



# THE HEACHAM NEWSLETTER

## November 2013



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



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

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

The Newsletter Team has recently received the following letter. If any of our readers are able to help, please contact us for Mr Anderson's contact details. Editor.



Upminster, Essex

Dear Newsletter

**Old Books of Heacham**

I have been able to obtain from my bookshop here in Upminster the titles of the books relating to Heacham.

I would like to obtain any of these and your help is very much appreciated. The titles are:-

- Francis Frith – Old photos of Heacham
- Pocahontas – The Life and Legend
- From Paleolith to Motor Car – Heacham Tales

**R P Anderson**

\*\*\*\*\*



Heacham

Dear Newsletter

**The Plumb Family's Steam Party**

Over the weekend of 3rd and 4th August our Steam Party at the Longacres Caravan Park was a great success with perfect weather and 25 steam engines large and small on the field. Thanks to the Fox & Hounds who allowed engines to use their car park for the road run to the pub which attracted quite a crowd.

Also, our thanks to all who contributed to the charity collection and assisted us over the weekend. A total of £1,478 was collected and donated to Headway Norfolk & Waveney, part of the national group which supports head injured people.

**Mike Plumb**

\*\*\*\*\*



Lynn Road

Dear Newsletter

**Solo Whist – the end!**

It is with great regret that the regular Friday Solo Whist meetings must be discontinued in view of declining membership. The club has been playing Solo regularly for over 40 years but lack of support and fresh players has meant this closure.

**T L Grice**

\*\*\*\*\*



Fenway

Dear Newsletter

**Car Boot Sales**

I would like to thank everybody who has helped and donated goods to my stall this car boot season. You have helped me raise the wonderful sum of £1,697.52 for the Queen Elizabeth Hospital and also £380 for the Red Cross.

I would still like clean paperback books and any knitting wool, as we continue to have stalls within the hospital throughout the year.

Thanks to everybody.

**Phyllis Sanderson**

\*\*\*\*\*



Dear Newsletter



Woodside Avenue

Dear Newsletter

**Maybe One More Time**

It is nearly a year since Broadland Housing first tried to railroad the people of Heacham by setting out plans for a huge development. You will remember that their presentation suggested it was all done and dusted. Well it wasn't and Heacham said a very definite no. Notwithstanding this the developers endeavoured to bury everyone under a growing pile of electronic, on-line, documents. This didn't work so they wriggled again and changed the plans. This still didn't work and they were rejected.

Now that the Borough Council's preferred options for house building, including affordable housing, have been, albeit reluctantly, accepted by the Parish Council with appropriate caveats to protect the best interests of Heacham residents, you would think that Broadland might have quietly left Heacham and gone to upset people elsewhere. However, it seems they have probably not. It is likely that the people of Heacham will soon be invited to attend another presentation. It will still be about the same site at the end of School Road and, though smaller than the two previous plans, it will still be large and include houses and a care home. No link to the A149 is currently mentioned; all of the possible new development uses School Road for access. No doubt representatives from Broadland will speak with honeyed tongues about their plans. Please remember that they are demonstrably devious. An inroad into this area of land will undoubtedly lead to further and further building – the original huge development they envisaged will appear albeit, possibly, a little slower. It will be Large Scale Development by stealth. You may think you need to say no once again.

**Terence Parish**

\*\*\*\*\*



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## Heacham Guiding Christmas Fair

Saturday, 30th November  
10am to 12noon  
Methodist Church Hall

Come one and all and join us for

Fun and games  
Cake stall  
Crafts  
Christmas presents  
Visit Father Christmas  
And of course a mince pie

To raise funds for Girl Guiding in Heacham

Merry  
Christmas

## Christmas Day Lunch

Here we are again in November, where has the time gone, I must be getting older. We are delighted that bookings have already been received for our Christmas Day Lunch in the Church Hall in the High Street.

If you would like to come along and join us we will be pleased to see you. Fred and Mary are standing by to answer the telephone (01485 570264) and take your details. 12.30pm. is arrival time, come and enjoy yourself, catch up with friends old and new whilst having a festive drink. Lunch should be served around 1.00pm, but we have to battle with the oven before that and, as many of you will remember last year, the seal needed replacing on the oven door, oven gloves magically caught alight and a great time was had by all in the kitchen.

Adrian, Jean, Simon Flowers and Lorna provided entertainment and kitchen services. Volunteers made light of all the work and it really is a pleasure to be involved with this lunch. Steve Davis, our Vicar, gave us his permission and blessing to hold the lunch before he was drawn back nearer the Welsh border to shepherd another flock! We look forward to seeing you.

Our volunteers are most welcome to come along from 10.00am on Christmas Eve. Oh! I think I can hear someone calling, "I'll do the carrots" (thanks Janice).

We look forward to seeing you all again.

**Fred, Mary, Stephanie and Martin**

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Please contact Nickie to see if we can help you.

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You can also contact Bob who deals with corporate matters.  
Robert Jolly FMAAT (Consultant)  
[bob@bantoftaccountancy.co.uk](mailto:bob@bantoftaccountancy.co.uk)

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## New Sport Co-ordinator

I would like to take this opportunity to introduce myself to those in the village who I am unfamiliar with. My role as the village sport co-ordinator is to bridge the gap between the Heacham sport clubs and the West Norfolk Sports Council by helping to apply for funding (generally equipment and coaching) and promoting sport in the village.

Although it's early days I am also required to organise a team for next summer's inter-village games, so bear that in mind if you would be interested and get in contact with me nearer the time. It was a great shame that a village as big and active as ours was unable to enter last year.

If you feel your sports club requires any equipment and could benefit from coaching, or perhaps you would like to form a new sports club in the village, or if you would like any information about sport in the village, feel free to get in contact with me.

**Jordan Penty**

**Heacham Village Sport Co-ordinator**

**07827 441816**

**jordan.penty@hotmail.co.uk**

## Heacham Guides



Our first activity at Guides in Heacham was a celebration of chocolate. We tasted, tested and cooked with chocolate. Yum!

We have had a 'picnic in the park' and a game of cricket (to run off the chocolate)!

We lit a camp fire on the beach, cooked our supper, toasted marshmallows and had a good old sing-song.

A visit to Pleasurewood Hills with other Guides and Brownies was really great. We all got very wet and very dizzy.



We have also learnt and explored the meaning of our new promise. Four Guides have now been enrolled and proudly wear their new neckers.

Many thanks to everyone who have helped us. There are lots more fun things planned for next month, so Happy Guiding.

If you would like to join us, call Sue on 07833 747059.

**Sue**



**The Mulberry Retreat**  
at Heacham Manor

We are delighted to announce **The Mulberry Retreat** will be opening on Saturday November 2<sup>nd</sup>.

The team have been busy filling the shelves with our ranges of Decleor & Jessica products, and lighting our scented candles, ready to welcome our first guests.

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**November Dinner Special**  
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(Excludes Bar Menu)  
Daily 6.30pm – 9pm

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www.heacham-manor.co.uk



## 1st Heacham Cubs

Heacham Cubs had a table at the Scout Group's table top sale on Saturday 28th September. The Cubs brought in donations which we sold and raised £31. This will go towards our garden that really needs sorting out before the winter. Many thanks to the Cubs who brought in bits and pieces to sell and the mums who made cakes for the Scouts to sell. The Cubs who helped on the day worked towards their Community Challenge Badge.

During this term we finished off our Home Safety badge from learning about hazards and dangers in the home to who to call in an emergency. As part of this badge we visited Heacham Fire Station on Thursday 3rd October and had a talk from Barry Rudd about the station and fire safety. The Cubs were shown the clothes the fire fighters wear and the equipment the fire fighters use. Then they were split into two groups and were shown round the fire engine, had a sit inside and were shown how the thermal imager worked; then at the end they all had a go at squirting the hose. We would like to say Thank You to Barry, Dave, Guy, Chris and Leesa. The visit also went towards their Community Badge.

10 Cubs completed their Book Reader Badge by reading fiction and non fiction books; then they had to show how to use a dictionary, atlas and encyclopaedia. They then had to explain how a library is set out and how you would find fiction and non-fiction books plus explain that they knew how to care for their books.

Again this year the Cubs supported the Samaritans Purse and made up four shoeboxes. They also watched a short video on children receiving the boxes and discussed what it would be like to receive a box with toothpaste, toothbrush, colouring pad, pencil crayons, small toy, flannel, soap etc instead of the latest bike, mobile phone or games console.

Also during the term we looked at some maps and carried on working on how to use a compass.

Happy Scouting to all our Cubs

**Sam (Akela). Michael (Rama). Julie (Ziggy)  
and Sam L. (Chil)**



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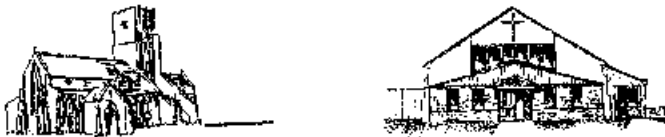
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**CHURCHES TOGETHER IN HEACHAM**

**A Very Messy Year!**

12 months ago St Mary's embarked on a new journey of faith, one which seeks to welcome and embrace children and families. It's called Messy Church and it's growing not only nationally but internationally.

We weren't quite sure what to expect when we turned up for that first session, but it went well, with around 25 children accompanied by parents, grandparents or carers enjoying 2 hours of fun and learning in a relaxed and friendly atmosphere. Over the months, Messy Church has become quite a popular date for many families, not just in Heacham but in the surrounding villages, and we now regularly welcome around 100 people to our Saturday morning sessions.

On arrival (10.00am) children are registered with a badge and are invited to seek out the various high quality craft activities on offer around the church; around 10.50 we have an assembly time with story (often in drama and interactive) and song, before the Messy Grace announces a family sit-down meal in the church; we finish at 12.00, thoroughly exhausted but incredibly uplifted from the joy of smiling faces of both children and adults.

Offering a strong moral message to the next generation in this day and age is vital, when the news is increasingly full of the darker sides of life. We in our village are incredibly fortunate in the range and depth of quality input that our children receive in their schools and of which the Christian church is a part. Bible stories today are presented in a much more relevant, fun and interactive way than the parents (and especially grandparents) generation would have been used to. Ask your children and grandchildren about GenR8, for example, or Open the Book, which present the bible in a very visual and understandable way; puppets are used to help children relate to storylines and feelings, and I'm not sure laughter would have featured strongly even 20 years ago, but it does today.

I wonder whether you have heard about Prayer Spaces or Godly Play? These are the most recent innovations in seeking out a spiritual approach for children. But don't we all need some time and space for reflection? For Christians prayer represents the ultimate source of peace and reconciliation with a world which often seeks to deflate the spirit. At times of great stress and confusion, when relationships are strained, when cruel words are spoken, when actions cannot be understood, we all need a haven of peace.

You will find a warm welcome awaiting you at St Mary's.

**Brian Griffin**  
**Churchwarden, St. Mary's Church**

**PARISH REGISTERS**

**Faithful Departed (Church Linked Funerals)**

15/09/13	Colin Woodhouse	71
15/09/13	Iris Sylvia Page	93
01/10/13	Joan Mary Hunt	83
02/10/13	Ralph John Fish	95
04/10/13	Eric Moseley	97

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

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

**METHODIST CHURCH Sunday Services**

10.30am Morning Worship

**Preachers:**

- 3rd November - Cathy Fielding
- 10th November - Remembrance Day
- 17th November - Mike Gunnell
- 24th November - Elizabeth MacLeod

Remembrance Sunday 10th November

There will be no Service at the Methodist Church on Remembrance Sunday 10th November. Instead we shall be uniting with our friends at St. Mary's Parish Church for the Village Service at 10.00am. Note the time: it is half an hour earlier than our normal Sunday worship. The Service will be led by the Rev'd Kim Nally and the preacher will be the Rev'd John Spencer.

**Midweek Holy Communion Services:**

These are held on the second Wednesday of each month. The November Service will be on Wednesday 13th at 10.30am. All who love the Lord are welcome to attend.

Regular Activities at the Methodist Church

MONDAY: Indoor Bowls 7pm – weekly

TUESDAY: Ladies' Fellowship:

2.45pm on 12th and 26th November

Hands and Needles Club

7.30pm on 12th and 26th November

THURSDAY: Social Evening at 7.15pm on 14th November

FRIDAY: Indoor Bowls 7pm – weekly

A warm welcome is given to all who come to our mid-week events - you don't have to be a church attender.

**Church Contacts:** (telephone code: 01485)

Methodist Church	The Rev'd Kim Nally	570232
St Mary's Church	John Whitbread	579326
St Mary's Church Office		572539

email: [heacham.church@googlemail.com](mailto:heacham.church@googlemail.com)

November Services at Nursing/Residential Homes

Tues 5th	2.30pm	Rebecca Court
Mon 11th	11.00am	Holy Communion at Millbridge
Wed 20th	2.30pm	Summerville
Fri 22nd	10.30am	Fridhem

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

**Sunday Services in November**

- 8.00am Holy Communion (Book of Common Prayer)
- 10.00am 3rd Morning Worship
- 10th Remembrance Day Joint Service with Heacham Methodists
- 17th Shoebox Service and Holy Communion
- 24th Morning Worship
- 10.30am at Heacham Junior School
- 3rd Morning Worship
- 10th Remembrance Day Service
- 17th Holy Communion
- 24th Morning Worship
- 3.00pm 3rd November: All Souls Special Service
- 6.00pm 10th, 17th & 24th November: Evening Worship

## HEACHAM GROUP PRACTICE 2013 FLU CAMPAIGN.



This year's flu campaign will be held for 2 WEEKS ONLY during the months of October and November at Heacham and Snettisham.

The October Flu clinics ran from 1st-4th October. However, the November FLU clinics will run from Monday 4th November until Friday 8th November.

*These appointments will be available from Monday 22nd October.*

Please call 01485 572769 AFTER 11.00am to avoid the busiest time of day. Thank You.

To qualify for a Flu Vaccination you will need to fall into the following category:

**YOU ARE OVER 65, OR SUFFER FROM:-  
ASTHMA/BREATHING PROBLEMS,  
CYSTIC FIBROSIS, HEART DISEASE,  
DIABETES, KIDNEY DISEASE  
WEAK IMMUNE SYSTEM, LIVER DISEASE,  
NEUROLOGICAL DISEASE  
CARERS WHO LOOK AFTER PHYSICALLY  
DISABLED, OR A DEPENDANT PERSON,  
PREGNANT.**

The Shingles campaign has commenced and all eligible patients are in the process of being contacted.

Thank You.

## Heacham Twinning Association

Invite you to visit

### Bury St Edmunds Christmas Market

Leaving at 9.00am in the morning, we will arrive with plenty of 'shopping' time to experience the Christmas and Continental market.

**Sunday 1st December**

**£12.00**  
(children £6)

**Depart 9.00am**

1st pick up point: Opposite Public Hall, Heacham  
2nd pick up point: Lodge Road bus stop, Heacham

Telephone Sue to reserve seats:  
01485 572252

**Second coach is now filling fast**



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## 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; everyone can belong to 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.

### IN LOVING MEMORY

**On Sunday 3rd November at 3.00pm in St. Mary's Church** there is one of the special services of the year.

We gather to remember those who have died. Sometimes the remembered death is recent but it need not be there is no time limit on memories. Candles will be lit to help us focus on the lives that brought light into our lives but, more than that, to remind us of the light that came into the world with Jesus Christ.

We shall hear words that talk of eternity and remind ourselves of the hope that we have because of the resurrection of Jesus Christ from the dead.

There will be a chance to talk afterwards over a cup of tea/coffee

**In sure and certain hope**

**The next Messy Church will be on**

**Saturday 30th November**

**At St Mary's church, Heacham**

**Please come & join us!**  
**Children must be accompanied by an adult or carer.**

For catering, we ask you to book in advance at [griffin568@btinternet.com](mailto:griffin568@btinternet.com) or 571348 (Brian/Josephine)

## **Hunstanton Community Choir**

"What good is sitting alone in your Room?"

Hun Community Choir membership is now up to 81

and we're all enjoying the new songs!

We still need more Tenors

(if you're not sure what you are, Simon can work it out for you!)

but the sound is great and the company fun.

We meet on a Tuesday evening from 7 to 9pm in Hunstanton Town Hall; cost £3 including refreshments.

## **Hunstanton Catholic Parish**

Hunstanton Catholic Parish (Church of Our Lady and St Edmund, Sandringham Road, Hunstanton with St Cecilia's, Mountbatten Road, Dersingham).

We are looking forward to welcoming Father Henry McCarthy, who is retiring from Gorleston to live in our Parish and hopefully will be helping out with ecclesiastical duties.

Eric Rhodes, a parishioner from Heacham, has completed a sponsored charity cycle ride. Starting from Heacham, through the villages to Castle Acre and back by a different route, he completed the 42.7 mile trip in six hours. He raised in excess of £500, which he has generously donated to the King's Lynn Food Bank. He also took some very nice photographs along the way of Norfolk village signs and other indications of his route; these are displayed in the parish centre at Hunstanton.



The Harvest supper celebration at Dersingham was a great success. A fish and chip supper followed by apple pie and cream, tea and coffee was enjoyed by all. We sang harvest hymns and listened to autumn inspired poetry. Thanks as usual to all the volunteers for their help.

There will be another of our ladies shared lunches at Dersingham on Saturday 2nd November. All are welcome to this very popular and enjoyable social occasion.

The Convent daily masses are slightly changed, so please check for dates and times on Church notice boards, website or phone. Our daily Masses are held at St Theresa's Convent, 27 Sandringham Road, Hunstanton and at 10.15am at St Cecilia's, Dersingham on Wednesdays. Sunday Masses are 9am at Dersingham and 11am at Hunstanton.

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after the 10.15 Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be made very welcome.

The Parish telephone number is 01485 543818, but this is for leaving messages only. If you require a Priest please telephone Fr Peter Rollings on 01553 772220.

**Website:** [www.hunstantoncatholicparish.org](http://www.hunstantoncatholicparish.org)

**Email:** [parish@hunstantoncatholicparish.org](mailto:parish@hunstantoncatholicparish.org)





**Pocahontas Players Drama Group  
PANTOMIME**

Well, all readings and auditions are done. We are now heavily into the rehearsals of 'SUMMER HOLIDAY the Panto' written by Jim Race. The 'Baddie' characters have been cast, to argue and be nasty to the 'Goodie' characters. WHO will win? The script has been cleverly written, telling you (the audience) just what these Baddies and Goodies get up to during the summer months, while not treading the boards, during the Winter Panto season.

The Pocahontas Players acted Jim's original Summer Holiday Panto script some 18 years ago, which Jim has now brought more up to date. To think that many of our younger teenage cast, were not even born, the first time round!! (scary!)

Without giving too much away, there are a few super 'tricks', great dance routines and cast singing. All leading to a great family entertainment evening.

The dates for your new 2014 calendar/diary are Thursday 23rd January 7.30pm.



Friday 24th January 7.30pm with two performances on Saturday 25th January (2pm and 7.30pm). Tickets will be on sale next month but if you would like to reserve your tickets in advance, please just give Janice or Jim a ring to add your name to the list.

Janice - 01485 570402 or Jim - 01485 571267.

For more news update on how the production

is going, tickets etc , watch this space . .

Photo - during rehearsals. Two of the Dwarves (Monday -Jack Parr and Tuesday - Tanner Swan) being scared by the Ghost (Jim Race) . . . "It's behind you . . . . . "!

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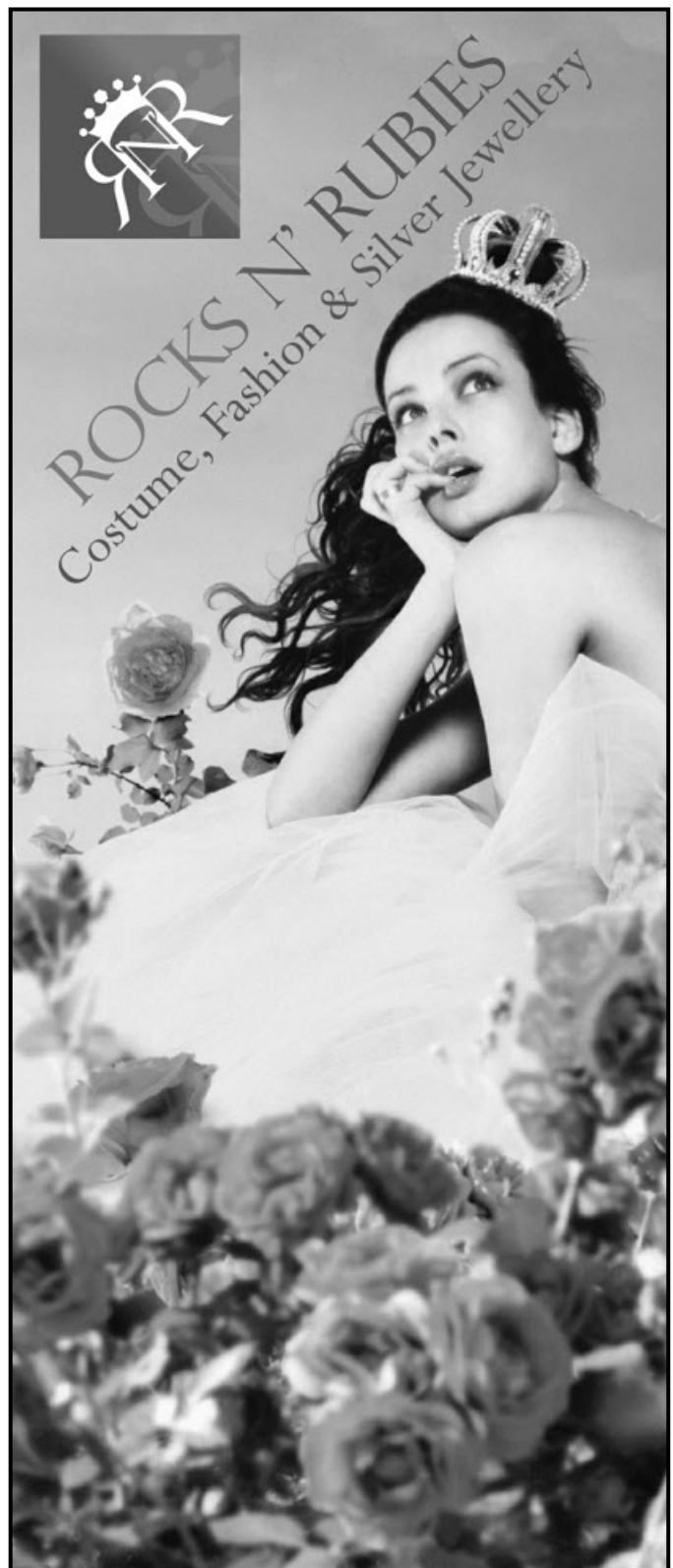
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## THE SONG REMAINS THE SAME

Monthly musings on music by Frank Edmonds

Who am I to diss a Brie?

Disturbing news reaches us that the Eurythmics' 1983 classic Sweet Dreams (Are Made Of This) was not actually written by band members Annie Lennox and Dave Stewart at all. It was in fact written by ... a mouse.

This is because – it is alleged, sensationally – the lyrics actually begin: “Sweet dreams are made of cheese / Who am I to diss a Brie? / I travel the world and the Cheddar cheese / Everybody’s looking for Stilton.”

Welcome to the wacky world of misheard lyrics!

And if you think I just made that up (I wish I had – I think it’s brilliant, to be honest), sorry but no. A recent survey proclaimed Sweet Dreams as the most frequently misquoted song in the UK, with nearly a third of the people polled actually believing Annie Lennox sings: “Sweet dreams are made of cheese” in the opening line (it’s THIS, for heaven’s sake! Sweet dreams are made of this! Oh never mind, I actually prefer your version anyway!).

You might not be shocked to hear that Ms Lennox is not alone in having her diction called into question. Getting the wrong end of the stick is positively endemic while listening to song lyrics – and it’s not just serial vowel-manglers like Mick Jagger who fall prey, either. Oh no – no one’s safe.



Take ABBA. You’d think people would have heard Mamma Mia enough times now to know what they were on about. But that doesn’t stop some people thinking Agnetha sings: “Ooh, since the baby farted” instead of “since the day we parted.”

And for years folk heard Super Trouper, and were convinced Ms Fältskog hated supermarket shopping: “I was sick and tired of everything / When I called you last night from Tesco’s” (well she probably does, but the song says “Glasgow,” actually).

Mind you, “See that girl / Watch her scream / Kicking the Dancing Queen” just sounds like wishful thinking to me!

Much kinder is Michael Jackson’s apparent concern for a hungry fan in Smooth Criminal: “Annie do you want cake / Annie do you want cake / Do you want cake, Annie” (it’s “Annie are you OK” – but heck, pass the Victoria sponge and we’ll say no more about it).

You do worry about what goes through people’s minds, sometimes. Perhaps dogs don’t catch rabbits as much as they did in the Fifties, but can people really think that in Hound Dog, Elvis sings: “You ain’t ever pornographic / And you ain’t no friend of mine.”

Likewise, it doesn’t seem to make complete sense that Madonna would sing: “Like a virgin / Touched for the thirty-first time” (try “very first time”!).

The classic misheard Madge, though, is of course her steamy hit single, Erotic. Could the Queen Of Pop really have a secret thing for telly’s favourite birdwatcher: “Bill Oddie / Bill Oddie / Put your hands all over my body.” As one online commentator put it: “Look at the song title, people!”

And while we’re on the subject of washing mouths with soap, in Livin’ On A Prayer, did Bon Jovi really sing: “It doesn’t make a difference if we’re naked or not” (it’s “make it”! It doesn’t make a difference if we make it or not! Oh lor, that sounds just as bad now ...).

In Hungry Like The Wolf, Duran Duran’s Simon le Bon is trying really hard to connect with his inner lycanthrope, only for some numpty to think he says: “I smell like a cow / I’m lost and found.”

I don’t think supermodel wife Yasmin would let him get away with that, somehow. It’s “a scent and a sound, I’m lost and found” – but to hell with the clever imagery! Moo! Moo!

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You know the classic line in Joni Mitchell's early eco-friendly smash, Big Yellow Taxi? Well, some folk – Village People fans, I suspect – think she sings: "A gay pair of guys / Put up a parking lot" instead of the actual: "They paved paradise / Put up a parking lot."

And speaking of which, some people may have been listening through a Purple Haze if they thought Jimi Hendrix – something of a one with the ladies, shall we say – was actually singing: "Scuse me while I kiss this guy" (try: "kiss the sky" – or he would have been taking the summer of love a bit too far, methinks).

And talking of iconic song lyrics, as crazy as Queen's Bohemian Rhapsody is, it's such a well-known song now that it's hard to believe people think Freddie Mercury is pleading: "Spare him his life for this one cup of tea." Bizmillah, no! Oh all right, then – two sugars, please.

Needless to say the Bee Gees, with their, um, unique singing style, don't escape lightly. More Than A Woman gets singled out for particularly harsh treatment, with folk thinking it goes: "Bald-headed woman / Bald-headed woman to me," or even: "Your man's a woman / Norman's a woman to me."

Fact: Bald-Headed Woman was actually the B side to The Who's single, I Can't Explain. But I, er, don't think she was called Norman, no.

Speaking of rockers, what about Creedence Clearwater Revival's classic, Bad Moon Rising? Now, given the title, you might not think it unreasonable that John Fogerty ends the chorus with: "There's a bad moon on rise." And NOT: "There's a bathroom on the right ..."

Mind you, what kind of weird mind thinks the legendary song from the Sixties musical Hair, and the hit single by the Fifth Dimension, proclaims: "This is the dawning of the age of Asparagus, the Age of Asparagus ..."

Speaking of musicals, did Tina Turner have a thing for Rex Harrison? Could she, even, talk to the animals? And did she really sing: "What's love / Dr Doo- / Dr Doolittle."

It's a bit of an old joke to think that the early Police hit, So Lonely, was really a homage to BBC TV presenter Sue Lawley. But I must admit I rather like the idea of Sting singing: "Salami / Salami / Salami / I feel salami."

I will leave you now with the thought that not even the chart superstars of today are immune from the curse of the misheard lyric. I may not be Rihanna's biggest fan – well, not of her music, at any rate – but in her song We Found Love, I think it would be great if instead of: "We found love in a hopeless place," she really did sing: "We found Dove in a soapless place."



Now THAT'S a video I'd love to see!

• **FEEDBACK:** If you have any views, comments or suggestions you'd like to air about the column, feel free to contact me at: [frank@bronyaur.demon.co.uk](mailto:frank@bronyaur.demon.co.uk)

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## A Butterfly Summer

What a year this has been for butterflies!! And what a great butterfly 'moment' occurred on our annual Cornish holiday when, to escape the heat of the beaches, we visited Trewidden, a small but fascinating garden just outside Penzance. Suddenly, having followed a winding path through the damp dimness of a miniature forest of magnolias, camellias and tree ferns we stumbled, blinking, through a small gate into a neat walled garden vivid with flowers and bathed in dazzling sunlight. There, to our astonishment, was a great line of buddleias and on the flowers hundreds of multicoloured Peacock, Small Tortoiseshell, Red Admiral, and Comma Butterflies contentedly sucking up nectar through their tubular 'tongues' as fast as cars 'tanking up' at Tesco's.

And what a sight that was! But to cap it all were scores of Hummingbird Hawk Moths, hovering, humming over the flower heads, their long 'tongues' dipping delicately for nectar into floret after floret as they drifted slowly along a never ending self service buffet. These day flying, hyperactive little beauties which must vie with Swifts as monarchs of the skies, are summer and autumn visitors, arriving here on the back of warm southerlies, and, free as the air, range widely over Europe and much of Asia. Their holiday itinerary sometimes includes our village so, even in October you may find them if you keep a careful eye on your flower borders, although they don't waste time and will have been and gone almost before you can say 'Supermoth'.

According to a count run by the charity Butterfly Conservation, 2013, despite a bitterly cold late spring, has been an excellent summer for butterflies and day flying moths, with about 75% of the more common species showing an increase on last year. Amongst these, the Small Tortoiseshell with an increase of 388%, and the Peacock Butterfly with 3,500% stand out, although such results are very distorted as they are measured against the count Butterfly Conservation made in 2012: one of the wettest and worst butterfly years ever.!

Vulnerability to bad weather and the tendency for numbers to fluctuate wildly year by year has made butterflies targets for 'Gloom and Doom' stories claiming that they are declining because of climate change. However, Butterfly Conservation surveys suggest that, apart from some very rare species, they are well able to bounce back after difficult weather. In fact, far from declining, about 10 species of butterfly including the Comma, Speckled Wood, Red Admiral, White Admiral and Brown Argus, have, over the past 40 years been moving northward, seemingly in response to some helpful warming of the climate, whilst at the same time maintaining their presence in the south. No victims these! Indeed one species, the aggressively territorial

Speckled Wood Butterfly, now common round here, and often a visitor to our garden, is at present rampaging through Scotland.

In Heacham, we can thank this northward migration of butterflies for the arrival of White Admirals in one of our local woods where the species now seems well established. Our first sighting of one of these butterflies was on a morning of bright sun, and heavy heat, as we walked through the cool greenness of the wood, its sun - dappled floor overgrown with bramble bushes their abundant, if dowdy, flowers the main source of nectar for this charismatic insect.

From experience we knew where to look, so we stood near a tall oak tree, one of many from which great garlands of honeysuckle, this year loaded with flowers, hung like decorated banners, the ground around it bathed in dazzling patches of sunlight. At first we saw nothing: but soon Sue spotted a butterfly sitting high up on the honeysuckle. It was a male White Admiral, in perfect condition, those splendid black and white wings half raised, quivering with anticipation of all the joys of the day ahead. There was a brief pause. Then, as if responding to our fascinated gaze, the butterfly launched itself into the air to begin an electrifying performance.

At first, half flying, half gliding, it travelled in great sweeping, head turning loops which took it gradually down towards the woodland floor sometimes, to be lost to sight in dappled areas, behind trees or our backs, only to reappear from where we never quite expected it. But then our butterfly's behaviour changed and suddenly slowing down it went into Apollo 'Moon lander' mode above some bright green brambles, dropping rapidly and making sharp flapping turns to left or right finally to touch down on a leaf or two of space next to a large patch of nectar rich flowers. Then, after a little dance and final pirouette to adjust its 'solar panels' to face the warming rays of the sun, it settled down quietly to feed.

It was at that point that we left, and no doubt such eye catching acrobatics continued well into the day. But there was surely much more to this than the butterfly equivalent of a spot of 'training' with occasional stops at the pub. This was borne out on a visit I made a few days later when, at the same spot I found not one, but two butterflies entertaining passers-by with the beauty and fluency of their flight. I assume, although cannot be sure, that this was our male, this time with a female, and her presence would have been explained by the dramatics of her partner as, yearning for love, he had weaved those eloquent patterns that we had observed to attract her to his territory around the oak tree. Not surprisingly, he seemed to have succeeded.

By now the pair had moved on to a courtship display. This raised the likelihood of mating and egg laying and then the patter of the tiny feet of caterpillars as they ate the luscious leaves of honeysuckle, their sole food plant. The life history from then on is rather unusual. There is no immediate pupation but over winter the caterpillar will lie dormant, enclosed in a refuge of leaves joined together by silk. It will leave its refuge once again in the spring to feed on any new growth of honeysuckle leaves, only later pupating to emerge in July of next year as an adult eager once again to 'do its stuff' in the theatrical surroundings of the great wood. And so life goes on!

This July we counted 5 pairs and about 3 individual White Admirals on a single walk along the path through the wood, the most that we have ever encountered. Will we find more next year? Well, it being butterflies that we are dealing with, that's anybody's guess!

John Bird



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## The Heacham Newsletter

### A message to our readers and regular contributors

Just a reminder that we do not publish a Newsletter in January. Therefore, any events happening in January 2014 will need to be included in the December edition, which will be published on Saturday 7th December. The first Newsletter for 2014 will be published on Saturday 1st February.

### ..STOP PRESS...STOP PRESS...STOP PRESS

#### We have just seen a huge leap in the Right Direction:

The latest news has been fantastic; for the Government to have withdrawn their funding support for the Norfolk incinerator at this time was a very sensible move and just in time to prevent a great deal more money being wasted by Norfolk County Council.

**Mike Knights**  
Vice Chairman KLWIN

### Stopping the incinerator

Those promoting the incinerator hoped to ignore West Norfolk's voters and press ahead regardless. Thankfully there are good people who do not 'roll over' that easily. Many individual letters to Eric Pickles played a crucial part in taking the planning decision out of Norfolk County Council's control. If enough people make a similar effort again it could be enough to finally defeat the incinerator. We need to persuade Government ministers to act. Environment Secretary Owen Paterson needs to be persuaded to withdraw the taxpayer subsidy for the incinerator. This subsidy is the only thing making the 'Willows' incinerator attractive for the County Council. Without it there will be little reason for them continuing with the most expensive option for 25 years. The Planning Minister Nick Boles also needs persuading, in his case not to award planning permission.

Template letters can be downloaded from [www.klwin.com](http://www.klwin.com) or [www.farmerscampaign.org](http://www.farmerscampaign.org)

**If you compose your own letter it is better than using a standard one. By making an effort to write and encouraging others to do the same everyone can make a worthwhile difference.**

Please write to:

**The Rt Hon Owen Paterson MP, House of Commons,  
London, SW1A 0AA.**

**Nick Boles Planning Minister, DCLG, Eland House,  
Bressenden Place, London, SW1E.**

**It is worth copying in local MPs Henry Bellingham and  
Elizabeth Truss: House of Commons, London, SW1A  
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**Sending letters is essential.**

**The 2013 Christmas Market is on 7th December 9am till  
4:30pm at Fairgreen Farms, Middleton, PE32 1RN.**

**Mike Knights Vice Chairman KLWIN**

**Land off School Road, Heacham**

**Consultation Event 14th November**

La Ronde Wright Ltd will be holding a public consultation event for the new proposal for land off School Road on Thursday 14th November, between 5.00 and 7.00pm. This will be held at St Mary's Church Hall in the High Street.

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## The Kitchen Gardener

I've been peeing on my compost heap this summer. Not literally - Lady Bracknell wouldn't approve, nor the dog walkers who pass by. Urine is a good - and free - source of nitrogen which is useful as a compost activator. I usually dilute it to a ratio of 1:10, some folk like to use it neat.

The results have been impressive and I'll certainly do it again next spring and summer. The combination of giving the heap a good stir when adding new material, adding some urine and turning the whole heap every few weeks to provide the bacteria with the oxygen they need to do their work, has resulted in a much faster, sweeter compost.

I rely on a good supply of compost to mulch all my fruit canes, bushes and trees as we live in such a dry area - big respect to the allotment holders of Heacham; that they manage without laid-on water is a marvel of ingenuity, clever care and management of their plots.

Early this month I shall be propagating some figs by taking 12inch cuttings from ripened stems of the current season's growth, removing any leaves and the soft growth at the tip, making an angled cut close to a top bud and straight cut at the base. They'll go two thirds of the stem deep into a pot of moist sandy compost which will live in an unheated greenhouse until early summer next year when it should be possible to see which have struck.

The coming months are the perfect time to plant fruit, it can go in right up to March but this side of Christmas the soil is warmer which helps young trees get their roots down and the earlier you buy the better the choice. With - for example - apples reaching the exorbitant price of 52p each at one stage this year in the local supermarket, it only takes roughly 30 apples for a tree to pay for itself, all future fruit is practically free - give or take a bit of feed.

All tree fruits are super value for money and a choice of rootstocks means even the smallest garden can accommodate two or three. There's a great pleasure in doing your homework, planting a mini orchard and eating your own fruit with flavour a million miles away from the tiny same old selection on offer from the shops which you end up eating when your own stocks run out - but you don't have to eat it all year long.

A bit of legwork on the research and planning front will pay rich dividends in the long term - remember a tree lasts for decades so you'll be wanting to plant fruit that you like to eat. It may sound a bit daft but really think next time you eat an apple, pear or plum what it is you particularly like about it. Crisp, dry, soft, sweet/acid balance, scent, perfume in the flavour (yes, really - though not often in shop fruit) and so on. Keep your thoughts to the fore when you start reading the fruit catalogues. Bare rooted trees are good value; our local nursery - among others - offers a selection.

If you're a newbie to tree fruit growing it may be a good idea to avoid trees that are tip bearers -better for when you are a confident pruner. I have gaily chopped off an entire year's fruit on more than one occasion (sorry Cornish Gillyflower darling, no malice intended). The other annoyance can be the new grower keenly looking forward to their first crop only to discover they've planted a biennial bearing tree which gives a heavy crop one year and next to nothing the next. Been there too...

All top fruit (tree fruit) crops and ripens at different times, for example I have apples that are picked in September for eating October-December, October picking for eating December-March and cookers that are picked at various times to provide fruit from September to May. It's equally possible to do something similar with pears - I have one that's not picked until November and ripens in store to a pale pink fleshed sweet and perfumed dessert pear ready to eat January onwards. It's a bit gritty but I'm not

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complaining, it's a great treat. The first time I ate it I could hardly believe I'd grown something so exotic and that it was available to eat from my store on a snowy January day. If you like fruit and you like growing stuff it's no hardship to read up on what's available and make your plans. The fruit won't behave exactly as it says in the books but near enough. Fruiting starts after 3-4 years, full cropping a year or two later.

Ask yourself when you want to eat the fruit; do bear in mind that apples that eat well straight off the tree won't store for any length of time. How large the tree? You can choose trees (same fruit) from roughly 6ft to 20ft depending on the rootstock; they can be trained against a wall or as little step-overs. Cooking apples are very versatile, a good one will last through winter until the first of the rhubarb appears, some of the cookers age into dual purpose so later in the season they can be eaters and cookers.

If you have a lot of apples nearby (doesn't have to be in your garden, bees and other pollinators have no regard for fences and hedges) you probably won't need a pollinator, otherwise you will. Because the fruit flowers at different times it's arranged into convenient groups so you can choose a second tree either from the same group or one either side so our friendly little buzzers can do their work and give you fruit on both trees.

Thinking of our ingenious allotmenters, I read a super piece in a magazine recently where someone had set up an impromptu smoker. He lit a fire in a wide terracotta plant pot above which he placed a bucket with 2ins of damp wood shavings. He put mackerel in a large sieve suspended in the top of the bucket and covered with a tea-towel. He says it was the best smoked mackerel he'd ever had. He doesn't say how long he smoked the fish, but in a homemade biscuit tin smoker it would be about 10 mins after brining.

As the weather turns cold stronger flavours and starchy roots begin to replace the Mediterranean dishes enjoyed earlier in the autumn. Over summer months I like to add a few coriander seeds to my pepper mill, as the winter draws near they are replaced with one or two cloves. Then I forget what I've done and when they finally work their way through the mill I find myself pondering how on earth a particular dish came to have the flavour of clove in it. It's lovely - a little hint, adds a new dimension.

So, what to put with the clever gentleman's smoked mackerel? Here's a satisfying dish made from the garden and the winter store, ticking all the boxes for using what's to hand and good to eat now, robust flavours and reward for the time spent nurturing the fruit and veg plot. I'd guess we're headed towards the Baltic for the roots of this main course smoked mackerel and beetroot salad.

Proportions can be varied according to how you like your ingredients to marry up and, of course, what's available. Dress some cooked diced potatoes, diced apple, finely sliced celery - just a little adds a nice crunchy texture and it's in love with the russet apples I use in November, and some finely sliced or diced shallot or onion. In a separate container dress some diced beetroot. Use your favourite dressing - a vinaigrette, a yogurt dressing made with mustard, wine vinegar a hint of sugar and salt and pepper, or a yogurt and horseradish mixture - horseradish, beetroot and smoked fish is a marriage made in heaven. Maybe dress each one differently.

Arrange the mixtures prettily on a platter and pile generous pieces of smoked mackerel on top with a generous grinding from the black peppermill. If there's any parsley lurking about - doing mega sulks right now, I wish it would buck up - scatter some to finish.

Hilary Dellar-Lane



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## Heacham at Night

This month has three comets in the skies. These are very, very, large lumps of ice and rocks and frozen gases. They go around the sun in very elongated ellipses (egg shaped orbits). Some take a few years to orbit, others thousands of years and a few are parabolic – they zoom in along one arc and zoom out on its mirror image never to return. As they get closer to the sun these icy balls warm up and a tail of gases and dust particles stream from them away from the sun (the sun emits a solar wind of charged particles). As they come around the sun and move away from it, this tail is travelling forwards of the motion of the comet. The tail is generally very reflective and, if large enough and close enough (to the Earth), it can make a fine sight in the sky. Readers might remember the comet Hale Bopp in 1997.

The three comets this month are Encke, ISON and Lovejoy. Encke or 2P/Encke, as it is listed, goes around the sun every three years and this *period* is the shortest known for a comet. The P in the name stands for periodic, the 2 means it is the second comet to be proven to be periodic. The first comet to be determined to be periodic was Halley's which he (Halley) predicted would return on a date after his death. 2P/Encke does not go further from the sun than the orbit of Jupiter and its frequent passes by the sun means it is getting dimmer as material which can outgas and reflect light is lost. Currently the diameter of its nucleus is about 3 miles. To see Encke this November binoculars will be needed. You will need to look between midnight and morning twilight –about 4- 5am might be best. Around the middle of the month the moon will be to the West, Jupiter a bit higher and to the SW, Mars at the same elevation but to the South, then go to the SE and close to the horizon where you might find Mercury and close to it, to the right, fuzzy Encke. If all this seems complicated then Google Encke in November or try this site which has computer generated simulated images of the sky for comet ISON and Encke -

<http://waitingforison.wordpress.com/november-2013/>

Comet ISON is a parabolic comet. It has not been seen before and will not be seen again. It fell out of the Oort cloud – a vast shell of such icy bodies - well beyond the planets including distant Pluto. Such comets are hopefully bright as they have not lost matter by repeated passes close to the sun. ISON was lauded earlier in the year but predictions of increases in brightness as it gets closer to the sun have not been met. It may yet surprise everyone. Again look SE in the early morning. On the 7th it will be between Mars and Mercury. It will be visible throughout the month and through December.

Comet Lovejoy is a new comet too and will be closest to Earth in November. Look below the Plough (everyone knows that constellation I think) from about the 20th. It should be a naked eye observation but binoculars are advised.

I have been astronomically busy this month. I went to a star party, several national conferences and local society meetings and even managed to find a few vaguely clear nights to observe the sky too. One of the presenters at the Society for Popular Astronomy 60th anniversary conference was from Astrium. This is the Stevenage based engineering company which builds satellites. If you have Sky, they built the satellite. They also built Rosetta, a satellite launched in 2004 to rendezvous with Comet Churyumov-Gerasimenko (comets are generally named after their discoverers; ISON was named after the Russian telescope complex which saw it first). Astrium works closely with the University of Cambridge. In earlier Heacham Newsletters I mentioned the Gaia satellite; they have substantially contributed to and this will be launched on 20th November. Gaia will survey more than a billion stars and the data sent back to Earth will generate a detailed 3D map of our Milky Way – that misty ribbon of light I asked you to look out for in September. Astrium has a Mars Yard which imitates the surface of Mars. They use this to help test out their ExoMars Rovers; one will be launched to Mars in 2018 by the European Space Agency.

My observations included a very active sun on 5th and 6th October - many prominences with some appearing linked together. I observed Uranus and Neptune on numerous occasions, saw Albireo, the beautiful double star again, and looked at some star clusters. The more distant, fuzzier objects remained just that as there was often high mist in the sky. At the Kelling Heath star party I met a friend with a Dobsonian telescope and we managed to resolve (separate) the stars in the 'double-double', Epsilon Lyrae. To the naked eye this is a single star. Good binoculars split it into 2 stars; a telescope and a clear sky enable all four stars to be seen. Each star in each pair orbits its partner. The two pairs orbit each other. Epsilon Lyrae is high in the sky at the moment close to bright Vega. This internet site will help you find it

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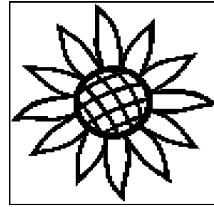
<http://earthsky.org/brightest-stars/epsilon-lyrae-the-famous-double-double-star>

Planets to see in November include Mercury, Venus, Mars, Jupiter and Saturn. A good time to try and observe the first 4 is the night of 11th/12th as there should be meteors to see too. This will be the North Taurid meteor shower and is the result of debris from earlier passes of Comet Encke. Venus can be seen in the SW to W from dusk until about 8pm (Heacham Beaches). After 9pm, Jupiter rises in the E/NE (just about Hunstanton cliffs looking past Old Hunstanton) but can be seen all night apparently moving S and W as the earth turns. It is highest in the sky at 4am. Due East at 2am red Mars rises. It will appear to head S as night ends and will be easier to see from locations in Heacham. Otherwise, drive to Cromer and have a crab sandwich after viewing. About an hour before sunrise Mercury appears low down due E (definitely Cromer) it gets easier later in the month. Saturn may be visible in the last half of the month but low down in the morning sky close to Mercury. Saturn is on the far side of the Sun at *conjunction* as far from us as it can be – around 1000 million miles. Remember to try and catch comets as you hunt planets. The comets will need good binoculars. Mercury and Saturn possibly (remember to stop using them as the sun rises), the other planets should be easy with the naked eye. The moon is full in the middle of the month so details on it are best observed during the first and last weeks.

On 21st October I went to a meeting in which, I hope, an astronomy entertainment to be located in Heacham, will be sorted.

Happy comet hunting; if you are unlucky there is always December.

Terry Parish



## Heacham In Bloom

It was a jubilant AGM this year as we toasted our Gold success. It was agreed that the biggest change had been the decision last year to order in plants instead of growing them on from plug plants ourselves. This had produced high quality bedding plants and had actually reduced the overall amount spent on plants, although there had been generous donation of plants from Norfolk Lavender. It was reported that, although sponsorship and donations had been less this year, HIB's fundraising events had ensured that the 2014 campaign could get underway. Special mention was made of the new beds at the Fox and Hounds pub and the impact they had made in Station Road. The meeting also discussed plans, plants and colour schemes for next year.

We hope you enjoy the pansies bringing a bit of colour during the winter months. Our next fundraising event is our Christmas Coffee Morning on Saturday 7th December so please join us for a hot drink, a slice of chocolate log and a chance to find the perfect stocking filler from our stalls.

[heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com)



## Christina Thain & Co Solicitors

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## HEACHAM IN BLOOM

**CHRISTMAS COFFEE MORNING**

**SATURDAY 7th DECEMBER**

**10.00 AM-12.30 PM**

St Mary's Church Hall, High Street, Heacham

**Join us for a Hot Drink**

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Stocking Fillers and Gifts Stalls

Tombola and Raffle

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## Heacham Green Team

### Lids, Lids and more Lids

A huge well done to everyone collecting lids and tops. Pat Diggins took our first carload of cartons stuffed full of lids over to the Matthew Project in October. We also visited the Infants School so hopefully the children have got Mums and Dads collecting lids too; there will be a green bin in the school playground for you to pop your empty milk cartons filled with lids into.

### Living Lightly

Heacham Green Team is staging its first event on Saturday 2nd November, courtesy of St Mary's Church, Heacham. It is a chance to meet the Team and pick up a few ideas from Improving your Composting, What's so important about Fair Trade food, Testing out the newest electric cars, to hearing about the right green energy for you and of course recycling. The name of our event is Living Lightly and it is taken from Dr Ruth Valerio, founder of A Rosha who will be giving a talk in the afternoon

### Freegling

Many of you make good use of social media to sell or giveaway items. We would like to introduce you to Freegle which is an innovative online reuse service successfully operating across the country, run entirely by volunteers. It provides a way for people with unwanted items to get in touch with others who can make use of them, thus reducing the amount sent to landfill. Norfolk & Waveney Freegle is part of the national Freegle movement and has thousands of active members. Freegle is free, easy to use and accepts almost anything. Whether items are in perfect condition, or a bit tired or broken in some way (or even if you think it's junk) someone else can probably make use of it! Recent offers: furniture, electrical goods, bicycles, clothes, toys, garden plants, firewood, tools, fabric scraps, jam jars, magazines, a trampoline and a Hop 'n' Pop (no, I don't know what that is either, but someone will!). Thanks to generous support from The Big Lottery Fund and others a new website was launched last summer, designed by the volunteers who run the service, based on their experience and members' feedback over the years. This allows items to be offered and requested even more easily, and you can tailor your area as you wish, from your local village only to the whole of the county. Why not become a Freegler and have a look at what others are offering, and be inspired to offer your unwanted clutter?! [norfolkfreegle.org.uk/](http://norfolkfreegle.org.uk/). If you need any assistance our local volunteers will be happy to help: [help@norfolkfreegle.org](mailto:help@norfolkfreegle.org). See the local volunteers at the Green Team's Living Lightly event on 2nd November. (Thanks to Beth Winsor for the info).



## Chop 'n' Change Re-name

For at least 20 years the salon on the corner of the High St in Heacham has been known as Chop 'n' Change. We have seen many changes over the years. The salon has been revamped inside and out several times, the add on of a beauty salon to compliment the hair salon and the change of ownership when I took over nearly 10 years ago! It's hard to believe it's been that long. All the changes have been received positively and with encouragement and support from our clients, fellow businesses along the High St and frequent visitors to the village. I'm hoping for the same enthusiasm and support with the re-naming of the salon.

This is something I have wanted to do for a number of years and now, with the salon once again having a face lift, it seems like the perfect time to take the plunge.

I must stress that there is absolutely no change to ownership or the wonderful team of stylists I have with me at Chop 'n' Change. The look of the salon and the new name will be the only modifications.

I have spent the last couple of weeks discussing ideas with my colleagues and clients and after much deliberation, giggles and a few crazy name suggestions I have finally decided on a name. We are now known as **'BLISS' HAIR & BEAUTY**.



2 high street heacham kings lynn norfolk pe31 7er  
01485 571395  
[chopnchange2@hotmail.co.uk](mailto:chopnchange2@hotmail.co.uk)

Jaime Tooley

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One of the most popular authors at the Library is James Patterson, and his new novel has arrived on the shelves. Probably one of the best known authors today is JK Rowling. Have a look at her new detective novel as she steps out from behind Harry Potter.

Sponsored by the Borough Council, there are 3 computers available for use at the Library with free internet access. Printing is also available at a small charge.

Heacham Library Opening Hours  
 Monday, Wednesday, Friday - 10am-4.00pm  
 Saturday - 10.am – Noon

### The Heacham Art Group

We meet at the Pine Residents' Hall on Mondays 10.00am --12.00 noon and we find we have spaces for a few more members who like to paint or draw. We are a friendly group who do our own thing and use any medium.

If you are interested please ring Shirley Milborne on 01485 572247 for more information.

# Literary Dinner

In aid of

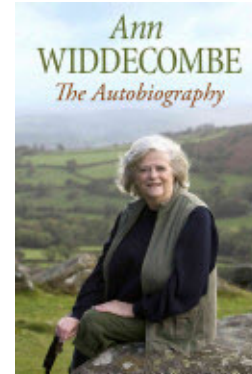


On Saturday 16th November 2013

7.15 p.m.

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## WHAT'S ON REGULAR EVENTS

PC = Parish Council Office, Pound Lane  
PH = Public Hall  
NC = Neville Court

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

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

### MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room  
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)  
Coffee Morning 10.30am Tel : 570492  
RAINBOW CIRCLE TODDLER GROUP 1pm in school term  
time Tel: Pip 570812 or Karen 571837 (SM)  
ZUMBA GOLD Exercise to music 1-2pm Suitable for all  
levels 2.15 - 3.15pm Gentle stretch & relaxation classes for all  
ages Tel: Suzie Povey 07900 818311 (PH)  
ROLLASON STAGE SCHOOL Dance Classes age6+ Ballet  
tap & modern 4.15-5.15pm Street 5.15-6pm Boys only street  
6-6.45pm age14+ Zumba 7-8pm [Tel:579074](tel:579074) (PH)Top Room  
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5  
- 6pm Contact Tel: Jenny 534107 (MC)  
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School  
Contact Sandee Tel: 01485 570485  
1st HEACHAM SCOUTS ( boys and girls aged 10 to 14yrs )  
7 - 9pm Tel: Rob 572239 or Julz 572890 (SG)  
HEACHAM IN BLOOM 3rd Monday monthly @ 7pm (PC)  
INDOOR BOWLS CLUB 7pm (MC)  
ZUMBA 7-8pm £4 pp Tel: Michelle 579074 (PH) Top Room  
LINE DANCING 7-9pm £3.00 Tel: 532317 (PH)  
HEACHAM WIVES GROUP - 2nd Monday of most months at  
7.30pm (HSC) Top Room Contact Sue Scott Tel: 572252

### TUESDAYS

HEACHAM DAY CENTRE FOR ELDERLY 9am-3.30pm  
Transport may be available Tel:Mick Harpley 07527125574  
(OFH)  
ACTIVE FOR LIFE exercise classes for those aged 60 and over  
or at risk of Osteoporosis 10-11am at Heacham Surgery  
Classroom Tel : Pat 298429 or Jane 571232  
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)  
LADIES KEEP FIT FOR OVER 50's 10.30 - 11.30am. Contact  
Kath Manning-Coe Tel : 01553 774343 (SM)  
CARERS SUPPORT GROUP West Norfolk Mind Tea & Chat  
at Piece of Mind 4 Poplar Avenue 1 - 2.30pm Tel: 572707  
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)  
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)  
1st HEACHAM GUIDES 5.30 - 7pm Tel: Sue Theunissen  
07833747059 or just come along (MC)  
SLIMMING WORLD 5.30pm & 7.30pm Tel: Ann 01553  
763949 (SM)  
WEIGHT WATCHERS 7pm (OFH) Tel:Alison 07796 904311  
PARISH COUNCIL MTG 3rd Tuesday monthly 7.30pm (PC)  
HANDS & NEEDLES GROUP every other Tuesday  
7.30 - 9.00pm Tel: Joan Careless 570363 (MC)  
HEACHAM DIGITAL CAMERA CLUB meets 1st & 3rd  
Tuesday monthly 7.30pm Sandringham Club West Newton  
Email: [heachamdigitalcameraclub@yahoo.co.uk](mailto:heachamdigitalcameraclub@yahoo.co.uk) or call Viv for  
info on 07906056019  
POCAHONTAS PLAYERS Drama Group 7.30 - 9.30 pm Tel:  
570402 (PH)  
LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds  
HEACHAM BOOK CLUB 3rd Tuesday monthly Tel: Beth  
570479

### WEDNESDAYS

WEST NORFOLK MIND Day Centre 9.30-3 pm at 4 Poplar  
Ave Heacham £35 per day or £20 part of a day (personal budget  
holders & self-funders welcome) Tel: Joyce Armstrong  
07704338775 [www.westnorfolkmind.org.uk](http://www.westnorfolkmind.org.uk)  
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11am £2  
Tel: Clare 07816913657/Jo 07521447284 (SG)

CARPET BOWLS 10.30 - 12 noon Tel: 570776 (PH)  
LINE DANCING 1.30 - 3.30pm £3 Tel: 532317 (PH)  
PATIENT ADVICE & LIAISON SERVICE 2 - 4pm on 2nd  
& 4th Wednesdays monthly (PC)  
HEACHAM LITTLE DRAGONS Korean martial arts of self  
defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)  
FOOTBALL Under 8&9's 4.30-5.30pm Contact Mark  
07561303886 (HSC) playing fields  
TAI CHI & KUNG FU 6-7.15pm-Childrens Kung Fu 7.15-  
8.15pm-Adult Tai Chi 8.15-9.30pm-Adult Kung Fu Tel:Derek  
01553 674779 (PRH)  
HEACHAM TENNIS CLUB Senior Club night @ 6pm For  
more info Tel: Janice Campbell 07923612187 (HSC)  
LINE DANCING FOR IMPROVERS - 7 - 9pm. £3.  
Contact Diane 571166 (SM)  
BINGO 7.30pm Neville Court Grouped Home  
HEACHAM TWINNING ASSOCIATION 3rd Wednesday  
monthly @7.30pm New members welcome Tel: 579465.(PC)  
WEST NORFOLK SINGERS 7.30pm Tel :Heather Titcomb  
01485 542960 (MC)  
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5  
welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

### THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older  
people dementia friendly) 9.30-3pm For info see Wednesday  
TABLE TENNIS CLUB 10am (PH Top Room)  
ACTIVE FOR LIFE see Tuesdays entry for details  
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)  
MOTHERS' UNION 4th Thursday monthly 2pm (SM)  
TREFOIL GUILD 1st Thursday monthly 2 - 4pm  
Tel: 07813014477 Mary Harpley (PRH)  
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for over  
60's) Tel: 570492  
WRITING GROUP AT HEACHAM SURGERY 3 - 5pm every  
other Thursday Contact Heacham Surgery or Tel: Caroline  
Smith 01553 819460 between 1-1.30pm Tuesday  
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC)  
5.30 - 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084  
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)  
1st HEACHAM CUBS ages 8 - 10yrs  
Term Time 6.45 - 8.30pm Tel: Sam 572138 (SG)  
JUDO Advanced 7 - 9 pm Tel: 571614 (PH)  
FLOWER CLUB 4th Thursday monthly 7.30pm Flower  
arranging & demonstrations Tel:Alayne Seymour 570560 (SM)  
RAO BUFFALOS 8pm (HSC Top Room)  
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

### FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon  
3rd Friday of the month Contact Renee Smith or Barbara  
Fargher [silverlinings@gmx.co.uk](mailto:silverlinings@gmx.co.uk) or [Tel:534741](tel:534741) (SM)  
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last  
Friday of the month at 2pm  
1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to  
8 years Term time 6 - 7.15pm Tel : Barry 570767 (SG)  
TAI CHI & KUNG FU 6-7pm Beginners Tai Chi  
7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu  
Tel: Derek 01553 674779 (PRH)  
CASH BINGO 7.30pm (PH)  
WILDFOWLERS CLUB 1st Friday monthly 7.30pm  
(HSC Top Room)

## HEACHAM DIARY

### SATURDAYS

HEACHAM YOUTH CLUB Term Time School years 6-11  
Tel: Tracey Swann 07833 307856 (SM)

### HEACHAM DIARY

**Saturday 2nd November** Heacham Green Team "Living Lightly How?" Talks & Displays @ St Mary's Church 10am-4pm

\*\* GIG 'End of Season Party with Cory Lewis' at Silver Sands

**Sunday 3rd November** GIG 'The Kings Swingers' at Fox & Hounds Station Rd from 1.30pm

GIG 'Wildwood' at Fox & Hounds Station Rd from 8.30pm

\*\* All Souls Service 3pm at St Mary's Heacham There will be a chance to talk afterwards over a cup of Tea or Coffee

**Monday 4th to Friday 8th November** Flu Clinics at Heacham Group Practice Tel: 572769

**Tuesday 5th November** GIG 'Bone Idle' at Fox & Hounds Station Rd from 8.30pm

**Tuesday 12th November** GIG 'Norfolk Blues Society at Fox & Hounds Station Road from 8.30pm

**Thursday 14th November** Green Team Meeting 12noon at Parish Council Office Pound Lane

**Saturday 16th November** GIG 'Mark Wilkinson's Jazz Quartet at Fox & Hounds Station Road from 8.30pm

**Sunday 17th November** Deadline for delivery of Shoeboxes for Operation Christmas Child to St Mary's Church or the Christian Bookshop More info from the church or bookshop

**Monday 18th November** 'Bingo' at Fridhem Rest Home Station Road Eyes down @ 7pm 'All Welcome'

**Tuesday 19th November** GIG *To be Confirmed*

**Thursday 21st November** 12 noon Deadline for submissions for the December 2013/January 2014 Edition of the Newsletter

**Friday 22nd November** GIG 'Out To Play' at Fox & Hounds Station Road from 8.30pm

**Tuesday 26th November** GIG 'Against The Grain' at Fox & Hounds Station Road from 8.30pm

**Friday 29th November** GIG 'Jam Session With DNA' at Fox & Hounds Station Road from 8.30pm

**Saturday 30th November** Messy Church at St Mary's Church Heacham 10am-12noon Book in advance Tel: 571348 or email [griffin568@btinternet.com](mailto:griffin568@btinternet.com)

**Sunday 1st December** Twinning Assoc visit to Bury St Edmunds Christmas Market Depart 9am £12 per ticket (children £6) to reserve a seat Tel: 572252 Sue

### OTHER EVENTS

**Tuesday 12th November** Brancaster Camera Club Annual Digital Competition 'Judge' Allan Livingstone 7.30pm at Brancaster Staithe Village Hall For info Tel: Jim Till 210013 or Wendy Callow 01553 674725

**Friday 15th & Saturday 16th November** The Princess Players present 'Strictly Murder' at the Princess Theatre Hunstanton 7.30pm (Fri) and 2.30pm & 7.30pm (Sat) Tickets £12.50 (conc. £10.50) from the box office Tel: 532252

**Monday 18th November** 'Folk Dancing' at Brancaster Staithe Village Hall 7.30-9.30pm Contact Janet Bowles Tel: 210587

**Tuesday 26th November** Brancaster Camera Club Annual Monochrome Competition 'Judge T.B.A.' 7.30pm at Brancaster Staithe Village Hall For info Tel: Jim Till 210013 or Wendy Callow 01553 674725

**Friday 29th November** Smithdon High School PTA Xmas Fayre 6-8.30pm Various stalls Raffle Tombola For info tel: 534541 or email [office@smithdon.norfolk.sch.uk](mailto:office@smithdon.norfolk.sch.uk) (quote PTA) SEDGEFORD PRE-SCHOOL - Toddlers from age 2+ Mon to Fri mornings 8.45-11.45am (with optional 'wraparound' from 11.45am to 12.30pm) and **Tues & Thurs** afternoons 12.30-3.30pm (term time) Sedgeford Primary School Ringstead Rd Sedgeford - Tel: Jane 01485 579489

### Mondays

U3A HUNSTANTON meets 3rd Monday monthly (except Aug & Dec) 2pm at Hunstanton Community Centre for details Tel: Chris (Chairman)535065 or Barbara (Secretary)571484

### Tuesdays

BRANCASTER BABY & TODDLER GROUP Simms Reeve Inst.Hall Brancaster 9.30-11.30am(term time) £2 per family For info email: [brancasterbabyandtoddlergroup@yahoo.co.uk](mailto:brancasterbabyandtoddlergroup@yahoo.co.uk)

KEEP FIT FOR OVER 50's 10.00 to 11.30 am Ringstead VH Cost £3.50 Tel: Val Barnes 01328 864358

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence 'all ages' 6.30 - 8.30pm at Smithdon High School For details contact Ian on 07806 622154

HUNSTANTON COMMUNITY CHOIR Informal singing for fun, no audition required 7-9pm at Hunstanton Town Hall £3 per session Inc. refreshments Just turn up

### Wednesdays

HUNSTANTON VOLUNTEER SURGERY 3rd Wednesday monthly 10am-12noon at 1st Flr Council Offices Valentine Rd

Tel: 01553760568 Karen Lee or [Karen@westnorfolkvca.org](mailto:Karen@westnorfolkvca.org)

RESTORATIVE YOGA 10 - 11am Sedgeford Village Hall Contact Sandee Tel: 01485 570485

DOCKING LOCAL PRODUCE MARKET 10am - 3pm in Ripper Hall Tel: 518945

LYMPHOEDEMA SUPPORT GRP meets the 2<sup>nd</sup> Wednesday monthly 10.30am-12noon at Tapping House Snettisham

NICE & GENTLE Fitness 1-2pm £3 pp Inc's Tea or Coffee at Hunstanton Community Centre tel: Michelle 579074

CATKINS TODDLER GROUP - Wed afternoons 1.00-3.00pm term time only Sedgeford Primary School Ringstead Rd Sedgeford - Tel: 01485 579489

ROLLASON STAGE SCHOOL Dance Classes under 6yrs Ballet tap & modern 4.30-5.15pm Seniors Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm at Hunstanton Town Hall Basement Tel: 579074

YOUTH 45 GROUP meet at Ringstead Village Hall 7pm-8 pm for ages 7-14 Cost is £1 per evening and the contact is Mr T Large 11 Holme Road Ringstead Tel: 01485 525480

FIRE CADETS at Hunstanton Fire Station 7-9 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07919 492294

WEST NORFOLK TAI CHI CHUAN - weekly local Tai Chi classes [www.west-norfolk-tai-chi.com](http://www.west-norfolk-tai-chi.com) for information.

### Thursdays

ROLLASON STAGE SCHOOL Musical theatre group 4.30-5.30pm at Hunstanton Town Hall Basement Tel: 579074

CHILLATES 6-7pm £4 pp at Hunstanton Town Hall Basement Tel: 579074

KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY meet in Kings Lynn 4th Thursday monthly at 7.30pm Door to door taxi service - £2 For more info Tel: Pat Reilly 572271

### Fridays

BRANCASTER BABY & TODDLER MUSIC GRP Simms Reeve Inst. Hall Brancaster 10-11.30am(term time) 1st & 3rd Friday monthly £1.50 per family (see Tuesday for info details) ZUMBA at Docking Ripper Hall 6.15-7.15 £4 pp for info Tel: Michelle 579004

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon High School Hunstanton For info Tel: Ian 07806 622154

### Saturdays

CHRISTIAN YOUTH GROUP 3rd Sat monthly 10am-12 noon ages 10-14 Cost £1 at Dersingham Church Hall More info from Steve 07425 145887

INDIE ARTS CLUB 2nd Sat monthly 1-4pm at Hunstanton Town Hall Basement Entry & Membership free Tea or Coffee 50p Book in advance via email: [bookings@wattsington.com](mailto:bookings@wattsington.com)



**The Norfolk Hospice  
Make a Will Week**

Support YOUR local hospice during Make a Will Week 25th – 30th November 2013.

Make a Will Week is an opportunity for people to write their will knowing that £50 of the fee will be donated to the Norfolk Hospice, Tapping House. Local solicitors are working with the Norfolk Hospice, Tapping House to increase their awareness and income by agreeing to donate £50 of the will writing cost to the Hospice during the 'Make a Will Week'. If you wish to write a Will and support the Norfolk Hospice, Tapping House, please make an appointment with one of the participating solicitors listed on our website: [www.norfolkhospice.org.uk](http://www.norfolkhospice.org.uk) or call our office on 01485 542891.



**Thursday 28th November – 7.30pm**

The West Norfolk members' group invites you to an illustrated talk by Gary Hibberd, NWT Warden, Holme Dunes

**'How to enjoy a Wildlife Holiday in Thailand'**

Venue: Hunstanton Methodist Church Hall, Austin Street

Cost: £2.00 members / £2.50 visitors



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## TIDE TABLES FOR NOVEMBER & DECEMBER 2013

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT)									
November 2013					December 2013				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 F	04 00	6.7	16 37	6.8	1 SU	04 10	6.8	16 47	6.9
2 SA	04 44	7.0	17 18	7.0	2 M	05 00	7.1	17 31	7.3
3 SU	05 27	7.3	17 58	7.3	3 TU	05 51	7.4	18 15	7.5
4 M	06 10	7.5	18 37	7.5	4 W	06 40	7.5	18 59	7.6
5 TU	06 53	7.6	19 16	7.5	5 TH	07 29	7.6	19 42	7.7
6 W	07 37	7.6	19 55	7.5	6 F	08 15	7.5	20 25	7.6
7 TH	08 22	7.4	20 36	7.4	7 SA	09 05	7.1	21 11	7.4
8 F	09 10	7.0	21 21	7.0	8 SU	09 58	6.8	22 01	7.0
9 SA	10 04	6.5	22 14	6.5	9 M	10 58	6.4	23 01	6.5
10 SU	11 16	6.1	23 23	6.3	10 TU			12 07	6.1
11 M			12 40	5.9	11 W	00 10	6.3	13 12	5.9
12 TU	00 43	6.2	13 54	6.1	12 TH	01 19	6.2	14 18	5.9
13 W	01 57	6.3	15 02	6.3	13 F	02 27	6.2	15 18	6.2
14 TH	03 01	6.5	15 57	6.5	14 SA	03 30	6.3	16 11	6.4
15 F	03 56	6.8	16 44	6.8	15 SU	04 24	6.5	16 55	6.7
16 SA	04 46	7.0	17 24	7.0	16 M	05 13	6.7	17 36	6.9
17 SU	05 32	7.1	18 02	7.1	17 TU	05 57	6.8	18 14	7.0
18 M	06 14	7.1	18 37	7.1	18 W	06 37	6.8	18 49	7.1
19 TU	06 55	7.1	19 11	7.1	19 TH	07 14	6.8	19 23	7.0
20 W	07 32	6.9	19 41	7.1	20 F	07 47	6.7	19 53	7.0
21 TH	08 05	6.8	20 09	6.9	21 SA	08 20	6.5	20 24	6.9
22 F	08 38	6.5	20 40	6.7	22 SU	08 53	6.4	20 54	6.7
23 SA	09 13	6.2	21 13	6.4	23 M	09 29	6.2	21 28	6.4
24 SU	09 54	5.9	21 54	6.1	24 TU	10 07	5.9	22 07	6.2
25 M	10 45	5.6	22 47	5.7	25 W	10 55	5.7	22 58	5.9
26 TU	11 52	5.5			26 TH	11 56	5.6		
27 W	00 00	5.6	13 05	5.5	27 F	00 02	5.8	13 09	5.6
28 TH	01 16	5.7	14 12	5.7	28 SA	01 19	5.8	14 22	5.8
29 F	02 22	5.9	15 09	6.2	29 SU	02 36	6.1	15 23	6.3
30 SA	03 18	6.4	16 00	6.5	30 M	03 43	6.5	16 19	6.7
					31 TU	04 43	6.9	17 11	7.1

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**NEWSLETTER SUDOKU No. 75** Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

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

Solution to  
Newsletter  
SUDOKU  
No. 74

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

How can you take one from nineteen and leave twenty?

Answer on page 33.

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## Operation Christmas Child.

### Shoebox Appeal.

Since 1990, more than 100 million boys and girls in over 130 countries have experienced God's love through the power of simple shoebox gifts from Operation Christmas Child. Samaritan's Purse works with local churches and ministry partners to deliver the gifts and share the life-changing Good News of Jesus Christ.

Shoebboxes are given to children based on need, regardless of their background or religious beliefs. It's an unconditional gift of love.

Last year Heacham sent over 185 boxes to Operation Christmas Child; thank you to all who gave so generously. St Mary's Church will be taking part in this year's campaign and would like to encourage you all as either groups or individuals to make up a box for this year.

Detailed leaflets are available from St Mary's Church, Christian Bookshop, church office, on-line at [www.operationchristmaschild.org.uk](http://www.operationchristmaschild.org.uk) or contact John Whitbread on 01485 579326. Please deliver your boxes by the 17th November to either the church or the bookshop. If you need them collected please contact John Whitbread.

We have so much - it would be wonderful to share.

## THE FRIENDS OF ST NICHOLAS' CHURCH (Charity Number 1046540) present a CHRISTMAS CONCERT



**St.Nicholas' Church Dersingham**  
**Saturday 7<sup>th</sup> December 2013 at 7.30pm**  
*for the 5<sup>th</sup> year by popular demand*  
**Seasonal Music - Decorated Christmas Trees**  
**Mulled Wine - Mince Pies**

**Tickets in Advance £7.50 or £8.50 at the door**  
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# Cabaret Nights



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**Sun 17th Nov: Live tributes to  
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## Norfolk Brass

Norfolk Brass is East Anglia's leading Brass Band, represented in the Championship Section (equivalent to football's Premier League) of the UK's Brass Bands. The Norfolk Brass President is David Collingham, a Dersingham resident, and supporter of many musical genres. Its Music Director is David Stowell, an experienced conductor and musician of wide experience. Details of his career are listed separately.

Like many brass bands, Norfolk Brass has its origins in a working village community, in this case, Reepham, near Norwich. Over the years, this town band grew in strength and stature, becoming Norfolk Brass in 2009. Under the professional direction of David Stowell, (who has also worked with the Grimethorpe Colliery and the Black Dyke Colliery Bands), Norfolk Brass rose up the national rankings, to achieve third place in the UK National Brass Band Championship in 2010.

The Friends of St Nicholas have invited the Band to perform at their annual December event for the past 6 years. The Band has a diverse repertoire - light classical, operatic and film, which, for the December concert, is liberally, sprinkled with traditional Christmas tunes. The next concert will take place on Saturday December 7th and the Band and Friends of St. Nicholas Church Dersingham will be delighted to welcome Newsletter readers to this event.

No need to be brassed off, come to Dersingham in December.

## NORFOLK BRASS

### Range of Concerts, Music and Musicians

- \* A 16 piece Brass Ensemble adaptable to 5, 8, 10, 12 or 16.
- \* We perform music from Medieval times through to the 20th Century including Original Brass compositions, music from the Theatre, Film & TV scores.
- \* Concerts are focused on great music superbly performed in as entertaining a way as possible, using drama, comedy, visual effects, lighting effects all adapted to the venue and concert theme.

Our Concerts are planned and designed to be as visually entertaining as they are musically. Each musician can play various Brass instruments, in a variety of styles making Norfolk Brass one of the most flexible and versatile brass groups in the country.

A range of instruments are seen and heard during a performance including piccolo trumpet, trumpets, cornets, Flugel horns, Eb horns, French horns, baritone horns, Trombones, Tenor tuba, Wagner Tuba, Eb Tuba and sometimes the monster BBb Tuba. We have used Mellophoniums, Fanfare Trumpets and in one piece 12 multicoloured plastic Trombones! All presented with consummate artistry and skill that makes for the most memorable Concert

The musicians in the Norfolk Brass Ensemble come from a variety of musical backgrounds but are the finest players and performers. Every player is headhunted and committed to their passion for music and its performance.

In the group can be found musicians who have performed in the West End, many of our finest concert halls, and our best Brass Bands.

Most important to the group is its heritage in Norfolk, of which it's very proud, and playing live together as much as possible.

## David Stowell

### Musical Director, Norfolk Brass

David began his career at the Royal Military School of Music and on leaving HM Coldstream Guards furthered his studies in London and Boston. He continued to work with Orchestras in the UK, a memorable highlight being the performance of a new work with the Royal Liverpool Philharmonic Orchestra at the Royal Albert Hall in the presence of Her Majesty the Queen. He has since appeared with several leading Orchestras, the most recent being the City of Birmingham Symphony Orchestra.

For the Millennium Festival at the National Indoor Arena, David was commissioned to compose the music for the opening ceremony. Subsequently, with funds provided by the national lottery and Arts Council, he was then asked to compose a new concert work for Woodwind, Brass and Percussion. Other Commissions include composing for the City of Birmingham Choir Festival held in Symphony Hall Birmingham, Music for Her Majesty the Queens State Visits and music for the Bishop inauguration ceremony, commissioned by the Royal College of Church Music.

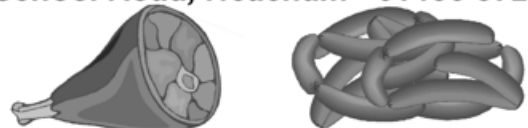
In the Brass Band field he has conducted many bands including the Black Dyke Mills band, the GUS Band, Brighthouse & Rastrick and Grimethorpe Colliery.

Following an opportunity to score a drama production in America (The Lake. 1987) David has worked as a composer on many television and radio productions including 'A Christmas Carol' . 'The Letter'; 'Anne Boleyn'; 'All Talk'; 'Out of Time'; 'Unbeliever'; 'IceBound'; 'The Snow Crystal'. He has also been nominated for a Queen's award for Television for 'Best Original Score'. David is now working on a score for a major new BBC television series currently in production in Manchester.

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## Smithdon High School

### Headmaster's letter to Parents

I have considerable pride and pleasure in writing to you this Autumn. The summer brought the anticipated round of very good examination results at GCSE and A level. In relation to our neighbours, we maintained our position as the second highest local school with regard to the GCSE 'gold standard' (the percentage of students who gained five or more A\* to C GCSE grades including English and Mathematics). This is a tremendous achievement which consolidates the progress and standing of Smithdon High School.

I was delighted to note a very large and significant rise in our A level results this year. These results have placed us in a good position in relation to other providers and I am exceptionally pleased that this terrific group of young people have succeeded in establishing a very good foundation for University careers or the world of work. Well done to all our students who have worked so hard to such great effect.

I have had several discussions with students across the age ranges, both before and after the summer holidays, as well as with a number of parents. These discussions focussed on the early transfer of Year 6 pupils to Smithdon High School, the early start to the 'academic year', behaviour, early starts to GCSE and A2 courses, why choose Smithdon High School Sixth Form, etc. I have been impressed with the students' mature responses and grateful for parents' thoughts.

I have an overriding positive impression that the school is developing well, that students are generally happy and parents are pleased with the school. We all recognise there are areas which can improve and the Governors and Senior Leadership Team are in no doubt of the need for continued development and progress. What does emerge is the value placed on a calm atmosphere, the care provided for all our students and the emphasis on ensuring that each person counts and we must all aspire to high levels of progress and attainment. It is essential that all of us – parents, staff, governors and students – continue to demand that we continue to become a better school. Our goal must remain to be categorised as 'Outstanding'.

Unfortunately I continue to receive requests for leave of absence for family holidays. I must repeat the last message I gave to all parents regarding this matter. I am no longer able to authorise any absence from school unless the circumstances are unavoidable and exceptional. I am well aware of the difficulties faced by many parents in this area due to the seasonal nature of their work.

However, the government directions to all Headteachers on this issue are absolutely clear. Such absences will be classified as 'unauthorised'. It is worth noting that a ten day holiday alone creates an absence rate of over 5%. Fixed penalty charges and court proceedings are triggered as soon as any student's attendance drops to less than 85% unless their parents can demonstrate that this is due to medical conditions. The Smithdon Cluster attendance policy will be amended in the very near future to reflect this and will be consistently applied across our cluster schools.

If your child has an unavoidable medical appointment during the school day, please ensure that they attend for at least part of the school day whenever possible. Please book routine medical appointments outside of school hours. I know that with your continued support, we can achieve an attendance level which is higher than the national average and in doing so, continue to achieve the best results for our students.

We have started the academic year with two important events, our 'Celebration of Achievement' and 'Open Evening'. I am grateful to the large number of our students who have volunteered or responded positively to these events. At the end

of each of these evenings it always gives me considerable pleasure to reflect on the enthusiasm, maturity and helpful nature of our students. They are great ambassadors for Smithdon High School.

I am sure that by now all parents will be regular visitors to our website, [www.smithdon.norfolk.sch.uk](http://www.smithdon.norfolk.sch.uk). If you do not already visit the site, please do so. We try to keep the contents up to date with all news booklets, newsletters and news updates available. We also provide access to older issues of newsletters, etc for information. The revised Parents' Handbook for 2013/14 is now on the website and as usual this important document contains a wealth of information and provides parents with all the dates they require for the year.

Parents who have tried to access the SIMS Learning Gateway should be aware that our Network Manager, Mr Ray Pering, recently gained a promotion to a company in Milton Keynes. We have responded quickly to this issue and an appointment has been made. However, the new post-holder cannot take up their position for several weeks, so access to the SLG may be delayed for some parents.

I am delighted to welcome Miss Stewart (Science) and Mr Clark (Maths/Science) to our teaching team, as well as Mrs Greengrass (Science Technician) and Mr Moon (Learning Support Assistant). I have no doubt that they will add to the quality of our students' experiences. I am pleased, but not surprised, to report that our new Deputy Headteacher Mr Betts has made a very good start to his time at Smithdon High School. Calm, authoritative, enthusiastic, aspirational and caring are all hallmarks of his work with both staff and students to date. I am firmly convinced Mr Betts will play a vital role in the continued development of the school.

I wish you and your son or daughter well for the autumn. May all of us learn effectively and reach our full potential.

Mr J M Goodchild  
Headmaster



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**GCSE Examination Results August 2013 – another great year for Smithdon High School**

1.	Springwood High School	(65%)	69%
2.	Smithdon High School	(61%)	59%
3.	Fakenham High School	(44%)	58%
4.	Litcham High School	(55%)	56%
5.	Downham Market High School	(57%)	55%
6.	Marshland High School	(49%)	55%
7.	Alderman Peel High School, Wells	(45%)	52%
8.	Iceni Academy (Methwold)	(48%)	47%
9.	Swaffham High School	(19%)	46%
10.	Terrington High School	(40%)	46%
11.	King's Lynn Academy	(35%)	45%
12.	Wayland High School, Watton	(50%)	43%
13.	KES High School	(52%)	40%

(2012 results in brackets. Percentage five or more A\*- C GCSE grades including English and Mathematics). Source: Eastern Daily Press

**Ofsted November 2012**

- "The school is a happy and friendly community."
- "Pupils show respect for each other and enjoy their social opportunities."
- "The pupils present themselves well, are polite in lessons and speak well to each other and adults."
- "Achievement in English and Mathematics has improved significantly ... teaching in these areas is good."
- "Pupils get on with each other and with their teachers ..."
- "Governors provide rigorous challenge to leaders and staff."

**Smithdon High School's Outstanding Record of Improvement**

The chart below records the percentage of students gaining five or more GCSE A\* - C grades (including English and Maths):

2008	29%
2009	39%
2010	41%
2011	47%
2012	61%
2013	59%

**Smithdon High School's fantastic record of improving behaviour:**

Days lost due to temporary exclusions:

2010/11 = 397	2011/12 = 208	2012/13 = 24
---------------	---------------	--------------

After school detentions:

2010/11 = 850	2011/12 = 559	2012/13 = 412
---------------	---------------	---------------

**Smithdon High School's improving attendance record:**

2010/11 = 91.9% 2011/12 = 93.1% 2012/13 = 94.1%

**Smithdon High School saw a dramatic rise in levels of attainment in its Sixth Form in 2013:**

	Score in 2013	Score in 2012	Score in 2011
% A* - E	97%	96%	92%
% A* - B	40%	26%	27%
% A* - C	67%	58%	51%
Average point score per student	633	550	601
Average point score per exam	209	199	190



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## Wells Community Hospital – Update

News from Wells Community Hospital Trust

A number of people were intrigued to see a large lorry crane unloading a big metal container onto the Wells Community Hospital car park recently. It was a new £100,000 biomass boiler system being delivered to replace the ageing oil fired system. The purchase came about thanks to a Norfolk County Council's Community Construction Fund grant. It will be a real bonus for the hospital because, not only will it save around £7,000 on our heating bills, it also gives access to the Government's Renewable Heat Incentive Scheme which is estimated to give us an annual £10,000 revenue boost for the next 20 years.

Thanks to a grant from the Wells League of Friends, the hospital is also replacing all of its flat roof areas and having them fully insulated.

**Dementia Project event** - There are still a few places for the event on Monday 21st October (10.30am). It is for people with dementia and a family member or carer. There will be 20 minute sessions on Singing/Music, Reminiscence and Light exercise with music. Anyone interested should call 01328 711996. Refreshments will be available and the session will last for 2 hours.

**Fundraising – The Egg and the Ego talk** by BBC Roadshow contributor John Benjamin had to unfortunately be cancelled. It will be re-arranged.

A **'Christmas Fair with Granny's Attic'** takes place on Saturday 30th November at St. Anthony's Cottage, Marsh Lane, Burnham Norton. 10.30am to 3.30pm. Free entry. A chance for some early Christmas present buys. Refreshments available. Christmas raffle tickets are now on sale. First prize is a £600 cycle provided by Fatbirds from Hunstanton. It will be drawn on 18th December.

A big thank you to Holkham Hall for deciding that the hospital will be one of the beneficiaries of their **Three Harps of Christmas** concert on 14th December (7.30pm). [Ruth Wall](#), harpist, will perform traditional carols and medieval music arranged and introduced by award-winning composer [Graham Fitkin](#). **Tickets £25.**

The recent My Darling Clemmie event with Rohan McCullough raised just over £1,000. The Cajun Shindig raised £6,350. Many thanks to people who provided auction lots.



**Renal dialysis** – The hospital's renal dialysis team will shortly be promoting the Mermaid Unit at the National Kidney Federation's annual patients' conference at Hinckley.

**Christmas greetings!** – The hospital's first Norfolk Coast Calendar (£6.99) and specially designed Christmas cards are now available.

**Latest Lottery winners** - Miss J Whitlock, Mrs Joan Gunner, Mrs Jane Marshall, Martyn Royall, R Butler, S J McCartan, Mrs Joanne Jamieson, Mrs Jean Tuttle, A H Day, Mr & Mrs R Webber and Ms Deirdre Amsden,

**Footpath clear up** – A number of people have complained about the footpath to the hospital along Mill Road being difficult to use because of the intruding hedge. The matter has been raised with the Highways Authority.

**Barry Dennis**  
CEO Wells Community Hospital Trust  
Mill Road, Wells-next-the-Sea, Norfolk. NR23 1RF  
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### Hunstanton Lions Club

Hunstanton Lions made donations to a number of local good causes in October. Hunstanton Lions were invited to visit The Hunstanton Lifeboat Station. We had a guided tour of the station and were shown the many pieces of the equipment used in the everyday life of the lifeboat crew. We were also given an in-depth talk on the lifeboat and hovercraft workings and operations carried out during rescue callouts. All the lifeboat crew members are volunteers. Hunstanton Lions would like to express our gratitude to the members of the lifeboat crew who made us welcome and shared their knowledge and experiences with us on the night.

#### Turkey & Tinsel Monday 2nd – Friday 6th December.

Hunstanton Lions are pleased to offer our turkey & tinsel menu for this year.

The event is for senior citizens and will take place at United Services Club, Hunstanton. Please complete the form attached and return promptly.

#### 200 Club

1st Sheila Crane, 2nd Mike Keightley, 3rd Mrs G Partridge, 4th C.Deemore.

If you would like more information about Hunstanton Lions please contact Mike Ruston 01485 533367.

Jane Scott

### HUNSTANTON LIONS

#### TURKEY & TINSEL LUNCHES

We are delighted to announce that we are holding our successful Turkey & Tinsel Lunches at The United Services Club, Homefields Road, Hunstanton, week beginning Monday 2nd December to Friday 6th December 2013. These lunches are open to **all Senior Citizens** in Hunstanton and the surrounding area.

The lunches cost **£4.00 per person** for a delicious three course meal, including a free cup of tea/coffee after your meal.

#### Soup

**Traditional Christmas Turkey with all the trimmings.  
Christmas pudding.**

**Special dietary requirements will be met.**

Please complete and tear off the Booking Form below and return as soon as possible to the address given below on the form. Confirmation will be sent to you.

**We look forward to meeting you at your Turkey & Tinsel Lunch.**

#### TURKEY & TINSEL BOOKING FORM

Name:.....

Address:.....  
.....

Telephone Number:.....

Number of people in your party:.....

Please **tick** the days you're available to attend and **circle** your main preference:

- Monday**      **2nd Dec**
- Tuesday**    **3rd Dec**
- Wednesday** **4th Dec**
- Thursday**    **5th Dec**
- Friday**        **6th Dec**

Please **circle** which time you would like to have lunch:

**12.00noon or 1.00pm**

**Please do not arrive any earlier than 15 minutes before the time stated above.**

Please state any special dietary requirements:  
.....  
.....  
.....

Please enclose **£4.00 per person** (cheques made payable to: **Hunstanton & District Lions Club**) and return this form to: Mr Chris Holt, 4 Bewick Close, Snettisham, PE31 7PJ.

For further enquiries contact Mr Chris Holt on: 01485 541534 or via email: [chrisholtphotographic@yahoo.co.uk](mailto:chrisholtphotographic@yahoo.co.uk)

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### Mayor's Civic Awards for Voluntary Service

Nominations for the annual Mayor's Civic Awards for Voluntary Service are now invited.

The award scheme acknowledges the very valuable contribution of people who invest time and effort into voluntary work, whether it is for the good of others or to enable money to be raised for charity. Since the scheme began in 1995, over 350 people have become holders of an Award for Voluntary Service. The present Mayor, Councillor Elizabeth Watson said: "I am delighted that we are once again looking for nominations of volunteers who have done amazing work in the community. Without these people, life in West Norfolk would not be the same. We are so lucky that our volunteers are prepared to give up their time to enrich the lives of so many and with no reward. We are all incredibly grateful to these unsung heroes and I would urge local people to put forward their nominations". The scheme, which is supported by BBC Radio Norfolk, is a well-respected and high-profile award scheme within the borough.

The criteria for nomination are:-

A resident of the Borough of King's Lynn & West Norfolk who provides voluntary service or raises funds for charity and has done so since at least 1 January 2011.

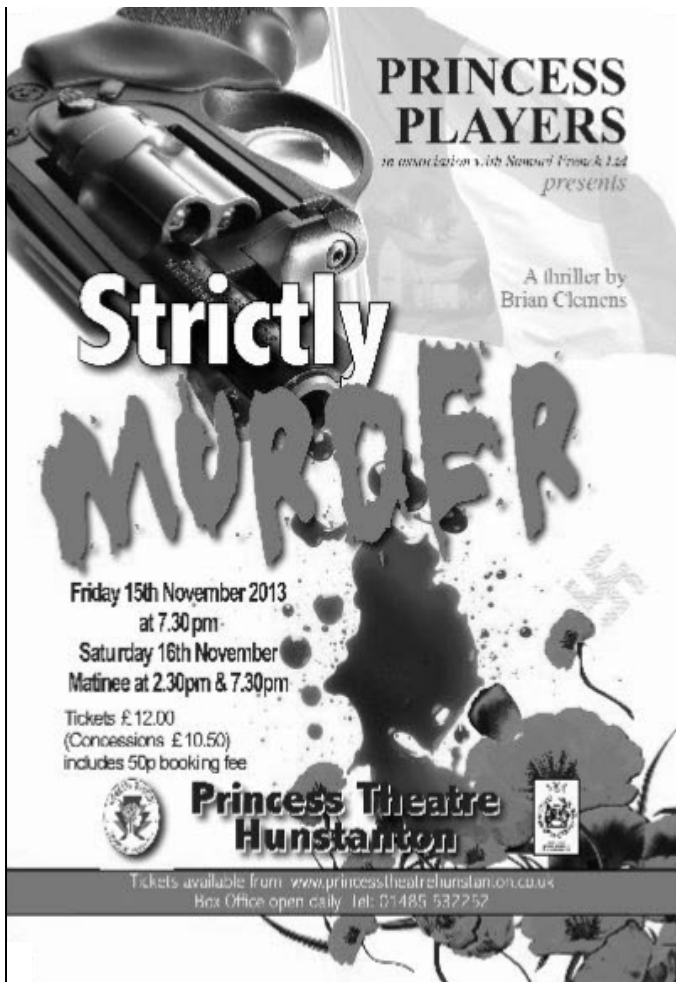
or

A resident outside of the Borough of King's Lynn & West Norfolk who provides voluntary service within the borough or raises funds for charities specifically within the borough and has done so since at least 1 January 2011.

Nomination forms may be obtained from the Civic Officer, The Town Hall, King's Lynn, PE30 5DQ (01553 762124) or by e-mail on: [civics.officer@west-norfolk.gov.uk](mailto:civics.officer@west-norfolk.gov.uk)

Nomination forms can also be downloaded from the Mayoral section on the Borough Council's website.

For further information please contact the Civic Officer at The Town Hall, King's Lynn on 01553 762124 or email [civics.officer@west-norfolk.gov.uk](mailto:civics.officer@west-norfolk.gov.uk)



### PRESS RELEASE - PRINCESS PLAYERS 'Strictly Murder'

It is April 1939, the clouds of war are beginning to gather. An English couple, Peter and Suzy, are living in Provence in idyllic isolation, far, it seems, from the rumblings of the coming war. Their peace is shattered from within when Suzy discovers she has been betrayed; Peter is not the man he claims to be. Suzy's life is thrown into turmoil as the possibility arises that Peter may in fact be a ruthless killer on the run. Then a Scotland Yard detective arrives and events become even more complicated and frightening ... Lies, subterfuge and murder make this fast-moving thriller a dark and disturbing roller coaster of bluff and double bluff.

The play was written by Brian Clemens who wrote both the 'Avengers' and the 'Professionals' in the 70's. It was first performed in 2006 and has been performed several times by amateur companies throughout the country.

The critics said, "This was certainly one of the best murder mysteries seen, it grips you by the throat from start to finish ... the plot is full of twists and turns ..."

This is the first production since the former Princess Theatre Club changed its name to the Princess Players. The Players are pleased to welcome two new members, Geoff Harris and Lara Kenyon making their debut as well three established members Barbara Dennis, Mick Yates and John Harris. The director is Pearl Carpenter who is making her debut in this role.

There will be three performances at the Princess Theatre, Hunstanton – Friday 15<sup>th</sup> November 2013 at 7.30pm and Saturday 16<sup>th</sup> November 2013 at 2.30pm and 7.30pm.

Tickets £12.00 and £10.50 (concessions). NB - This includes 50p handling fee. Available from the box office 01485 532252.

Enquiries to:- Rae Steward, Publicity Officer, Princess Players, 01485 533420.

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### Hunstanton Community Art Club

Hunstanton Community Art Club is all set for February 2014.

After a successful start, free community art club 'Norfolk Indie Arts' is set for a bright 2014 with venue funding by the Hunstanton and District Festival of the Arts.

The monthly club, held in the newly refurbished Hunstanton Town Hall's Basement facility, was set up in June 2013 by local artist Georgie Watts.

"I wanted to create a space where creative adults of all abilities could socialise, bring their own art materials and inspire each other in a friendly laid back environment."

Further speaking of the funding news Georgie said, "I'm so happy and it means I can continue to run the club for free for people who want to come along without cost being a barrier to joining in."

Just completing her first exhibition, Georgie hopes to hold more exhibitions in the future with any exhibition sales going to charity.

If you would be interested in joining the Norfolk Indie Arts club, please go to [www.norfolkindiearts.co.uk](http://www.norfolkindiearts.co.uk) or telephone: 07943 661004 for more details.

### Anmer Village Social Club Film Night

Friday 15th November at 8.00pm

'ROBOT AND FRANK'

Doors open 7.30pm

Tickets on sale at the door - £3.00

Further details tel: 01485 579465 or email: [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk)



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## King's Lynn West Norfolk Business Start-up Support Programme Thinking of becoming self employed or starting a business?

### What is it?

A new **free** Business Start up Service that has been launched by the Borough Council of King's Lynn & West Norfolk in association with business start up support specialists, TCHC, to help people who want to become self employed or start a new business.

The service includes practical, informative workshops, covering all the points that you need to consider in becoming self employed or setting up your own business, as well as providing the opportunity to discuss your ideas and questions with an experienced business adviser.

### Who's it for?

The service will help anyone resident in the borough of King's Lynn & West Norfolk who is thinking about becoming self employed or starting a new business make their idea a reality.

### What does it consist of?

The programme consists of practical training workshops together with an opportunity to talk through your business ideas with an experienced, independent business adviser.

### Workshop Programme

#### Self Employment – Is it for me? Business Awareness Workshop Half Day

By the end of the workshop you will have the information needed to decide if self employment or running a business would be a viable option for you together with the confidence to explore it in greater detail.

#### Self Employment – Building your Business Idea Workshop Full Day

This workshop will give you a comprehensive overview of the key business disciplines needed to research your business idea, assess its viability and start building the concept into a sustainable business. By the end of the workshop, you will have clarified whether your business idea is potentially viable and have the skills necessary to start your market research and financial planning.

#### Planning your Business Workshop Full Day

This workshop will focus on the purpose, contents and the **customers** of the business plan and include topics on understanding and explaining your market, resources and funding, cash flow and profit & loss forecasting, sales and marketing and the people involved in the business.

By the end of the workshop, you will have the skills and knowledge together with usable templates to develop a robust business plan suitable for raising finance and for managing your business.

### Business viability consultations

Confidential **1:1 session** with an experienced business adviser to help you to assess the viability of your business idea, identify the next steps to take and provide details of ongoing support that is available.

### Business mentoring

On-going business mentoring for people who have recently become self employed or started a business. **Enterprise Norfolk is jointly funded by Norfolk County Council and the Borough Council.**

**What are the benefits?** Learn business skills to enable you to run a business effectively. Receive independent impartial advice to give you every chance of success.

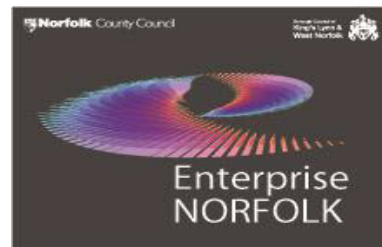
Meet and network with others in a similar position to yourself to help build your confidence.

**How much does it cost?** All workshops, business viability consultations and business mentoring sessions are completely free for residents of the borough of King's Lynn & West Norfolk.

**How do I book?** To book a place on a workshop or a business viability consultation, please call TCHC on **01923 698474** or email: [courses@tchc.net](mailto:courses@tchc.net)

Date:	Course:	Location:
<b>November</b>		
11th	Planning your Business	King's Lynn
18th	Is it for me?	King's Lynn
<b>December</b>		
2nd	Building your Business Idea	King's Lynn
9th	Planning your Business	King's Lynn

For full details please visit:  
<http://www.tchc.net/services/business-start-up-support/business-support>



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**The Upbeat Beatles presents:  
The 50th Anniversary Tour**

Half a century after The Beatles' first hit record, the UK's premier Beatles band are rolling out their Fab Four homage across the UK

Nationwide Tour: July 19th – December 7th 2013

Marking five decades since the release of Please Please Me, The Upbeat Beatles will take you on a magical history tour of The Beatles through their songs and their humour. Playing live music from the iconic band's ten year canon, The Upbeat Beatles aim to have you dancing in the aisles and screaming like it's 1963.

Since 1997 The Upbeat Beatles have been the best in the business at re-creating the excitement, raw energy and authentic sound of The Beatles themselves. From the humble depths of Liverpool's Cavern Club, through the heights of Beatlemania, to their final live performance atop of The Apple Building: The Upbeat Beatles simply cannot be beaten when it comes to their high production journey across the band's career, and brilliant Beatles banter. Having wrapped up their final tour in 1966, many classic Beatles records never made it to their original live shows. Never-performed songs such as I Am The Walrus, Strawberry Fields Forever, While My Guitar Gently Weeps, Penny Lane and many more favourites have been meticulously recreated to finally bring these records to life. In honour of the band that shook the world, The Upbeat Beatles want to shake up your night. John Wilson is the band's producer and resident Beatles expert, having previously played Paul McCartney and starred in a short film with Ringo Starr. He says: "I knew from the first minute of the first day of rehearsals that The Upbeat Beatles show was going to be something special."



Powerhouse vocals, spine tingling harmonies, punchy rhythm section and shimmering guitar solos: within eight bars you just know they've got all the right ingredients for a night you'll never forget. "But there is much more to a Beatles show than four wigs and a few snazzy outfits. Even with all the right guitars and amps you have a lot to live up to. You'll come away from an Upbeat Beatles show with a smile on your face, knowing a lot more about the Beatles than 2 hours earlier!"

www.upbeatbeatles.co.uk @UpbeatBeatles |  
facebook.com/upbeat.beatles

Running Time: 2 hours 20 minutes (including interval) Suitable for ages 8+

**Company Information**

9 Nov Princess Theatre, Hunstanton  
13 The Green, Hunstanton, Norfolk PE36 5AH  
7.30pm | £18, £13 (concs)  
www.princesshunstanton.co.uk | 01485 532252

Answer to puzzle on page 23

By using Roman Numerals: 19 = XIX with 1 removed results in XX, or 20

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<sup>-o0o-</sup>

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**Paula and Mark**



**Choral Classics in The Minster**  
**Saturday 16 November 2013, 7.30pm**  
**The Minster, King's Lynn**

Tom Appleton music director  
Alexandra Saunders soprano      Rupert Reid baritone  
Lawrence Tao organ

Tickets £15, £10, £5 (under 18s) – from King's Lynn Corn Exchange, 01553 764864, online or at the door  
www.klfc.org.uk

King's Lynn Festival Chorus is a Registered Charity (No.

Dealing with personal finances can be worrying and confusing with the often endless streams of paperwork and forms that need to be completed for even the simplest matters. Added to this confusion is the increasingly large amount of unwanted mail posted through letterboxes nowadays.

Age UK Norfolk's Money Matters service is a free service that supports older people who are struggling to manage their personal affairs and finances. The service has been running for 14 years and over that time has helped over 2,885 people with a wide variety of financial matters such as how to pay bills, complete benefit application forms, find good deals on fuel costs and much more! Without this help, many older people find the burden of these tasks threatens their independence.

**This service would not exist without Money Matters volunteers - but more volunteers are urgently needed!**

Could you spare a small amount of time on a regular basis, offering practical support to help someone fill in forms, understand and answer letters, sort out money problems or simply pay bills?

You will be surprised by how such basic practical support can make such dramatic a difference.

All our volunteers are fully trained and supported throughout their work so all you need is some basic experience of handling household finances.

If you would like to find out more, please contact Aileen on 01603 785 221 or our website [www.ageuknorfolk.org.uk](http://www.ageuknorfolk.org.uk)



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**Brancaster Camera Club**

We have two club competitions scheduled for November:

**Tuesday, 12th November 2013**

Annual Digital Competition to be judged by  
Allan Livingstone.

**Tuesday, 26th November 2013**

Annual Monochrome Competition  
(Judge to be announced later).

Both at 7.30pm in Brancaster Staithe Village Hall.

We would be pleased to see you if you would like to come along. Visitors are always welcome at our meetings.

Contact Jim Till on 01485 210013 or  
Wendy Calow on 01553 674725.

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### Scallywags Parent, Baby and Toddler Group

We have had a great start to the autumn seeing our lovely regulars again (some of you for nearly a year now!) and welcoming some new families. Well done to those of you who have braved a new group. We know that it isn't an easy thing to do and it is very lovely to meet you.

We would like to say a special thank you to Lisa and Caroline from Hunstanton and District Ladies Circle who surprised us by dropping into Scallywags last week with a lovely collection of new books and a cheque. The sun even popped out allowing us a photo opportunity of the handover in the garden!

Thank you also to the anonymous donor of plastic bottles for our work-in-progress greenhouse. They have been given to green-fingered Louise ready for her magic touch. (Thank you also to Louise who stepped out of her wellies and into her apron to help with snack time last week!)

Thank you also to Donna from Hunstanton Children's Centre in providing another stimulating messy play activity last week and for Sue from Usbourne Books who came this week with a really lovely array of books for us to buy. Many of us left lighter of pocket!

Our friendly and lively parent, baby toddler group is on every Wednesday during term – time from 9.30-11.30am. The cost is £2 per family.

We look forward to seeing you. If you would like any more information then please call Clare on 07816 913657 or Jo on 07521 447284


### **We still need your empty 2 litre clear plastic bottles!**

to be turned into a greenhouse by our amazing Mrs Bloom (Louise Rudd!).

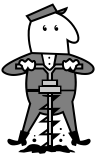
If you have any to spare then they can be popped over the back gates at 43 Folgate or 35 Meadow Road.

Many thanks.

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## Events at Hunstanton Library

For further information about these events (or to book your place where necessary) please contact the Library on (01485) 532280 or pop in.

### **Spooky stories!**

Thursday 31st October 10.30am - 11.30am

Come along for some spooky stories and activities! Children under 8 must be accompanied by an adult.

### **Scrabble Club**

Every Wednesday (except Christmas and New Year) from 10.00am – 12.00 noon. Come along and enjoy a game of scrabble. Refreshments provided.

### **Under 5s rhyme time**

Every Wednesday 2.00pm - 2.30pm (term time only). Join us for a pre school story and rhyme time! Suitable for preschool children and their parents/carers.

### **Hunstanton Town Read Coffee Morning**


Friday 29th November 10.30am

If you've read (or are reading) *'The Woman who went to bed for a year'* by Sue Townsend then come along and share your thoughts about the book with others. Refreshments provided.

### **Festive Junk Modelling Fun!**

Saturday 14th December 2.00pm - 3.30pm

Come along and have a go at making something festive out of junk and recycled materials. Suitable for primary school aged children and over. **BOOKING ESSENTIAL.** Children under 8 must be accompanied by an adult. Materials provided.




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## POPPY APPEAL

Dear Newsletter

Remembrance Sunday is once more fast approaching. It is a time when throughout our hectic lives, we allow ourselves time to remember those who paid the ultimate sacrifice for our freedom. They were the ones who went out into the battlefields, took to the air and sailed the seas that we may enjoy our present lives. The losses still go on in more recent conflicts. It may have been under different circumstances but a loss to a family is still as traumatic now as it was in those dark days of our two World Wars. Let us remember all those who have died in conflicts and be eternally thankful to them.

### WE WILL REMEMBER THEM

If you wish to pay tribute to those who gave their lives for us, please come along on SUNDAY, 10th NOVEMBER to the Parish Church (9.45) and Memorial Service (afterwards 10.45).

May I take this opportunity to remind you official Poppy Sellers will be about in our village and any donation will be gratefully received. The money collected goes to the Poppy Appeal which in turn is used to help those in need. The Poppy Appeal has done great things in the past. Help us collect more to meet the ever increasing demands made upon it.

### WEAR YOUR POPPY WITH PRIDE

Thank You

Marcus Liddington

Branch Organiser

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## Community Cinema

On Saturday 16th November  
Cinema in Syderstone

Presents

### 'Arbitrage' (15)

A powerful thriller set in the world of high finance and starring Richard Gere in his best role for years as a hedge-fund manager up to no good. Also starring Susan Sarandon and Tim Roth, it is absorbing Hollywood film-making.

Venue: Amy Robsart Village Hall,  
Syderstone PE31 8RX.

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578588 or 578171

Email: [cinema@syderstone.com](mailto:cinema@syderstone.com)

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Unit 1, Heacham Hall Ind. Units.  
Heacham  
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If you have existing double glazing with condensation between the panes, there is no need to replace the whole window. As part of our comprehensive repair service, we offer a Sealed Unit Replacement Service. Available for PVC, Timber and Aluminium windows.

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Secondary Glazing is available in horizontal and vertical sliders, lift-out units, fixed panes and hinged systems.

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Integral Blinds are a fantastic addition to any home or conservatory. The standard double glazed unit is replaced with a unit containing a blind which can be raised, lowered and tilted.

Available in 3 different types - Pleated, Venetian and Roller, and in a range of colours to suit any application.

**Whatever your glazing requirements  
Call 01485 570016 For a FREE Quote  
or go to [www.mshglazing.co.uk](http://www.mshglazing.co.uk)**

**All Types of Repairs Undertaken  
No Job Too Big or Too Small**

**Sealed Units  
Replaced From  
Only £45.00\***

\* Conditions Apply

Also Available:-  
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Security Upgrades  
Energy Efficiency Advice



## News from Rollason Stage School

THE NEW TERM HAS STARTED WITH CLASSES IN HUNSTANTON, HEACHAM AND NOW DOCKING!

NEW SATURDAY SCHOOL STARTING –

‘LUCY ROSE’ STREET CREW

Hunstanton Town Hall Basement

4.30–5.15 Street Dance master class for all ages.  
MONDAYS at Heacham Public Hall top room

4.15-5.15 Ballet tap and modern dance 6 yrs +  
5.15-6.00 JUNIOR STREET DANCE

NEW CLASS started 9th September Zumba for 14yrs and over 7.00-8.00.

\*\* NEW SCHOOL OPENED MONDAY 30th SEPTEMBER AT DOCKING RIPPER HALL ON MONDAYS WITH CAITLIN STEADMAN \*\*

4.00-5.00 Ballet, tap and modern dance.

5.00-5.45 Street Dance master class

WEDNESDAYS at Hunstanton Town Hall basement.

Under 6 yrs classes: 4.30-5.15 Ballet, tap and modern.

Seniors: 5.15-6.15 Ballet, modern - 12yrs and over

6.15-7.00 Senior Street Crew - 12yrs and over

THURSDAYS at Hunstanton Town Hall basement.

4.30-5.30 musical theatre/drama class for all ages.

Students now have the opportunity to take LAMDA examinations. A LAMDA qualification is considered to be the best drama examination and is highly recognised throughout the professional acting industry.

This is a fantastic fun class for all ages. We will be entering festivals and taking part in shows throughout the year. Private lessons are available on request.

This is a friendly school. We take examinations, take part in dance festivals and perform at lots of events. The children gain lots of confidence, keep fit and really enjoy themselves.

The new term has only just started so there's no better time to join us. Please call 01485 579074 or 07585 002124 for more information. Happy dancing!

**Michelle Rollason**



## Fitness Classes with Michelle Rollason

Mondays:

ZUMBA at The Heacham Public Hall, Top Room,

7.00-8.00pm. £4 per person.

Wednesdays:

NICE AND GENTLE FITNESS

At Hunstanton Community Centre - 1.30-2.15pm

Enjoy a cup of tea or coffee afterwards. £3 per person

Thursdays:

NEW CLASS STARTING FIRST WEEK IN NOVEMBER

CHILLATES at Hunstanton Town Hall Basement

6.30-7.30pm. £4 per person..

Friendly fitness classes for all ages. Loyalty card scheme.

I look forward to seeing you all soon!

Please call Michelle 01485 579074 / 07585 002124 to book a place!

**Michelle Rollason**

## Tree Festival

Fakenham Parish Church holds its 13th Christmas Tree Festival from Thursday 28th November to Thursday 5th December 2013 between 10am and 8pm daily.

This ever popular occasion attracted 25,000 people last year and raised almost £22,000 for charities - mostly in small coins!

This year 76 charities will be taking part and there will be 90 trees!

Entrance to the Festival is free but please bring a bag of coins to place at the charity trees of your choice.

Inside there will be a Christmas Bazaar selling a wide range of Christmas goods; also refreshments, a Tombola and a Grand Draw. Prayers will be said on the hour for the charities and there will be six Prayer Trees where you can write a prayer of your own.

More details the Festival Office 01328 862268

**Adrian Bell**  
Rector of Fakenham

## BED & BREAKFAST

Jean & Chris  
“Bramley” 38 Church Lane,  
Heacham

Prices between £20 & £25 per person

Tel: 01485 579366



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Email [peddarswaytravel@btinternet.com](mailto:peddarswaytravel@btinternet.com)

url: [www.peddarswaytravel.co.uk](http://www.peddarswaytravel.co.uk)



# A PERFECT CHRISTMAS WITH WALSINGHAM FARMS SHOPS AT NORFOLK LAVENDER

Locally sourced Christmas goodies / Free range bronze turkeys  
from Great Grove Poultry / Delicious Walsingham Beef /  
Luxury puddings / Finest Norfolk cheeses /  
Plus the perfect present -  
Walsingham Farms Shops Gift Vouchers

## **Saturday November 9<sup>th</sup>** **CHRISTMAS FAIR AT THE FARM SHOP**

Join us for tastings, supplier stalls, demonstrations and lots more.  
Why not pop in The Lavender Kitchen  
and enjoy a complimentary tea or coffee?



## **From Monday November 18<sup>th</sup>** **HAVE YOUR CHRISTMAS PARTY** **AT THE LAVENDER KITCHEN**



We have a range of Christmas lunch menus to suit all pockets,  
from two courses for just £15.  
Our menus use locally sourced products  
and give you a real taste of Christmas, Norfolk style.  
We are also offering our menus on four evenings during December  
on Tuesday 10<sup>th</sup>, Thursday 12<sup>th</sup>, Tuesday 17<sup>th</sup> and Thursday 19<sup>th</sup>.

## **Every Tuesday from 5<sup>th</sup> November** **TUESDAY BREAKFAST CLUB**

Enjoy a full English breakfast, unlimited tea or filter coffee  
with a selection of the day's newspapers – all for **£5.95** (Available 9am to 11am)

Free range Pork sausages from Morley Farm in South Creake /  
Dry cured bacon from Broadland Hams / Fruit Pig Black Pudding /  
Free range fried egg from Great Snoring /  
Local field mushrooms and grilled tomatoes /  
White or granary toast from The Redgate Bakery in Hunstanton.

COME AND SEE US

**The Lavender Kitchen – 01485 571965**  
**Walsingham Farm Shop at Norfolk Lavender – 01485 570002**

## HEACHAM PARISH COUNCIL NOTICEBOARD

### Parish Council Meetings in Brief

**Household Recycling Site:** The Parish Council rejected NCC proposals to charge residents to use the recycling site. It was viewed as a step backwards when communities should be moving forwards in terms of recycling.

**Coasthopper Bus Service:** The Council stated that the Coasthopper provided a valuable service and would seek to support measures to keep it running.

**Community rights:** The Parish Council set up a working party to review the Community Rights and Opportunities document produced by the Department for Communities and Local Government.

**Parish Partnership Scheme:** The NCC had announced that they would be running another scheme in 2014-2015. The Parish Council agreed to consider a scheme using Vehicle Activated Speed signs.

**Development in Hunstanton:** The Parish Council agreed to monitor plans for the proposed development on the boundary with Hunstanton very carefully. The current proposals for 163 homes included a single vehicular access onto Hunstanton Road in Heacham, which would have an impact within Heacham.

**Advice:** Borough Councillor Smeaton asked the Council to remind residents that if they had difficulty with paying rent or their council tax, to contact the Borough Council on 01553 616200.

**Brays Pit Work Day:** Mrs Carr, Chairman of the NEC Committee, thanked everyone for their support of the work day. A second day would be planned in November.

**Saltings:** The Council thanked Richard Brown for his continued support and volunteering at the Saltings. Mr Brown had cut back the vegetation on the earth bank and had been reseeding areas affected by Hogweed. The Council also thanked Mr M Jennings, who had allowed his tractor to be used for some of the work.

**Incinerator:** The Council advised the County Councillor that the Parish Council continued to oppose the building of an incinerator in King's Lynn and requested that this be made clear at any votes at County Hall.

**WW1Centenary:** The Council authorised the Clerk to purchase poppy seeds as part of the plans to mark the Anniversary in 2014. The Clerk would also proceed to apply to the Lottery for funding for several other schemes.



Look out for "Melchior" the Xmas Mouse visiting The Old Friends Hall in Heacham with his friend Father Christmas on 14th/15th December. Tickets for timed slots will be on sale at the Parish Council Office priced £5.00.

### Notice of Parish Council Vacancies

There are two vacancies on Heacham Parish Council for a Parish Councillor. The 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 19 November at 7.30pm  
The Clerk

### WW1 Centenary – Heacham Remembers

Next August, the Nation will remember the start of World War One in 1914 and special acts of remembrance were planned over the four years. Heacham Parish Council is looking at ways in which the village can commemorate this centenary, remembering those who gave so much. The first project is to sow a wild flower mix, mainly poppies, along the Highway verges on the A149 and other parts of the village. Local groups, families and individuals are being invited to sponsor the wild flowers which start at £1.00 a metre.

**Join in the Work Party  
BRAYS PIT  
Sunday 24th November  
from 9.30am  
Please bring gloves, loppers and secateurs**



### Norfolk County Council Finance 2014-2017 Your Views

Norfolk County Council is now consulting on budget proposals to bridge the £189 million funding shortfall for the years April 2014 – April 2017. This consultation is to ask the people of Norfolk for their views and runs until 12th December 2013. We encourage all residents to read the proposals and submit their comments. The County Council's website is as follows [www.norfolk.gov.uk](http://www.norfolk.gov.uk), search for the Putting People First page where you can access all the information. The 'Have your Say' box on the right hand side takes you to another page, where you can –

- § Read the consultation document
- § Look at the individual budget savings proposals
- § Have your say on the proposals.

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](http://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 18.30  
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

### OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

### 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

Between 13.00-14.00 prescriptions and certain other products only available if the 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

NHS Helpline 111

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

E-mail [admin@norfolk-on-line.co.uk](mailto:admin@norfolk-on-line.co.uk)

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

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

[www.heachamgrouppractice.org](http://www.heachamgrouppractice.org)

[www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)



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## LOCAL BUS SERVICE BETWEEN HUNSTANTON AND KINGS LYNN

### Norfolk Green

#### Service 10 and 11

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
 0647 first bus to Kings Lynn then twice an hour.  
 0654 first bus to Hunstanton then twice an hour.

#### Service 10 (Sunday)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
 0908 first bus to Kings Lynn, then hourly from 1048.  
 0843 first bus to Hunstanton, then hourly from 1018.

#### Service 10

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.  
 0836 first bus to Kings Lynn, then hourly.  
 0808 first bus to Hunstanton, then hourly from 09.25.

#### Service 10 and 11 (Sunday)

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.  
 1008 first bus to Kings Lynn, then two hourly from 11.18.  
 0943 first bus to Hunstanton, then two hourly from 1048.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

### Smithdon High School Bus

#### Service 401

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

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

### Coasthopper Service

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

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

### All Bus Enquiries

[www.norfolkgreen.co.uk](http://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, Heacham News (Olivers),  
 Post Office, Parish Council, Church, Co-op, Tescos, Fish Bar, Wine Cellar.

### 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

Heacham Scout Hut 572890

### 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.

### MOBILE LIBRARY

ROUTE DER 224 (Tuesdays) 12th/26th	November	ROUTE DER 223 5th/19th	
COLLINGWOOD CLOSE	09.40	ROBIN HILL	10.25
SOUTHMOOR DRIVE	10.00	CHURCH LANE	10.40
SANDRINGHAM DRIVE	10.20	RINGSTEAD ROAD	10.55
CHENEY HILL (F/SIDE)	10.40	NEVILLE CT	11.40
WOODSIDE AVE	11.05	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.20	PINE MALL	12.30
NOURSE DR/INGLEBY CL	12.15	SITKA CLOSE	12.50
ROLFE CRESCENT	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/Norway CL	14.55	JENNINGS CLOSE	16.15
MARRAM Way/Spruce CL	15.10	COLLEGE DR/G CL	16.50
MARRAM Way/Neville RD	15.25		
CUNNINGHAM COURT	15.45		