmes at the "Holkham Fair". Although the weather on the Saturday was indeed poor, Sunday brightened up and the resulting sales were good. Wells Lions Club receive a percentage of the sales money for the local causes they raise money for.

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On September 11th we are holding an "Indoor Carpet Bowls Tournament" at Smithdon School and we're pleased to say it is now fully booked, so it should be a good day for all involved and raise some money for our Charity work.

After a break in July our "Car Boot Sales" at Glebe House School are back. We held one on August 14th and there are many more still to come this year. They will be on September 11th and 25th and October 9th, 16th, 23rd and 30th so there is still lots of time for you to seek out those bargains. Remember they start at 8.00am for customers and entry is free, but donations are appreciated. If you wish to display please turn up at 7.00am and pay for your stall on entry. We look forward to seeing old and new faces at these Sales.

Friday November 18th is again "Children in Need" day and as always we will be touring the area collecting money for this annual event. All the money we raise on the day goes directly to the Charity which as you all know has gone from strength to strength over the many years it has been running.

If you're really forward looking you may wish to know that we are going to hold our "Turkey & Tinsel" lunches for all the senior people living in Hunstanton and all the surrounding villages again this year. Details will be given later in the year.

Finally, the winners in our "200 Club" draw in August were Val Rybak, Mrs. W. Smith, Phil Masters and Frank Sykes. Congratulations and thank you for supporting us.

We'll tell you more about events in the next edition of this Newsletter, so carry on enjoying the Summer.



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Minors' Strike At Hunstanton

Are there any other games where you deliberately lose to win - like duplicate bridge?

It's difficult for minor suits to compete with majors because majors have a higher status at each level of bidding. The pecking order is Clubs, Diamonds, Hearts and Spades in ascending order - easy to remember: in alphabetical order! Now, both learners and skilful players can enjoy bidding the following hands with friends - before reading the results below. Both pairs are vulnerable.

N			
	S. A		
	H. A Q J 6 5 3		
E	D. Q	W	
S. 2	C. Q 9 7 6 2	S. K J 10 8 5 4 3	
H. K 10 9 4 2		H. 8	
D. A K 9 7 5 3		D. J 10 8 4	
C. 10		C. 3	
	S		
	S. Q 9 7 6		
	H. 7		
	D. 6 2		
	C. A K J 8 5 4		

E/W have reason to bid aggressively - W has a long Spade suit and E only 5 losing tricks. However they only have 15 points between them - which means their opponents have 25!

N/S are cock-a-hoop: their bidding indicates points for game plus a 5/6 fit in clubs and a long strong Heart suit with N.

Bidding went as expected: W happy to bid a strong Spade at the 3 level (in preference to agreeing his diamond fit at this stage). In response N decided to declare his strength and his Club fit and jumped to game.

W, however, could see little hope in defending against a strong club contract. They were not vulnerable and calculated that it would be worth going down 3/4 diamonds (-300/400) in preference to the enemy getting a club contract worth 600.

In fact some N/S pairs bid and made a Little Slam, only losing the diamond King, worth 1370 points! A famous losing victory for E//W! That's Duplicate bridge for you!

With neither pair vulnerable the bidding went as follows:

N	E	S	W
1H	2D	3C	3S
5C	pass	pass	5D


As usual we have an ulterior in printing these articles - we want to entice some of you bridge players to come to the club! We will help those of you who would like to introduced (very gently) on a Monday or Wednesday or attend our "beginners/improvers" classes on Thursdays (contact John or Christine on 572121).




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About Summary Care Records

The SCR will give healthcare staff faster, easier access to essential information about you, to help provide you with safe treatment when you need care in an emergency or when your GP practice is closed.

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

What are my choices?

If you choose to have a SCR, you do not need to do anything.

If you choose not to have a SCR, you need to let your GP practice know by filling in and returning an opt-out form. You can obtain an opt out form from your surgery or by contacting the Summary Care Record Information Line on 0300 123 3020.

Whatever you choose - you can change your mind at anytime. You will need to let your GP practice know.

Children and the Summary Care Record

Children under 16 will automatically get a SCR created for them unless a parent or guardian decides to 'opt out' on their behalf.

Where can I get more information?

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



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Heacham Football Club 2011/2012 Season

There are new sponsors for the club this year:- Mr. & Mrs. Davis who run the cleaning business 'Staypressed and Clean' in the High Street at Heacham. They have given a new set of players' kit to the club. We are very grateful to them for their support and generosity.



There have been several changes at the club - Jeff Proctor (Vice Chairman) Wayne Proctor (Reserve Manager) and Debbie Knight ('A' Team Manager) have resigned, while Colin Frary (1st Team Manager), Gary Groom and Jordan Groom have joined Reffley Royals and Matthew Blake and James Gillings have joined Redgate Rangers. We send our thanks to them all for their loyal service over many years and where applicable, give them our best wishes for their future playing careers with their new clubs.

A new committee consisting of Nick Blake (Chairman), Gary Mortimer (Vice Chairman), Harry Hornsby (Secretary and Treasurer), James Pollard (1st Team Manager), Jack Blake and Darryl Framingham (Reserve Team Managers) plus seven committee members have been formed.

Training commenced in late June and has been 'professionally' organised by James Pollard who has also arranged pre-season friendlies (at the time of submitting this report, the 1st team had played 2 games, drawing 3-3 with Downham Town and beating Smithdon 4-0).

The first league match is at our ground at Station Road on Saturday 3rd September, kick off at 2pm, 1st Team v Gayton United in division one and the Reserve Team play away at Castle Rising in division three.

Please come along and support your local village team - there is no entrance charge and the football is usually of a reasonably high standard. We will be holding our regular Saturday raffle for the football club and any proceeds will help pay for the expenses incurred in pitch levies, referees, player insurance, league and cup affiliations, playing kits, first aid kits, footballs, nets etc., etc.

We look forward to seeing you at our ground!

I have to end this report on a sad note. I am sorry to have to announce the death in a car accident earlier this year of 'Roger Green' who lived at Wisbech but spent a lot of time at his caravan on the Pioneer site at Heacham. He was a very good supporter of Heacham Football Club and he will be sadly missed by us. Our sympathies and commiserations go to his widow Margaret.

Harry Hornsby
SECRETARY

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DENTIST Emergency only for patients not registered with a dentist 01553 769264

COMMUNITY MIDWIFE (Ask for Hunstanton M/W) 01553 613613
POLICE 0845 4564567

SAMARITANS 01553 761616
CHILD LINE 0800 1111

ELECTRIC 0800 7838838
ANGLIAN WATER 0845 7145145

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EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280

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THURS. 10.00 TO 13.00 FRI. 10.00 TO 19.00
SAT 10.00 TO 17.00 (All year)

HEACHAM COMMUNITY WEBSITES

www.heacham-on-line.co.uk
E-mail stella@heacham-on-line.co.uk

www.heacham-village.co.uk
E-mail enquiries@heacham-village.co.uk

Heacham Halls

Public Hall 570776
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

LOCAL BUS SERVICE BETWEEN HUNSTANTON AND KINGS LYNN

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Service 10 and 11

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
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0706 first bus to Hunstanton then three times an hour

Service 11

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.
0828 first bus to Kings Lynn then 28 min past the hour.
0815 first bus to Hunstanton then 32 min past the hour

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

Smithdon High School Bus

Service 401

Via:- Folgate Road/Fengate, Station Road
0816 to Smithdon School
1530 from Smithdon School

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

Coasthopper Service

Kings Lynn to Cromer Via Norfolk Lavender, Hunstanton, Holme, Thornham, Titchwell, Brancaster, Wells, Sheringham.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

All Bus Enquiries

www.norfolkgreen.co.uk.
Tel: 01553 776980

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

Main pick up points for The Heacham Newsletter.
First Saturday each month except January.

Jennings, Cooks Butchers, Heacham Bakery, Olivers, Post Office, Parish Council, Church, Co-op, Tesco's, Fish Bar.

Heacham Chalk Pit Recycling Centre

Summer opening times are 9am - 6pm. Winter opening times, which apply from 1st October to 31st March, will be 9am - 4pm.

MOBILE LIBRARY

ROUTE DER 224 (Tuesdays) ROUTE DER 223

6th / 20th	September	13th / 27th	
COLLINGWOOD CLOSE	09.40	ROBIN HILL	10.25
SOUTHMOOR DRIVE	10.00	CHURCH LANE	10.40
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
NOURSE DR/INGLEBY CL	12.15	SITKA CLOSE	12.50
ROLFE CRESCENT(OPP 22)	13.45	SUNNYSIDE	14.15
BUSHEL & STRIKE	14.05	MEADOW RD	14.40
GIDNEY DRIVE	14.20	POPLAR AVE	15.30
BANKSIDE reverse in	14.40	GYMKHANA WAY	15.50
MARRAM WAY N CL	14.55	JENNINGS CLOSE	16.15
MARRAM WAY S CL	15.10	COLLEGE DR/G CL	16.50
MARRAM WAY/N RD	15.25		
CUNNINGHAM COURT	15.45		

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HEACHAM PARISH COUNCIL NOTICEBOARD

Parish Council Meetings for August in Brief

Queen's Cottages Almshouses Trustee: The Parish Council appointed Mr Arthur Chapman to the board of the Queen's Cottages Almshouses Charity.

Diamond Jubilee: The Parish Council agreed to nominate the Recreation Ground as an open space to be registered as one of the 2012 Queen Elizabeth Fields in Trust.

Heacham In Bloom: The Parish Council confirmed a partnership with Heacham In Bloom to improve the seated area at the top end of the Recreation Ground. Heacham based, Norfolk Landscapes had agreed to help plan out the ideas for the garden which subject to funding would be ready for next year's Diamond Jubilee.

Old Friends Hall: The Parish Council agreed to provide the Old Friends' Hall Management Committee with a £1000 loan to cover necessary costs, to be reimbursed once the new accounts had been set up and rents paid.

Saltings, North Beach: The Parish Council noted that the application for an annual maintenance grant under the Countryside Stewardship Scheme had been made to Natural England with the assistance of the Norfolk Wildlife Trust.

Carnival: The Parish Council agreed that the new format had worked well and had helped make it one of the most successful parades in recent years.

Skateboard Park: The Parish Council agreed to seek further quotes to replace the existing fencing around the skate park and approved the repainting of the equipment at the end of the summer.

Cheney Hill Footpath: Mr Clay raised concern about the mess on the footpath from the verge. The Clerk confirmed that Highways had agreed to edge the footpath to prevent soil running off the bank.

Wilton Road: The Parish Council reviewed the Committee's report about the Wilton Road junction with Station Road. Numerous ideas had been discussed, but none of these would improve what was a blind junction. The Parish Council agreed to explore the possibility of stopping traffic exiting from Wilton Road onto the junction altogether.

Heacham Junctions: The Lighting and Watching Committee had commissioned a report into the recent accidents at junctions on the A149 to be reviewed in September.

Bathing Water Quality: The Parish Council would meet with the Environment Agency in September to look at water quality testing.

Next Meeting: The next Full Parish Council meeting will be held at the Parish Council Offices on 20 September at 7.30pm.

Summer Activities 2011

Another summer of activities has come to an end. The colour photo feature shows what variety there was on offer. The new format of a Craft week followed by a Sports week worked well and covered lots of different activities which ranged from Archery and Coats of Arms to Laser tag and Speed Stacking. The Community Committee hoped all those who attended enjoyed themselves. They would also like to thank Heacham Club Charity, Heacham Wildfowlers, Emma Hunt, Roger Drinkwater and Kate Davies (Borough Council) who helped make this year's activities possible and enjoyable.

Old Friends' Hall

It was with great regret that the Parish Council accepted the keys to the Old Friends Hall, as it signalled the end of the long standing Charity; Heacham Old Friends Club, who as the name suggests provided friendship, fun and support for hundreds of members over the past 50 years.

The Parish Council has accepted this generous gift of the Hall and is planning a refurbishment programme for the benefit of existing clients which include the Tuesday Luncheon Club and any future users we hope to attract. This, the Council believe, will be a fitting tribute to those who have worked so hard to maintain the building all these years. It is intended that these refurbishments are funded through monies passed to us from the Old Friends' Club, grants, hall rental and through the support of volunteers carrying out much of the redecoration work. The management committee hope to announce details of how to hire the hall in October.

Heacham Allotments Centenary 1911-2011

The Parish Council and Allotment Holders will mark the centenary of the Parish Council run plots with a cheese and wine evening on 14 October. The area of land used for the Allotments, leased from the Kenhill Estate, was at least twice the size as it is now and was a welcome source of fresh vegetables especially during the war years. A hundred years on they are as popular as ever. We plan to mount a display of the original Council minutes and Allotment rent records at the event. However, whilst we have numerous modern photographs we would very much welcome any photographs of the Allotments from before the 1980s if anyone has any. In addition, if you had a plot for many years, but have since retired and would like to attend the centenary event, please contact the Parish Office.



Heacham Carnival Parade 2011



Once again a huge well done to all those who turned out in their decorated floats and costumes for the 2011 Parade. This was one of the most successful Carnival Parades in recent years and it was great to see the community taking advantage of the opportunity to put on a show.

Congratulations to all the winning entries, who were awarded cash prizes courtesy of Jennings Caravan Park. Special thanks goes to our lovely Lavender Queen Amy and her princesses who wowed us all in their special float created by Norfolk Lavender. The traditional marching band; the Ambassadors of Borrowwash helped make it a parade to remember. The parade collection raised £389.70 for Heacham In Bloom. Roll on 2012.

Thank You

The Parish Council would like to thank The Heacham Newsletter and Heacham-on-line for once again helping to publicise all the Summer Activities and Events.

**Heacham Parish Council
Jubilee Clinic
Pound Lane
Heacham
Norfolk PE31 7ET
01485 572142**

**Open 10.00am-12noon Tuesday to Friday
www.heachamparishcouncil.co.uk**

HEACHAM PARISH COUNCIL NOTICEBOARD

Anonymous Letters

The Parish Council does not deal with anonymous letters if they relate to a complaint about a person or persons as these might be malicious rather than genuine complaints. Where the case is genuine the Parish Council is often prevented from taking the matter forward with other agencies because it does not know the originator. The Parish Council/Clerk will, however, always respect a parishioner's request that their name be kept confidential and as a general rule will not give a name without permission.

Olympic Torchbearer

A number of people in Norfolk have already made it in the shortlist to be a torchbearer ahead of next year's Olympic Games. Although the London Organising Committee for the Olympic and Paralympic Games' (LOCOG) deadline for nominating torchbearers has closed, Lloyds TSB, the national presenting partner of the London 2012 Olympic Torch Relay, is still inviting nominations. The deadline is September 12 this year. The torch relay will be a 70-day celebration, starting at Land's End on in May next year, travelling thousands of miles and bringing the spirit of the London 2012 Olympic Games to hundreds of communities across the UK. It will pass through Norfolk on July 4 on its way to the community celebration event in Norwich that evening. Lloyds TSB is inviting the public, local businesses and customers to nominate somebody who has made a difference in Norfolk.

Neil Mahoney, a regional director, said: "We all know someone who has given something back to their neighbourhoods, supported others in the area and inspired their local community." So far, only 1.22 of Lloyds TSB's total nominations have been for people from Norfolk. To nominate an unsung hero, go to www.lloydstsb.com/carrytheflame



Heacham Tree Warden

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

Heacham Expansion

The Borough Council have formally adopted the Local Development Framework. This document is a policy document which alongside planning law and national guidance shapes the decisions on planning applications. The Borough Council are now working on the next phase; **The Site Specific Allocation and Policies – Issues and Options Document**; advance details of which were provided in the Newsletter in April. The LDF Team have confirmed that the public consultation on potential development sites will take place from 23 September until 4 November. There will also be a number of exhibitions/public information sessions that residents can attend. This consultation is the second stage of three stages and could have a profound effect on the size and make up of Heacham in the future. It is important that residents to make their views known.

The key points of the document will be how or where the existing village development boundary might be altered to accommodate development and how the new housing numbers will be divided across the Rural Key Service Centres of which Heacham is one of 20 such sites.

The Parish Council has already received a number of letters from residents with varying views and these will be fed into the consultation. It is the intention to run a poll in the October Newsletter, alongside a more detailed report so please look out for it in next month's Newsletter.



IT Champions

Heacham Parish Council, in partnership with West Norfolk Voluntary and Community Action, is seeking Internet Champions to help people discover the benefits of computers and the internet.

What is an Internet Champion?

You might know how to use the internet, but there are 9 million people in the UK and lots locally who don't. These people are missing out on a whole world of information, savings and fun. Being an Online Champion is about helping people in Heacham to get the most out of life online.

What you give

A few hours a week, fortnight or month to help with local internet courses.

What you get back

Meeting new people.

Giving something back.

Passing on and learning new skills.

This is a national campaign and WNVCA will supply the necessary training and Champion support. Internet Champions will initially be based at Heacham Library. The first information session will be run in mid September for anyone interested in knowing more. We hope to have a few Internet Champions in place by National Get Online week at the beginning of November. Please contact the Parish Clerk for more information.



Heacham in Bloom



These are some of our projects achieved for 2011. If you would like more information on what we do, or are interested in putting some colour into Heacham, then we meet on every 3rd Monday of each Month 7.00 pm at the Parish office.

