



THE HEACHAM NEWSLETTER

November 2008

This newsletter reflects the views of its contributors, not necessarily those of the editors, any sponsoring body or advertiser.
When contacting one of the advertisers please mention you saw their advert here first. Thank you.



Remember, remember the 5th of November.....

Deadline for the next edition is 12 noon, Thursday 20th November

THE ROYAL BRITISH
LEGION

**REMEMBRANCE
SUNDAY**
9th November

If you wish to pay tribute to those who gave their lives for us, please join us at the Parish Church at 9:45am and the Memorial Service afterwards at 10:45am

Friday 28th November – 7.30pm
**A Concert of Poetry,
Humour & Music**

Featuring Doreen Reed & Steve Layne
Tickets £5.00 incl. light refreshments

At Park House, Sandringham

**Tickets available from the Card Cabin,
High St., Heacham or phone Park House
Reception on 01485 543000**

THE HEACHAM NEWSLETTER

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

E-MAIL: theheachamnewsletter@yahoo.co.uk

DIARY-WHAT'S ON: Derek ☎ 01485 579403

ADVERTISING: Moira Barnes ☎ 01485 570401 Adverts cost £15, £30 or £60

THE TEAM: David Barker - Moira Barnes - Pat Barrow - Derek Chester - Brian Faulkner

Kerry Long - Mary-Anne Pinder - Dean Rawnsley - Robby Topliss

THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

A voluntary non-profit publication produced with financial assistance from Heacham Parish Council



Dear Newsletter



Collingwood Close

Dear Newsletter,

Heacham Post Office

My friend lives in a small village in Bedfordshire that, over the years, has lost its school, its bank and, more recently, its post office. In my friend's words, "it has ripped the heart out of the village".

It made me realize how very fortunate we are in Heacham with our post office. It doesn't matter how complex your enquiry, you are always dealt with timeless patience and nobody minds waiting as there is always someone you know to talk to.

Just recently, I watched an elderly man who had come on what would have been his pension day. He had his old pension book cover in his hand, which now contained his debit card, which he handed to the lady who then told him how to put it in the machine and when to remove it and then put his money and card in the case and handed it back to him. There can't be many post offices that would treat people who hadn't come to terms with the new banking system, and I was told many hadn't, with such patience and kindness.

So thank you Mr and Mrs Faulkner for providing the village with such excellent service.

Victoria Morison



Gidney Drive

Dear Newsletter,

Like Knitting?

I would love to hear from anyone who would like to knit baby garments for Premature Babies in the Queen Elizabeth Hospital, King's Lynn, the Gambia and Chernobyl. I can arrange collection. If you prefer company and a cup of tea while you knit, a small group of ladies meet regularly at my home.

Donations of coloured D.K wool, white acrylic and baby wool would be most welcome. For more details phone 01485 572586. Thanking you in anticipation

Jean Hicks



Neville Road

Dear Newsletter,

Thank you! Macmillan Coffee Morning

June, Mo and I would like to thank everyone who supported our Macmillan Coffee morning on Friday 10th October. We raised £120 on the day and people are still making donations. Thanks must go to Roy and Doreen Clark of Hunstanton who sort out our Raffle every year. New friends who came along to join in with our old friends, it really was an enjoyable morning. We look forward to seeing you all again next year!

Stephanie Smeaton



Pioneer Holiday Park

Dear Newsletter,

Macmillan Coffee Morning

For the second year running a very successful coffee morning was held at Pioneer Holiday Park, Heacham in aid of Macmillan Cancer Support.

Organised by Roger and Margaret Green and their caravan park neighbours and close friends Malcolm and Valerie Nicholson it was this time held over two mornings and as a result £821.97p was raised and will be sent to Macmillan head office in Norwich.

The organisers and their team of helpers were kept busy on both days for not only were there the customary teas and coffees but also a cake stall, tombola and raffle. Among the many visitors were the Mayor and Mayoress of Hunstanton, Councillor and Mrs Richard Bird.

Roger Green



Strachan Close

Dear Newsletter,

Macmillan Coffee Morning Thank You

A very big thank you to everyone who helped to make the Macmillan Coffee Morning at Neville Court such a great success.

The final total raised was £1,050.40 a fantastic sum which could not have been achieved without your support. We have received a thank you letter from Macmillan Cancer Care saying the money raised will enable them to help more people living with cancer.

Once again many thanks to you all.

Esme Stockdale & Joy Johnson

PAT'S SILVER AND HANDMADE JEWELLERY

Also see our new large selection of Beads
AND

SALLY-ANNE'S TEAROOM

Offering a large selection of light snacks
and delicious homemade cakes
(all actually made on the premises)

**AT NORFOLK CRAFTS
BEACH ROAD, SNETTISHAM
OPEN DAILY: 10-5pm**



Computer help in plain English



Repairs, upgrades, virus removal and prevention,
installations, help and training for home and
business computer users.

Web design and hosting

Friendly, helpful service. 25 years' experience.
Reasonable rates and absolutely **no jargon**.

Telephone Keith at oapc on (01485) 570479
mobile 07977 560955 or email support@oapc.biz



Heacham

Dear Newsletter,

Boiler Parts On Offer

Do you own a Parkray solid fuel stove 111 G.L. (for water and central heating) or perhaps you know someone who does?

I have a complete set of fire bars, unused as sometime ago we converted to another form of central heating these are now obsolete.

I do not require any payment they are free to a genuine Parkray owner of a 111 G.L. If the recipient wishes they may make a donation to my favourite local charity 'A Piece of Mind'.

Name and address supplied
Telephone 01485 571307



Linn Chilvers Drive

Dear Newsletter,

A Grandson's Appreciation of his Nan

The following poem was sent by our ten year old grandson, Cavan.

I like sleeping round my Nan's
Because she lets me ride my bike
And lets me eat whatever I like.
She lets me go on summer rides
And watch the summer tides.
She lets me see my friends
And keep up with the latest trends.
When I go to bed
I have a weary head.

Richard & Mavis Radford



Collingwood Road, Hunstanton

Dear Newsletter,

Heacham Brass and Reed Band

Regarding the photograph that appeared on the front page of the October issue, I write to tell you that the gentleman sitting in the front row, 4th from the right is my Grandfather, Charles Long. He was a builder in the Village and also served on the Parish Council. He died in 1942, so I would say that the approximate date of the photo is perhaps early 30s. I am fairly sure that the gentleman standing at the far right may well be someone I knew as Cue Patrick. My childhood memories of him are scant, but I think he did quite a lot for the Village (I am not even sure of the correct christian name, whether it was 'Q' Patrick because his name began with a Q?).

I know that my Father also played in a band, but I am not convinced that he appears in the photo. My maiden name was Ray and my Father was a Photographer in the Village, with a shop in Station Road. After his death my Mother ran the Playschool. A seat to my parents' memory is located in Poplar Avenue, close to our family home.

Maureen Sayer

ROBERT JOLLY FMAAT
ACCOUNTANCY TAXATION & BUSINESS START-UP ADVICE
 Year-end Accounts and Tax Returns
 Dealing with Formation & Statutory Services of Limited Companies
Specialist Advice to OAP's (No Fee for Initial Consultation)
01485 533233
 robert.jolly@btconnect.com



Riverside Caravan Park

Dear Newsletter,

When Is The Next Bus To North Beach?

I have enjoyed our stay at the above address this season but after talking to many of the retired people they all wish the same as me!

When I came to Heacham 5 seasons ago I wrote to the Newsletter saying it was a lovely place to be but we lack a bus coming up to North Beach. It is a dreadfully long walk to the bus stop in the village for both young and elderly.

I would like to request on behalf of all of us, if it isn't possible for a bus to come to North Beach. If not all of the week, would it be possible to have a bus at say 10.00am on a Thursday or Friday if not both.

I am sure it would be well used if it was advertised in the Newsletter so everybody was aware that it was running.

I am sure this would make a lot of people happy as not everybody has a car, my partner and I haven't got one.

We pay a lot of rates on the parks as I am sure you are aware Could you please pass my letter onto the right person we will hope for a favourable reply. The season starts March 2009.

Mrs Metters

(We have passed this letter on to Heacham Parish Council - Ed)

Station Road Garage
 33 Station Road, Heacham
 Norfolk PE31 7EX
 ☎: 01485 570259 - Garage
 01485 572835 - Spares



Mechanical Repairs - Servicing - Welding
- MOT's & Repairs - Exhausts - Clutches -
Diagnostics - Collection & Delivery -
Accessory Shop - Car Sales -
Now Available - Air Con Repair & Service

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



Blatchford Way

Dear Newsletter,

Used Postage Stamps

Janet at "Colours" hairdressers at 18a Wilton Road, is also kindly providing a container for people to leave used postage stamps for me to collect. Each undamaged stamp, whether foreign, special edition or everyday British ones will raise at least 1p and help to provide medical supplies, education etc. in the Leprosy affected villages of India. Thank you so much for your support.

Doreen Reed



Marram Way

Dear Newsletter,

Smithdon W.I. Group

Very sadly on Friday 3rd October was the last meeting of the Smithdon Group. This group has been going for 48 years, but is now reduced from 5 to 3 WI's which is very difficult for financial reasons, so it meant closure. It's a sign of the times.

Five members of the past Heacham W.I. Were invited to this meeting, having always supported them. We all had a wonderful evening, enjoying a fish and chip supper, and then being spell-bound by Mr Storey's ghost tales of a black dog in parts of Norfolk.

All too soon the evening was over and the end of an era.

Elsie Wilson



Pioneer Holiday Park

Dear Newsletter,

RNLI Donation

As the culmination of their summer activities, officials of the Pioneer Holiday Park Social Club visited the Lifeboat Station at Old Hunstanton where they met members of the crew and were shown the rescue craft and equipment.

During the visit the Chairman of the Social Club, Roger Green, Handed over a cheque for £1,500 to the RNLI.

This had been raised as a result of a hog roast, two car boot sales And a quiz being held at the Pioneer Park in South Beach Road, Heacham. The committee are indebted to all on the site and in the village who generously donated prizes.

Roger Green

SALE

At the **Church Hall, High Street, Heacham**, on Thursday 4th 10am-4pm, Friday 5th 10am-4pm and Saturday morning 6th December, to benefit World Vision and the N.S.P.C.C..

New, nearly new and very good condition items for sale, including books and original paintings.

Finish your Christmas shopping here - please support these needy causes.

Heacham Foot Health Clinic

Providing you with a professional nail cutting service, treatment for corns & callus. Regular footcare appointments are also available for the diabetic patient.

Janet Pitkin Dip. CFHP MPSPract MVR
FOOT HEALTH PRACTITIONER
01485 570512

KING'S LYNN MALE VOICE CHOIR

which has been performing and giving enjoyment to audiences for over 50 years, is seeking new members.

*Many interesting concerts in, and around King's Lynn, are planned, leading up to a **Massed Choirs Concert of 80+ singers, in the Corn Exchange, King's Lynn, in March 2009.***

If you saw "Last Choir Standing" on TV, and were inspired, why not join us now - age is no barrier - and look forward to joining with 80 other singers for a fantastic day of singing and socialising.

*The Choir rehearses on Tuesday evenings at
Springwood High School.
Phone 01553 672388 for a chat*

CHRISTYANA FABRICS & BLINDS

**18 Lynn Road, Dersingham
For Curtains & Soft furnishings**

OPEN 9am - 4pm TUESDAY-SATURDAY

**Making-up service at competitive rates
Free quotations and fitting service -
no obligations.**

**We have a massive selection of clearance
stock fabric from £2. 50 per metre**

CONTRACT WORK UNDERTAKEN

**Huge selection of wood weave Romans
Wood venetians, Wood verticals
Rollers, venetians, verticals, roof blinds
and canopies**

**Telephone Maria on: 01485 541111
or 07743052897**

**for a free quotation, friendly personal service,
and a home choose service**

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**

NEWS FROM SLIMMING WORLD IN HEACHAM

We have had a lot of new members join us since the last Newsletter and everyone is losing weight with an eye to Christmas and all those party frocks. Weight losses have been good and members are supporting each other over their ups and downs. We have been able to celebrate Anniversaries, Weddings and new babies and still lose weight! The Christmas Competition is well under way with members attaching baubles to Christmas Trees for every pound they lose and the thought of a nice prize to look forward to.

Before Christmas of course, we have Bonfire Night and with this in mind I thought the recipe this time would be a nice warming Soup to come home to after all the celebrations. Enjoy!!

RECIPE OF THE MONTH

Pumpkin and Walnut Soup

Ingredients

Fry Light
2 medium onions, peeled and chopped
2 cloves garlic peeled and crushed
1 small pumpkin, peeled, de-seeded and chopped
70ml/24 fl.ozs vegetable stock made with water and 2 tsp vecon.
2 level tbsp tomato puree
24 walnut halves, chopped
Salt and freshly ground black pepper

Method

Spray the base of a large saucepan with Fry Light. Add the onion and garlic and stir over a medium heat for a few minutes until the onion softens.

Add the pumpkin, stock, tomato puree and chopped walnut halves.

Bring to the boil, then lower the heat, cover the pan and simmer for 30 minutes.

Liquidise the soup and season to taste.

Serves 4.

Julie GODDARD

KALAJUGA

Having read Dick Melton's article last month, I thought the readers would like to see Kalajuga as it used to be.



This picture has been copied from an old postcard found at a Craft Fair.

I first saw the bungalow when we purchased our beach hut in 1957. It has been modernised now and looks nothing like the original.

The picture was given to me by another beach hut owner who used to live in Heacham. I expect many people will remember her - Flora Taylor nee Macleod. She has attended the reunions held recently.

Mary PISHORN

More of Mary's Country Sayings

1. No leaves, no birds, November
2. Ice in November brings mud in December
3. A cold November, a warm Christmas
4. On the first of November, if the weather holds clear
And end of the sowing you do for this year

TONY'S HOUSE MAINTENANCE

**Kitchens & Bathrooms tiled
Painting - interior and exterior
Gutters cleaned, repaired or replaced
Fencing, patios, plastering. etc.**

**55, Marram Way, Heacham
(01485) 571038 M. 07932123781**



CHURCHES TOGETHER IN HEACHAM

Remember, remember the fifth of November, gunpowder, treason and plot! The rhyme has rather fallen from use today, and in truth I have to admit that I cannot remember the next line! However the sentiment of the first line which calls us to remember is very relevant for the month of November.

At three o'clock on Sunday the second of November, St. Mary's invites the residents of our village to come to our church in order to remember those people who were dear to them but who are no longer with us. It is a time when we can recall precious memories and thank God for them. It is also a time when we can honour our lost loved ones. The service is usually followed by a cup of tea or coffee and this enables everyone to share with those who understand the mutual sadness and loss.

The Remembrance Service follows at ten o'clock on the ninth of November. We meet as a village to honour those men of Heacham who gave their lives in the world wars. Their names are usually read out and we remind ourselves why we do this. The line in Kipling's poem *Recessional* sums it up in the words "Lord God of Hosts, be with us yet, Lest we forget - lest we forget."

Remembering is an intrinsic part of God's nature. We can read in the Old Testament of several occasions where God remembers, or is reminded to remember, or of His call to His people to remember. In the New Testament Paul the apostle tells his adopted son Timothy to "Remember Jesus Christ, raised from the dead". When Paul wrote these words life was rather difficult for him. He was imprisoned under the Emperor Nero and possibly waiting for his own execution. Despite these circumstances he is keen to ensure that his son remembers the benefits of belonging to Jesus.

As we take time for our own remembrances in November let us also make space to remember Jesus.

Pip Lawrence,
St. Mary's Ministry Team Member

All Souls' special service – 3pm, Sunday 2 November in St Mary's Church where we will particularly remember those who have died.

The Commemoration of All Souls is an ancient observance of the Church. It was used for over a thousand years and in more recent times has proved a great source of blessing. Our service is designed to be quiet and reflective as we remember those of our families and friends who have died. We affirm their love for us and the legacy that their lives continue to be to us.

PARISH REGISTERS

Baptisms

28/09/08 Thomas Samuel George Beattie son of Jay & Kelly
"For anyone who is in Christ, there is a new creation"

Weddings

27/09/08 Andrew England and Janet Hutchins

Faithful Departed (Church linked funerals)

14/09/08	Bertram William Mackenzie	74
19/09/08	Harold Richard Hardy	83
14/09/08	Edward George Callard	84
27/09/08	Franklin Beeby	82
29/09/08	Cecilia Sabina Abbott	81
13/10/08	Joan Ellen Proctor	90

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

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

METHODIST CHURCH: Sunday Services

10.30am Morning Worship (except on Sunday 9th November, Remembrance Day, when there will be no service in our Church. Instead we shall join the Congregation at St. Mary's, Heacham at **10.00am**, for the Remembrance Service there, and afterwards at the War Memorial outside the Church on Hunstanton Road).

Methodist Moments

Many thanks to all who supported the Macmillan Coffee Morning on 26th September, at which £130 was raised. Our regular Saturday Coffee Mornings will continue until 29th November, when we shall end the season with a Christmas Sale, time: 9.30-12.00. All welcome. All the money raised will go to the Olive Tree Refuge, the same charity that received £150 and the Gifts of the Table from our Harvest Festival. *Terry Martin, Heacham Methodist Church*

ST MARY'S PARISH CHURCH: Sunday Services

8.00am	Holy Communion (Book of Common Prayer)
10.00am	Morning Worship (All Age Worship on 1 st Sunday) (Holy Communion on 2 nd and 5 th Sunday) Provision for children during services
10.30am	Morning Worship at Junior School (Holy Communion on 3 rd Sunday)
6.00pm	Evening Worship (EXCEPT on 2 November)

For those who do not wish to attend the All Souls' service on 2 November (see left) there is a united service at 3pm in Snettisham Church. There will be no 6.00pm service in St. Mary's on 2 November.

Contacts

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		

Church Services in Nursing/Residential Homes Nov. 08

Tue 4 th	2.30pm Service at Rebecca Court
Mon 10 th	11.00am Holy Communion at Millbridge
Sun 16 th	7.30pm Service at Neville Court
Wed 19 th	2.30pm Service at Summerville
Fri 28 th	10.30am Service at Fridhem
Fri 28 th	NO Service at Sunnyside in November

KATHRYN GIGG

Chartered Accountants, Business Advisers & Tax Consultants

A comprehensive range of services for both business and personal clients

- Annual accounts & audit
- Business start up, development & management support
- Management Accounts, budgeting & forecasts
- SAGE installation & training
- Payroll, VAT & bookkeeping services
- Tax planning: business & personal
- Personal Tax Returns & self assessment advice
- Independent pension & investment advice

Small business specialists

Free initial consultation

Fees agreed in advance

For an appointment please contact

Mrs K H Gigg FCA

on

01485 534800

kate@kathryngigg.co.uk

The Office 20 King's Lynn Road
Hunstanton Norfolk PE36 5HP

Registered to carry on audit work and regulated for a range of investment business activities by The Institute of Chartered Accountants in England and Wales

News From Our Lady' & S Edmund's Catholic Church, Hunstanton & S Cecilia's Catholic Church, Dersingham

Sunday the 19th September saw the event of the annual parish walk. The sun shone brightly on the walkers of all ages as they set out after the morning Mass. There were 29 walkers all intent on finishing the course. The youngest member, 5 years old, ran from end to end distributing the blackberries that she had gathered with her Dad!! The oldest in his eighties kept a steady pace!! The rest of the walkers talked and laughed all the way round.

This event, always very popular, started with a hearty soup guaranteed to see everyone round the course and all the walkers were revived at the finish with ice creams, cups of tea and great quantities of cake. All of the money raised will go towards the needs of the Parish.



The Birches

Hotel & Conference Centre

An affordable, quiet, country location for weddings, conferences, parties and fayres, with en-suite accommodation. Fully licensed for civil ceremonies. Also a great place for lunch (Mon-Fri 12-2pm).

Your event will be special whatever your budget.

0800 2800 343 www.thebirches.org.uk
Bircham Newton, Norfolk, PE31 6RH

BUS - STOP - PRESS

Have you heard about the latest Bus Management instructions to drivers?

They must stop for passengers waiting at a bus stop **ONLY** if they are indicating with a raised arm that they wish to catch the bus. If no signal is made the bus will go straight past without stopping.

The August 2008 bus timetable mentions this directive in Step 3 of the Easy Travelling Step By Step Guide.

You have been warned.

CARPET CLEANING, UPHOLSTERY & LEATHER FURNITURE CLEANING

BY

Clean Tech

Your local preferred specialist cleaner

Call Mike Barrett on **01485 609223**

For a FREE no obligation VAT FREE quotation

The price we quote is the price you pay

- NO HIDDEN EXTRAS!

Tea, Coffee & Red Wine Stains & Spills Totally Removed 100%

Payment by all Credit & Debit cards welcome

CATHOLIC SERVICES IN THE HUNSTANTON PARISH, WHICH INCLUDES DERSINGHAM

Our Lady of Perpetual Succour and St Edmund

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

Saturday: 11.00 to noon. Sacrament of Reconciliation with Exposition and Benediction

Sunday: 11.00am Mass

There are also Masses at 9.00am during the week in the St Theresa's Convent, at 27 Sandringham Road, Hunstanton, PE36 5DP. These are usually on Mondays, Thursdays, Fridays. Sr Margaret Carolan can be contacted on 01485-532837 to confirm these.

St Cecilia's Church, Mountbatten Road, in Dersingham.

Monday: 2.00pm Rosary Group in the Meeting Room

Wednesday: 10.15am Mass

Sunday: 9.00am Mass

Occasional Vigil Masses are held at St Cecilia's at 7.00pm in the evening before Holy Days. Details of these are on the church notice boards.

Fr James will also confirm these at 01485-543818.

Enquiries about bookings for the church halls in Dersingham are dealt with by Stuart Grant at 01485-570040.

Tea and coffee are served at Hunstanton after Sunday Mass every week. Tea and coffee are served at Dersingham on the first Sunday of the month and after all Wednesday Masses.

Please come along and meet us



CHOP 'n' CHANGE
 Unisex Salon
 2 High St, Heacham
 01485 571395

Open Mon-Sat
 Early mornings and late nights available
 Wella & L'oreal colour specialists.
 Latest cutting techniques
 Huge discounts with trainee stylists on
 Wednesday

NEWS FROM CHOP 'n' CHANGE

Thank you for all the positive comments and praise for the new look to the front of the salon. I have been overwhelmed with the positive feedback and reaction. I must also say a big thank you to Dave and his team at Jaz-D Designs for doing such a great job.

Christmas is just around the corner and if you are struggling with gift ideas this year, why not treat someone to a gift voucher to the value of your choice at Chop 'n' Change. It could be used to purchase any of the professional styling products provided at Chop 'n' Change or any of the many hairdressing services available. As a special offer you can receive 10% discount if you purchase your voucher before 1st December 2008. For example, if you decide the value of your voucher will be £50.00, you only pay £45.00. For more information pop in or give us a call.

Don't forget.....Huge discounts on Wednesdays with our trainee stylist Sandra.

Liza, our newly qualified stylist is offering new and existing clientele 10% off all hairdressing services and a further 10% off all colours and perms. To book an appointment, give us a call today.....don't delay!

STYLIST REQUIRED for a thriving local salon. Experience preferred. Full and part-time positions available on a self-employed basis. Hours negotiable. For more information please contact Jaime on (01485) 571395 or email: chopnchange2@hotmail.co.uk.

Jaime TOOLEY

H.M.S.
Domestic maintenance and repairs
 FASCIA & GUTTER INSTALLATION & MAINTENANCE
 PAVING - OUTDOOR MAINTENANCE
 CARPENTRY & JOINERY
 DECORATION - PLUMBING REPAIR

Chris Mella
 9 Ingleby Close, Heacham
 Tel.01485 570873
 www.hmsheacham.co.uk

Christina Thain & Co
Solicitors

Conveyancing, Wills and Probate

Please note that our new address is:-


'Beamish'
 68, High Street,
 Ringstead,
 Hunstanton, Norfolk PE36 5JU

Telephone No: 01485 525458

Appointments in your own home, or at
 Suttons Estate Agents,
 29 High Street, Heacham.

The same friendly, efficient service - only
 the address has changed!

HEACHAM SCARECROW FESTIVAL



NEEDS YOU!

It's time for us to start thinking about next year's Scarecrow Festival. Despite the rain, the village has always turned out to support us, and for that we are hugely grateful.

Do you have a large gazebo we could use for shelter from the sun (because, of course, it will not rain on next year's festival)? Would you like information or a demonstration for your group or club about scarecrow making? Could you spare a few hours on the day of the festival next year to help ensure the festival runs smoothly?

We have raised many hundreds of pounds for local good causes over the years, and we want to see this continue. Please offer what help you can to make sure the good work can go on.

Beth Geraghty 572890

Remembrance Sunday is once more with us. It is a time when, throughout our hectic lives, we allow ourselves time to remember those who paid the ultimate sacrifice for our freedom. They were the ones who went out into the battlefields, took to the air, and sailed the seas that we may enjoy our present lives.

The losses still go on in more recent conflicts. It may have been under different circumstances but a loss to a family is still as traumatic now as it was in those dark days of our two World Wars. Let us remember all those who have died in conflicts and be eternally thankful to them.

WE WILL REMEMBER THEM

If you wish to pay tribute to those who gave their lives for us, please come along on **SUNDAY 9th NOVEMBER to the Parish Church (9.45) and the Memorial Service (afterwards) (10.45).**

May I take this opportunity to remind you that official Poppy Sellers will be about in our village and any donations will be gratefully received. The money collected goes to the Poppy Appeal which in turn is used to help those in need.

The Poppy Appeal has done great things in the past. Help us collect more to meet the ever increasing demands made upon it.

WEAR YOUR POPPY WITH PRIDE

Thank you.

**Marcus Liddington
Branch Organiser**



THE LADS WHO WENT AWAY

They left their ploughs and Homely Fields
To heed the call of war
They thought their homes and village life
Were worth fighting for.

And some returned to work again
With the horses and the plough
And some returned with burned out souls
What price their glory now?

And some they never did return
But lie in Foreign Fields
Where sun and rain and seedtime
No Harvest for Them yields.

The horse and the plough are long since gone
Old village ways gone too
But the Freedom that they fought for
Is the gift to me and you.



MAIN SHOWROOM

- superb range of carpet, vinyl & laminate samples
- free measuring and estimates with no obligation
- exceptional service including uplifting and disposing of old flooring and moving furniture
- carpets supplied & fitted by our professional team
- home selection service available

94 High Street, Heacham, Norfolk

OPEN: Mon, Tues, Weds & Fri 9.30am-4pm. (closing 1-2pm lunch)
Thurs. 9.30am-1pm & Sat 10am-2pm.

for home selection and further information please call:

01485 572202 or 0789 9794262

STOCK CARPET, VINYL AND ROLL END STORE

Flooring ready to take away all at exceptionally low prices!

**Hundreds
of room size carpets &
vinyl roll ends at
wholesale prices!**

**Great selection
of multi width stock rolls
of carpet & vinyl offering
fantastic value for money!**

Unit 6, Heacham Hall Industrial Units, Hall Close, Hunstanton Road, Heacham

OPEN: Mon, Tues, Weds and Fri 10am-3pm. Sat 10am-2pm.

email: rushmoreflooring@btconnect.com

www.garyrushmoreflooring.co.uk

**Coming Events at Park House
Dates for Your Diary**

Wednesday 19th November - 7.30pm

Park House Quiz Night Apply for further details

Friday 28th November - 7.30pm

A Concert of Poetry, Humour & Music Featuring Doreen Reed & Steve Layne. Tickets £5.00 incl. Light refreshments

Sunday 7th December - from 2.00 till 5.00pm

Park House Christmas Fayre Stalls galore - Local crafts and Christmas Goodies. Entry £1.00 at the door

Sunday 14th December - 2.30pm

Seasonal Songs and Carols from our local award-winning choir 'Cantos'. Another wonderful afternoon concert for the whole family. Tickets £7.50 including seasonal afternoon tea.

Wednesday 17th December - 7.30pm

A Christmas Concert Celebrating Christmas with seasonal music, readings and carols. Once again featuring Guest Musicians and Singers under the direction of Peter Hook, Organist at St. Mary Magdalene Church, Sandringham. Tickets £7.50 incl. Mulled wine and mince pies after the concert.

Sunday 21st December - 8.00pm

Another 'Christmas Extravaganza' presented by 'Clearer Productions'. A celebration of music and songs from your favourite Christmas shows and films, performed by top class West End Artists and Musicians. Tickets £12.50 incl. Interval refreshments.

Phone Park House Reception for
Tickets or more Details
about all the above.
Tel: 01485 543000

Could you help in any of the following situations?

An older lady caring for her son with learning difficulties had for some reason stopped paying bills. On initial visit a letter was discovered stating that they would be evicted for non payment of rent. Most letters remained unopened and bills had accumulated. Age Concern Norfolk's Volunteer contacted all parties and set up payment plans. The volunteer assisted in ensuring bills were being paid and now the lady is out of debt and coping much better with life.

If you could help this lady or the many older people like her with a financial muddle to sort out, contact Aileen at Age Concern Norfolk on 01603 787111 and become a Money Matters Volunteer.

A very nervous 60 year lady with an anxious disposition had lived in her family home in a council property since she was four years old. Due to a sequence of events and through no fault on her part, she was facing eviction. With only a short time scale Age Concern Norfolk's Volunteer was able to resolve the situation allowing this lady to remain in her home. We were initially contacted by a family member who along with the lady is absolutely delighted with this result.

If you could help this lady or the many like her with what seems at the time an insurmountable problem, contact Lin at Age Concern Norfolk on 01603 787111 and become an Advocacy Volunteer.

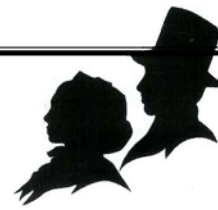
An 82 year old lady, who is a wheelchair user, is cared for by her husband who is 81 years old and her disabled daughter. This lady had been a dressmaker and had masses of material and paper patterns in boxes; the task of sorting these boxes was beyond the energy levels of all the members of the household and was causing great anxiety for all concerned. An Age Concern Norfolk Volunteer has helped her to sort out many boxes as although she is unable to move her arms she is quite capable of making decisions regarding which things she wishes to keep and which things need to go. Helping out in this way has made a huge difference to all members of the household.

If you could help this lady or the many like her who just need a helping hand, contact Terenia at Age Concern Norfolk on 01603 787111 and become an Active Together Volunteer.

An older man needed help to fill in an Attendance Allowance Claim Form. An Age Concern Norfolk Volunteer went out to visit him at home and helped to fill out the form. As a result this man now receives £67.00 a week which is the higher rate Attendance Allowance. He also received £201.00 back pay.

If you could help this man or the many like him who need help with complicated forms, contact Lin at Age Concern Norfolk on 01603 787111 and become a Benefit Outreach Volunteer.

**FIREWOOD
570004 (Ans)**



DICKENSIAN EVENING

12TH DECEMBER 2008 - HEACHAM HIGH STREET

MULLED WINE & MINCE PIES

BOUNCY CASTLE

ROUNDAABOUT

KIDDIES DISCO

FACE PAINTING

HOT CHESTNUTS

HOG ROAST

VARIOUS STALLS, SHOPS & MUCH MORE

GRAND RAFFLE

RAFFLE TICKETS ARE NOW ON SALE IN THE HIGH STREET SHOPS & PARISH COUNCIL OFFICE

FATHER & MRS CHRISTMAS WILL BE VISITING ON THEIR SLEIGH

THE SALVATION ARMY BAND

SEASONAL MUSIC AT THE CHURCH HALL

FROM

ST MARYS CHURCH CHOIR &

THE SALVATION ARMY BAND

SEASONAL MUSIC AT THE CHURCH HALL

FROM

ST MARYS CHURCH CHOIR &

HEACHAM JUNIOR SCHOOL CHOIR

Profits after costs will go the Heacham Minors Football Club



Father Christmas at the 2006 Dickensian Evening



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

Heacham Group Practice Patient Participation Group

The next ppg meeting is to be held on Monday 24th November 2008 in Heacham surgery at 7.30pm.

The guest speaker is John Childs who will talk about the work of the Norfolk and Norwich Association for the Blind.

Please do remember your Christmas Draw tickets which are available from both surgeries.

News from Millbridge

Well, Summer is over and we are now busy planning our autumn and winter events schedule.

With regret we announce that due to ill health our dog "Bobby" died in September in the presence of our staff. Bobby was with us for over 12 years and a memorial is planned in the grounds that he loved. We also hope to have a category in our annual dog show in his memory.

We celebrated the anniversary of Lord Nelson's birth with lunch served by a chef dressed appropriately, including an inflatable parrot!

Friday October 31st saw us celebrating both Halloween and "Dare to wear Pink" (for Breast Cancer Care).

Saturday November 29th at 7.30pm, we will be holding a charity music quiz in aid of Alzheimer's. Teams of up to 4. Entry £5 a team. Refreshments will be available. Contact us for further details.

If anyone has an unusual hobby then we welcome them to demonstrate to us.

We are also researching the history of Millbridge. We aim to have a display next year demonstrating the changes from farmhouse to nursing home and would welcome any local knowledge, photos etc.

If you can help us at all please contact the Home.

Lucy Kenney
Home Administrator

Millbridge Care Home With Nursing

4 Lynn Road, Heacham



Offers respite, nursing, residential and dementia care.

For a brochure and/or an informal visit,
please telephone:

Jenny Dawkins, Home Manager
on 01485 570349

R'N'R FENCING

All types of fencing work undertaken

From continual feather-edge fencing
to concrete posts and boards

FRIENDLY AND PERSONAL SERVICE
FREE QUOTES AND NO PRESSURE

Prided on Quality & Reliability!

07881 947 506 / 01485 572 107

A Hopeful Poem



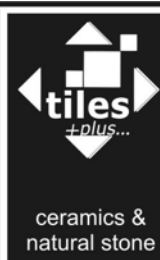
When the nights are drawing in
Our spirits they do sink
But as we watch the falling leaves
Spring's nearer than you think

The winter jasmine starts to flower
The buds appear so fast
Before we know it suddenly
The shortest day has passed

From then it's lighter every day
And leaves begin to grow
Spring's just round the corner
And that's the way to go.

Sight Problems?

If so, did you know that a self help group meets on Friday in the Community Room at Neville Court every 2 weeks from 10am – 12 noon. Meet people with similar difficulties over a coffee in a friendly environment. Maybe you can help each other. Please ring **Ann** on 01485 572 738



ceramics &
natural stone

FREE!
Quotes & advice

07796 333153

Home improvement & interior specialists...

Wall & floor tiling
Kitchen fitting
Bath/shower rooms
General plumbing
Dry-lining/plastering



local

**HAVE YOU
VISITED
YOUR LOCAL
THRESHER FRANCHISE
WINE SHOP**

thresher
group
franchise

55, HIGH STREET, HEACHAM
01485 572895

Open: 9.00am – 9.00pm Mon – Sat
11.00am – 9.00pm Sun

**WE HAVE
OVER 250 WINES OFFERED
@ BUY 2 GET 3RD FREE**

**ALSO
GREAT DEALS
ON
BEERS, SPIRITS, SOFT DRINKS ETC.
+
FREE LOAN OF GLASSWARE
FOR YOUR PARTY
(WHEN YOU BUY YOUR DRINK FROM US)**

UNDER 21? If you look under 21 please do not be offended if we ask you for proof of age when you buy alcohol.
Acceptable forms of ID: Photographic Driving Licence, Passport, Cards bearing the PASS hologram



**HUNSTANTON &
WEST NORFOLK
LIFEBOAT GUILD**



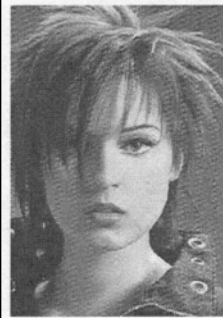
Lifeboats

invites you to its
CHRISTMAS FAIR
at Hunstanton Town Hall
on Wednesday 19 November from 10am to 12 noon

RNLI gifts, cards, calendars
Cakes, Produce, Bric a Brac
Jewellery, Raffles
Entrance 50p to include coffee and biscuits
Enquiries to 535542

Goldilocks

Your friendly and Professional Salon



*Stylists specialising in all aspects of hairdressing
Corrective & Creative Colour Work,
Fashion Cuts, Bridal Hair, Perming, Up-do's
Individual Consultation & Advice
Gift Vouchers*

Mastery & Affinage Appointed Salon

State Registered Level 3 Stylists

**20 Austin Street, Hunstanton
01485 532001**

AN INCIDENT OFF NORTH BEACH

In early October the Hunstanton Lifeboat and the Coastguards were called out when a large kite, similar to the type used for kite surfing, was spotted floating in the sea off North Beach, Heacham.

On arrival at the scene neither the Coastguards nor the Lifeboat crew could see anyone in distress and so continued southwards on their search, the Coastguards driving along the beach.

Near Snettisham, The Coastguards stopped and asked a fisherman if he had seen anything. He was able to tell them that someone had been flying the kite, had lost it in the sea and had then left the beach. The search was called off.

Had the owner of the kite had the foresight call the Coastguards to let them know that no-one was in trouble then the call-out could have been avoided, saving thousands of pounds and, more importantly, ensuring that the emergency services were available for a real emergency.

If you are ever in a similar position or you have lost a small craft, an inflatable dinghy, an airbed or an inflatable toy in the sea, then please consider that it will be worth letting the Coastguards know that no-one is at risk.



Positive Computing

- Sales
- Repairs & Upgrades
- Virus & Spyware Removal
- Wireless Networking
- Broadband Installation
- Email & Website Hosting
- Work carried out in our own workshop or on site.

01485 572253
www.positivecomputing.co.uk

Steps You Can Take To Keep Your PC Safe

Keeping your PC software up to date

Software manufacturers often need to make changes to their products to ensure they remain secure. This is in response to the hundreds of hackers that like to try and find a fault in the software and expose details such as passwords and banking details.

To prevent this happening you need to ensure that your PCs are fully configured with these latest updates – sometimes referred to as patches. The good news is that most of the main stream software vendors will automatically update your software for you – all you need to do is to “reboot” or switch the computer off and then on again for these changes to be implemented.

Most user will use Microsoft software, and as such this is a large target for hackers to attack. It is strongly suggested that you take some time to visit the following Microsoft website and just

make sure that you are receiving the latest up dates for your Microsoft software, including Windows and Office.

The good news is that this is a free of charge service provided by Microsoft and Apple.

Other steps you can take to keep your PC safe

Email is becoming a vital tool for most. Unfortunately it is also used as a mechanism to distribute malware. There are some steps you can take to further protect you business:

Only open email attachments from people that you know.
Only open email attachments when you have been told to expect one.

Never click onto a website link contained in an email unless you can completely trust the sender of the message and the web site it is linking to.

Never respond to “spam” email messages – it will lead you to being targeted by other spammers.

Never respond to emails that appear to be from your bank requesting passwords.

Don't forward junk email, spam or “chain” emails – it wastes time and can make you a target.

Be very careful which websites you visit – certain “unsavoury” websites can download malware without you knowing it.

Never install software from a website unless you are 100% happy you trust the vendor or provider.

Always check the website address (called a URL) and make sure it is correct – some hackers will alter the URL very slightly and redirect you to a rogue site.

Make sure you have good Internet Security Software from a well known and supported provider. You might even consider using a computer that does not run Windows, but perhaps a Linux operating system or even an Apple Mac

If in doubt – don't!

Richard Dix

OWEN'S D.I.Y.

CHAPEL LANE, HUNSTANTON,
PE36 5DX
01485 533053
WWW.OWENS-DIY.CO.UK

**BIG BRAND XMAS OFFERS AVAILABLE
THROUGHOUT NOVEMBER & DECEMBER**

OPENING HOURS
MON 8-5 PM
TUES 8-5 PM
WED 8-5 PM
THURS 8-12 PM
FRI 8-5 PM
SAT 8-12 PM

**ARTLINE DECOR
MOULDINGS & COVING
NOW AVAILABLE**

KEY CUTTING SERVICE

PAINT MIXING SERVICE- THOUSANDS OF COLOURS AVAILABLE

**ELECTRIC SHOWERS
NOW AVAILABLE**

**PLUMBING
TIMBER
WALLPAPER
ELECTRICAL FIXINGS
WOOD PRESERVATIVE STAINS
LIBERON WOODCARE PRODUCTS
LOCKS, HANDLES
SCREWS & NAILS
TIMBER MOULDINGS
HAND TOOLS**

**RANGE OF POWER TOOLS
AVAILABLE FOR NEXT DAY
DELIVERY.**

WHAT'S ON REGULAR EVENTS

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

OFH = Old Friends Hall, Sunnyside
PRH = Pine Resident's Hall, Wilton Rd
SG = Scout & Guide Hut, Sunnyside
HSC = Heacham Social Club
MC = Methodist Church Hall, Station Road
SM = St Mary's Church Hall, High Street

MONDAYS

AGE CONCERN Info & Advice Centre, High Street 9.30 am-12.30 pm Tel: 579077
DROP IN AT AGE CONCERN 10.00 am to 12 noon for coffee and a chat
TABLE TENNIS 9.30 am Tel: Adrian 570477 (PH Top Room)
ART CLASS 10 am- 12 noon. Beginners welcome Tel: Shirley 572247 (PRH)
CRAFT CLASS 2-4 pm Beginners welcome Tel: Mary 571879 (PRH)
TEA DANCE & SOCIAL AFTERNOON 2-4 pm Tel: 571996 (PH)
DRAMA JUNIOR CLASSES 4.15-5.15 pm Tel: 579074 (SG)
BEAVERS Term Time 6.00-7.15 pm Tel: Kelly 570956 (SG)
LINE DANCING 7-9 pm £3.00 Tel: 532317 (PH)
SCOUTS 7.30-9.30 pm Tel: Jill 535130 or 07799 138014 (SG)
HEACHAM WIVES GROUP meets 2nd Monday of most months at 7.30 pm (HSC Top Room) Contact Brenda on 570727 or Anne 571885
MEDITATION GROUP (in Lords Lane) 7.00 pm (day group also) For details Tel : Val Gordon 543280
HEACHAM TENNIS CLUB – Coaching for Juniors 6.00 pm and Intermediates 7.00 pm
MUMS & TOTS 1.00 pm in school term time Tel: Pip 570182 or Karen 571837 (SM)

TUESDAYS

HEACHAM DAY CENTRE FOR ELDERLY 9 am- 3.30 pm Tel: Geoff Speed 572584 (OFH)
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11.30 am Tel: Liz 571773 (SG)
ACTIVE FOR LIFE Exercise classes for the over 60's with, or at risk of OSTEOPOROSIS at Heacham Surgery 10-11 am Tel: Pat 572414 or Clara 540411
CARPET BOWLS 10.30-12 noon Tel: 570776 (PH)
KEEP FIT FOR OVER 50's 10.30 - 11.30 am Tel: 01553 774343 (SM)
CARERS SUPPORT GROUP Run by W.N. Mind. Lunch, Coffee and Chat. Peace of Mind, 4 Poplar Avenue Tel: Hannah or Mandy 01553 776966
KEEP FIT 10.00 am to 11.00 am Contact Shirley Tel : 572247 (PRH)
CARD CLASS alternate weeks 2-4 pm Tel: Christine 579440 or Carole 572265 (PRH)
WOMENS FELLOWSHIP 2.45 pm (MC)
SLIMMING WORLD 6.30 pm Tel: Julie 528796 (SM)
WEIGHT WATCHERS 7pm (OFH) Tel: Alison 07796 904311
HEACHAM DIGITAL CAMERA CLUB meet 1st Tuesday of month at 7.30 pm in The Coal Shed Gallery, Hunstanton and 3rd Tuesday out and about. Tel Viv 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

WEDNESDAYS

AGE CONCERN – See entry on Monday
ACTIVE FOR LIFE – see entry on Tuesday

CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)
LINE DANCING 1.30 – 3.30 pm £3.00 Tel: 532317 (PH)
PATIENT ADVICE & LIAISON SERVICE 2 – 4 pm on 2nd and 4th Wednesdays at Heacham Council Offices
BROWNIES Term Time 5.30 – 7 pm Tel: Louise (Brown Owl) 07912 888947 (SG)
DOG TRAINING with Robert Frost 7.30 pm Tel: 542861 (SG)
HEACHAM & WN SINGERS 7.30 pm (MC)
QUIZ NIGHT 8.45 pm Prompt start. New teams of up to 5 welcome. £1 entry pp Cash Prize & Cash Snowball (HSC)
OLD FRIENDS CLUB meet at 1.30pm Bingo, whist drives, outings and more Tel: George 571830 (OFH)
BINGO 7.30 pm Neville Court Grouped Home
CAR BOOT SALE 8.00 am to 12 noon on the Field (HSC)
HEACHAM SONGSTERS rehearse from 10.00 am to 12 noon Tel : San 571660 (PRH)
HEACHAM TENNIS CLUB 'All Comers' from 6.30 pm
FOOTBALL - Under 14's 6.30 to 8.00 pm Heacham Field/Astro-turf. Contact Stephen Joyce 01485 579009

THURSDAYS

ACTIVE FOR LIFE – see entry on Tuesday
TABLE TENNIS CLUB 10 am (PH Top Room)
WHIST DRIVE 2 – 4 pm Entry £1 with prizes (CC)
TREFOIL GUILD meets on 1st Thursday 2 -4 pm Tel: 01485 579440 Mrs Christine Crisp (MC)
CARPET BOWLS 10.30 am to 12 noon Tel : 570776 (PH)
JUDO Beginners 6 – 7.30 pm Tel: 571614 (PH)
CUBS 6.45 – 8.30 pm Tel: Steve 525577 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
HEACHAM GARDENERS ASSOC meets on 3rd Thursday 7.30 pm. Guest speaker and trips in Summer. Contact Mrs L Woodley 01485 571749 (SM)
FLOWER CLUB meets on 4th Thursday 7.30 pm. Flower arranging and demonstrations. Tel: Mrs Sandra Panton 571029 (SM)
RAO BUFFALOS 8 pm (HSC Top Room)
QUIZ NIGHT Cash Prizes 9 pm at Fox & Hounds
FOOTBALL Under 8's 5.30 to 6.30 pm Heacham Field/Astro-turf. Contact Stephen Joyce 01485 579009
FUTURE CLUB meets for bereaved people on the fourth Thursday of every month in the back room of Heacham Public Hall from 2.00 pm to 4.00 pm. Tea, Biscuits & a chat

FRIDAYS

AGE CONCERN – see entry on Monday
ACTIVE FOR LIFE – see entry on Tuesday
SOLO WHIST – 2.00 pm Entry £1 (PRH)
INDOOR CARPET BOWLS 7 – 9 pm Tel: Kim 570232 (MC)
GUIDES Term Time 7 – 9 pm (SG)
WILDFOWLERS CLUB meet 1st Friday 7.30 pm (PH Top Room)
CASH BINGO 7.30 pm (PH)
TAI CHI Adults 7.30 – 8.30 pm Beginners welcome Tel: Derek 01553 674779 (PRH)

SATURDAYS

COFFEE & CAKES 9.30 – 11.30 am (MC)
GIGS from 8.30 pm. Free entry for Members (HSC)

HEACHAM DIARY

Saturday 1st November – GIG at HSC with RICK HALLAM from 8.45 pm

* * GIG – Duo SUS TWO at Silver Sands Public House, North Beach

Sunday 2nd November – INDOOR CAR BOOT SALE in the Public Hall £5 per pitch Open to public from 8.00 am. Entry 20p Proceeds to Heacham Tennis Club Tel : Janice Campbell 01485 572120

Tuesday 4th November – GIG – THE RIFF from 8.30 pm at Fox & Hounds

* * HEACHAM DIGITAL CAMERA CLUB SALE OF WORK at The Coal Shed Gallery, Hunstanton 9.30am to 4.30pm

Thursday 6th November TREFOIL GUILD Doodle Pots (hands on) also raffle.

Saturday 8th November – GIG – KATE McCABE at HEACHAM SOCIAL CLUB from 8.45 pm

Monday 10th November – HEACHAM WIVES GROUP Pre Christmas Social Evening with Beetle Drive

Tuesday 11th November - GIG - HAIR OF THE DOG from 8.30 pm at Fox & Hounds

Saturday 15th November – SOCIAL CLUB “CHEESE & WINE” in the Public Hall. Music with ROGER WILLIAMS Tickets £7.50 each on sale in Club

Tuesday 18th November – GIG – EGYPT at Fox & hounds from 8.30 pm

Wednesday 19th November – FRIENDS OF HEACHAM BEACHES Meeting 7.30 pm at 35, High Street, Heacham.

Thursday 20th November – HEACHAM GARDENERS QUIZ & MUSIC NIGHT with JOHN HARRIS 7.30 PM AT Church Hall, High Street, Heacham. Admission £2 inc. refreshments

Friday 21st November – GIG – KENT DUCHANE from 8.30 pm at Fox & Hounds

Saturday 22nd November - GIG - KATY at HEACHAM SOCIAL CLUB from 8.45 pm

* * TRIBUTE TO IRISH ROCK in Heacham Public Hall featuring SECRET AGENT (tribute to Rory Gallagher) and the legendary LIMEHOUSE LIZZY Admission £12.50 and doors open 7.45 pm. Tickets must be bought in advance from Trev Frammingham 07747 156204 or from 48 College Drive, Heacham (Evenings only please)

Monday 24th November – PATIENTS PARTICIPATION GROUP MEETING 7.30 pm at Heacham Surgery

Tuesday 25th November – GIG – WHYMAN, TINKLER & GRAHAM at Fox & Hounds

* * MOBILE POLICE STATION 10.00 am to 12 noon Station Road, Heacham. Please note there will be no visit in December.

* * CONNECTING COMMUNITIES Mobile Information, Support and Signposting Service 10.00 am to 12 noon Station Road, Heacham. Please note there will be no visit in December.

Friday 28th November - GIG – SONGS FROM THE BLUES HOUSE from 8.30 pm at Fox & Hounds

Saturday 29th November - GIG – WADDO at HEACHAM SOCIAL CLUB from 8.45 pm

* * CHARITY MUSIC QUIZ 7.30 pm at Millbridge Care Home. Teams of up to 4. Entry £5 per team. For further information Tel: Lucy Kenney, Home Administrator on 570349

Tuesday 2nd December - GIG – BACK STREET BLUES from 8.30 pm at Fox & Hounds

* * HEACHAM DIGITAL CAMERA CLUB SALE OF WORK at The Coal Shed Gallery, Hunstanton 9.30am to 4.30pm

* * COFFEE MORNING & CHRISTMAS SALE at Heacham Methodist Church 9.30 am to 12.00 All welcome.

Thursday 4th December TREFOIL GUILD Pantomime

Friday 5th December – GIG – From Germany THE LOVE MUFFINS at Fox & Hounds

Saturday 6th December – GIG – BRYONY at HEACHAM SOCIAL CLUB from 8.45 pm

Tuesday 9th December - GIG – PART TIME BLUES BAND from 8.30 pm at Fox & Hounds

OTHER EVENTS

Monday 10th November – FOLK DANCING at Brancaster

Staithe Village Hall 7.30 pm. Contact Janet Bowles Tel : 01485 210587

Thursday 13th November – SPONSORED SWIM FOR THE NORFOLK HOSPICE - Searles Leisure Resort, Hunstanton. To get involved, call Fundraising Office on 01485 542891.

Friday 14th November – FARMERS MARKET - 10am to 1pm Memorial Hall, Snettisham

Friday 14th 7:30pm and Saturday 15th November 2:30pm & 7:30 p.m. PLAY ‘CAUSE CELEBRE’ presented by The Princess Theatre Club. Tickets £9, or £8 for concessions. Tel Box Office: 01485 532252

Wednesday 19th November - PARK HOUSE QUIZ NIGHT - 7.30pm at Park House, Sandringham. Phone 01485 543000 for further details

Friday 28th November - A CONCERT OF POETRY, HUMOUR & MUSIC featuring Doreen Reed & Steve Layne - 7.30pm at Park House, Sandringham. Tickets £5.00 incl. Light refreshments. Phone 01485 543000 for tickets

Saturday 29th November - CHRISTMAS LIGHTS SWITCH ON and Santa's Grotto - 15:00- 17:30 at The Green, Burnham Market. An event for The Norfolk Hospice.

Saturday 6th December - BIG HEART AND SOUL CHOIR - Christmas Concert - 19:30 at St Mary's Church, Snettisham. In aid of St Mary's Church and The Norfolk Hospice. Tickets £7.00 (£5.00 concessions) available on door or tel: 01485 542891.

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

* * U3A HUNSTANTON meets on the third Monday of most months (except August and December) at 2.00 pm in the Hunstanton Community Centre. Tel : Jan (Chairman) 534700 or Norma (Secretary) 533579 for further details.

Tuesdays 10.00 - 11.30am - KEEP FIT FOR OVER 50'S at Ringstead Village Hall, cost £3.50. Tel Val Barnes on 01328 864358

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

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



**The Princess Theatre Club,
HUNSTANTON**
Keeping Live Theatre Alive

'CAUSE CÉLÈBRE' a play by Sir Terence Rattigan, to be presented by the Princess Theatre Club on Friday 14th and Saturday 15th November 2008, at the Princess Theatre, Hunstanton.

This dark and complex drama, by one of Britain's best-known playwrights (The Winslow Boy, The Browning Version, French without Tears, etc), was inspired by a real-life case – the battering to death of elderly Francis Rattenbury, and the subsequent trial which disclosed scandalous details of illicit sexual shenanigans, in Bournemouth of all places! The trial caused a nationwide sensation in 1935, making Cause Célèbre an extremely apt title for this, the final play written by Sir Terence Rattigan (1911-77, knighted in 1971). Originally written for radio, it was broadcast in October 1975 to such acclaim that Rattigan rewrote it for the stage, seeing it produced at Her Majesty's Theatre, London, on 4 July 1977, starring Glynis Johns as alleged murderer Alma Rattenbury. Later it was presented as a TV play and is available on DVD, with Helen Mirren taking the lead.

The real story behind the play: In the 1920s, in his native Canada, Francis Rattenbury was a successful and well-respected architect, but his extra-marital affair with, and eventual marriage to, the attractive song-writer Alma Packenham caused such a scandal that the couple fled to England. Alma had been married twice before, once widowed and once divorced, and she was nearly thirty years younger than Rattenbury, or 'Ratz' as he was known to his close friends. For his part, Rattenbury was locked in a wretchedly unhappy marriage and when the vivacious Alma entered his life he was unable to resist her appeal to his senses. The pair flaunted all the rules of social convention, with the result that Rattenbury's wife divorced him, leaving him free to marry Alma two years later. However, Canadian society sympathized with his ill-used wife and in the early thirties the couple fled to England. They settled at the Villa Madeira in Sedate and thoroughly 'proper' Bournemouth.

However, if their behaviour had caused a scandal in Canada, it was nothing compared to the storm that waited in Britain.

Francis Rattenbury was in his late sixties, a relatively wealthy man, when in 1934 his much younger wife engaged the services of a youthful chauffeur-cum-handyman, named George Stoner.

He was just seventeen when he joined the Rattenbury household, though he was a well-built youth and looked considerably older than his years. Within a very short time he, too, fell under Alma's spell; she showered him with gifts and, like the older Rattenbury before him, this susceptible young man was unable to resist the physical appeal of his mistress. They embarked on a passionate affair.

When Rattenbury was brutally murdered, both Alma and her young lover (still only eighteen) were arrested and brought to trial. It was left to the jury to decide exactly what had happened on the fatal night at the Villa Madeira. Sedate Bournemouth, along with the rest of the country, was appalled by the scandal and as the trial progressed it did indeed become a cause célèbre.

In Terence Rattigan's compelling script, the story of the trial is recounted in various scenes and locations, switching from the courtroom itself to flashbacks of incidents both in the Rattenbury household and that of Mrs Davenport, a jurywoman who is herself profoundly affected by the trial.

In the 1930s, of course, a verdict of guilty meant the hangman's noose. What did the jury decide? Ah, to discover that, you'll have to come and watch the play....

The Princess Theatre Club presents 'Cause Célèbre' on 14th and 15th of November at 7.30 p.m. each evening, with a matinee at 2.30 p.m. on the Saturday. **Tickets £9, or £8 for concessions**
Box Office 01485 532252.

Contact: Chris Mackie (PTC Publicity Officer)
on 01485 570452 or email ptc@princesstheatreclub.co.uk

Also see our new website: www.princesstheatreclub.co.uk



**29 High Street
Heacham
PE31 7EP**



**4 Post Office Road
Dersingham
PE31 6HP**

'LINKING THE VILLAGES'

Property sales details with professionally drawn floor plans, maps and colour photographs.

Property details are also available at Snettisham

**For a professional and friendly service
contact us on:- 01485 570030**

**Heacham office
are Agents for**

**Saffron
Building
Society**

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

**Sandringham
IRONCRAFT**

**HIGH QUALITY ORNAMENTAL IRONWORK
AND STEEL FABRICATION**

**Unit 4, Cheney Crescent, Heacham
Tel: 571129**

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS

THE 10K RUN AND STICKY TOFFEE PUDDING

It was my first one and I thought I wasn't going to make it!! I didn't know where I was and I felt physically sick. The road ahead was just a big blurry mess..... On September 28th, I, along with David Lake of Heacham, was one of nearly a thousand people who took part in the Cancer research 10K run. Before I knew it, we along with the others were all limbering up ready for the start of the race, in our sky blue t-shirts and running shoes. (I must admit that at this moment, the temptation to go to the burger stand - meant for the spectators - was quite appealing, but I held firm!! KLFM were there getting the crowd going. Then a woman from LA Fitness came and made us do star jumps and squats to warm ourselves up and to be honest at this stage I was already worn out!! Then the countdown began and we were off. A 10K run around the Sandringham estate. 'This is easy', I thought. I was over taking everybody and not even breaking into a sweat. I had just passed the 3K mark, when it hit me - Pain. Ok, so it wasn't going to be as easy as I first thought. In fact, if it wasn't for a man in army trousers, from Cambridge, apparently, I wouldn't have kept on going. The water you got ½ way around was a welcomed relief. Sadly though, my inferior coordination really showed - trying to run, whilst sipping water from a paper cup isn't easy!! Slowly but surely the Kilometres passed, 7, 8, 9, and then there it was, the finish line. 'I'm almost there', I thought. But there was a flipping steward in my way. 'No', she said, 'you've still got that to go yet'. Arhh, there's more. I still have another 500m to go!

But it wasn't that bad. The last 500m was the easiest. The crowd really got behind you. The buzz that I got from going over the finishing line was addictive. I wanted more. Dave finished in 1 hr and I finished in 1 hr 6 mins. Do you know what, we'll both be there next year going for quicker times. Who knows, I might be the one in army trousers giving encouragement to someone trying to struggle on.

The final total that I raised was £410 and I think I'm right in thinking that Dave raised about £400 too. A big thanks to Gaynor, Laura, Soph, Brenda, Terry, Sue, Pam and the other mad one who came and cheered us both one. I wouldn't have got anywhere near £410 if it wasn't for all the businesses in Hunstanton. Thank you for all supporting me. These businesses were: USA Fried Chicken, Mobility 2000, Whitley, Scoop and Save, Fashion Wheel, Hunny Bathrooms, Derek John, Westgate Optical, The Barber Shop, Schofields, Funktional Clothes, Blacknight Security, Sweet Inspirations, Barrot batchlor, Top Cat and Tails, Kellies Beauty Salon, Maggies Sandwich Bar, Chives, The Wine Cellar and Deli, Bits and Pieces, Tartz, Hughes Electrical Store, Hunstaton Tackle, Beckys Baps and Buns, Wolfys and Fishers. They were all good enough to sponsor me. So use these shops. We have everything we need locally in Hunstanton.

One of the people who I was running for was John Rossington. I worked with him at Rushmore's in Heacham. I worked along with Colin Rushmore for about a year and, when I left, it wasn't long before I realised that I actually missed working for him. He was truly a great chef and I'm glad to say that I got to work for him. I know one thing that he used to do was write for the Heacham newsletter. I know that my spelling might not be as good, but hopefully you'll enjoy reading my recipes and making

them also. Many of the recipes that I write feature on the menu at Chives in Hunstanton where I work as a pastry chef. I, Colin, Kim, John and Tom made a great team at Rushmore's. One of the desserts that was regularly on the menu was sticky toffee pudding. We all liked this and most of it was eating straight out of the oven before service had even started.

Sticky toffee pudding

225g dates (Stones removed, roughly chopped)
1 TSP Bicarbonate of soda
175 Self raising flour (Sifted)
50g Pecans (Roughly chopped)
2 eggs (Lightly beaten)
50g Unsalted butter
175g Soft brown sugar

Pre heat oven to 180C/ Gas 4

Place the chopped dates and 300 ml of water in a saucepan and bring to the boil. Once it has come to the boil, remove it from the heat and stir in the bicarbonate of soda (Which will make the mixture fizz). Meanwhile, cream together the butter and sugar. Then gradually beat in the eggs then fold in the flour and the pecans. Once you've done this and the date mixture. Once ready pour the mixture into a 28x20cm/ 11x8 inch tin, lined with baking parchment and cook until set - 30 mins to 1 hour depending on how good your oven is. Insert a knife into the cake and if it comes out clean it is ready.

Toffee sauce

500ml Double cream
175g Demerara sugar
175g Butter
1TBSP Golden syrup
1TBSP Black treacle

Put the butter and sugar in a pan and stir over a medium heat until all the sugar has dissolved and the mixture has gone lightly golden. Add the cream and stir until combined. Then add the golden syrup and treacle.

That's my recipe for Sticky toffee pudding with toffee sauce. I hope you have fun and success making it and to John Rossington and Julie Hobbs - You may be gone but you're most definitely not forgotten!!!

Happy cooking.

Michael Prince

Mr. James E. Kemp

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

REGISTERED OSTEOPATH

**NOW IN HEACHAM
SURGERY**

Telephone: 01485 541210

'PRIVATE HEALTH RECOGNISED'

E. W. WITTON

FUNERAL DIRECTOR AND MEMORIAL CONSULTANT

26, Station Road, Heacham.
King's Lynn, Norfolk. PE31 7EX
Telephone 01485 570475

Part of Dignity Caring Funerals Ltd.

A British owned Company

High Drama Over Heacham

As we plunge through Autumn and towards Winter John Bird conjures up memories of our only too brief hot Summer spell back in July.

Saturday 26th July 2008. 3.45 p.m.

Happy Humans

Heacham swelters as the sun burns down from a clear blue sky. The heat is tightening its grip and the streets are emptying fast. Those who 'can', like me, are in the back garden having a quiet snooze in the shade as the smell of wood smoke and fat begins to trickle round corners and over fences and bangers and burgers sizzle on the barbecues tended lovingly by hopeful 'Celebrity' Chefs.

At the Fox and Hounds the Real Ale Festival is, to judge by the perspiring crowds lovingly hugging their pints, a massive success, as also are those neat little holiday businesses grouped around the Beaches, whose cash registers are, at last, after a soggy early summer singing a sweet song all the way to the bank

The tide has been out for about 4 hours and, lacking the cooling effect of the sea, the beach is hotter than ever; the sand by now burning the feet. Holidaymakers, toddlers in tow, draped with buckets, spades, mats, and bags of all shapes and sizes, begin to drift back for some shade where, armed with a cuppa, they can consider the options for the evening. A bit of Bingo? A drink and a bite to eat at the pub? Or maybe just a Take Away and Telly and, later, a walk with the dog?

On days like this the world is your Oyster; or more likely, as this is Heacham, your Cockle or your Mussel!

Gourmet Gulls

Down on South Beach the Black Headed Gulls are also full of the Joys of Life. High Tide was at about 12.30 p.m. and as the sea slowly recedes, they glide down sedately from far and wide to sit in their hundreds in the outflow from the River Heach as it fans out over the mud, loving it all as they dip and preen and shake their wings in the cool, fresh water.

Perky, even cocky, birds these Blackheads. Like their much larger and more aggressive, 'yackety yacking' cousins the Herring Gulls, there is a streak of opportunism built into their genes. They are mainly scavengers and tend to hang around people: following the plough, frequenting rubbish tips, or picking up oddments on the beach. But at times when you see them sweeping low like avenging angels over open country side they would not (to Sue's maternal outrage) turn their beaks up at the odd egg or fledgling; nor perhaps in quieter and more reflective mood, insects picked expertly out of the air. With their ever watchful eyes, Blackheads are never ever going to miss anything to their advantage. This is why, very soon they are going to have a gourmet meal presented to them, as it were, 'on a plate'.

Amorous Ants

Which brings me to the main actors in the bitter - sweet drama about to occur over Heacham's 'air space': our own dark brown Garden Ants.

They live in colonies made up of Workers, Males, and Queens in roomy apartments dug out under stones, walls, patios or

www.ajdautorepairs.com

AJD auto repairs

Motor Vehicle Engineers



- CARS ● LIGHT COMMERCIALS ●
- MOTOR CYCLES ●
- AIR CON SERVICE & REPAIR ●

**5 BANK ROAD, DERSINGHAM
KING'S LYNN,
NORFOLK PE31 6HW**

TELEPHONE

(01485) 540039

email: info@ajdautorepairs.com



pavements. The tiny workers, by far the most numerous and the ones we usually see scurrying around for ever busy and resourceful, are in fact infertile females never having the satisfaction of producing little 'antlings' but being fated to a routine of remorseless domestic drudgery!

By contrast the Queen (or Queens) luxuriating in the Nursery apartments has a life of comparative ease, laying eggs constantly and, together with the tiny grubs, and the pupae, being looked after hand and foot by the devoted workers.

It is nearly always workers that emerge from the nursery, but in the summer, things change and lots of larger Virgin Males and Queens are 'born' in readiness for mating. But there is one awkward problem. The last thing a colony needs is for the newly emerged brothers and sisters to mate. This might mean inbreeding and the possibility of defective offspring so the young Males and Queens all have wings, enabling them to take off in their thousands in search of unrelated mating partners, to found new colonies in what is called the Nuptial or Wedding flight.

Yet this is not by itself, enough. To be successful the flights from the different colonies in Heacham need to occur at about the same time otherwise the young unrelated ants are never likely to meet. An up-current of air is also helpful to enable the amorous couples with their rickety wings, to rise above the rooftops, combined with the very faintest of breezes to waft them gently away from their own colonies and towards others.

It's been hot for a day or so and yesterday as I walked along Wilton Road newly excavated soil and workers madly massing near the nest holes meant that the entrances were being enlarged to so that the Virgin Males and Queens could get out. Today is the day, I had thought as I nodded off. Hot and still with very little breeze.

3.59 p.m.

As I sleep many of the worker ants have appeared outside the nest entrances, but no sign yet of the males and queens. Difficult to imagine what it is like down below: the main 'players' maybe just 'raring to go', held back by the wise and tenacious workers, waiting for conditions to be just right. Mayhem I should imagine.

The sun, still high, swings slowly over to the west, its direct rays catching new bits of ground next to our house, and, indeed, all over our part of Heacham. Suddenly, as the ground around the nest entrances warms up further the winged ants begin slowly to emerge surrounded by a vast retinue of frenzied workers. It's all starting.

4.05 p.m.

Chaos Reigns

The sound of the telephone jolts me awake. It's Colin. 'What are all those Gulls up to over Heacham? He says. 'They're catching flying ants' I reply. 'I thought it might be today -----.'

Putting the phone down I go out and stand by the gate looking towards where Colin lives, and there they are: Blackheads flying gently round and round on short wing beats inside a large bubble of rising air filled with flying ants. They make it all seem so easy: changing direction sharply to pick up the odd individual, or coming up behind whole lines of ants as they climb into the sky gobbling up the lot in one 'fell swoop'. I glance down at the gatepost. Suddenly a line of about 20 flying ants emerges and, wings humming, rises past me into the sky,

their moment of glory come. There are now ants everywhere. High up above us the virgin males are mating with the larger queens; their joint weight, eventually pulling them down to the ground, where they, together with thousands of ants that have never 'made it' might be easy prey for the birds. And soon the Gulls will arrive.

5 p.m.

Calm After Chaos

All over now and maybe no more Nuptial Flights for the year. Within a short time all the Flying Males will be dead: their function fulfilled. For various reasons the Queens too. But here and there all over Heacham a few Queens will have mated successfully, shaken off their clumsy and now useless wings, and crept safely into a convenient hole where, sooner or later they can begin to lay some of the thousands of fertilised eggs that will found a new colony.

It's still hot but things are beginning to settle down for the evening. The Blackheads are now back at South Beach sated no doubt with their gourmet meal. In the back gardens the ants have been a real nuisance, getting on clothes and into food, and plopping with monotonous regularity into the Chardonnay, Chenin Blanc and Fosters. Never any peace for the wicked! But never mind, eh! We've got the evening to look forward to.

High overhead the Swifts are still screaming, and up on the main road lines of cars, windows wide open, have started the journey home.

John Bird

FOX & HOUNDS

AWARD WINNING FOX BREWERY

Station Road, Heacham



**HOME COOKED FOOD
SERVED EVERY DAY**

**CHRISTMAS MENU NOW AVAILABLE
BOOKINGS NOW BEING TAKEN**

**3 PIECE PRESENTATION BEER PACK -
IDEAL CHRISTMAS PRESENT**

Live Music Tuesdays - Quiz Night Thursdays

Tel 01485 570345

buyonline@www.foxbrewery.com

**Dakings Announces
"Free Financial Healthcheck"**

By Nigel Munton CertPFS of Dakings Financial Services

Following the recent turmoil on the financial markets, I know that many newsletter readers will be anxious and unsure as to whether they have their savings and investments in a safe and correct place. Moreover, whether their money is any safer in a bank or building society than it is hidden away at home.

Mrs J, recently told me that because she had lost confidence in her bank, she had been to Kings Lynn and bought a home safe for £79.99. Unfortunately she didn't think to get it concreted to the wall and burglars broke in and walked away with her life savings.

Our free financial health check will provide advice and guidance as to where you should be depositing your savings in the most tax efficient manner.

Nigel Munton of Dakings Financial Services said "we are delighted to be able to offer this service to readers of the newsletter. We have recently become directly regulated by the Financial Services Authority (FSA) and as Independent Financial Advisers have full access to the best deals in the market place. This offer is without obligation and will be treated in the strictest of confidence".

Partners, Nigel Munton and John Herlihy have 75 years of combined experience in the Financial Services industry behind them and are ideally placed to serve the local community. Please ring in the first instance on 01485 572392 for an appointment.



Your Local
INDEPENDENT
FINANCIAL ADVISOR



5 Marram Way, Heacham, King's Lynn, Norfolk. PE31 7AN
Tel: 01485 572392 Mobile: 07970 210566

Come and talk to your local
Independent Financial Advisor
Free initial consultation

Specialists in
Professional
Financial
Planning
Giving
Impartial
Independent
Financial
Advice



Nigel Munton Cert PFS (seated) and
John Herlihy FCII Cert PFS (standing)

All personal
and business
enquiries
dealt with
personally
by your local
Independent
Financial
Advisor

We specialise in:-
Investments for income or growth
Retirement options, income and equity release schemes,
annuity contracts
Pension reviews - better option
Trust and tax mitigation
Personal and business assurance

Dakings Financial Services is authorised and regulated by
the Financial Services Authority (486881).

A.E. WALLIS 34-40 High Street, Heacham 01485 570303
01485 571683

We are members of:



Europe's biggest independent
electrical buying group

TVs, Videos and DVDs
Washing Machines and
Tumble dryers, Cookers,
Fridges and Freezers,
Built-in models and so
much more



Association of Cycle Traders
Dealership of Quality

Cycle Sales
Cycle Spares
Cycle Repairs
Cycle Hire

Caution! Management Speaking!

I've done all the training, I've ticked all the boxes
I've met all the targets, I've jumped through each hoop
Our quality circle's considered the contexts
And factored the outcomes back into the loop

I've salami-sliced all the strategic objectives
With blue sky awareness and satellite view
For to implement organisational changes
The matrix empowerment has to be new

There aren't any problems – they're just opportunities
And our mission initiative runs on 'can do'
But if you tell me once more to run things up the flagpole
I'll cheerfully shove the whole flagpole up you!

Lizzie © 2008

Heacham Flooring

45 years experience specialising in:-

Supplying And Fitting Carpets,
Vinyl, Ceramics, & Laminate
Flooring.

Roll ends of carpets & vinyls
now in stock, £6.00 each

Next day delivery on all other
carpets & flooring

Free Estimates & planning service
in the comfort of your own home or
Visit our showroom for a superb
service and price

At

57 High Street, Heacham
Telephone: 01485 571560
Mobile: 07887 525757

Hunstanton & District Lions Club

The 'George Raines Sporting Achievement Award' this year has been won by Jake Butterworth. With the co-operation of Smithdon School this trophy is presented annually to the student who, in the view of the School, has given the most to promote, participate and support sport in the school year. It is not only for personal achievement but for the sporting ethos. If there is no suitable candidate in any year there will be no award! George Raines was an outstanding Lion and expressed a wish to give young people in the Hunstanton area an award for sport, and Hunstanton Lions are pleased to arrange this. Congratulations Jake!

On 27th September we held a very successful 'Race Night' at Old Hunstanton Social Club which raised around £350 for our charity funds. Thank you all for your sponsorship and attendance.

This month is a busy one for us. On Friday 14th November we will, as usual, be collecting for 'Children in Need' visiting all the pubs and clubs in the area raising money directly for this very worthwhile cause. If we bump into you, please give generously. Last year we raised over £800 and we intend to raise even more this year.

Sunday 23rd November is the day that the **Hunstanton Festive Christmas Lights** are going to be officially switched on. The whole day promises to be great fun with entertainment and food throughout. There will be a continental market all day and a lantern procession at 5.00pm. The lights will be switched on at around 6.00pm and we will be bringing along Santa in his sleigh to help with the proceedings. This event is being organised by Hunstanton Business Club.

December is, of course, when we hold our ever popular 'Christmas Grotto'. This year it is in the basement of the Town Hall. This coincides with a 'Craft Fair' which we are organising in the Hall. The dates are December 13th, 14th, 21st and 24th. There are still a few stalls available for hire for some days. For further information please call 01485 533108. Everyone is welcome to visit the Town Hall on these dates and get some rather special gifts for Christmas – and don't forget to bring the kids to see Santa in his Grotto!

The October winners of our '200' Club were:-

Malcombe Rossiter
William May
Jumbo Baker
Sean Turrell

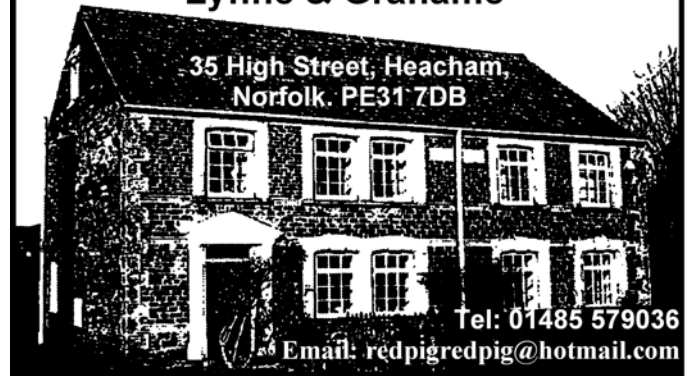
If anyone would like any further information on 'Hunstanton Lions', or think that we may be able to help you, please contact us.

Peter Mills

Fuseboards Replaced	Tony Morgan
Lights, Sockets	JIB Approved Electrician
BT & TV points	16th Edition
Rewires etc	Part P Registered
surveys	Testing and Inspection
free estimates	
T.M ELECTRICAL	
Tel: Dersingham 01485 540333	
07884454480	
I DON'T CHARGE THE EARTH	

BED & BREAKFAST

Lynne & Grahame



SEND US YOUR JANUARY DIARY ENTRIES NOW!

Please remember that there is **no January Newsletter** - the next one after December won't be out until Saturday 7th February, so if you have any events happening between 6th December and 7th February, please send us the details by 20th November for inclusion in the December Heacham Newsletter.

CHRISTMAS IS COMING

Have you got any festive or seasonal stories, poems, pictures or memories to share with the village in the December edition of The Heacham Newsletter. If so, please send them in now and help us make it the best Christmas Newsletter ever. Our deadline for December is November 20th. We look forward to hearing from you.

JENNINGS STORE

South Beach Road

Tel:- 01485 579220

Open 7 days a week

6.30 a.m. - 9.00 p.m.

Fri & Sat 6.30 a.m. - 9.30 p.m.



Mobile top-up, gas & electricity payments
Online shopping, international call time,
Utility payments schemes,
Local authority & rent payments,
Gift card solutions.

Wide Range of Groceries, Frozen & Chilled
Foods, Spirits plus Chilled Wines & beers
Newspapers Magazines etc.
Wide range of Medication.
DVD Rentals (Brand new releases)
Milk 46p - 1 pint 82p - 2 pints
& £1.55 - 4 pints
Free Delivery on Groceries purchased
Over £10.00

Bird Watch in Heacham

One of the first bird boxes I put up in our garden was a dove cote positioned on top of our conker tree and although there were many visits by the collared doves and stock doves after four years none had taken up residence. So, very dear friends of ours (Joan and Ted) bought us four white doves for our Christmas present. They arrived in October last year with instructions to keep them in for six weeks. So I constructed a



wire cage over the dove cote and for six weeks I climbed the ladder to feed, water and clean them out.

The doves arrived with bands on their legs, one with a black band became Blacky, one with a red band became Red, yellow band was Yellow and the one without a band became Noband.

Six weeks passed and it was time to let them out. On the first day Blacky was the first out and disappeared for 2 days. Eventually she came back starving hungry but none the worse for her travels. Yellow was next and flew around but did not venture far. Next day Red and Noband flew off together and again did not go far. They returned in the evening to feed and roost. For the first few days all was okay, but then the birds

started roosting in the branches of the tree, then on a neighbour's roof until eventually it was further up the road between a neighbour's dormer windows. We spoke to a bird keeper and he explained that we had pigeon doves who liked to roost together, not individually, they also had a very large territory, so advised us to get some fantail doves that did not fly too far and this would encourage them to stay around.

We ordered four fantail doves and I started building a larger roosting box where they could all roost together. The fantails arrived and the new home was built, but would it work?

We encouraged them with their feeding to enter the new box and with the curiosity of the new fantails it was not long before our doves were in and out of their new home.

Red and Noband soon became a pair and were the first to lay two eggs which produced our first chicks. Blacky and Yellow



were not long to follow and also produced two chicks. Alas, it wasn't good news for the fantails. As we have mentioned before, our garden was the perfect take-away fly through for the birds of prey and the fantails, who were very poor fliers, soon disappeared.

Services 2008

Light up a life
Remember a loved one,
support a hospice



ALL WELCOME

Light up a Life



This is an invitation to everyone, in the busy lead up to Christmas, to pause and to spend some time being still with precious memories of loved ones, to light a candle and to reflect.

St. Margarets Church King's Lynn

Sunday 7th December, 3.00pm

Sandringham Visitors Centre

Monday 8th December, 4.00pm

St. Edmund's Church Downham Market

Wednesday 10th December, 6.30pm

St. Edmund's Church Hunstanton

Friday 12th December, 6.30pm

We Welcome
the Rt Rev Graham James
Bishop of Norwich
as our preacher at this service

Fakenham Parish Church

Sunday 14th December, 3.00pm

For more information please contact us at

The Norfolk Hospice, Tapping House

Common Road (West), Snettisham, King's Lynn, Norfolk, PE31 7PF

Tel: 01485 543163 Fundraising Office: Tel: 01485 542891

www.norfolkhospice.org.uk

Like most of our bird boxes we soon had cameras inside and again soon learned many new things about the lives of our white doves. They would lay 2 eggs between 24 to 48 hour apart and both birds would take turns sitting on them. They would build a nest of only a few twigs. When the eggs hatched after 14 to 18 days both parents would take turns to feed the chicks. They would regurgitate milk like fluid at first and as the chicks got older the mixture would become thicker until they were ready to start feeding them selves on corn and seeds. The parent birds would also keep adding twigs to the nest enlarging the nest as the chicks got bigger After about 2 to 3 weeks the parent birds would be 'at it' again and 2 more eggs would be laid and the parents would be incubating the new eggs whilst feeding the other chicks. When the chicks were about 5 weeks old they were ready for fledging, just as the new eggs were ready for hatching and the procedure all starts over again. It's no wonder we have so many pigeons around.



The doves have now settled in very well and have had a number of chicks between them. They all have become very aware of feeding times which we normally do in the morning and early evening and we have noticed that it is not only our own birds that are there to feed but we believe that every bird from St. Mary's Church also come along to join them for a free feed.

Although the doves are completely free and we have not encouraged them to be tame they have become very friendly and it is great to see them flying around when we are working or relaxing in the garden.



But going back to the beginning of this story, still the old dove cote sits on top of our horse chestnut tree, empty. Many birds visit it and sit on it, but still none have taken up residence. But as we have said before, when it comes to wildlife, patience is essential.

Dedicated to our dear friend Joan.

ROGE

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.

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

Wrought Iron & Brass Bed Co.



for beds to dream in ...
 we now stock & restore original, antique bedsteads!
 visit our showroom at:
61 Manor Road, Dersingham, Norfolk PE31 6LH
 for a brochure or information please ring:
01485 542800
www.wroughtironandbrassbed.co.uk
 handmade in Norfolk

MISSING ZAK

Please can anyone give me any information on ZAK, the missing, all grey cat, with a small white blaze under the neck.

Went missing from Dix Close, Heacham, on the 18th August.

If anyone knows of, heard or seen anything, please let me know on **07848683780**

Reward for a **SAFE** return home of ZAK.

Solution to
 October 2008
 Newsletter
 SUDOKU

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



THE POTTING SHED

GARDENING ORGANICALLY

To own a bit of land, to scratch it with a hoe, to plant seeds and watch the renewal of life - this must be the commonest delight of the race, the most satisfactory thing a man can do. Charles Dudley Warner (1829-1900)

The above was written about 160 years ago and I am sure that many people would not agree with the statement. Equally there are many who would agree wholeheartedly with Charles Warner. It has been demonstrated repeatedly that many disruptive people, whether child or adult, improve markedly in their attitudes when introduced to the "joys of gardening". So much so that many schools are re-introducing gardens and putting gardening back on the curriculum. I personally found during my professional career that coming home and putting an hour in on the garden, helped me greatly to unwind.

It's Sunday and once again, I can't go out to play as it's pouring with rain. I suppose it's a good thing as I can get on with this article instead of messing about outside. There is so much needs doing in the garden but as it's still full of flower - we are on our third flowering of delphiniums - I am disinclined to get too brutal with "tidying up". I have cleared the tomato vines from the greenhouse, ready to start sowing for next year (yes it's never too late to start planning). My neighbour has also planted some "Swift" early potatoes in his greenhouse which, with luck, will give him new potatoes for Christmas but as I have two sacks of spuds on the garage, I won't bother this year. It's a good play though and has served me well in the past.

I think that, despite our "iffy" weather this year, that I've done pretty well for vegetables. One thing I must watch next year is not to plant my brassicas so close. With the damp cold days we've had, I've lost a lot of plants to rot due to lack of air circulation. It's silly really, I should know better but when you have umpteen pots of healthy brussels sprouts or whatever, the temptation to plant them all out is too much for yours truly. I'm just as bad with the tomatoes but I have had super crops of those. I've decided that Black Cherry and Black Plum are now on my list of "must grow" tomatoes, their flavour is brilliant and they crop heavily - better than Black Brandywine. So I must plan more carefully next year and only grow the tomatoes etc. that I want. Ha!

HEACHAM BUTCHERS
(DAVID COOK)
 2, School Road, Heacham - 01485 572104



Free Delivery Service (Tuesday & Friday)
We sell only quality meat
Homemade Sausages a Speciality
Fresh Vegetables - Friendly Service
Hours:- Tues - Sat. 8am -5pm.

The Aminopyralid shambles seems to rumble on. It even made "Gardeners Question Time" on Sunday 14th September. I was driving down through France and nearly had a fit. There was some idiot blathering on about how safe this muck is and how carefully pesticides are monitored yet Dow Agrochemicals, who make the stuff has advised people whose vegetables have been damaged by it, to avoid eating them. The trouble is that the herbicide's use is so widespread and apparently some farmers have applied too much on the principle that if a bit does the trick, more will do it better. I'm just hoping that the manure I have ready for next year is free of this foul stuff. It has been stacked for a good while now and hopefully the bacteria in the heap will have broken down any nasties present.

Now last month I rashly said that I would write about gardening in limited areas. I really have stuck my neck out as I am fortunate to garden in about a half acre of land (if you want that in hectares, it's about 4.5 acres/hectare and you can work it out for yourself!). However I am aware that many of you have much less than that to play in although it is quite possible to produce tasty nutritious vegetables from astonishingly small areas of ground. So let's stop waffling and get on with it.

First there is a wealth of information about this topic. Those of you with computers can "do a google" putting in "gardening in small spaces" and you will find pages. I have decided however to try and draw on my own knowledge, some of which I will have derived from books and some from playing about in my own garden.

The first thing you need to do is decide how much of your plot you can grow vegetables on. Most people have pretty flower beds and these can be used without spoiling the effect. The French invented - I think - the Potager, of which I have spoken before. This is a way of mixing flowers and veg in the same plot, in of course, a pleasing fashion. For instance there are a variety of runner beans with pretty flowers some of which are even scented. One example is Painted Lady which has red and white blossoms as well as fine flavoured beans. There is even a dwarf variety called Hestia, suitable for growing in a pot, with red and white flowers and 18-20cm slim, string-less pods. Ideal for a patio and if you start a new pot when the first is growing well, you will have successional crops. If you want to grow dwarf French beans there are plenty to choose from and many have attractive yellow or purple pods. If you go on-line and look at any of the major companies website's you will really be spoiled for choice.

Beetroot is another vegetable which, besides being very good for you and tastes good, can be quite pretty in a flower bed.



FENSA
Reg No 13383

SANDRINGHAM WINDOWS

WINDOWS - DOORS - CONSERVATORIES
SPECIAL DISCOUNTS FOR O.A.P.'s
Tel: 01485 544488

Bulls Blood, for instance, has deep red leaves of which the young ones are good in salad (as are any young beetroot leaves). Also some people like to grow coloured cabbage plants. These as well as being decorative are also edible.

Potagers have another advantage in that, by mixing flowers and vegetables in one bed, you can confuse the pests. It is now proven that most, if not all, pests need to sense - with their feet - more than one plant or leaf to recognise their target. In a mixed planting, the chance of a pest being confused is much higher. Also, predators such as hoverflies, depend on pollen and nectar from flowers to supply energy to lay eggs. The larvae from these creatures are voracious carnivores and will eat hundreds of greenfly etc. whilst developing.

OK you don't want to use that method. Well, as I'm running out of space in this article, you will have to wait for my next thrilling instalment. In the meantime, the seed catalogues are available - and free - so get one or three and decide what you are going to grow. next year. Get some of your neighbours to share in the cost of seeds and you will be growing tasty, pretty and cheap veg in 2009.

Michael Drew

HEACHAM GARDENERS NEWS

Social Evening
Church Hall, Heacham
Thursday 20th November at 7:30pm
QUIZ & MUSIC NIGHT
with John Harris
Admission £2 including refreshments

-----oOo-----

Come and join us in a visit to
Bury St Edmunds Christmas Market

Leaving at 10am we will arrive with plenty of "shopping" time to experience the Christmas and Continental market. Watch 300 Santas running through the town then enjoy the traditional carol service and the Living Nativity within the Cathedral grounds.

Sunday 30th November, Depart 10:00am
£10

1st pick up point: Wheatsheaf Pub, Heacham
2nd pick up point: Lodge Road bus stop, Heacham
If you live outside the village let us know

Telephone Sue to reserve seats: 01485 572252

-----oOo-----

S.O.S.!!!

WE NEED A NEW SECRETARY

Our secretary is retiring at the end of the year. Is there anyone who would be able to take over from her? If you are interested in helping us please ring either Myrtle or Lyn on the numbers below.

-----oOo-----

For enquiries about Heacham Gardeners, please ring Myrtle Goodwin on 570998 or Lyn Woodley on 571749.

DID YOU KNOW? The Growth Of Heacham Since 1801

Over the years the older inhabitants of Heacham will have seen the number of shops dwindle. By modern standards we are well served but 100 years ago everything was available from the local shops from food and drink to clothing, footwear and hardware. The curious thing is that, as the number of shops has shrunk, the population has grown greatly:

1801	542
1851	946
1901	1,325
1911	1,723
1961	2,578
Today	About 5,000

**Saffron
Building
Society**



A local safe haven for your money

With over 150 years' experience providing Financial Services in the East of England, Saffron are locally established, well represented and here to stay.

Call in today and talk to us about how our broad range of savings solutions can meet your needs

Torc Financial Services
Market Place
Snettisham
Kings Lynn
Norfolk
PE31 7LR
01485 544434

Suttons Estate Agents
29 High Street
Heacham
Norfolk
PE31 7EP
01485 570030

Profile UK
5 Jubilee Court
Dersingham
Kings Lynn
Norfolk
PE31 6HH
01485 544585

**Proud sponsors of the Hunstanton Lions Club
charity activities.**

www.saffronbs.co.uk
0800 072 1100

SALTINGS WORK DAY

Many thanks to the select band who came to The Saltings to bash the bram bles. It was a really impressive start to the work that needs to be done. As there is plenty more bramble left (not that we're trying to get rid of it, only keep it in check), we will be having more work days there in due course.

As a change from bramble bashing, there is a Bray's Pit day lined up for February. There is no guarantee that there won't be any brambles, but there will be other stuff to tidy.

WATCH THIS SPACE

Paul Cobb

Heacham Football Club

It has been an encouraging start to the 2008/09 season, especially for the 1st team who have maintained their unbeaten record with 3 wins and 1 draw in the league. They also won the first round match in the Junior Cup with a 3-0 win.

All the matches have been hard fought and exciting for the spectators. None more so than the 7-5 victory away to Ingoldisthorpe, who were probably flattered by the scoreline in being awarded 3 penalties.

There is always a welcome at our ground for any new spectators. Please come along.

Fixtures for November and December for the 1st team:-

1 November	Away to Lynn Napier
15 November	Home to Reffley Royals
29 November	Away to Sandringham
6 December	Home to Terrington
13 December	Away to West Lynn
20 December	Home to West Winch

Kick off at 2.00pm

Harry
(Official No. 1 Fan)

the natural choice

- crystals
- aromatherapy
- creams / lotions
- gift ideas
- crystal lamps
- kid's section
- jewellery
- photographs
- cards / paper
- fossils

Pop in for helpful advice and friendly service or call to make an appointment

crystal cave
natural healing centre

- hypnotherapy
- crystal healing
- aromatherapy
- hot stone massage
- reflexology
- readings



crystal cave 34 WESTGATE HUNSTANTON
[OPPOSITE THE LIBRARY]
01485 535321 www.crystalcavehunstanton.co.uk



Free Help & Support to Business from HM Revenue & Customs Advice Teams

Our specially trained Advice Team runs free workshops and presentations at Bury St Edmunds, Great Yarmouth, Huntingdon, Ipswich, Kings Lynn, Norwich & Peterborough. Our services are for everyone in business, especially new businesses or new employers. Most of our workshops last about half a day and presentations last about two hours.


For the Self-Employed:

Becoming Self-Employed

This workshop is an introduction to tax, National Insurance, VAT, record keeping and when to pay.

Self Assessment for Self-Employed People

We tell you how to complete the self-employment pages of your Self Assessment tax return; which expenses you can



**P.G. PLUMBING & BUILDING
CONTRACTORS (Est 1985)**

54 Marram Way Heacham.
Freephone 0800 2343044 Mobile 07836 506379

24 Hour Emergency Service

**Plumbing - Heating - Lead work
Tiling - New Water Mains
General Building Work.**

**Disabled Adaptation
Specialists**



claim; when to send in your tax return; how to submit tax returns online: how and when to pay your tax.

For Employers:

Online Filing Presentation

To help you understand your online filing obligations, tell you the benefits, how to register and know which forms you will have to send online and when.

Paying Your Employees - Based on the Employer CD-ROM

To show you how to calculate tax and National Insurance using the employer CD-ROM, how to use P45/P46 for new employees and leavers, how to register for online services and where to get help when you need it.

We also offer other Workshops/Presentations for Employers - contact us for more information.

During a workshop you will be able to discuss and practise some examples; and be given reference material to take away with you. So if you're thinking of working for yourself or have just started, or you are thinking of taking someone on, why not arrange to attend a free workshop.

To book any of our free workshops/presentations or to find out more:

For info: www.hmrc.gov.uk/bst
To book: www.hmrc.gov.uk/bst/centraltraining.htm
Phone: 01332 724410
Fax: 01332 724433
Write to: HM Revenue & Customs Advice Team,
Northgate House, Agard Street, Derby, DE1 1QP

HEACHAM PARISH COUNCIL NOTICEBOARD

Parish Council Meetings for October in Brief

Saltings Workday: Mr Cobb thanked those who took part and reported that it had been a successful day.

Donations: The Council agreed that donations should be given to MacMillan Cancer Care, the Citizens' Advice Bureau and the Heacham and District Community Car Scheme.

Twinning: The Council noted that an approach had been made from a French village. The request had been made via Mr John Harris who was Chairman of the Emmerich/King's Lynn group. It was agreed to invite Mr Harris to a Council meeting to explain what Twinning would entail.

Conservation Area: The Council agreed to look at extending the Conservation area, therefore plans drawn up in early 2000 would be resubmitted to the Borough Council.

Anglia in Bloom: The Council agreed to consider what entry into the competition would entail and what level of assistance the Borough Council would be likely to give.

Resignation: Council noted with regret that Mr Alan Walker and Mr Michael Jennings had resigned from the Council.

Wheatsheaf: The Chairman reported in response to a number of rumours about the future of the Wheatsheaf that no approaches had been made to the Council or the Planning Department for a change of use for the Inn since it had been sold.

Flood Evacuation: The Council agreed to send a representative to the briefing on the current flood evacuation procedures run by the Environment Agency and Emergency Planners.

Litter Bins: The Council agreed to fight the reduced allocation of public litter bins as set out by the Borough Council. The Clerk was instructed to invite the Cabinet Member to meet with the Council about the matter which took no real account of the impact of visitors on the levels of litter.

Youth Panel: The Council met again with Smithdon Students who were planning to set up a Heacham Youth Panel. There would be a separate meeting of the panel on Tuesday 28 October.

Churchyard: The Council approved a grant of £850.00 to St Mary's Church to assist with the upkeep of the graveyard.

Beach Car Parking: The Council noted that parking charges would continue at the beaches throughout the winter. The Council asked the Borough Councillor Mr Morrison to clarify the matter.

Next Meeting: The next full Council meeting would take place on Tuesday 18 November at 7.30pm at the Parish Council Office.

ANGLIA IN BLOOM

Have you got green fingers? Would you like to see Heacham in Bloom? If you or an organisation you are involved with could help Heacham enter the Anglia in Bloom competition, please get in touch with the Parish Council Office.

The Local Elections (Parishes and Communities Rules 1986) Parish of Heacham (Heacham Parish Council)

Notice is hereby given that **Two** casual vacancies have arisen in the office of Councillor for the above Parish.

An election will be held and notice of this published, if within 14 working days of this notice, a written request that an election be held to fill the vacancies signed by 10 general electors of the Parish, is given to the Returning Officer.

The Returning Officer
KL&WN Borough Council
King's Court
Chapel Street
Kings Lynn
Norfolk PE30 1EX

If no such request is received by the Returning Officer, the Parish Council will take the necessary steps to fill the vacancy by co-option

The Clerk

1 November 2008

Heacham Parish Library



What a better way to spend those dark winter nights than warm at home with a good book. Travel books whisk you away to warmer climates. Our biographies let you dip into the lives of the rich, famous and infamous. We have 1000s of books to help you escape the winter weather. We look forward to seeing you at the Parish Library in the former Barclays Bank Building by the Wheatsheaf Inn.

Open 10.00am-4.00pm

Monday

Wednesday

Friday

Safer Neighbourhood Surgery

The next surgery will take place on Wednesday 12 November at the Parish Council Office from 10.00am until 12noon. At the surgery a police constable or PCSO will be on hand to assist residents with any concerns.

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

Open 10.00am-12noon Tuesday to Friday

HELP LINES

HEACHAM GROUP PRACTICE 572769

HEACHAM MON TO FRI 08.30 TO 13.00 14.00 TO 18.30
SNETTISHAM MON TO THURS 08.30 TO 12.30 14.30 TO 18.00
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.
 OUT OF HOURS DOCTOR 01603 488488

A Doctor will advise on your emergency - Please think before calling

HEACHAM & DISTRICT COMMUNITY TRANSPORT 572777

HEACHAM CHEMIST 570297

OPENING HOURS MON TO FRI 09.00 TO 18.30
 SAT 09.00 TO 17.30

Open 13.00-14.00 - prescriptions and certain other products only available if Pharmacist is in attendance

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS (01485)

Mrs S. SMEATON 572528 / Mr A. MORRISON / 518469

NORFOLK C C ROSALIE MONBIOT 01328 738316

ONE STOP SHOP and LIBRARY 571928

OPEN MON WED FRI 10.00 TO 16.00

HEACHAM POST OFFICE 570330

OPEN MON TO FRI 09.00 TO 17.30 SAT 09.00 TO 12.30

EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

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

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

POLICE 01553 691211

SAMARITANS 01553 761616

CHILD LINE 0800 1111

ELECTRIC 0800 7838838

ANGLIAN WATER 0845 7 145 145

GAS ESCAPE 0800 111999

HUNSTANTON LIBRARY 532280

OPEN MON. TUE. WED (No lunch closure) 10.00 TO 17.00

THURS. 10.00 TO 13.00 FRI. 10.00 TO 19.00

SAT 10.00 TO 17.00 (1st April to 31st October)

HEACHAM COMMUNITY WEBSITE

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

MOBILE LIBRARY

ROUTE E4 (Tuesdays) ROUTE E3

	4th/18th	November	11th/25th	
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 DRIVE	12.20		FIR CLOSE	12.50
ROLFE CRESCENT	13.50		SUNNYSIDE	14.15
BUSHEL & STRIKE	14.05		MEADOW RD	14.40
GIDNEY DRIVE	14.20		POPLAR AVE	15.30
BANKSIDE	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			

LOCAL BUS SERVICE TIMETABLE

MON/SAT TO KINGS LYNN

Via QUEEN ELIZABETH HOSPITAL

WHEATSHEAF	0636	0723	0736	0747	0758	0843	0855
	0913	0925	0943	0955	then @	these mins	past hour
	13	25	43	55	til	1313	1325 1343
	1355	1413	1425	1443#	1455	1513s	1525#
	1533	1536	1543	1555	1613	1625	1643
	1655	1713	1718	1725	1743	1755	1813
	1850	1920	1950	2050	2220	2350	
LODGE RD	0640	0728	0740	0752	0803	0848	0900
	0918	0930	0948	1000	then @	these mins	past hour
	18	30	48	00	til	1318	1330 1348
	1400	1418	1430	1448	1500	1518	1530
	1538	1541	1548	1600	1618	1630	1648
	1700	1718	1723	1730	1748	1800	1818
	1854	1924	1954	2054	2224	2354	

SUNDAYS & PUBLIC HOLIDAYS

WHEATSHEAF	0954	1054	1154	1254	1354	1454	1554
	1654	1754	1854	2050	2220	2350	
LODGE RD	0959	1059	1159	1259	1359	1459	1559
	1659	1759	1859	2054	2224	2354	

MON/SAT TO HUNSTANTON

LODGE RD	0658^	0709s	0728^	0806	0809s	0909	0929
	0939	0959	1009	1029	then @	these mins	past hour
	39	59	09	29	til	1339	1359 1409
	1429	1439	1459	1504^	1509s	1529s	1539s
	1544^	1559s	1609	1629	1639s	1648c	1659
	1709	1729	1739	1759	1809	1827	1848
	1928	2028	2158	2328			
WHEATSHEAF	0704^	0715s	0734^	0812	0815s	0915	0935
	0945	1005	1015	1035	then @	these mins	past hour
	45	05	15	35	til	1345	1405 1415
	1435	1445	1505	1510^	1515s	1535s	1545s
	1550	1605s	1615	1635	1645#	1654	1705
	1715	1735	1745	1805	1815	1832	1853
	1933	2033	2203	2333			

SUNDAYS & PUBLIC HOLIDAYS

LODGE RD	0929	1029	1129	1229	1329	1429	1529
	1629	1729	1829	2027	2157	2327	
WHEATSHEAF	0935	1035	1135	1235	1335	1435	1535
	1635	1735	1835	2033	2203	2333	

School holidays only ^ not Saturdays s Saturdays only
 c college days only

Bus Enquiries? Call 0845 020121 (0900-1630 Mon-Fri except public holidays) e-mail : ptu.pt@norfolk.gov.uk

NORFOLK GREEN BUS SERVICE 31

THURSDAYS TO FAKENHAM

Departs Fenside at 9.10a.m. via Hunstanton & Docking. Arrives Fakenham 10.27a.m. Departs Fakenham 1.30p.m. Arrives Heacham 2.40p.m.

COTTAGES TO CASTLES

PAINTING - DECORATING
 WALLPAPERING

WALL TILING - FLOOR TILING

F.W.SMITH
HEACHAM
01485 571849

HEACHAM BAKERY & TEA ROOM

Bread at it's best

Quality filled Rolls (freshly made)

Very reasonable prices

Traditional fresh baked bread and cakes in our local bakery
 Birthday & Celebration Cakes (made to order)

AGENTS FOR

CLEANBRIGHT CLEANERS

SHOP & TEAROOM: 15, Neville Road,
 WHOLESALE & RETAIL
 01485 571774