



THE HEACHAM NEWSLETTER

March 2012

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Hares doing what hares do at Ringstead [Photograph by Robin Topliss]

Deadline for the next edition is 12 noon, Thursday 22nd March

**Heacham & Criteuil-la-Magdeleine Twinning
Association**

ANNUAL GENERAL MEETING

Wednesday, 21st March

7.30 p.m.

**Old Friend's Hall,
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*Certain electricals we cannot take, please see us

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

E-MAIL: theheachamnewsletter@yahoo.co.uk

DIARY-WHAT'S ON: Derek ☎ 01485 579403

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

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HETAS APPROVED



Dear
Newsletter



High Street

Dear Newsletter,

Computer Con

The phone rings. A voice tells you they're calling from Microsoft (or Windows) and that you have a problem with a virus on your computer. They ask you to type in a couple of commands, which bring up a frighteningly technical-looking stream of gobbledeygook. According to the caller, this confirms their fears but they can help you fix the problem.

Q: What's the correct course of action?

A: Hang up. It's a con. The caller will try to get you to allow them to take control of your computer. They will offer to download a piece of software to fix the problem and ask for your credit card details before apparently carrying out a repair. Typically, the charge is between £85 and £145 to fix a problem you haven't got! After all, if there were a problem with your computer, how would Microsoft know your phone number?

I'm getting several calls a week from customers who have experienced these criminals. I even know someone who doesn't have a computer, but still got a call!

If you should be contacted, say nothing and hang up. Then ring Action Fraud on 0300 123 2040 - a free call. Action Fraud (www.actionfraud.org.uk) are the UK's national fraud reporting centre, and they pass on all fraud cases to the National Fraud Intelligence Bureau, overseen by City of London Police, the force that drives fraud investigation in the UK.

Despite the number of these calls being received, there doesn't seem to be a great deal of action happening to stop it as, individually, the potential losses are small. But it's often the older, less tech-savvy computer user who gets taken in by these fraudsters and, by reporting all occurrences, you can help make the authorities realise how widespread it actually is and, possibly, force them to take action.

Don't let these con men stop you enjoying your computing!

Keith Winsor, OAPC

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Robin Hill

Dear Newsletter,

London Marathon

In the days running up to April 22nd this year, it's possible that residents of Heacham and Hunstanton may see my daughter, Alison Rule, pounding the streets and promenades whilst training for the London Marathon to raise funds for the Cystic Fibrosis Trust. I have copied the text from her page in the Virgin Giving website that explains far better than I can why she is doing this and what she hopes to achieve.

If, once you have read this, you would like to help, then please log in to the website: www.uk.virginmoneygiving.com/AlisonRule

Many thanks.

Blair Rule

My little girl, Marni, was born with Cystic Fibrosis.

She was diagnosed at 3 weeks, and I had no idea that either myself or her dad were carriers of Cystic Fibrosis gene, so it was a major shock.

When you are expecting a baby everyone asks, "What do you want, a boy or girl??" Most people answer, "I don't mind as long as its healthy." It never crosses your mind that your baby may not be.

Cystic Fibrosis is caused by a faulty gene that creates a thick sticky mucus that surrounds the internal organs, primarily the lungs, heart and pancreas. This mucus is a breeding ground for infections, and it is particularly difficult for sufferers to get rid of them. If an infection is not cleared it will cause irreversible damage to the organs, eventually causing death. The average life span for a Cystic Fibrosis sufferer is 35 years.

Marni's lungs and pancreas are surrounded by this mucus, meaning she has to be given lots of drugs and daily physiotherapy to keep her lungs clear, and to help her absorb the nutrients in her food.

I chose to run the London Marathon, as a way of raising money for the amazing work the Gene Therapy research team are currently undertaking. Government funding has reduced significantly and the research team are achingly close to finding a way to replace the faulty gene in CF sufferers. They are on the third stage, which means they are currently testing on human subjects.

I have finally accepted the fact that I can't save Marni's life, but these amazingly clever people in the Gene Therapy team are very close to finding a way. All that I am able to do as her Mum, is to try and keep her healthy and happy. I don't want Marni's life to be defined by Cystic Fibrosis, I want her to lead as normal a life as possible.

Training for the Marathon is very hard, and when I feel like I can't possibly run any further, and my lungs are burning, I think of my baby girl, and how challenging her little life will be. It puts everything into perspective. I am doing this for Marni, and every breath I take as I run those 26 miles, will hopefully raise money to breathe life into her.

I know its a lot to ask to donate money in these times of austerity, but anything that you can spare would be so greatly appreciated. Even just knowing you have given 5 minutes to read this helps me know that my little girl has been in your thoughts, and you may have learnt a bit more about what Cystic Fibrosis is.

Thank you a thousand times from the bottom of my heart.



Proprietor: Nickie Bantoft, FCCA

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Colchester, Essex

Dear Newsletter,

Family History Research

Thank you so much for printing my letter, I have now been able to piece together the story as to the whereabouts of my aunt.

A huge thank you to Richard Harman for getting in touch and to Rosemary Missim also, and for the friendship, help and support she gave my aunt over the years.

My Uncle and myself are truly grateful.

Terry Earl



NEW PREMISES!
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Due to the success of Hunstanton's "Paint it yourself Pottery Studio" we have moved to new LARGER premises. Facilities now include in addition to the pottery painting studio, a LARGE PRIVATE Birthday party room, a "Mums and Tots Lounge, ideal for coffee mornings and a workshop where items of pottery are being made. Birthday parties are extremely popular, book early to avoid disappointment! New Birthday child Golden Throne Seat! Be a queen or a King for the party! Ideal Venue for large group bookings - Hen day/nights also popular - call for more details.

01485 534 340
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Ingleby Close

Dear Newsletter,

Winter dangers

Please be aware that antifreeze can poison an animal very quickly. We were searching for the owner of a cat which appeared on 7th December.

On Sunday and Monday the cat was behaving very quietly and seeming distant. On Tuesday 7th Feb at 3pm I took him to the vet for a check up and the vet was happy with his condition. Having to register a name for him I called him Lucky. On Wednesday at 1.45pm we rushed him to the vet who sadly had to tell us he showed all the signs of poisoning. Bearing in mind the atrocious weather that week there is a good possibility that Lucky may have ingested antifreeze. If you want to know what these signs are please call Heacham Vets on 570065.

Please do not put antifreeze on your drive to clear any ice, rock salt is available from Moulam & Horn at a very reasonable price. Table salt is available at any supermarket.

Joan Cribbett

(It is worth remembering that if you spill any anitfreeze whilst topping up your radiator, please mop up the spillage. Not only cats but also other animals can be attracted to antifreeze. Editor)

The Heacham Songsters

Christmas was a very busy time. We performed at fourteen different venues, including Day Centres, Care Homes, the Social Club and for many organisations.

We are busy rehearsing new programmes for the Spring and Summer as we perform all through the year.

Our entertainment is varied, including music from the Shows and popular songs from the 1930s up to 2012!

We do not make a specific charge but any donations are distributed between local charities. If your group would like us to entertain you please ring Marlene Wallis on 01485 532702. We already have several bookings for Christmas!!

Marlene Wallis

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



Heacham

Dear Newsletter,

Heacham in Bloom lines Church path

On behalf of the church may I express my thanks to Heacham in Bloom who have lined the path up to the church with a very neat retaining boundary. Hopefully this will survive the antics of the rabbits and keep the soil in the beds where it belongs. It looks much better than before.

Steve Davies, Vicar




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Campaign to Protect Rural England

Does Your Countryside Project Deserve An Award?

Landscape, restoration, conservation or education projects that enhance the countryside, or people's knowledge of and access to it, are being sought by CPRE Norfolk, as potential winners of this year's CPRE Norfolk Awards. These prestigious awards are presented annually by The Campaign to Protect Rural England in Norfolk (CPRE Norfolk) to recognise and encourage projects and activities that are beneficial to the Norfolk countryside.

"Norfolk continues to be under threat from over and insensitive development, but we know that there are wonderful projects taking place in the county that really improve the landscape, or our understanding of it. These projects, often by small community groups on limited budgets, deserve to be recognised and those involved should be applauded for what they are doing. For over 30 years the CPRE Norfolk Awards have acknowledged the efforts of these groups and individuals who have created something special and by so doing, we hope to encourage more high quality projects in our beautiful county."

Application forms are available from the CPRE Norfolk website www.cprenorfolk.org.uk, or by emailing info@cprenorfolk.org.uk or by phoning the CPRE Norfolk office on 01603 761660. To be considered for this year's Awards, all applications must be received by Friday June 8th 2012.

Katy Jones
Membership & Events Manager
CPRE Norfolk



THE NORFOLK HOSPICE TAPPING HOUSE

It's that time of year when we are looking for individuals and teams to take part in this year's Grand East Anglia Run (10K) to be held on Sunday 6th May 2012 - 10.30am start at Tuesday Market Place. Thousands of pounds was raised for charity - some of this money went towards supporting the 280 patients that are cared for at The Norfolk Hospice, Tapping House, based in Snettisham.

This year the organisers have introduced Mini Gear - a 1.2mile fun run for age 8 years and upwards, which proved very popular last year.

We would love to have a huge team of runners/walkers again this year and if you would like to support YOUR LOCAL HOSPICE please get in touch with me at the Fundraising Office on 01485 542891 or email amanda.standen@norfolkhospice.org.uk

You will also need to register your place on the GEAR website, don't forget to include whom you are representing, e.g., The Norfolk Hospice.

We can offer you an individually designed **free t-shirt**, kindly sponsored by Cooper Roller Bearings of Kings Lynn, and would love to have as many as possible raising sponsor money as possible.

Register at:- <http://www.grandeastangliarun.co.uk/default.asp?id=1>

Thank you.

Amanda Standen
Fundraising Events Co-ordinator

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CHURCHES TOGETHER IN HEACHAM

The recent blasts of cold air and the sight of white frozen snow reminded all of us that winter was not yet done. By June the weeks of shivering should be distant memories and for many there will be a long holiday weekend to celebrate the 60 years Queen Elizabeth II has been on the throne. Plans to celebrate a rare Diamond Jubilee are being made up and down the country.

Shortly afterwards the focus will move from the monarchy to the Olympics. The familiar five rings will be a constant presence in the media as London, and parts of the rest of the country, host visitors from all over the world.

Much has changed since 1897. Britain then ruled over an Empire on which the sun never set. The Victorian Age was at its peak of national self-confidence and the streets of London echoed with national rejoicing.

It was not all joy in 1897. The 200th anniversary of the birth of Charles Dickens has brought his writing back to public awareness. Dickens was well aware of the squalor of his age; his writings highlighted how much he wanted social reform and his popular publications made many aware of the shortcomings of his time. He also had an awareness of the effect of debt that is sadly lacking in our generation. He died in 1870 – his characters live on. (Those who want to know more can visit the *Dickens and London* exhibition in London: open to June this year.)

Injustice breeds injustice

Annual income twenty pounds, annual expenditure nineteen six, result happiness. Annual income twenty pounds, annual expenditure twenty pound ought and six, result misery.

The first Games held under the banner of the International Olympic Committee was in Athens in 1896, a year before London reverberated to cheers for Victoria. Those 14 nations and 241 athletes¹ came together to compete in 43 events, the whole gathering made possible by funding from the Greek Government. Times change.

The Bible knows about both international athletic games and the concept of *Jubilee*. St Paul writes about running the race, training his body, winning the crown and doing it properly: "in the case of an athlete, no one is crowned without competing according to the rules". As he approached the end of his life, he could say "I have fought the good fight, I have finished the race, I have kept the faith". The biblical idea of Jubilee is always associated with freedom, with bringing *Justice* to those who existed at the bottom of society; it is a message of restoration that is as relevant today as when first aired. Dickens would approve, more relevant: it is what God asks of us.

Enjoy the Jubilee.

Steve



¹ According to Wikipedia

PARISH REGISTERS

Faithful Departed (Church linked funerals)

22/01/12	Kenneth Marsden	88
26/01/12	Grahame Rex Stevenson	57
29/01/12	Kathleen Veronica Nudds	72
01/02/12	Jeffery Stone	73
07/02/12	Robert John Harrod	85

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

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

METHODIST CHURCH Sunday Services

10.30am Morning Worship

Preachers:

- 4th March – Brian Ogden
- 11th March – Katherine Pickering
- 18th March – Elizabeth MacLeod
- 25th March – Rev'd Kim Nally, with Holy Communion

Midweek Communion Service:

This will be on Wednesday 14th March at 10.30am. All who love the Lord are welcome to attend.

Regular Activities at the Methodist Church

New members are welcome to all our regular activities.

MONDAYS: Indoor Bowls 7pm – weekly.

TUESDAYS: Ladies' Fellowship

2.45pm on 6th and 20th March

TUESDAYS: Hands and Needles Club:

7.30pm on 6th and 20th March

THURSDAYS: Monthly Men's Meeting at 7.00pm

on 15th March. All men welcome to join.

FRIDAYS: Indoor Bowls, 7pm weekly

New members are welcome to all our midweek activities.

Summer's Coming!

A sign of Summer coming is the start of a new season of Saturday Coffee Mornings each week from 9.30-11.30am. Why not drop in for a drink and a chat? **The first Coffee**

Morning will be on 31st March.

Church Contacts: (telephone code: 01485)

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

The Parish Church of St. Mary:

Sunday Services in March

- 8.00am Holy Communion (Book of Common Prayer)
- 10.00am 4th March Morning Worship
- 11th March Holy Communion
- 18th March Morning Worship
- 25th March Morning Worship
- 10.30am Morning Worship at the Junior School (Holy Communion on 18th March)
- 6.00pm 4th, 11th, 18th and 25th Evening Worship

Soup and Bread Lunch at St. Mary's: during Lent there is a weekly communion service at 11am followed by a bread and soup lunch. **THESE WILL BE ON EVERY WEDNESDAY IN MARCH.**



Donations at this time will support the Bishop's Lent Appeal.

REGULAR ACTIVITIES AT ST. MARY'S CHURCH

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

March Services: Nursing/Residential Homes

Tue 6th	2.30pm	Rebecca Court
Mon 12th	2.30pm	Holy Communion at Millbridge
Wed 21st	11.00am	Summerville
Fri 23rd	10.30am	Fridhem

DEANERY LENT SERVICES FOR 2012

Leading to a performance of Stainer's Crucifixion

All the following start at 7pm

March 7 th	St. Mary Magdalen, Sandringham
March 14 th	St. Edmund's, Hunstanton
March 21 st	St. Mary's, Old Hunstanton
March 28 th	St. Mary's, Heacham

The last service will be a performance of Stainer's Crucifixion by singers from the local area. The earlier services will use words that will later be sung, words that tell the story of Jesus in Jerusalem during a tumultuous Passover week.

HEACHAM AND RISING DEANERY

The Deanery sings...

'THE CRUCIFIXION' (Sir John Stainer)

Choir drawn mainly from the Parishes that make up Heacham and Rising Deanery, but everyone is invited to sing...or listen (see below).

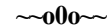
Date : Wednesday 28th March 2012 at 7.00pm
Venue: St Mary's Church, Heacham

Conductor: Max Dolby (St Edmund's, Hunstanton)
 Organist: Adrian Flower (St Mary's, Heacham)
 Soloists: George Braun – Bass
 John Benet – Tenor

This evening commemorates Desmond Greef MBE who did so much to foster music in our Deanery.

Collection for The Bishop's Lent Project

Queries: 01485 571102



All singers invited! Supported by churches from across the Deanery. Please try to attend at least 2 rehearsals and the dress rehearsal.

Rehearsal dates: all at 7.00pm

- Tuesday 6th March – St Edmunds, Hunstanton
- Tuesday 13th March – Dersingham
- Thursday 22nd March – Docking
- Tuesday 27th March – Heacham –(dress rehearsal)
- Wednesday 28th March – Heacham - Performance

Copies needed?

Please contact Ann Fletcher – Librarian (Old H'ston). Copies available to borrow at no cost now.

Transport needed?

Please contact Ian Stockwell (Dersingham) - 01485 540638 - South transport co-ordinator

or

Verily Borthwick (B. Deepdale) - 01485 210267 - North transport co-ordinator

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1st Heacham Beavers

Since re-opening in November, the Beavers have had a very busy time, which started with arts and craft evenings, where the Beavers made decorations for Christmas. In December, we met up with the Cubs and Scouts for a fun day at Wolferton Campsite, where the Beavers dug fire pits, lit fires and cooked sausages on sticks. Later on we had a barbeque and then played games in the woods. Beavers went home after a fun filled day and probably were put straight in the bath! (Our boys were).

In January, we all went to the Heacham Pantomime and saw 'Dame Tanion and the Three Musketeers'; the Beavers enjoyed it very much.

At the beginning of February we were presented with our own custom-made Beaver flag. We would like to thank Lynn Dymond for making the flag and presenting it to the Beavers and for explaining to them how it was made. She also made embroidered blanket badges for each member of Beavers, (thanks Lynn).

In March, we are going to Pets at Home for the evening where we will learn about pets and how to look after them. This visit is arranged to coincide with a badge we are working towards. We are looking forward to this event.

We have lots of things planned for the year ahead and exciting times to come. New Beavers and enquiries welcome. We are a friendly, lively pack of 6-8 year olds, meeting on a Friday from 6.00-7.15pm in Heacham.

Scratte (Julie) 01485 571066
Sid (Barry) 01485 570767

CATHOLIC PARISH OF HUNSTANTON - WHICH INCLUDES HEACHAM

Our Lady of Perpetual Succour & St Edmund

Sandringham Road, Hunstanton
Sunday Mass: 11.00am

St Cecilia's

Mountbatten Road, Dersingham
Sunday Mass: 9.00am

Resident Priest: Fr Michael Ryan, 81 Mountbatten Road, Dersingham, PE31 6YE. Tel: 01485 543818

Website: www.hunstantoncatholicparish.org

Weekday Masses:

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

Tues, Thu, Fri: 9.00am at St Theresa's Convent, 27 Sandringham Rd, Hunstanton

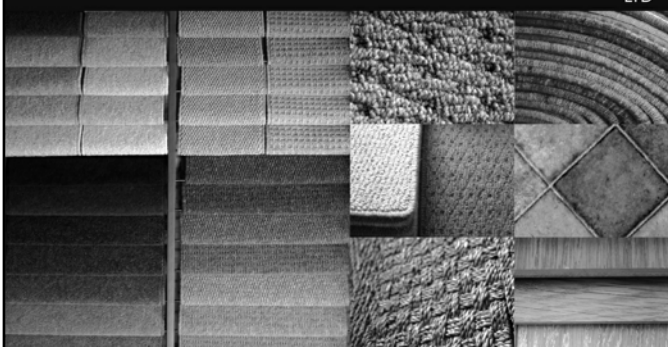
Friday: 12.15pm at Our Lady of Perpetual Succour & S Edmund, Hunstanton

Wednesday: 10.15am at St Cecilia's, Dersingham

If you are housebound and a Catholic, or caring for someone who is a Catholic, and would like a visit from the priest, do please contact us. You do not need to have attended either of our churches previously – we still count you as part of our parish family.

We are always pleased to welcome visitors to our churches – both those from the local area and those from further afield. Refreshments are served after the 11.00am Mass every Sunday at the church in Hunstanton, and after the 9.00am Mass at Dersingham on the first Sunday of the month. Do come and visit – we'd love to see you.

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Tuesday 13th March – 10am–Noon Dersingham Bog

A visit to this special site to find out about recent conservation work from a volunteer's point of view. Also an opportunity to look for early spring wildlife of heath and mire.

Venue: Meet at the roadside car park at Wolferton Hill. TF 663 284. Limited parking so please take care.

Cost: Members free, non-members £1

Thursday 22nd March – 7.30pm

The West Norfolk members group invites you to an illustrated talk by Nigel Middleton of the Hawk and Owl Trust, Sculthorpe Moor

Working with Raptors

Venue: Hunstanton Methodist Church Hall, Austin St.

Cost: £1.50 members/£2 visitors

We do not have space to list all events here so for details of more wildlife events around Norfolk, and for more information about the Norfolk Wildlife Trust, please go to:
www.norfolkwildlifetrust.org.uk

Events at Hunstanton Library

For further information about any of these events please contact the library on (01485) 532280.

The Great Reading Takeaway

If you love great books but you're not sure which titles to choose, then help is at hand at your local library.

During March, Norfolk Library and Information Service will be feeding your appetite for great books and films with **The Great Reading Takeaway**, featuring **4 reading menus** based on 4 countries: China, Italy, India and Britain.

The reading menus include adult, teenage and children's books, featuring fiction, cookery and travel writing.

The titles in the Great Reading takeaway are...

British Menu

1. *The Last Letter from Your Lover* – Jojo Moyes
2. *The Point of Rescue* – Sophie Hannah
3. *We Bought a Zoo* – Benjamin Mee
4. *The Thirty-nine Steps* – John Buchan
5. *Young Sherlock Holmes: Death Cloud* – Andrew Lane
6. *Great British Bake Off: How to Bake* - Linda Collister

Chinese menu

1. *Message from an Unknown Chinese Mother* – Xinran
2. *Balzac and the Little Chinese Seamstress* – Dai Sijie
3. *Little Hut of Leaping Fishes* – Chiew-Siah Tei
4. *China Road* – Rob Gifford
5. *The Firework-maker's Daughter* – Philip Pullman
6. *China Modern* – Ching-He Huang

Italian Menu

1. *The Snack Thief* – Andrea Camilleri
2. *Amore and Amaretti* – Victoria Cosford
3. *Pompeii* – Robert Harris
4. *The Italian Wedding* – Nicky Pellegrino
5. *The Sewer Demon* – Caroline Lawrence
6. *The I Diet* – Gino D'Acampo

Indian Menu

1. *Bitter Sweets* – Roopa Farooki
2. *Q and A* – Vikas Swarup
3. *The Case of the Missing Servant* – Tarquin Hall
4. *The White Tiger* – Aravind Adiga
5. *Indian Takeaway* – Hardeep Singh Kohli
6. *Seasons of Splendour* – Madhur Jaffrey/Michael Foreman

You can find out more about the promotion through March at www.library.norfolk.gov.uk

Knit and Knatter.

27th March. If you fancy having a chat to others while knitting come along to our Knit and Knatter sessions.

Fourth Tuesday of the month, 2 pm - 4pm

Refreshments will be provided but please bring along your own needles and wool.

If you were unable to attend the previous coffee morning, or have only just finished the Thirteenth Tale, this event provides another chance to take part in the Hunstanton Town Read. Come along and share your thoughts about the book with others. Refreshments provided.

The Thirteenth Tale by Diane Setterfield is a compelling and emotional mystery in the timeless vein of Daphne du Maurier's 'Rebecca', about family secrets and the magic of books and storytelling.



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MOTHERS' UNION Heacham & Snettisham Branch

I never saw myself as a unionist or even a union member but things have changed over the past two years..... Also, I thought the Mothers' Union was for those ladies "who did not work" (drank tea from china cups and ate delicate biscuits – on a regular basis – at 4:00pm). How WRONG can you be.... There is also the misconception that the Mothers' Union is only for those women who are actually mothers... Not so. It invites all women who care about their community – and wider family concerns – to attend and, if they choose, become members. This the Heacham Union has been doing since 1934.

The Union does have a strong faith basis and connections to the churches of the village and care about the needs of people not just on a local basis but also an international level. There are thousands of MU members throughout the world supporting issues such as clean water, shelter, health care matters, food etc.. My own eyes have been opened by the scale of support the MU gives worldwide.

Anyway, two years ago a friend asked me to go to a meeting with her and I have been attending since then. There have been talks from nurses and doctors who provide care in hospitals located in remote places abroad; a talk about coping with Alzheimer's Disease; one about a scheme that arranges and funds holidays for underprivileged families (those who do not usually get to be at the seaside) – and then, there are the days when there are special lunches and garden parties. The meetings are varied and very interesting. (There are also practical ways the Union helps, e.g. knitting items for premature babies and, regrettably for those stillborn, as a way of helping families.)

This week we were visited by Josephine and Brian Griffin who are involved in providing puppet assemblies with a Christian message in local schools. Having taught in Heacham Middle School for many years, they are continuing to provide a valuable service in the area – and, by last Thursday's event, it is not only the youngsters that enjoy their show. (The lost sheep has taken on a new identity for me.)

There is now a full programme set for this year, including a talk by the Revd. Simon Lawrence (MU Diocesan Chaplain), an item on literacy and development, "From Prison to Christ", Hearing Dogs for Deaf People, and more.

The Mothers' Union group meets in the Church Hall, High Street at 2:00pm on the fourth Thursday of each month. It also welcomes you to "Coffee and Crumbs" in the Church Hall on the first Friday of each month from 10 – 12 noon. (***March 30, May 4, June 1, July 6, Aug 3, Sept 4, Oct 5, Nov 1, Dec 1. *to replace April date that would fall on Good Friday.**)

If you are able to attend on a fourth Thursday, you are assured of a very warm welcome – come and see. (Actually – really nice china cups are used and the biscuits are good too.)

Joan Careless



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Brancaster Camera Club

Our meetings are held in Brancaster Staithe Village Hall at 7.30 p.m. If you are interested in joining our club or simply wish to come along & see what we do please contact Jim Till, Chairman, on 01485 210013

Tuesday 6th March

Battle vs Hunstanton Camera Club
Judge Doug Mounter LRPS

Tuesday 20th March

'Add Colour Management' with Permajet.
An essential evening for photographers wishing to improve their images, or to seek advice from Permajet Customer Support.

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Heacham Infant and Nursery School

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

We have enjoyed a busy half term with improvements made to the fabric of the school as well as great leaps in the children's learning and development.

You will notice that we have a new fence outside to ensure the safety of our children and various parts of the school have been re-decorated and brightened up. We are also looking forward to developing our bee and butterfly area as the weather warms up, with advice and help from Heacham In Bloom and funding subsidised with grateful thanks by Ridgeons Builders Merchants in Snettisham.

An important part of the school development plan is to further raise standards in reading and maths. Parents play a vital part in encouraging their children's learning and to this end we have held several very successful open mornings. Families, friends and governors have spent time in school immersed in teaching and learning sessions with the children. Feedback from staff, pupils and parents reflects the success of these sessions. The head took the opportunity also to open discussions on a possible change to the school uniform for the future. The vision is to move to a more distinctive and different colour to reflect the confidence everyone has for our lovely school! Visitors were also provided with an update on work completed by school council on school rules for learning and behaviour.

The school is also giving a major push to promoting reading and book appreciation this year. Many new reading resources have been bought including modern titles requested by the children which are proving a hit. The School Library Bus links has visited year 2 providing the opportunity for children to join the library and borrow books. The boys' book club, run by the head teacher and local volunteers, continues to be very popular and reading ability of members has shown a marked improvement. We must also thank our volunteer reading assistants who include Mrs Partridge, Mrs Love, Mrs Chick, Mrs Troughton, Mrs Corby, Mrs Hawkins, Mrs Bassett, Mrs Carrick and Mrs Hood.

They come into school to support the children's reading and phonics providing one to one support which has made an enormous improvement to standards achieved by the children. In recognition of the recent Chinese New Year, we enjoyed a return visit from the Chinese School in King's Lynn who performed their wonderful Chinese dragon dance. The children were enthralled and we are very grateful to our visitors.

Louise Jackson, Head Teacher
Janet England, Parent Governor

GETTING YOUR FIGURES IN GOOD ORDER FOR SPRING

It seems hardly possible but Tax Returns for 2012 are due to be completed in only a short few weeks for now. We will have just got by that last dreaded filing date on 31st January and now it all starts again on 6th April this year!!

OK, there is no need to panic right now but it would be sensible to just give a thought to how you have been getting on with your financial records. Making sure that you have everything you need to support the information to be entered on your Tax Return.

Have a think about any transactions that should be notified to the Revenue such as an unusual disposal of an asset. If you are in business, it really is the time of the year to start to think about making sure your basic book-keeping has been kept up to date. Over the Xmas period things do tend to get put aside and then there is all this rushing around trying to catch up. Maybe you could do with some help or advice right now.

Please have a look at my advert on page 3 or go to my website at bantoftaccountancy.co.uk and give us a call. We now service the whole of King's Lynn and the north Norfolk coast.

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Nickie Bantoft, FCCA

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EASTER FUN DAY

St. Mary's Church Heacham

Wednesday, 4th April

9.30am - 12.30pm

Discover the real meaning of Easter!

Handbells

Competitions

Music Workshop

Juggling & balloons

Games & face-painting

Croquet on Vicar's lawn

Easter arts & crafts

Refreshments



EASTER GARDEN COMPETITION!

Bring along an Easter Garden in a shoe box and bring it along to the Easter eggstravanganza!
Prizes for the best gardens!

ALL FOR JUST £3 PER FAMILY
a great way to celebrate Easter!

If you would like to come, please fill in the form below and return it to school or email:
griffin568@btinternet.com or
tel: 01485 571348 your booking
by 1st April.

Please reserve children's tickets for the Easter Fun Day, with accompanying adult(s). Please enter how many people will be coming (Please pay £3 per family on the day).
Children's names & ages:

.....
.....

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Quiz & Raffle Question - Thursday Nights

MUSIC EVENINGS:

Tue 6th March - Dr Misfit

Tue 13th March - Vex

Tue 20th March - D.N.A.

Tue 27th March - Walkway & Backstreet

Fri 30th March - Busker Night featuring D.N.A.

EASTER BEERFEST - 6th-9th April

Music: Fri 6th - Hillbilly Cats

Sat 7th - Groove Cartel

Sun 8th - Blues by Two

Spice Night Thursday • Steak Night Friday

Seniors Fish & Chips Mon-Fri Lunch £5.25

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Booking Advisable

Smelly Cheese Night - Every Friday:

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MOTHER'S DAY

Sunday 18th March

Book early - orders now being taken



MENU

Starters

Smoked Salmon, rocket salad, brown bread & cream cheese.

Garden Pea, goat's cheese & chorizo risotto.

Warm Olives, houmous and naan toasts.

Main Courses

Roast Rump of Beef, roast potatoes, Yorkshire pudding, seasonal vegetables & Fox Ale gravy.

Roast Breast of Chicken in lemon & herb stock, pressed potato cake, bread sauce & seasonal vegetables.

Baked Fillet of Plaice, herb & new potatoes, spring greens & chervil butter sauce.

Cheddar, Red Onion & Lentil Sausages with crushed potatoes & sweet tomato sauce.

Desserts

Caramelised Pineapple Tartletan with vanilla ice-cream.

Mixed Berry Meringue nest with cream.

Continental Cheese Plate.

	Adult	Child
1 x course	£7.95	£4.95
2 x courses	£10.95	£6.95
3 x courses	£13.95	£8.50



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We write to tell you all, that the dates of our June show (another Night at the Theatre) have been changed to FRIDAY 25th May with 2 performances on SATURDAY 26th May 2012. After lots of calendar and diary searching, these new dates were free for all of our members.

As many folk have asked the Pocahontas Players to re-show the LION KING from last June's show because they were unable to attend, we have decided to re-do the Lion King section as 2nd half of the show but with the first half being extracts from Mary Poppins.

The audition process has ended and rehearsals are well on the way. We have lots of young very eager energetic cast members, making us sure, this is going to be a fantastic show.


Tickets are available. See the Pocahontas Players promotional Poster, within this Heacham Newsletter. Tickets will go fast, so please don't leave it too late and cause disappointment.

We will let you know how rehearsals are shaping up, next month. We are still very short on back stage crew - ie Curtains? Prompt? Stage Manager? Scenery changing? These are so important for any production, so if you have Tuesday evenings free and are free on show dates and lead up to these dates, please pop along to the Public Hall on Tuesday evenings at 7.30 pm or phone Dave on Heacham 01485 570402 - Its great fun!

Thank you very much.


The Pocahontas Players

The Pocahontas Players
 Present
 By popular demand
Another Night at the Theatre



Directed by Jeannie Tooley
Featuring extracts from Mary Poppins & Lion King
 supported by representatives of Hunstanton Community Choir

Friday May 25th 2012. Curtain Up 7.30pm
 Saturday May 26th 2012. 2.00pm and 7.30pm
 The Public Hall
 Station Road, Heacham



All Tickets are £7.00
 For Saturday Matinee only, £2.00 Discount for Children under 8
 For Tickets Phone Janice - 01485 570402
 or Jim - 01485 571267

Incinerator Update

The grounds for stopping the incinerator are as strong as ever, so is the determination of campaigners. Despite the disappointing news of Caroline Spelman submitting to political pressure to support the incinerator, her change of heart was expected and is now vulnerable to being reversed. This helps explain some of the desperate marketing tactics employed by the developer.

By whipping a scrutiny committee and ignoring an official ballot result on false grounds, those controlling our County Council have demonstrated their determination to force through incineration at any price. It is inconceivable they would not automatically award planning permission for their own project. The Secretary of State for communities and Local Government Eric Pickles MP has authority to 'Call-in' the planning decision for determination by a Government Inspector. If the Secretary of State can be persuaded to 'call-it-in', the decision can be made on its merits, or lack of them!

County Council incompetence is likely to continue until more of us take an interest in conduct and the decision-making processes. Those of us who attended Council meetings concerning the incinerator witnessed some appalling conduct. A system of patronage exists at County Hall offering employment for the unemployable. Those wanting to commit us to the most costly project in our County's history appear to have a very limited knowledge and understanding.

It is in the interest of everyone in Norfolk that an impartial planning decision is made. Please help by writing to Eric Pickles.

Dear Secretary of State,

Willows EfW Incinerator Planning Decision, King's Lynn

I have no confidence in Norfolk County Council's ability to make a fair and impartial decision. Please Call-in this planning decision so it can be conducted openly and fairly.

Yours faithfully.....

Send to: Secretary of State Eric Pickles, Dept for Communities and local Gov, Eland House, Bressenden Place, London, SW1E 5DU. Email: eric.pickles@communities.gsi.gov.uk

Mike Knights BSc
Fairgreen Farms


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The feature for March is Jennifer Worth's autobiographical tales of Midwifery in the 1950s, which have been featuring in the television series "Call the Midwife". Jennifer writes of true events both joyous and heart rending, reflecting on the early days of her career in the east end of London.

Please note that the Library will be closed over the Easter Weekend 6-9 April.

Heacham Library Opening Hours
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Saturday - 10.am - Noon

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A Mayonnaise Jar and Two Coffees...

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the two coffees.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full.

They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full.

They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full.

The students responded with a unanimous "yes".

The professor then produced two coffees from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand.

The students laughed.

"Now", said the professor as the laughter subsided, "I want you to recognise that this jar represents your life. The golf balls are the important things...your family, your children, your health, your friends and your favourite passions....and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else....the small stuff."

"If you put the sand into the jar first", he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Spend time with your children. Spend time with your parents. Visit with grandparents, grandchildren. Take time to get medical check-ups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house. Take care of the golf balls first....the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented.

The professor smiled and said, "I'm glad you asked."

"The coffee just shows you that no matter how full your life may seem, there's always room for a cup of coffee with a friend."

H.M.S.

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'PRIVATE HEALTH RECOGNISED'

King's Lynn & District Group of the National Osteoporosis Society

Meetings are held on the 4th Thursday of every month at 7.30pm at the Methodist Church Hall, County Court Road, King's Lynn. A door-to-door taxi service, costs £2 per trip and the entrance fee to the meeting is £1.50.

Members enjoy a social gathering and entertainment, whilst, at the same time, being kept informed of the latest research and medical help relating to osteoporosis.

The Group had several things to celebrate in 2011:

- 15th Birthday
- Mobile DXA Scanner
- Specialist Nurse

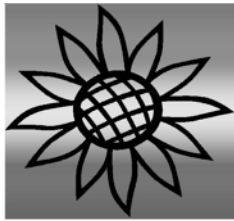
October was a particularly relevant month when, after years of campaigning, the committee saw the start of the Mobile Scanning Service and the appointment of Rebecca Gear, a specialist Osteoporosis Nurse. Earlier in the year the committee had been asked to help rank the bids for the service and be involved in the interview process; Care UK/SMI was awarded a 3 year contract providing 2 days scanning a month in the first year, rising to 4 days a month in year 3. The service, including the nurse's input, will then be evaluated and will need to prove effective in supporting patients.

As our Chairman, Jill Fysh, says - 'use it or lose it' - after so much campaigning it would be heartbreaking to find the service is not continued after 3 years.

Want to know more? Look up the web site:

www.noslynn.org.uk, or better still come and join us.

For further information please telephone Pat Reilly on 01485 572271.



HEACHAM IN BLOOM 2012

Despite the snow and chilly weather, we are still working our way through our list of hard landscaping tasks, with work on the Church path recently completed (see letter and photograph on page 4) and the installation of a new addition to one of the beds at North Beach (photograph on this page by Rob Topliss).

The big project for 10 March is pairing up with Heacham Infants School to help them create a butterfly garden in school grounds. We are very pleased to welcome a new supporter; the Heacham Indoor Bowls Club who surprised us with a cheque for £50.00. Several of us have spent hours going through plant catalogues and we finally have our selection of blooms for the coming year with inspiration taken from the Olympic flame. We also have a special display planned to mark the Diamond Jubilee.



Don't forget to look up the Heacham In Bloom Facebook page which will keep you regularly updated with photos of our work. We will be hosting our usual Spring Coffee morning on 14 April in the Church Hall, where we will also be launching our 2012 Pride of Place campaign.

Our next meeting is 19 March at 7.00pm – Parish Council Office

Susan Richardson

Chairman of Heacham In Bloom
heachaminbloom@btinternet.com



Heacham Group Practice Patients' Participation Group *Surgeries at Heacham and Snettisham*



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

Palliative Care -How it Helps

Anne Davis District Nurse

#####

Experiences of Nursing in Africa

The Volunteer Team

Monday March 19th at 7 30pm in Heacham Surgery

Chairman Mike Press 579007

ppg@heachamgrouppractice.org

Kathryn Gigg

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WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

1st HEACHAM RAINBOWS Term time Girls 5 to 7 years old 5.00 to 6.00 pm . Tel : Mary Harpley 07813 014477 (PRH)
TABLE TENNIS 9.30 am Tel: Adrian 570477 (PH Top Room)
DRAMA JUNIOR CLASSES 4.15-5.15 pm Tel: 579074 (SG)
LINE DANCING 7-9 pm £3.00 Tel: 532317 (PH)

1st HEACHAM SCOUTS (boys and girls aged 10 to 14) 7.00 to 9.00 pm Tel: Rob 572239 or Julz 572890 (SG)

HEACHAM WIVES GROUP meets 2nd Monday of most months at 7.30 pm (HSC Top Room) Contact Mrs Wybourne Tel : 532396

RAINBOW CIRCLE TODDLER GROUP 1.00 pm in school term time Tel:Pip 570812 or Karen 571837 (SM)

INDOOR BOWLS CLUB 7.00 pm (MC)

SUNNYSIDE CLOSE (Sheltered Housing for over 60's) Coffee Morning 10.30 am Tel : 570492

COFFEE MORNING Fridhem Rest Home, Station Road Last Monday in every month at 10.30 am

ZOMBA GOLD Exercise to music 1.00 to 2.00 pm Suitable for all levels. 2.15 to 3.15 pm Gentle stretch & relaxation classes for all ages. Tel : Suzie Povey 07900 818311 (PH)

HEACHAM IN BLOOM Every 3rd Monday of the month in the Parish Council office at 7.00 pm

RESTORATIVE YOGA 6.00 to 7.30 pm at Heacham First School - Contact Sandee Tel: 01485 570485

TUESDAYS

HEACHAM DAY CENTRE FOR ELDERLY 9 am- 3.30 pm Transport may be available Tel: Geoff Speed 572584 (OFH)
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11.30 am Tel: Liz 571773 (SG)

ACTIVE FOR LIFE Exercise classes for those aged 60 or over, or at risk of OSTEOPOROSIS at Heacham Surgery Classroom 10-11am Tel: Pat 572414 or Audrey 542176.

CARPET BOWLS 10.30-12 noon Tel: 570776 (PH)

CARERS SUPPORT GROUP Run by W.N. Mind. Lunch, Coffee and Chat. Piece of Mind, 4 Poplar Avenue Tel: Hannah or Mandy 01553 776966

WOMENS FELLOWSHIP 2.45 pm Every other Tuesday (MC)

SLIMMING WORLD 6.30 pm Tel: Julie 528796 (SM)

WEIGHT WATCHERS 7pm (OFH) Tel: Alison 07796 904311

HEACHAM DIGITAL CAMERA CLUB meet 1st & 3rd Tuesday of the month 7.30 pm at Sandringham Club, West Newton. Email : heachamdigitalcameraclub@yahoo.co.uk or call Viv for info on 07906 056019

HEACHAM BOOK CLUB meet 3rd Tuesday of each month Tel: Beth 570479

POCAHONTAS PLAYERS Drama Group Pantomime rehearsals 7.30 – 9.30 pm Tel: 570402 (PH)

HANDS & NEEDLES GROUP meets every other Tuesday 7.30 – 9.00 pm Tel: Joan Careless 570363 (MC)

LIVE ENTERTAINMENT from 8.30 pm at Fox & Hounds
LADIES KEEP FIT FOR OVER 50's 10.30 to 11.30 am. Contact Kath Manning-Coe Tel : 01553 774343 (SM)

PUDDING CLUB 8.00 pm at the Bushel & Strike on the 2nd Tuesday of each month

WEDNESDAYS

CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)

LINE DANCING 1.30 – 3.30 pm £3.00 Tel: 532317 (PH)

LINE DANCING FOR IMPROVERS – 7.00 pm to 9.00 pm. £3.00 per session. Contact Diane 01485 571166 (SM)

PATIENT ADVICE & LIAISON SERVICE 2 – 4 pm on 2nd and 4th Wednesdays at Heacham Council Offices
WEST NORFOLK SINGERS 7.30 pm Tel : Heather Titcomb 01485 542960 (MC)

QUIZ NIGHT 8.45 pm Prompt start. New teams of up to 5 welcome. £1 entry pp Cash Prize & Cash Snowball (HSC)

BINGO 7.30 pm Neville Court Grouped Home

CAR BOOT SALE Heacham Sports Field car park from 7.30 am. No need to book. Just turn up £5 per pitch.

THURSDAYS

ACTIVE FOR LIFE – see entry on Tuesday

TABLE TENNIS CLUB 10 am (PH Top Room)

1st HEACHAM BROWNIES Term Time Girls 7 to 10 years old 6.00 – 7.30 pm Tel: Mandy (Brown Owl) 01485 518012 or 07769583439 (PRH)

TREFOIL GUILD meets on 1st Thursday 2 -4 pm Tel: 01485 579440 Mrs Christine Crisp (PRH)

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: Sam 572138 (SG)

JUDO Advanced 7 – 9 pm Tel: 571614 (PH)

FLOWER CLUB meets on 4th Thursday 7.30 pm. Flower arranging and demonstrations. Tel: Sandra Panton 571029 (SM)

RAO BUFFALOS 8 pm (HSC Top Room)

QUIZ NIGHT Cash Prizes 9 pm at Fox & Hounds

FOOTBALL Under 8's 5.30 to 6.30 pm Heacham Field/Astroturf. Contact Stephen Joyce 01485 579009

WRITING GROUP AT HEACHAM SURGERY meets 3.00 to 5.00 pm every other Thursday. For further details please ask members of staff at Heacham Surgery or Tel : Caroline Smith 01553 819460 on a Tuesday between 1.00 and 1.30 pm

SUNNYSIDE CLOSE (Sheltered Housing for over 60's) Bingo 2.30 pm Tel : 570492

FRIDAYS

SOLO WHIST – Don't be solo – Go solo. Pine Residents Hall, Wilton Road, Heacham. 2.00 to 4.00 pm Entry £1 Congenial atmosphere

1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to 8 years. Term time 6.00 pm to 7.15 pm. Tel : Julie 571066

WILDFOWLERS CLUB meet 1st Friday 7.30 pm (HSC Top Room)

CASH BINGO 7.30 pm (PH)

TAI CHI Adults 7.30 – 8.30 pm Beginners welcome Tel: Derek 01553 674779 (PRH)

BEREAVEMENT SUPPORT - Meetings are held on the third Friday of every month 10.00 am to 12 noon in the Church Hall, High Street, Heacham Tel : Barbara Fargher 01485 534741

SATURDAYS

GIGS from 8.30 pm. Free entry for Members (HSC)

HEACHAM YOUTH CLUB, Church Hall, High Street. 7-9 pm (term time). **School years 6-11.** Contact Tracey Swann 07833 307856

HEACHAM DIARY

Tuesday 6th March - GIG – DR. MISFIT at Fox & Hounds from 8.30 pm

Monday 12th March - HEACHAM WIVES GROUP - Meal at Heacham TBA

Tuesday 13th March - GIG - VEX at Fox & Hounds from 8.30 pm

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

Saturday 17th March – GIG at HSC with LOIS McLAINE from 8.30 pm

* 28th Annual 12-hour Sponsored 'MUSIC & ENTERTAINMENT MARATHON' at the Church Hall, High Street, Heacham 10.00am to 10.00 pm. Free admission & refreshments! All musicians, singers & entertainers are invited to take part. Donations & sponsorship will be shared equally between Multiple Sclerosis Research, Campaign Care (Bob Champion Cancer Trust) & The British Polio Fellowship. For further info & sponsor forms Tel : 01485 571995

* BARN DANCE – Heacham Twinning Association 7.30 pm at Heacham Junior School, College Drive. Tickets £7.50, supper provided, bring your own drinks. For tickets and info Tel : Sue 01485 572252

Monday 19th March - PPG MEETING Talk 'Palliative Care – How it helps' & 'Experiences of Nursing in Africa' 7.30 pm at Heacham Surgery Tel : Mike Press 01485 579007

Tuesday 20th March - GIG – D.N.A. at Fox & Hounds from 8.30 pm

Wednesday 21st March - HEACHAM & CRITEUIL-LA – MAGDELEINE TWINNING ASSOCIATION Annual General Meeting at 7.30 pm in Old Friend's Hall, Sunnyside, Heacham. All members welcome

Saturday 24th March - GIG at HSC with STEVE PERRY from 8.30 pm

Tuesday 27th March - GIG – WALKWAY & BACKSTREET at Fox & Hounds from 8.30 pm

Friday 30th March - GIG - BUSKER NIGHT featuring D.N.A. at Fox & Hounds from 8.30 pm

Saturday 31st March - GIG at HSC with TRAVIS GRAHAM from 8.30 pm

Thursday 5th April - TREFOIL GUILD - Subject - Visit to Jenny Spark's farm at Stanhoe

Friday 6th to Monday 9th April – FOX & HOUNDS BEER FESTIVAL

Fri 6th April - HILLBILLY CATS

Sat 7th April – GROOVE CARTEL

Sun 8th April – BLUES BY TWO

Saturday 7th April - GIG at HSC with TONY G's 'TRIBUTE TO ELVIS' night from 8.30 pm

Saturday 14th April - GIG - THE FIRST + BARES + Support at Heacham Public Hall from 7.00 pm. Tickets £7 each, now on sale from Suttons Estate Agents. For further information please contact Paul Carr by email : gig@orchardgate.demon.co.uk

POCAHONTAS PLAYERS

DATE CHANGE – Please note that the dates for the next Pocahontas Players production 'Night at the Theatre' have been changed to Friday 25th May and 2 performances on Saturday 26th May 2012. Performance times & ticket prices will be in April and May editions.

OTHER EVENTS

Monday 12th March - FOLK DANCING at Brancaster Staithe Village Hall 7.30 to 9.30 pm. Contact Janet Bowles 01485 210587

Saturday 31st March - CRAFT FAIR - Town Hall, Hunstanton, 10am-4pm. Admission FREE. Contact Lorraine Cannell 01553 671191 for details.

Friday 6th April - CRAFT FAIR - Town Hall, Hunstanton, 10am-4pm. Admission FREE. Contact Lorraine Cannell 01553 671191 for details.

Friday 6th to Monday 9th April - SNETTISHAM ART GROUP celebrate their 15th Anniversary with an EASTER EXHIBITION at the Royal British Legion Hall, Church Road 10.00 am to 5.30 pm. Admission free. Donations to RBL poppy fund are welcome

Sunday 8th & Monday 9th April - RAF BIRCHAM NEWTON HERITAGE ROOM & Memorial Open Day at National Construction College, Bircham Newton from 11.00 am 5.00 pm. Fascinating history of this former RAF station. Free admission. Signposted off A148 & B1454

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

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

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

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

* SING FOR WELLBEING 10.00 to 11.30 am Snettisham Village Hall Tel : Carol O'Neill 01328 838316 or email carolone@homecall.co.uk

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

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

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

* RESTORATIVE YOGA 10.00 to 11.00 am Sedgford Village Hall. Contact Sandee Tel : 01485 571485

Thursdays - KING'S LYNN & DISTRICT GROUP OF THE NATIONAL OSTEOPOROSIS SOCIETY. Meetings are held on the 4th Thursday of every month at 7.30pm at the Methodist Church Hall, County Court Road, King's Lynn. Contact Pat Reilly 01485 572271.

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

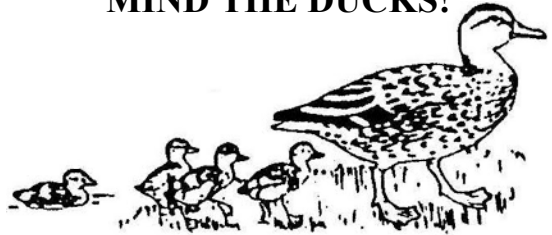
WEST NORFOLK TAI CHI CHUAN – Regular weekly local Tai Chi classes . See www.west-norfolk-tai-chi.com for further information

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.

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

MIND THE DUCKS!



If you have lived in Heacham for long or visited frequently you will know that Bray's Pit seems to be the duck capital of Norfolk.

At this time of year all those ducks are roaming the streets, some of them with the first of this spring's ducklings in tow. When you are driving round the village please keep your eyes open for these wanderers and their broods - take the bends slowly to give yourself more reaction time.

If you are walking round the village keep your ears open for cheeping sounds as mother ducks are quite good at leading their broods across drain gratings, through which the ducklings often fall and are trapped. If you find any like this and you can't get them out please get help!

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February 2012
Newsletter
SUDOKU

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



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MILES FOR MACMILLAN

All aboard!

Walk Miles for Macmillan on Saturday 21 & Sunday 22 April 2012 to raise funds for Macmillan Cancer Support.

Miles for Macmillan is our national walking programme in partnership with Boots. We're hoping to raise over £1.8m through Miles for Macmillan this year so whatever distance people can manage, every penny they raise will help improve the lives of people affected by cancer.

Our local walk takes place in Mid Norfolk between Aylsham and Wroxham and includes a trip on a Bure Valley Railway, narrow gauge steam train. At the end of the walk, all our walkers will receive light refreshments and a certificate.

There's a choice of 3, 6 or 9 mile walks so there really is something for everyone! The route runs alongside the Bure Valley Railway line through the picturesque Norfolk countryside.

Last year's 492 walkers raised an amazing £35,853 and this year the charity aims to raise over £40,000. Helen Chapman, Area Fundraising Manager for Macmillan cancer Support said: "It's a wonderful opportunity for all ages and abilities to come together and help raise money for cancer patients. It's an enjoyable day out with the added feeling of knowing that the money you raise will be going to a good cause. Nearly everyone knows someone who has been affected by cancer and the more money we raise the more people we can help."



Participants on last year's walk

This year registering to take part in the Bure Valley Railway Walk couldn't be any simpler, you can just visit: www.macmillan.org.uk/walking. If you don't have access to the internet but would still like to take part please call the team on 0300 1000 200. Alternatively, if you can't make the Bure Valley Railway Walk you can still organise your own event by visiting the website above and following the directions to organise your own walking event.

Want to take part but don't want to walk? Then help Macmillan and become a volunteer at the event. This year Macmillan needs 50 volunteers over the walk weekend – so if you've any time to spare, please also get in touch.

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Royal Air Force Bircham Newton Memorial Project

Heritage Room and Memorial
To those who served here from 1918 to 1962

Under the guidance of its first Chairman, Neil Grant, and two other trustees, David Jacklin, the present Chairman and Secretary and Brian Hall, the project was launched in April 2005 and registered as a charity. The Chairman and trustees had all served in the Royal Air Force. Current trustees are David Jacklin, Keith Benn, Denise Goff and Avril MacArthur who also have Royal Air Force connections. The museum is wholly staffed by volunteer curators.

The patrons are Marshal of the Royal Air Force, Sir Michael Beetham, a former Chief of the Air Staff, and Sir Michael Oswald, currently Honorary Air Commodore of No 2620 Squadron, Royal Auxiliary Air Force Regiment.

The aims of the project are to commemorate the distinguished history of Royal Air Force Bircham Newton and its satellite airfields. The Construction Industry Training Board, now known as Construction Skills, generously provided accommodation within the National Construction College, and a Heritage Room was established, displaying archive material in the form of stories, memorabilia, photographs, maps and drawings from Bircham Newton's past.

Two permanent stone memorials have also been erected and dedicated to those who served at Bircham Newton (as you can see nearby) and at the main satellite airfield at nearby Docking. This second memorial is on the Docking to Brancaster Road, the B1153, about a mile out of the village on a triangle of grass verge.

Several illustrated talks about the project and the history of the airfields have been given to clubs and other interested parties around East Anglia. Such talks can be arranged upon request and in return for a small project donation. The project maintains a website, which can be accessed at www.rafbnmp.org.uk

Avril MacArthur (Trustee & Assistant Curator)

ROYAL AIR FORCE BIRCHAM NEWTON HERITAGE ROOM

& Memorial to those who served here
from
1918-1962

OPEN DAYS 2012

Sunday 8th, Monday 9th April

Sunday 6th, Monday 7th, Sunday 27th May

Sunday 24th June, Sunday 29th July

Sunday 26th, Monday 27th August

Sunday 30th September

(Combined with a 50th Anniversary Celebration)

Open 11 am to 5 pm

Venue:-

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and its satellite airfields.

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FOR MORE INFORMATION VISIT OUR
WEBSITE

www.rafbnmp.org.uk

The RAF Room at Bircham Newton

The 2011 season of public open days at Bircham Newton's RAF Heritage Room ended on the 25th of September. This was the finale to a very successful season when the Heritage Room was opened to the public on ten separate occasions, and lots of new information was discovered about Bircham Newton's past. In addition, the Heritage Room was opened to accommodate former RAF apprentices, who returned to celebrate the 50th anniversary of their training at this former RAF station, for the Radio Norfolk Treasure Quest team (Becky Betts and Ian Forster) who visited as part of one of their Sunday morning radio shows, and for casual visitors who were unable to attend one of the scheduled openings. In mid November, children from a local primary school spent a morning in the Heritage Room looking at the exhibits and filling in questionnaires about the displays.



The Heritage Room, which was first opened in 2005, contains an archive of material associated with this former RAF station and its WW2 satellite airfield at Docking. Many unique photographs, airfield plans, models, drawings and other items of memorabilia are on display and can be viewed free of charge. In addition, personal recollections and stories have been captured from visiting veterans or from the families of airmen who served here in the past. Two permanent stone memorials have also been erected nearby to remember those who served at Bircham Newton and Docking. Several improvements were made to the Heritage Room during 2011 and many new exhibits and photographs are now on display. These include new aircraft models donated by members of the West Norfolk IPMS (Scale Model Club). A new reading room has also been created to allow visitors to study books and other documents in a quiet environment.

Planning is now underway for the 2012 season, including a special 50th anniversary event to mark the closure of the RAF station at the end of 1962 and to celebrate its service history from 1918.

It is planned to hold the 50th anniversary celebrations during the final open day in September. Further details, including the complete schedule, will be advertised in local newspapers, on local radio, and on the project website: www.rafbnmp.org.uk

Points of contact are Mr David Jacklin (Tel: 01379 741884) djacklin@aol.com or Mrs. Avril MacArthur (Tel: 01485 578588) avril.macarthur1@btinternet.com

**Avril MacArthur
Trustee & Assistant Curator**



NHS Summary Care Record – Your emergency care summary

The NHS is introducing a new electronic record called the Summary Care Record (SCR), which will be used to support your emergency care. Almost 20% of patients in the NHS Norfolk area now have an SCR. As the phased national roll-out continues, over 139,000 have been created in the NHS Norfolk area so far and more than 9 Million across England.

About Summary Care Records

The Summary Care Record will give healthcare staff faster, easier access to essential information about you, to help provide you with safe treatment when you need care in an emergency or when your GP practice is closed. It will contain important information about any medicines you are taking, allergies you suffer from and any bad reactions to medicine that you have had.

What are my choices?

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

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

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

Children and the Summary Care Record

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

Where can I get more information?

- Phone the Summary Care Record Information Line on 0300 123 3020;
- Visit www.nhscarerecords.nhs.uk ; or
- Contact NHS Norfolk Patient Advice and Liaison Service (PALS) Monday - Friday from 9am to 5pm, on 0800 587 4132 or email pals@norfolk.nhs.uk.
- For a list of practices that have already uploaded within NHS Norfolk please visit our website www.norfolk.nhs.uk/summary-care-records.

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Are you Trying to Lose Weight?

For a while now, weight issues have been a problem for a large percentage of the population and things aren't getting any better. I see more people for weight issues now than any other. When tackling any issue surrounding weight and food it is important to acknowledge the level of your problem. I think of weight issues in 4 basic layers:

- 1) No history of weight problems, just developed a few bad habits recently, got a bit lazy, few too many takeaways and so on.
- 2) Weight has been an ongoing issue, many deeper set habits like always having to clear the plate before they can finish, even if they are full.
- 3) Constant battle with weight linked to emotional factors such as self esteem and confidence.
- 4) Serious eating disorders such as anorexia.

There are essentially 2 elements to weight control. One involves changing behaviour and attitude to food and the other involves increasing the amount of activity undertaken. Both elements need to be considered in such a way that the individual can sustain the changes long term. Yes, I'm afraid there is no healthy quick fix! To be fair I don't think anyone out there *really* thinks there is and as a wise man once said, "There's no short cut to any place worth going."

That doesn't mean it has to be hard either though. The habits can be simple. How many of us still clear our plate automatically whether we are still hungry or not? Most of us were told as a child we could not leave the table until we had cleared our plate and so we learned to override the "I'm full" signal. Many adults continue with this behaviour well into adulthood without even realising.

Increasing the amount of activity could be as simple as parking a little further away from the door at the supermarket or just using the upstairs toilet if you are downstairs and vice versa. The difference it can make over time is staggering.

If you would like any more information on how hypnosis can help with weight control programmes please contact me on 0845 603 4421 or email info@hypnopro.co.uk

David Woolley

DipCAH, HPD, MPNLP, CertSCS, MNCH (Reg), CNHC (Reg)
Principal consultant, Brookhouse Hypnotherapy (Norfolk)

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BRITISH SUMMERTIME

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Sunday 25th March.

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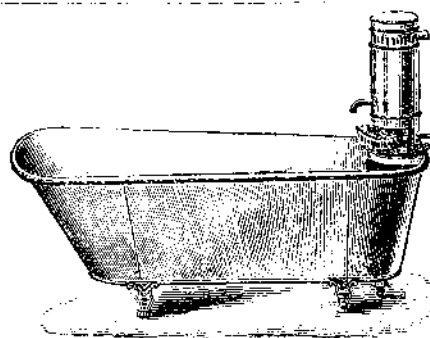
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I wonder if any of these geysers have survived?



Hunstanton Lions Club

2012 is now well under way, and it's going to be quite a year for all of us with the Olympic Games and the Queens Diamond Jubilee adding to the fun so by the end of it we will know what the word "Celebration" really means. Plans for our activities are now well under way.

The first Lions Car Boot Sale of 2012 will be at Glebe School on Sunday March 18th. Stall holders can start arriving at 7.00am and buyers at 8.00am. This will be the first of many that we will be holding right through the summer to late October. All the other dates will be announced in the next edition of this magazine. If you've never been to a Car Boot Sale make sure you come along, you'll be surprised at the bargains you can get. Also in March, we are holding a Race Night at Old Hunstanton Social Club on Saturday March 31st. This will be starting with a 'Fish 'n Chip' supper followed by a night of racing. Lots of fun to be had. Contact any member of Hunstanton Lions, or pop into the Old Hunstanton Social Club for details.

We will be celebrating Easter (April 6th – 9th) and are hoping to arrange something for children. Details will be around the area later so look out for that.

Our 'Lions International Golf Tournament' is again being held at Heacham Manor Golf Course on Friday May 18th. This year's sponsor is Best Western Hotels and plans for the day are well ahead now. If you or your company would like to sponsor a 'hole' or one of the other competitions please call Amanda on 07585 387959 or contact Peter Sutton at Suttons Estate Agents in Heacham (01485 570030). The same people will also be taking bookings for teams to compete. The cost to enter a team of four players is £180.00. This includes breakfast, a full day's golf and a two course luncheon in the Conservatory at the Hotel. There will also be other competitions 'hole in one', shortest pin, longest drive etc. Last year was a great success and this year will be even better so get your applications to enter in now as there is a maximum number of teams we can have.

June is the Diamond Jubilee and we, along with everyone else, will be celebrating this. 'Lifestyles' is being held over the weekend and the Bank Holiday Monday is the main celebration day where we will be to help things along. Later in the month

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is Hunstanton Town Carnival (Sunday June 24th) so look out for us there.

Following the success of our outdoor presentation of 'Pride & Prejudice' last year by Heartbreak Productions, we are repeating this but this year's play is 'Private Lives' by Noel Coward. In association with Glebe School and Heartbreak Production,s we are presenting this enjoyable play in the grounds of Glebe School on Wednesday July 4th. Information on how to buy tickets will be available around Easter so keep your eyes open as it will be a 'sell-out'.

As you know all the money we raise goes to charity. Lions International is the largest voluntary public fundraising organisation in the world, so when all our members 'club together' we are able to raise very substantial sums of money. Lions money is currently supporting 'Water Aid' projects in Nepal and Malawi where we are helping transform the lives of individuals, families and communities in two of the worlds' poorest countries. 'Water Aid' not only provides a safe water supply (using robust pumps which are easily maintained by the local community), but also works on sanitation and helping people improve their personal and environmental health through participation in hygiene promotion and aware raising activities. However, most of the money we raise goes to help people and organisations far closer to home. In 2011 we gave to the Marie Curie fund, 'Different Strokes' an organisation helping young stroke victims, 'U & Eye', a club for the visually impaired, a donation to the QE II hospital transport incubator fund and helped Hunstanton Guides to be able to go to an International Jamboree. We also helped a young disabled table tennis competitor and helped provide a new 'i hand' for a young lady who plays in the Hunstanton Town Band. We also gave donations to various local groups to aid their Christmas celebrations. This year we have already donated to 'Remap' who help people who need wheelchair access, and Home Start so we are always looking out for people who need help. If you know of anyone, please let us know.

Finally the last 200 Club draw took place on February 6th. The winners were (1) Peter Daniels, (2) Elaine Bird, (3) Shaun Turrell and (4) Kevin Reddy. Tickets for this year are now on sale. Book yours now as they always sell out fast. Tickets are £15.00 each and monthly prizes of £100.00, £50.00 and two at £25.00 are awarded, so well worth entering. Good luck to you all.

We look forward to seeing you throughout the year.



THE POTTING SHED

The nation that destroys its soil; destroys itself.
Franklin D Roosevelt 1937

Those words by one of America's great presidents, were sadly, ignored both in the USA and across much of the world since. As a result, much of the American Midwest is a dustbowl, our beautiful blackland fens are almost uniformly red from the subsoil and if you pick up a handful of soil from many of our fields, you are collecting dust with no organic structure at all. Now many farmers are bewailing the lack of water, but some forget that with good soil structure, what water falls is held in the soil - not drain away. I think many farmers are realising this now so let us hope it's not too late*.

Mind you, having pontificated as I have, my soil, which over the last 40 odd years has had many tonnes of compost and manure forked in, can still look very dry at times. Water is very much needed whatever soil type you have. And I really must stop preaching.

Right at the end of last month's emotional article, I did try to remind you all to get your potatoes, onion sets, and seeds but I'm sure I didn't need to remind you. I was talking to "young David" only a couple of days ago and his tomato plants are up 2". I haven't even sown mine yet and last week-end (11th-12th Feb) did much to dissuade me from going out at all. I did have to out on the Saturday morning though as my daughter commented that the outside loo wasn't flushing away. It transpired, when I had finally thawed the edges of the manhole covers and levered them up, that there was a blockage. So I borrowed a set of posh new drain rods from Brian next door (mine were my father's, made of cane and a bit dodgy) and rodded out the drains. By the time I was successful, my fingers were numb and I was convinced I had frostbite in my extremities. A small - no a large - libation of the amber nectar helped me to thaw out and all is now well. And no bits have fallen off!

At long last, the weather has warmed a little. My raised beds still have some snow on them but this should go in a couple of days. Then, I shall plant the onion sets I bought a while ago. That, mind you, is if I can find them. I distinctly remember putting them in plastic trays and putting the trays - um - I haven't a clue at the moment. This is mildly worrying. Dementia should not strike healthy young 74 year olds. However I do remember the chief technician, when I was working in the laboratory at the old General Hospital in Lynn in 1958, that I could do with a course

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of brain training, as I was a bit forgetful. Things haven't changed. I wonder if they are with the chitting potatoes? I will find them tomorrow, promise, and I will be able to trumpet it at you lot because I doubt if this article will be finished.

Have you bought seeds? Have you joined with neighbours to share the cost like what I told you last year? You haven't? Why not? I seriously think we should get an organisation going to club together and buy seeds, potting compost etc, as a group effort. They share the cost of plug plants up at the allotment and these save even the cost of potting compost as, with care, you can get the plugs going in slightly enriched garden soil. You all make your own compost these days don't you. You don't! I despair. All my preaching to no avail. I'm going to stop writing these articles and take up crochet or something.

I found the onion sets and the shallots I bought at the same time. So now, if the weather doesn't turn nasty, I will get them all in the ground - today. All but one of the raised beds, and I have 6, are forked over and manured, the flower beds are all cleaned and a good layer of compost applied so, for a change, I am well ahead. Now that I don't have to get my Jill up in the mornings (oh, how I miss that girl), I do have more time to get on with the garden. All the seeds I ordered have arrived so I really have no excuse not to keep in front of things. But I bet I will fall behind, it's the nature of the beast. I mean, I went out to lunch at the Pantry yesterday with an old Rover Scout friend from way back. Terribly decadent of me but I did enjoy a good mardle with him after many years of just saying hello in the street.

VEGETABLE DISEASES by T.A.Saunders
I think we've had enough of pests so we will move on.
Potato scab. "Authorities say that the presence of lime in the soil encourages this disease. Steeping the potatoes in a solution made from half a pint of formalin to 15 gallons of water will kill the fungus causing this condition. Then lay the potatoes out to dry before planting". I think this would be a dodgy procedure. Formalin is now considered carcinogenic even though when I was a young lab technician we sloshed the stuff around and the histology lab in particular used to stink of the stuff, which was used to preserve tissues. Now all the procedures are done in a fume cupboard to protect the staff. Anyway you can't buy it now. My answer to scab is to either put the potatoes in a nest of grass mowings or dust the soil with sulphur powder. The object is to make the soil slightly acid, which deters scab.

There are some horrible diseases around, Black stripe of tomatoes, Black scab of potatoes, Black rot of cabbages, Onion mildew, scab, smut and sclerotina, White rust of radishes, cress, cabbages, the horrible list goes on. The remedies are equally

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horrible. For instance, to treat Turnip bacterial disease, place the affected turnips in layers with quicklime between then cover with earth and allow to decay. Quicklime or calcium oxide is hard to come by unless you make old-fashioned mortar and is quite corrosive. I think my answer to all these nasties would be to dig the plants up and burn them, blow the pollution!

Next time we will look at "popular vegetables". Having called them popular, Mr Saunders puts Angelica in then says that apart from candying the stems and using the seeds for flavouring, the plant is rarely used. I will select some of the more familiar ones.

Michael Drew

**(There may yet be hope, Michael. My daughter's father-in-law-to-be has an arable farm in Suffolk, not far from a site where green bin waste is composted. He had several lorry loads of the compost on one of his fields a couple of years ago. He would have liked to leave it on the surface for a few of weeks to mellow and cut down on soil erosion. Unfortunately he had a visit from "The Authorities" who said there had been a complaint about the smell from a dwelling which was farther downwind from the field than the farmhouse. He had to plough the lot in tout suit or risk a hefty fine. It did not deter him, though - he still uses the stuff.*

There are pros and cons. The company which composts the waste is not very good at removing the plastic bags and other non compostable waste (mind you - brown bin users should not be putting plastic in their brown bins) - this means that there is plenty of family fun chasing plastic round the fields. On the up side it does reduce the amount of nitrogen input required to the land and does, of course, help improve the soil structure.

Another thing which is helping to improve soil structure is the practise of ploughing in the cereal crop stubble instead of burning it which was the practise formerly. Ed)

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News from the Bushel and Strike

The Pudding Club

As ever we had a good attendance and some wonderful puddings at our recent pudding evening. Many thanks to Chris for judging the puddings. Next pudding evening is Tuesday 13 March at 20.00 hours.

Charity Calendar

The Bushel Boys charity calendar raised an amazing £710. Many thanks to everyone who took part. The presentation took place on 15 February.

Paula and Mark

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2012 ...Moving Forward

The uncertainty in the housing market continues into yet another year, so what can sellers do to make their homes more attractive for the buyers who are out there?:

With ongoing competition for buyers it is important that sellers consider how best to market their property and the steps to take to achieve a sale.

- Use a local professional independent estate agent to advise you on the marketability of your property. They should be able to tell you the likely demand, what price you might expect to achieve and the length of time it may take to sell.
- It is worth thinking about who may want to buy your home, such as a family or a professional couple, and gear your sale to that.
- It is obvious that a clean, well-presented home is preferred by most buyers, so take the time to do a spot of spring cleaning and DIY if necessary, but do not spend more money on this than you anticipate gaining.
- A lick of paint would not go amiss, particularly on front doors (first impressions!) and the most popular rooms in the house. Choose neutral colours and always try to appeal to the more conservative buyer.
- De clutter and depersonalise your home as much as possible. Clutter can make a room look smaller and disorganized. Remove any objects that a potential buyer may not be able to identify with.
- Viewing's should be geared to highlighting the positive aspects of the property and how it may appeal to the needs or aspirations of the buyer.
- If you have pets or children, consider asking a neighbour or relative to take charge of them whilst the viewing takes place. Remember that this is probably the biggest purchase the buyer is likely to make and being distracted when viewing could impact on your sale.
- Decide which order to conduct the viewing, leaving the best room until last. Concentrate on what you think the buyer will be most interested in and do not provide too much in-depth information or irrelevant detail.
- Once you receive an offer, you will need to consider the price and the buyer's personal circumstances. Your estate agent should be able to advise you at this time.
- Having agreed a sale, you will need to involve a solicitor to act for you in the conveyancing procedure. Your agent will be able to recommend a local, competent and trusted solicitor who is familiar with the area should you require this.
- Until exchange of contracts your agent and solicitor will keep in close contact with you, advising you of any developments as soon as possible, particularly where there is a chain involved.

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Saturday 21st April 7.30 pm
ONE DAY (12A)
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Norfolk Coast Partnership

New Community Representatives

The Norfolk Coast Partnership have a new set of Community Representatives to make sure local voices are heard as part of their work to look after the Norfolk Coast Area of Outstanding Natural Beauty.

The Norfolk Coast Partnership was set up in 1991 to promote the sustainable use of the Norfolk Coast Area of Outstanding Natural Beauty AONB. The primary purpose of the partnership is the conservation and enhancement of the natural beauty of the area and it's objectives encompass facilitating and enhancing public enjoyment, understanding and appreciation of the area, as well as promoting sustainable forms of social and economic development which themselves conserve and enhance the area's natural beauty.

The partnership is committed to involving local communities in the management of the AONB. After a period of consultation with Parish Councils of the area and partner organisations, the pre-existing role of Parish Representative was adapted and the name updated to reflect a new focus. A campaign was launched in early 2011 to encourage local people to apply for the volunteer role of Community Representative.

Parish Councils in the area cast the deciding votes and the successful candidates were announced at the end of last year as:

- Keith Harrison - (Winterton)
- Andrew Murray - (Hunstanton)
- Ian Shepherd - (Letheringset)
- Marti Tipper - (Cromer)
- Michael Wade - (Sedgeford)

With an excellent geographical coverage of the area the new Community Representatives bring a wealth of invaluable experience and local knowledge to the Norfolk Coast Partnership network, ultimately contributing to the objectives, policies and management of the Norfolk Coast AONB.

Community Representatives will be able to feed local views into discussions, and act as a local contact for the organisations in the partnership.

Local communities can raise questions or concerns they have regarding the management of the AONB with any of the representatives, enabling the partnership to involve local people in the decisions, plans and initiatives which affect them and the AONB.

If you'd like to get in touch with a community representative, please contact:

communityrep@norfolkcoastaonb.org.uk
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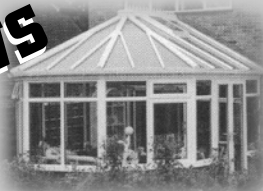
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Heacham Junior School News



Several of our Year 4 and Year 5 pupils successfully passed their 'bikeability' course - a government scheme to encourage more children to cycle safely. Our school council took part in the cluster conference at Docking Primary School. The theme was 'Fair Trade' and pupils spent the day exploring the reasons for Fair Trade and ways in which we can support it. The school council members will now run workshops back at school to raise awareness of the issues involved. On the 1st February, 43 of our children went to see The Lion King in London. It was amazing!!!! This was the first of three trips - everyone has had the opportunity to see the show. The coaches have been paid for by the Friends of Heacham Junior School. At the end of this half term we held a parents' assembly where we shared all the work we had studied over the past half term on forces and the planets. More news next month!!!

Success at Sandringham Cross Country Competition !!

Heacham Junior School did very well at the recent cluster schools Cross Country event with medals won in each of the event's races and the Year 5/6 girls winning the team event. Award. Winners now go forward to represent the cluster at the West Norfolk schools event. Well done to all who took part!!



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Opportunity Awards 2012

The West Norfolk Disability Forum is pleased to announce that it is seeking nominations for this year's Opportunities Awards.

The search is on for individuals or organisations in West Norfolk who have demonstrated innovation, imagination and commitment in ensuring equality of opportunity for people with disabilities in the local community; or for people who have overcome the challenges that a disability can present, with determination and spirit. In the past, winners have been from a diverse range of backgrounds, but the thing they have in common is that they have made a real difference to disabled people, be it by being an inspiration to others or by the provision of activities and services.

The Opportunity Awards Scheme was instituted by the former Advisory Committee for People with Disabilities in 1989 and seeks to recognise outstanding contributions, which have helped people with disabilities with everyday life. This year nominations are sought, but not limited to, the following categories:

- Young Carers
- Voluntary Organisations
- Service Providers
- Employers
- Achievement in Sport
- Volunteering and helping others
- Charity work

To make your nominations for the awards, either write to Allison Bingham, West Norfolk Disability Forum, King's Court, Chapel Street, King's Lynn, Norfolk, PE30 1EX, or email: allison.bingham@west-norfolk.gov.uk. Alternatively you can download a nomination form from the Borough Council's website www.westnorfolk.gov.uk.

The deadline for receipt of nominations is 31 March 2012, and nominators can make as many nominations as they like. The awards ceremony will be hosted by the Borough Mayor at the Corn Exchange on 24th April 2012.

For further information contact: Chairman for the West Norfolk Disability Forum, Cllr David Harwood, on 01553 828872.

Nomination Forms

Nomination forms can be obtained from the Heacham Parish Council office in Pound Lane or the Borough Council in King's Lynn.



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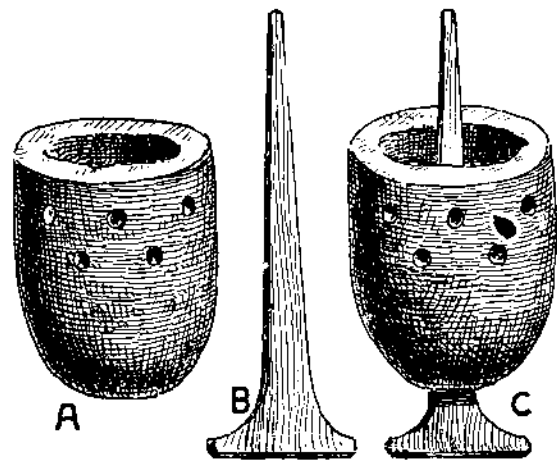


FIG. 762—A WIREWORM TRAP.

A, Carrot scooped out and perforated in side as shown.
B, piece of wood shaped as shown.
C, the trap ready.

If several are dotted here and there in Carnation beds, and frequently examined, there is soon a scarcity of wireworms, and vigorous plants. To be buried 3 inches under the soil.

Taken from "Cassell's Popular Gardening" circa 1920

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Mothers Day 18th March

We haven't put a reminder for Mothers Day on the front page so we thought we'd better put one inside this year. How about treating your Mum to Sunday lunch? If you cannot, or do not want to cook it yourself there are several places in Heacham offering Mothers Day menus. It would be best to book soon so that you (and Mother) are not disappointed.

Why not give one of them a try?

Children - you can show your appreciation for Mum - make her a Mothers Day card by cutting out the picture above, sticking it to a sheet of paper and then colouring it in.

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FEBRUARY CAPTION COMPETITION

"And the winner is....."

....Richard Harman of Heacham who sent in the amusing and topical caption below. Thank you, Richard.



Young Charlotte was astonished to hear how the old seadog was forced by Brussels to accept new EU fishing quotas – by using smaller boats!

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POUT AT THE DEVIL

Bring 80s Rock to Heacham

Saturday May 12th sees the superb "Pout At The Devil" performing at the Public Hall. For those of you not familiar with these boys you are in for a real treat. Faithfully recreating the 1980s, possibly the most hedonistic and excess laden era rock music has ever seen, "Pout At The Devil", complete with big hair and spandex, perform all the classic songs from bands like Def Leppard, Poison, Kiss and Motley Crue.

I have had the good fortune to see this band a couple of times recently and can confirm that the show they put on is second to none in terms of entertainment value.

Tickets are £10 each in advance only please from Trev Frammingham. Please ring 07747 156204 or pop round (evenings only) to 48 College Drive. This is one band you do not want to miss. Its a real feel good evening out.

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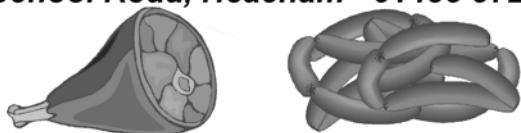
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Hunstanton and



West Norfolk Lifeboats Guild Lifeboats

A very hearty warming fantastic start to our fund raising year, warms one to the marrow (forgive the pun) of the bones in that SOS Day netted a total in excess of £2200.00.

A bright and brisk beautiful Norfolk morning saw the first event in our calendar SOS day at Briarfields Hotel, Titchwell who very generously opened their doors with hospitality for the returning intrepid assorted hounds with their people and others (15 dogs and about forty human walkers).

In all about 115 people attended the exceedingly tasty and piping hot soup session and either blind eyes or the count was lost for those who returned for seconds or even thirds because there were 3 delectable soups to sample.

We would like to offer our most heartfelt thanks to the owner of Briarfields Hotel, The Lodge (£500) and J.J. Wilson (£1000), for the most generous fundraising efforts and donation. The cheques were presented to our chairman Terry Morris.

Ticket sales raised in excess of Seven Hundred pounds..... tremendous start to the year. Many thanks to all involved.

Please remember future dates which I put in the last press release and as some of you may know my email was hacked recently, so now there is a new one:-

jm_lboatgpo@hotmail.co.uk

Please remember to book your tickets for events in good time for the events and functions you are interested in attending.

Notably :-

- 1) March 23rd March – Fish and Chip Lunch. Sedgeford Village Hall Tickets from Angie 01485 572866, Lois 01485 572708, Terry 01485 512500.
- 2) Wed 18th April – AGM Hunstanton Town Hall. More details to follow soon.
- 3) Wed 13th June – Mid-Summer Event, Ploughmans and Pimms, Mulberry Cottage, by kind permission of Jennifer and Terry Morris. Tickets as above.

Please remember that very recently “Spirit of West Norfolk” launched with crew putting themselves in “harm’s way” and saved the life of a young wind surfer. So more than ever we need to continue to raise money to maintain the exemplary service that Hunstanton Lifeboat and Hovercraft crews provide; all volunteers to a man and woman.

Please feel welcome to contact me with any query or question on:-

07970 217225 or jm_lboatgpo@hotmail.co.uk

John Marrow, Press Officer

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HEACHAM PARISH COUNCIL NOTICEBOARD

TO ALL ELECTORS OF HEACHAM
You are invited to take part in the
ANNUAL PARISH MEETING

It will take place at:-

**The Old Friends Hall, Sunnyside
on Wednesday 25 April at 7.30pm**
Under the Chairmanship of Mr M Johnson
(Chairman of the Annual Parish Meeting)

The Parish Meeting may by law discuss all parish affairs and
pass resolutions about them
Refreshments will be provided following the meeting

P Sewell (Mrs)
Parish Clerk

HEACHAM BEACH PARKING PASSES

The application forms for parking season tickets are available from the Parish Council Office and Heacham Library. The form along with supporting documentation should then be taken to the Hunstanton Tourist Information Office. The prices remain the same as last year with discounts for Heacham residents. The passes take effect from 1 March 2012.

Heacham Resident	£31.30
OAP Resident	£23.10
Beach Hut (Resident)	£26.40
Non Residents	£61.60

1948 OLYMPIC TORCH TRAIL

Communities across West Norfolk will be celebrating the Olympic year as the 1948 Olympic torch is brought to 80 villages in the area. Torchbearers will carry the torch along the 170-mile route. The torch, carried by Olympian Paul Evans, will leave Lynnsport Sports and Leisure Park at 9 am on 2 June and make its way to Heacham around midday, where it will be the star attraction in a day filled with sporting activities.

1948 Torch Torchbearers

You are invited to enter the draw to become one of the 6 Heacham torchbearers. The minimum age is 14 for entrants and you should be able to run/jog a mile in around 10 minutes. Applicants for the Heacham sections must all live in Heacham. The application form for torch bearers is available from the Parish Council Office, Heacham Library and the Social Club. The form can also be downloaded from the Parish Council website. Completed forms should be returned to the Parish Council Office by 20 March 2012, when the draw will take place that evening. All those who carry the 1948 torch on its journey through the Borough will be given a medal, presented at 4 pm on 5 June, when the torch returns to Lynnsport.

NORFOLK FIRE & RESCUE SERVICE Free Helpline: 0800 9178137

Norfolk Fire & Rescue Service is committed to keeping you safe from fire. We recognise that only a small minority of people will experience a fire in their home during their lifetime. Unfortunately when fire does occur it can have a devastating effect on all those involved. We also recognise that in Norfolk, the people who are more likely to suffer from the effects of fire are over the age of 65. It is for this reason that we would strongly recommend you to take us up on the offer of a Free Home Fire Safety Check and Smoke Detector fit.

Please allow one of our trained volunteers to talk to you about fire safety in the home and where required our technicians will fit as many smoke detectors as they deem necessary all free of any charge. We also provide specialist Smoke Detectors for the hard of hearing which again will cost you nothing. For once you will actually get something for nothing and all you have to do is contact the free phone helpline using the number at the top of this article or one of the alternative options at the bottom to make an appointment that is convenient for you.

The visit will only take between 30-60 minutes of your time and remember this service is free and may prevent you from ever having to experience the devastating effects that a house fire can cause. Please also note that all Fire and Rescue Service personnel and our Partners will carry ID with them at all times.

PUBLIC NOTICE

The Parish Council has been granted a licence to treat Greylag Goose and Mallard Duck eggs. The licence permits the Council to treat nests on private property in the village, but only at the invitation of the property owner.

The Parish Council's policy of humane management is not a quick fix, but with Parishioners' support it will maintain current numbers and the flock can be maintained at naturally sustainable balance.

The Parish Council continues to urge residents not to feed the ducks or geese. This is particularly important to prevent mother ducks bringing ducklings off the ponds and onto the roads.

Heacham Parish Council

Notice of Parish Council Vacancy

A vacancy has arisen on Heacham Parish Council for a Parish Councillor. This vacancy will be filled by co-option rather than election. Interested parties should contact the Parish Council Office for further information or present themselves at the next Parish Council meeting which will be held at the Parish Office on Tuesday 20 March at 7.30pm

The Clerk

HEACHAM PARISH COUNCIL NOTICEBOARD

February Meetings in Brief

Dog Fouling: The Council agreed to set up a working group to look at tackling the problem of dog fouling in the village. The group planned to review the Keep Britain Tidy advice prior to meeting with enforcement officers of the Borough Council.

Heacham Library: The Council noted that the building had been put up for sale. The Clerk confirmed that the sale would not affect the lease agreement. The Council did consider the suggestion to purchase the building, however it was agreed that this was not an option.

Going Green: The Parish Council reviewed the success of the Green Team in Reepham and agreed that it would like to take a more active role in encouraging the village to live more sustainably. It was agreed that a "Going Green" initiative should be introduced at the Annual Parish Meeting to see if a group could set up similar to that at Reepham.

Vacancy: The Council noted that there would no bi-election to fill the vacancy on the Council. Mr Drinkwater asked whether it might be the right time to reduce the number of councillors allowed to sit on the Council. It was agreed that this would be discussed if no one came forward in the next few months for cooption.

Heacham Newsletter: The Chairman thanked the Newsletter for their support of the Heacham Library, following the purchase and donation of large print books.

Saltings: Mr Chessum, Chairman of the Natural Environment Committee, announced that the Council would hold an open day at the Saltings, North Beach on Monday 9 April. The area would be officially opened and the Committee would be on hand to explain the conservation work on the reed bed.

Diamond Jubilee: The Council agreed that in partnership with the PTAs at Heacham Infants and Heacham Junior Schools, each pupil would receive a Jubilee memento.

Tree Warden: Parish Councillor Mrs Trish Hammond had volunteered to be the village tree warden. Mrs Hammond would focus on the existing trees in the village and would undertake an audit of those trees covered by preservation orders.

Tesco: The Council agreed to ask Highways to install double yellow lines directly outside Tesco to improve visibility at the junction.

Bray's Pit Work Day

The Natural Environment Committee will be holding a work day in Brays Pit on Sunday 25 March from 10.00am. All volunteers are welcome, please bring gloves, secateurs and loppers.

Norfolk Green Bus Service

The Parish Council has been notified of impending changes to the Norfolk Green bus service. The main change appears to be that the first bus of the morning which leaves the Fox and Hounds Public House at 6.25am will be cut. There will also be adjustments to the evening schedule from King's Lynn to coincide with the train arrival times at King's Lynn Rail Station. The good news is that the numbers of buses on a Sunday will be increased to double the amount on last summer. They would, therefore, be running every half hour in both directions, subject

to traffic volume on the A149. On the Coasthopper service there would be a reduction in frequency at certain parts of the day, which have yet to be confirmed. The new summer timetables are not yet available.

Parking Enforcement

Residents may have been aware of the decriminalisation of parking offences that took place last year. The Borough Council have now taken on this responsibility from the Police and Traffic Wardens. In the first 4 weeks of operation, 800 parking tickets were issued in and around King's Lynn. The orders for this area were signed in February and the on-street enforcement officers have started covering the Heacham and Hunstanton area.

The Wash East Coast Management Strategy

A new group has been set up to look at how best to manage the coast between Hunstanton and Wolverton. The group are working with consultants appointed by the Environment Agency. One of the issues being looked at is the changes to Heacham's coastal geography over the past 70 or 80 years. The Consultants are keen to talk to local people about the effect of tides on the beach and sand dunes in Heacham and are especially interested in old photographs of the area. We are therefore looking for residents with a firsthand knowledge of Heacham Beaches from many decades ago and residents who might have inherited old photos of the area. If you would be willing to pass on your local knowledge, please get in touch with the Parish Council Office.

Heacham's Big Weekend

1-4 June 2012

Heacham's big weekend will mark both HM The Queen's Diamond Jubilee and 2012 Olympics. There will be activities starting on the Friday for Heacham Junior and Heacham Infants School. On the Saturday the 1948 Olympic Torch will come through the Village, with a wide variety of activities being organised by Heacham Club on the Sports Field. St Mary's Church will host a special service on the Sunday morning with a social event in the afternoon. The Parish Council are to organise Street Party on the Monday afternoon in the High Street.

Grand East Anglia RUN

The GEAR 10k will take place on Sunday 6 May in King's Lynn. This event attracts participants from all over the Country and is becoming an increasing popular running event. There is also the Mini- Gear for adults and children. The organisers are also looking for volunteers to help marshal the course. Contact the Borough Council or go online to register as a runner or volunteer. www.grandeastanglianrun.co.uk

Any queries should be addressed to:
Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
Norfolk PE31 7ET
Tel/Fax 01485 572142
www.heachamparishcouncil.co.uk

Open Tuesday - Friday 10.00am-Noon

HELP LINES

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

HEACHAM & DISTRICT COMMUNITY CAR SCHEME **534777**

HEACHAM CHEMIST **570297**
 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

Mrs S. SMEATON **01485 572528**
 Mr C. MANNING **01485 523287**
 NORFOLK C C MICHAEL CHENERY **01328 823411**

PARISH LIBRARY **571928**
 OPEN MON, WED, FRI 10.00 TO 16.00 SAT 10.00 TO 12.00

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 **101**

SAMARITANS **01553 761616**
 CHILD LINE **0800 1111**
 ELECTRIC **0800 7838838**

ANGLIAN WATER **0845 7145145**
 GAS ESCAPE **0800 111999**
 EMERGENCY 24hrs VETERINARY CLINICS **01485 570065**

HUNSTANTON LIBRARY **532280**
 OPEN MON. TUE. and FRI 10.00 TO 17.00
 WED. 10.00 TO 19.00
 THUR and SAT 10.00 TO 13.00

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

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

www.heachamgrouppractice.org
 www.heachamnewsletter.org.uk

Heacham Chalk Pit Recycling Centre

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

LOCAL BUS SERVICE BETWEEN HUNSTANTON AND KINGS LYNN

Norfolk Green

Service 10 and 11

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0622 first bus to Kings Lynn then three times an hour
 0700 first bus to Hunstanton then three times an hour

Service 11

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.
 0855 first bus to Kings Lynn then 55 min past the hour.
 0816 first bus to Hunstanton then 10 min past the hour

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Smithdon High School Bus

Service 401

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

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Coasthopper Service

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

xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

All Bus Enquiries
 www.norfolkgreen.co.uk
 Tel: 01553 776980

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

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

Heacham Halls

Public Hall	570776
Pine Residents Hall, Wilton Road Mrs Crisp	579440
Methodist Church Hall, Station Road Mike Careless	570363
St Mary's Church Hall, High Street Mon, Wed, Fri 10.30 to 12.30	572539
Old Friends Hall Sunnyside Close	572142

MOBILE LIBRARY

ROUTE DER 224 (Tuesdays)		ROUTE DER 223	
6th / 20th	March	13th / 27th	
COLLINGWOOD CLOSE	09.40	ROBIN HILL	10.25
SOUTHMOOR DRIVE	10.00	CHURCH LANE	10.40
SANDRINGHAM DRIVE	10.20	RINGSTEAD ROAD	10.55
CHENEY HILL (F/SIDE)	10.40	NEVILLE CT	11.40
WOODSIDE AVE	11.05	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.20	PINE MALL	12.30
MILLBRIDGE	11.50		
NOURSE DR/INGLEBY CL	12.15	SITKA CLOSE	12.50
POCAHONTAS WAY	13.45	SUNNYSIDE	14.15
BUSHEL & STRIKE	14.05	MEADOW RD	14.40
GIDNEY DRIVE	14.20	POPLAR AVE	15.30
BANKSIDE reverse in	14.40	GYMKHANA WAY	15.50
MARRAM WAY N CL	14.55	JENNINGS CLOSE	16.15
MARRAM WAY S CL	15.10	COLLEGE DR/G CL	16.50
MARRAM WAY/N RD	15.25		
CUNNINGHAM COURT	15.45		



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