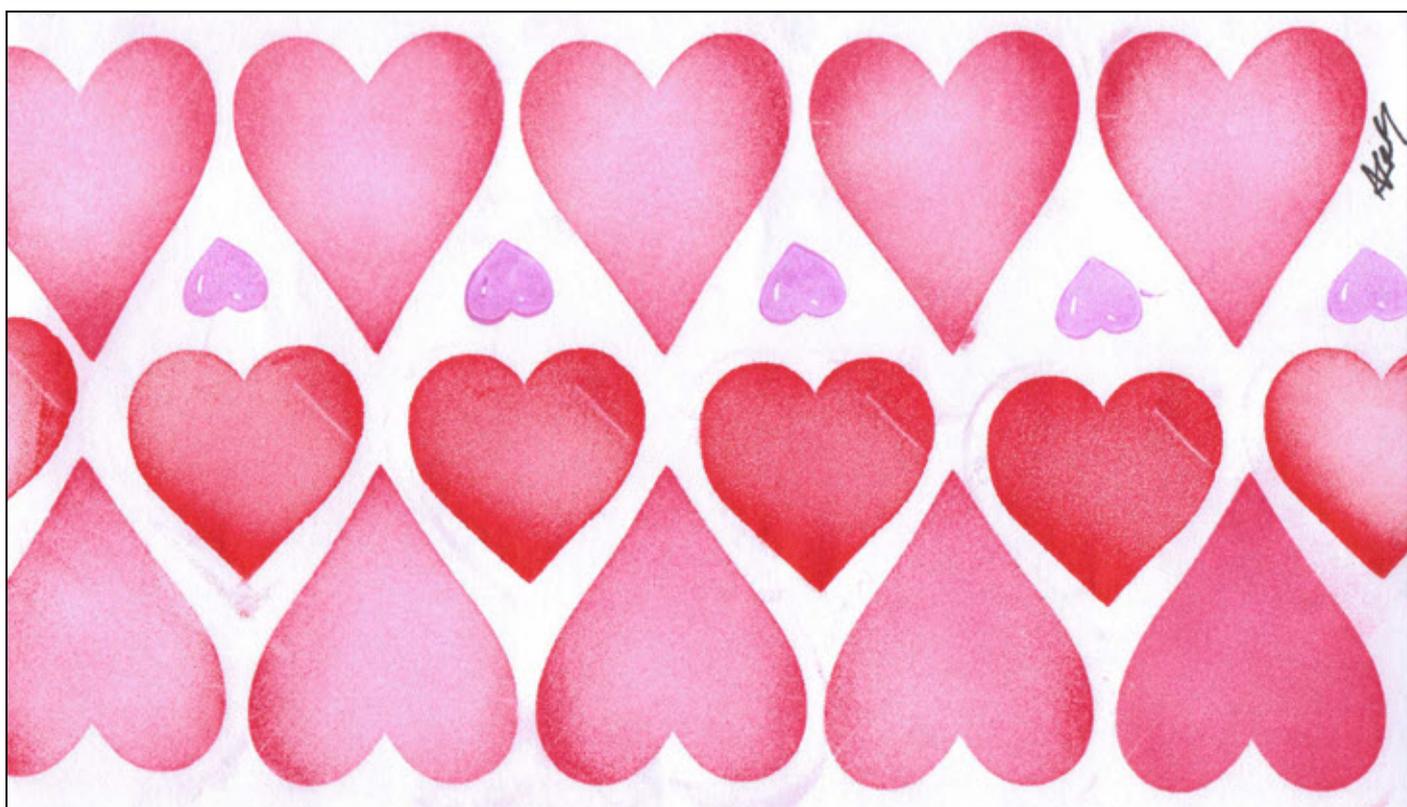




THE HEACHAM NEWSLETTER

February 2016

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Deadline for the next edition is 12 noon, Tuesday 16th February



**Do Something
Amazing
Today**

The **National Blood Service** will be visiting Heacham and would welcome existing and new donors.

**Wednesday 24th February 2016 at the Public Hall,
Station Road. 1.15pm - 4pm and 5pm - 6.30pm.**

Please make an appointment if you can, by calling the Helpline 0300 1232323 or online at www.blood.co.uk



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Sunday 7th February 2016

at the FOX & HOUNDS

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£2.50 per person (max 4 per team)

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



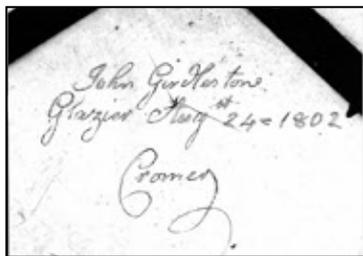
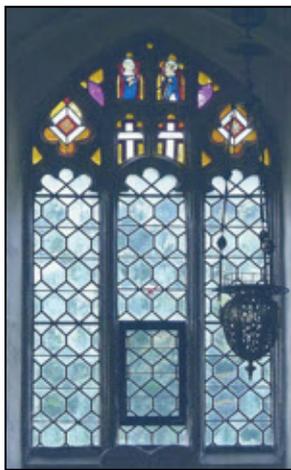
Cunningham Court

Dear Newsletter

Etching on glass in Heacham Parish Church

Two images are enclosed, one of a window in the nave with an arrow pointing to a single panel! At the time I recorded these images, I spoke to one of the ladies in the church who explained that they had never been able to read the inscription. Fortunately, I had equipment that would make this possible and copies were later given to the church. The etching appears to have been hand-drawn by the glazier and is dated 1802. The close-up image of the etching is in low resolution and has been digitally enhanced

Mike Hurn





Heacham

Dear Newsletter

Thank you

Many thanks to all who sent me Christmas cards.

Your kind thoughts and words in cards really cheered me up. I hope things will change for me and I get back to normal.

Wishing you all a Happy New Year and a healthy one.

Mary Anniss

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Dear Newsletter

The Heacham Newsletter

We receive our copies of The Heacham Newsletter every month and eagerly read it from cover to cover. We always travel down memory lane reading various articles.

We particularly enjoyed reading the 250th edition of The Heacham Newsletter, but I only recognize the names of Moira Barnes and Kerry Long. Perhaps we have left home for so long. Lots of interesting reading and we enjoyed the Milkman's magazine, which is where it all started isn't it? We had a good old chuckle at the notes left for the milkman – hilarious!

We spotted cousin Mary Hazle with some of the lady volunteers who work in the Library, having their summer lunch at Heacham Manor. All good. Granny Lee would have been proud of you two.

October Newsletter – Heacham Fire Station is the big news – it is unbelievable. My (Brian) Grandad Jack Dix was in Heacham Fire Brigade – here is a photo of him outside the original Fire Station.

When the Brigade moved out of their Fire Station, which was situated in Pound Lane, it was taken over by Mr Cunningham who created his Dewdrop Nurseries there, which was eventually all knocked down – Dewdrop Close has been built on the site.

When we lived in Dersingham and I (Brian) was in the Dersingham Fire Brigade, we used to service Sandringham and we practised there also.

I did notice John McIntyre on the Council page. He used to be in my brother's (Michael Raines) class at Heacham School. He lived in Caley Street. The only familiar face on the Council pages.



Val (nee Raines) & Brian Stebbings

Mr Jack Dix - photo taken at the original Fire Station in Heacham



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News & Events in the Community...



Heacham in Bloom needs you!

Heacham in Bloom was set up to enhance the village for the benefit of residents and visitors. Lots of hard work is required by



our volunteer team to bring you all the lovely displays that you enjoy so much.



At our December meeting, we discussed our plans for 2016 and decided that we needed more help to continue our work for the benefit of the village; especially watering throughout the months of May to September, planting, dead heading and heavy work.

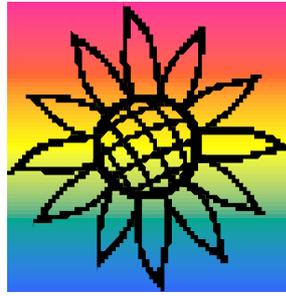
At our January 2016 meeting we were very pleased to welcome some new volunteers and we have also received an offer of help with watering, which is fantastic.

Do you think you could help us? Would you like to join the team? If yes, please come along to our next meeting on Monday 15th February 2016, 7pm at the Parish



Council Office in Pound Lane or you can email us at heachaminbloom@btinternet.com

Thank you, HIB



Heacham in Bloom

Our last fund-raising event of 2015 was our Christmas Coffee Morning, which took place on Saturday, 5th December 2015. Thank you to all of you who managed to join us: the sum of £189.45 was raised!

The next Quiz Night will be held on Sunday 7th February 2016, 7.00 for 7.30pm at The Fox & Hounds. This evening organised by 'Pub Aid' in association with 'JustGiving™' will be linking lots of other venues across the country to try to break the official Guinness World Record and The Fox and Hounds have chosen Heacham in Bloom to benefit from funds raised at this event. Cost is £2.50pp (max 4 per team). Further details regarding this event will also be available on our Facebook page.

Heacham in Bloom Committee

A letter has been received from a correspondent in Church Lane but unfortunately, we are unable to publish letters without a full name & address. If you re-contact us and provide these details, we will publish your letter in our next edition. Details will be withheld if requested.

THN

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**Who Remembers the Sinclair C5
If you can't, then look into
Station Road Garages window.**

On 10 January 1985, the C5 was unveiled at a glitzy launch event at Alexandra Palace, but it received a less than enthusiastic reception from the British media. Its sales prospects were blighted by poor reviews and safety concerns expressed by consumer and motoring organisations. The vehicle's limitations – a short range, a maximum speed of only 15 miles per hour (24 km/h), a battery that ran down quickly and a lack of weatherproofing – made it impractical for most people's needs. It was marketed as an alternative to cars and bicycles, but ended up appealing to neither group of owners, and it was not available in shops until several months after its launch. Within three months of the launch, production had been slashed by 90%. Sales never picked up despite Sinclair's optimistic forecasts and production ceased entirely by August 1985. Out of 14,000 C5s made, only 5,000 were sold before its manufacturer, Sinclair Vehicles, went into receivership.

The C5 became known as "one of the great marketing bombs of postwar British industry" and a "notorious ... example of failure". Despite its commercial failure, the C5 went on to become a cult item for collectors. Thousands of unsold C5s were purchased by investors and sold for hugely inflated prices – as much as £5,000, compared to the original retail value of £399. Enthusiasts have established owners' clubs and some have modified their vehicles substantially, adding monster wheels, jet engines and high-powered electric motors to propel their C5s at speeds of up to 150 miles per hour (240 km/h).

The C5 is made predominately of polypropylene, measuring 174.4 cm (68.7 in) long, 74.4 cm (29.3 in) wide and 79.5 cm (31.3 in) high. It weighs approximately 30 kg (66 lb) without a battery and 45 kg (99 lb) with one. The chassis consists of a single Y-shaped steel component with a cross-section of about 5.5 cm (2.2 in) by 4 cm (1.6 in). The vehicle has three wheels, one of 317 mm (12.5 in) diameter at the front and two of 406 mm (16.0 in) at the rear.



The Sinclair C5 is a small one-person battery electric vehicle, technically an "electrically assisted pedal cycle". (Although widely described as an "electric car", Sinclair characterised it as a "vehicle, not a car".) It was the culmination of Sir Clive Sinclair's long-running interest in electric vehicles. Sinclair had become one of the UK's best-known millionaires and earned a knighthood on the back of the highly successful Sinclair Research range of home computers in the early 1980s. He now hoped to repeat his success in the electric vehicle market, which he saw as ripe for a new approach. The C5 emerged from an earlier project to produce a Renault Twizy-style electric car called the C1. After a change in the law prompted by lobbying from bicycle manufacturers, Sinclair developed the C5 as an electrically powered tricycle with a polypropylene body and a chassis designed by Lotus Cars. It was intended to be the first in a series of increasingly ambitious electric vehicles, but in the event the planned development of the followup C10 and C15 electric cars never got further than the drawing board.

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LIMEHOUSE LIZZY / WICKED FAITH ROCK

Saturday March 26th sees the return to the Public Hall Heacham of what is officially recognised as the hardest working band in Britain, LIMEHOUSE LIZZY, and their brilliant two hour tribute to the music of the legendary THIN LIZZY. Wayne, Greg, Tim and Lee have become good friends over the years and it's always a pleasure to have them back.

The first time this rather special band played here was 1996 and the music still sounds as good as ever. In fact, the only thing that's changed is a guitarist and drummer and the waistlines have expanded slightly!

Also on the bill and opening the proceedings, will be Norwich based rockers WICKED FAITH. This superb band has been causing quite a stir on the East Anglian music scene over the past couple of years and have been tipped for greater things, fronted by a female vocalist who can let it rip with the best of them. It would be advisable to get in early to catch them as they play material from their two CDs they have released. I've seen them several times now and they just get better each time.

Tickets £12.50 each are available from the usual places, me on 07747 156204, the Social Club has some behind the bar, or you can get them through Limehouse Lizzy's website. Doors will open at 7.45pm. As always, a great night of blistering rock. Last time Limehouse played here the gig came very close to selling out, so get your tickets in advance if possible please to avoid disappointment.

Both bands have extensive videos and material on 'you tube'.

Trevor Frammingham

Counselling in Action

Counselling can take many forms and guises. This can be as simple as just meaningfully listening to the client you are currently with. That said, it is important to ensure that you intrinsically capture the nuances of your client's demeanour. This can mean facilitating an opening within the client's acceptance of their current position in life and how they see themselves in it.

It must be said, that many of us try to hide from our own failings; myself included. There is nothing wrong with this, but I believe it is vital to be honest with yourself, if no one else.

Counselling a client can often be a very slow, delicate business. Lifer does not always fit the right key into the box. Let's face it, recovery is often a long slow road with many pitfalls along the way. The most important factor in all of this is the ability to accept there will be days which feel like a roller coaster ride, and days which you would rather climb back under the duvet. Don't beat yourself up. You are only human after all.

Take the opportunity to embrace new experiences, open yourself up and meet new people. Depending on how you feel, gently push your own barriers. Allow yourself to just be you. You owe it to yourself, as a fully integrated human being. Most importantly, love yourself. You are a remarkable individual in your own right.

Time can be a potent healer. Learn to sit quietly and reflect on how you truly feel about the people around you. You might find it helpful to investigate joining a meditation class. I know personally that it has helped me to become more centred as a therapist. Most importantly though, give yourself a regular breathing space; you may find it very helpful in your daily life.

Sandra Pipe (Dip Hyp CS)



VALENTINE'S EVE
60's DISCO
7:30pm
Saturday 13th February
Public Hall, Heacham
Fully licensed bar Admission £6.50
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CHURCHES TOGETHER IN HEACHAM

Just a thought.....

ARE YOU WILLING TO EXPLORE?

I spent much time before beginning this thought bemoaning the fact that I could not think of anything to write. Perhaps I should write about the Last Supper or maybe the arrest of Jesus in Gethsemane, or perhaps the trial, the scourging, the crucifixion or maybe or maybe.....; but what struck me was that having thought of all these things, I had actually been on a Lenten journey; I had walked the way of Jesus in my head.

It seems to me that we are all on a journey at some point in our lives, but I believe that Lent is a time when we all need to slow down a little on that journey and prepare ourselves for the opportunity to take a new direction. Lent can be a time when we either think we know the story of the journey of Jesus to Jerusalem and His death too well and there is really nothing new to hear, or we have never really thought about it but want to question/explore what on earth it all means

Whatever your thoughts about Jesus, whether a Christian or not do not be afraid to ask your questions. It is in those questions and resulting answers when faith can begin or a different understanding of the scriptures can grow and flourish.

If you wish to discuss/explore any aspect of Lent over the coming weeks then please feel free to contact any of the Churches Together and we will be more than happy to explore things with you.

I believe the next few weeks leading up to and including Easter are very important to our life journeys, so please make the most of the Churches in your area whether you believe in the death and resurrection of Jesus or not. The Church is there for exploration, questions, doubts, fears joys etc. etc. and not to judge. Who knows, you may just find a new direction in your life which in turn may bring you into a new relationship with Jesus. So may your journey through Lent, in whatever direction it may take you, be an inspiring one and your Easter a most blessed and joyous celebration.

Rev'd Stephen Oliver
(Minister, Heacham Methodist Church)

The next Messy Church will be on

Saturday 27th February

At St Mary's church, Heacham.

You will be welcome to join us!

THE PARISH CHURCH OF ST. MARY **Sunday Services in February 2016**

8.00am	Holy Communion (BCP) 14th and 28th February
10.00am	7th Morning Prayer 14th Morning Prayer 21st All Age Worship & a Baptism 28th Morning Prayer
6.00pm	7th Evening Prayer 14th Deanery Lent Service at Hunstanton 21st Deanery Lent Service at St. Mary's 28th Deanery Lent Service at Holme

ASH WEDNESDAY SERVICE with Holy Communion
10.00am 10th February at St. Mary's

CHURCH CONTACTS: (telephone code: 01485)

Methodist Church	Rev'd Stephen Oliver	570232
St Mary's Church	Rev'd Veronica Wilson	570697
St Mary's Church Office		* 572539

email: heacham.church@googlemail.com

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; 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. Also for children, usually on the last Saturday of each month, there is *MESSY CHURCH* with crafts, games, singing, Bible stories and lunch.

ST. MARY'S CHRISTIAN BOOKSHOP

Please come and visit our bookshop which is opposite the Methodist Church in Station Road, Heacham. It is open from 9am-4pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays till the end of March, and 9am-5pm throughout the summer months. We have an interesting selection of Christian books and a wide range of greetings cards. It is well worth a visit.

ST. MARY'S CHURCH HALL

This is on the right, half way up the High Street, and the Hall can be booked for meetings and family events, such as children's birthday parties. A booking fee is payable and the Hall can be inspected and a booking made on Mondays, Wednesdays and Friday mornings between 10.30am-12.30pm. There is an office at the Hall where bookings can be made and information provided.



**HEACHAM METHODIST CHURCH
FEBRUARY 2016**

Sunday Services: 10.30am Morning Worship

7th Feb. Irene Garrard
14th Feb. Phillip Batstone
21st Feb. Rev. Stephen Oliver – Holy Communion
28th Feb. Marion Kemp
4.00pm - Rev. Stephen Oliver

AFTERNOON SERVICE

Our new winter late afternoon Service will be on **Sunday 28th February at 4pm**, conducted by our Minister, Rev. Stephen Oliver. This gives us another chance to praise our Lord – All welcome.

MIDWEEK COMMUNION

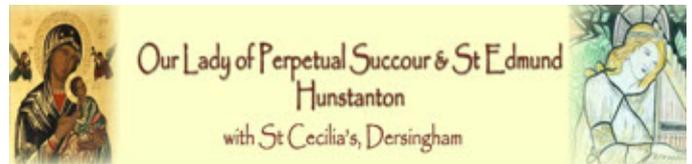
A reminder that we hold a midweek Communion Service every month at the Methodist Church, held in the Hall, to enable us to be less formal. The Service is conducted by our Minister, Rev. Stephen Oliver. **February date: Wednesday 10th February 10.30am.** We have an open table and all who love the Lord are welcome to receive Communion.

BIBLE STUDY

Thursday 25th February 10.30am is the date and time of this month's Bible Study. We shall continue our study of St. Luke's Gospel. These studies are led by our Minister, Rev. Stephen Oliver and are held on the fourth Thursday of each month.

MIDWEEK ACTIVITIES

Tuesday - Hands & Needles Club 7.30pm on 2nd & 16th Feb.
Wednesday - Midweek Communion, 10.30am 10th Feb.
Thursday - Bible Study, 25th Feb 10.30am
Friday - Indoor Bowls, 7pm weekly



Hunstanton Catholic Parish

On the 8th December the Pope opened the Holy door at St Peter's Basilica to signify the start of The Jubilee Year of Mercy. The date chosen for the beginning of the Year of Mercy was the Solemnity of the Immaculate Conception of the Blessed Virgin Mary. Holy doors were also opened at Cathedrals and shrines around the world. This is an invitation to enter into a deeper relationship with the Lord and to share God's gift of Mercy with others.

This year's 'Women's World Day of Prayer' will be held on 4th March and is led by the Christian women of Cuba. The topic of this year's service is 'Receive children, Receive me'. Further details will be available shortly or you can search the website: www.wwdp.org.uk.

Foodbank supplies are still required - items can be left in the porches of both churches. Please ensure that all items are well in date. Thank you for your continued support of the scheme. There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. For more information contact Caroline Brooks on 01553 673069.

A revised, extended parish history book is available at both churches for the price of £2.50 per copy. All proceeds to go to the Parish Church Development fund.

Our social calendar is yet to be prepared, but the first is usually the Pancake supper on the evening of Shrove Tuesday at St Cecilia's. All social events will be well publicised on the website and in the weekly bulletins.

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11.00am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9.00am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome. **Our daily Masses at Hunstanton, will be advertised on the notice boards and in the weekly bulletins.** Wednesday mass is usually at 10.15am at St Cecilia's, Dersingham. Sunday Masses are 9.00am at Dersingham and 11.00am at Hunstanton. The Parish telephone number is 01485 534675. If you require a Priest urgently please telephone Fr Peter Rollings on 01553 772220 or email: parishpriest763@gmail.com

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Email: parish@hunstantoncatholicparish.org

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SAVE HEACHAM FIRE STATION

The requirements of publishing deadlines mean that I am writing this piece in mid-January, not knowing what the end result of the campaign to save the fire station will be.

By the time you read this, we may all know the outcome or the fight may be continuing. One thing I can say is that early reports from the public consultation showed that out of all the proposed cuts, closing fire stations generated more responses to the County Council than anything else! For that we are very grateful to everyone who took the time to show their support for keeping this vital service open.

The crew have also been thankful for the support being shown through all the posters in people's windows. They would love to see them stay up until the end of the campaign as a reminder of what we are fighting for. Part of that fight is a recruitment drive and there is more information about that elsewhere in this newsletter.

I'll end by saying that the people of Heacham and the surrounding area have raised their voices and spoken out against a threat to their safety. I hope they were listened to.

A concerned resident



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JOIN HEACHAM FIRE STATION!

Even though at the time of writing the fate of the fire station has not yet been decided, the crew are keen to show that it's business as usual and so we've launched a campaign to fill the vacancies here.

Heacham fire station, like most in Norfolk is a retained station. This means we are part time and paid a retaining fee for being on call. We carry pagers or 'alerters' which summon us to the station when there is a call which can be at any hour of the day or night.

In order to achieve a quick turnout to emergencies, crew members must live or work within five minutes of the station and be able to respond at a moment's notice. Therefore, potential recruits who are in employment must have an employer who is willing to let them leave their workplace as soon as a call is received. We appreciate that this is quite a tough requirement but there are many employers who are willing to support Norfolk Fire and Rescue Service and be part of what makes it the valued asset that it clearly is, especially here in Heacham!

Being able to respond during working hours is particularly important here in Heacham as that is when we find it more difficult to maintain an operational crew. A minimum of four people are needed to answer a call and this isn't always possible as we currently have four vacancies. If we can get up to the full strength of twelve crew, we will be available more of the time and be able to respond to more calls for help which can only be a good thing for the community.

I don't think anybody would say that being a firefighter is an easy job to do but full training is provided and the crew are

always keen to help new members through their probation period. The range of incidents attended is limitless and firefighters have to face difficult and challenging situations but the job is also very rewarding. Imagine.....one minute you're working in a shop or painting a house or sitting at home watching TV and then ten minutes later you could be saving someone's life! Now that is some kind of job satisfaction.

As well as the retaining fee for being on call, you will be paid for the calls you attend, drill nights (Mondays) and for training courses. There is also paid holiday and all the uniform and kit required will be provided. Applicants must be at least eighteen years of age and we welcome males and females alike.

If you feel that this could be the job for you and would like to know more, why not come along on a Monday evening between 7pm and 9pm and have a chat with the Watch Manager, Barry Rudd. The fire station is situated at no. 31 Station Road, next to Station Road Garage. We sometimes do training away from the station so if you miss us Barry can be contacted on 07500 868237. The brigade website at www.norfolkfireservice.gov.uk has more information and headquarters can be contacted on 0300 123 1669. Please ask for retained vacancies if you choose this method to get in touch.

The station will only have a long term future if new members of crew can be found, whatever the outcome of the battle to save it.

So, ask yourself "Could I help keep my community safe?" and if the answer is yes, we look forward to hearing from you.

Chris Wood
Heacham Fire Station

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Sunday	12pm - 10:30pm

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	6pm - 9pm
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OFFICIAL HOLIDAY GUIDE & DIRECTORY 1971

Below is part 1 of an article which the Newsletter has reproduced, taken from the above-mentioned booklet. We hope readers will find this interesting. We will publish further instalments in following newsletters:-

HEACHAM IS FOR GOING TO.....

by Philip Wood

You have obtained a guide, considered coming to Heacham and wish to know something of the place or, maybe, you already frequent the village and have the guide in case it contains anything of which you are unaware, or for the purpose of finding how many mistakes there are this time.

Welcome to both parties.

To the former; well – come to Heacham. It will do its best not to disappoint and there is such a thing as “going farther and faring worse.”

To the latter; there could be some oddment herein that escaped you, and as for the errors you may find – welcome you are to them, providing you tell the publishers for future correction.

Heacham has an agreeable position possessing three admirable advantages.

It is on the East coast, the alleged “drier side” of the British Isles and certainly it rains here no worse than anywhere else, possibly less by quite a drop than at some places, but no resort could claim a monopoly ideal weather.

It faces West, with the sun on the sea from fairly early morn till late and dewy eve, so the Beach area can be extremely enjoyable at all times of the day and all states of the tide.

And it is just away from the North Sea on the shores of the Wash, the tide rolling in from a distance, over the warm firm sands, gathering some of that warmth upon the way, especially with the afternoon or early evening tides.

But, of course, those are not the only advantages as closer acquaintance will prove. Many of Heacham holidaymakers come year following year unmoved by the enticements of other places. Many with their own caravan or bungalow are regular week-enders throughout the season as well – semi-permanent residents half of the year at least. Not a few have contrived to become permanently resident in the village.

There must be something about Heacham.

That it is an ideal please-yourself holiday spot can at once be said. Here you can make your holiday what you will, from the completely restful and “beach bound”, to the abundantly energetic, hopping here and there, in and all around Heacham. Very young, young, or young no longer – no matter which, Heacham is for all.

The Beach area provides the genuine seaside holiday. The sands and the sea are as safe as could possibly be, and all the delights are there. In neat array are holiday bungalows, chalets, beach-huts and caravans, with shops and amusements besides. Enough for the lazily inclined to be able to stay put, for the village traders also supply and deliver to the Beach, and anything lacking can be brought.

But the village itself is brisk and lively with excellent shops of all kinds and plenty going on all the time. A comfortably pleasant

place; settled for it is as old as the hills around and people have dwelt hereabouts 4,000 years or so; yet as modern as the minute and quite with the times all the way.

That, of course, implies the acceptance of many changes, making the best of those which seem neither necessary nor for the better and glad of those which are required and prove to be good.

Think of the changes in 4,000 years: but here Heacham is, ready as ever, to greet the newcomer, and – good or bad, according to opinion, up-to-date enough to have no railway trains, just two of the changes there have been – the change to having them, and that to being without them again. If this causes you inconvenience that is not the fault of Heacham, which, however, has good roads and is thoroughly used to motor vehicles of all descriptions, having known them from their very beginnings.

Used, in fact, to all means of arrival and used to all kinds of people too, for all kinds have been here at sometime or other and practically every method of getting here has been employed.

(To be continued).



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A few 14th February (waste of time) anagrams,
to set the little grey cells stirring.

- 1) INVENT ALE
- 2) CRUSH BONES OF (5,2,5)
- 3) EVER LOU (4,4)
- 4) SOLVER
- 5) NO MR ACE
- 6) INDIRECT NORMAN (8,6)
- 7) ROW SELF
- 8) ME NAG CHAP
- 9) POSH DOCUMENT (5,3,4)
- 10) A POOR SLAP (1,8)
- 11) IS BRED BY OFTEN (4,9)
- 12) BRING FIT ELDERS (4,10)

Answers on page 35.

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NEWSLETTER SUDOKU No. 99

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

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

Solution to
Newsletter
SUDOKU
No. 98

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



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**TIDE TABLES FOR
FEBRUARY & MARCH 2016**

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) BST begins 27th March add 1hr.									
February 2016					March 2016				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 M	11 13	5.6	23 29	5.6	1 TU	10 22	5.8	22 38	5.7
2 TU			12 21	5.4	2 W	11 13	5.5	23 41	5.4
3 W	00 46	5.4	13 40	5.4	3 TH			12 35	5.2
4 TH	02 12	5.5	14 51	5.7	4 F	01 24	5.2	14 09	5.5
5 F	03 21	5.7	15 49	6.1	5 SA	02 54	5.6	15 17	5.8
6 SA	04 19	6.2	16 40	6.6	6 SU	03 58	6.1	16 12	6.4
7 SU	05 10	6.6	17 26	6.9	7 M	04 51	6.6	17 00	6.9
8 M	05 57	6.9	18 09	7.3	8 TU	05 38	7.0	17 45	7.4
9 TU	06 42	7.2	18 51	7.6	9 W	06 22	7.4	18 29	7.8
10 W	07 25	7.4	19 32	7.9	10 TH	07 06	7.6	19 13	8.0
11 TH	08 03	7.4	20 11	7.9	11 F	07 45	7.6	19 55	8.1
12 F	08 43	7.4	20 51	7.8	12 SA	08 23	7.6	20 36	8.0
13 SA	09 24	7.2	21 34	7.5	13 SU	09 02	7.3	21 20	7.5
14 SU	10 08	6.7	22 24	7.0	14 M	09 44	6.9	22 07	6.9
15 M	11 00	6.2	23 23	6.4	15 TU	10 33	6.3	23 06	6.3
16 TU			12 08	5.8	16 W	11 37	5.8		
17 W	00 39	6.0	13 26	5.7	17 TH	00 26	5.7	12 58	5.5
18 TH	02 08	5.8	14 44	5.8	18 F	01 55	5.6	14 19	5.6
19 F	03 29	6.0	15 52	6.2	19 SA	03 18	5.8	15 30	6.0
20 SA	04 37	6.3	16 48	6.6	20 SU	04 24	6.2	16 25	6.4
21 SU	05 29	6.7	17 33	6.9	21 M	05 12	6.6	17 11	6.8
22 M	06 11	6.8	18 14	7.2	22 TU	05 50	6.7	17 51	7.0
23 TU	06 48	6.9	18 52	7.3	23 W	06 22	6.9	18 26	7.2
24 W	07 22	6.9	19 28	7.3	24 TH	06 54	6.9	19 01	7.2
25 TH	07 51	6.9	19 58	7.2	25 F	07 22	6.9	19 33	7.0
26 F	08 17	6.8	20 25	7.0	26 SA	07 48	6.9	20 01	6.9
27 SA	08 43	6.7	20 53	6.8	27 SU	08 13	6.8	20 29	6.8
28 SU	09 11	6.4	21 23	6.6	28 M	08 42	6.7	20 57	6.6
29 M	09 43	6.2	21 56	6.1	29 TU	09 11	6.4	21 29	6.2
					30 W	09 46	6.1	22 09	5.8
					31 TH	10 32	5.7	23 05	5.5

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The Kitchen Gardener

February – late winter. My trusty old faithfuls, ancestral homesteaders, tree orthodontics and then some TLC.

One of my daily gratitudes is that I'm able to walk up the garden, have a delve in the deep freeze and retrieve from my winter store in the garage sufficient to put supper on the table.

This time of the year I'm really grateful for my overwintering good old faithfuls, hanging in there in the foulest weather waiting to be picked and offer up the deep and strong, sometimes nutty or bitter flavours that winter demands. I'm happy to not eat strawberries in February, equally so not to have Brussels in July. But in their season they delight. I don't mind, either, the slightly shrivelled russet apples still in store. I trim off the iffy skin and they have a concentrated sweetness that's pleasant albeit they're a bit on the soft side. My peasant ancestors wouldn't have turned their noses up.

We've been eating the hardy vegetables we grow today for centuries. To a degree our choices – shaped by tastes, invading influences, fashions – have shrunk the variety of what we use that is available in our surroundings to add flavour to the pot.

The fifth and sixth century Anglo Saxon peasant survived mostly on bread. The soil was cultivated and open field systems were being created. Barley, oats, rye and wheat were grown, together with peas and beans which were dried and stored for use over winter.

Any small plot of land surrounding the home would, during the winter months, contain green onions, hyssop, parsley, leeks, kale and cabbage. Food would have been scarce and even small children, as soon as they could walk, helped to gather what was available from nature's larder.

Fungi were picked and dried in the autumn. Sage, rosemary, thyme, wild celery, alexanders, greens such as wild spinach and Good King Henry would be slow cooked into the main meal of potage made from dried pulses. As we know even today pulse or cereal based potages continue to be a mainstay of the subsistence diet. I think that then, as now, people would have wanted to add nutritional value and flavour to whatever they were eating.

I'd never argue that the diet was anything other than dire, nevertheless people were probably more resourceful than now – starvation is a good spur for invention – and the potage would have contained vegetables from the plot and its surrounds, the flavour sharpened by the addition of wood sorrel, horseradish and mustard (introduced by the Romans who loved mustard and made it into a sauce by crushing the seeds and mixing them with honey and vinegar). Relishes were made with raw onion, leeks and garlic. Rock samphire was pickled.

The potage was served on maslin bread made from rye, barley and wheat with a dense crumb. Home milling and baking thrived, but only if you had more than one pot to cook your food in and the fuel to spare -a precious commodity as you could only take dead or fallen wood. Those who had to use the mill ovens (owned by the manor) had to give a portion of the dough to the squire.

The unleavened hearthcake was placed on a round flat cooking iron the width of a man's arm from wrist to elbow. The bread was thick at the sides, so it made a plate-cum-dish which held the thick potage in the middle. Bits of the outside could be kept for eating with the brined cheese that was also served, and dipped into the potage. The juices drained into the centre of the bread which was eaten last.

The Saxons were enormously knowledgeable about the use of herbs and they had names for at least 500 different herbs and plants, many of which were grown in abbey gardens to be used for salads, cooking, lotions, potions, ointments and salves.

Leeks with Mushrooms and Horseradish.

After my research into the history of our food I think it is in the realms of possibility that these ingredients were combined hundreds of years ago, possibly with other ingredients now alien to us today.

This is a very versatile basic dish that lends itself to all sorts of additions and amendments. Quantities can vary according to what is to hand. The basic recipe calls for 1 lb washed and sliced leeks sweated with 1 lb sliced mushrooms then cooked on until soft, if necessary adding stock to keep the mixture to the consistency you prefer. Then add two tablespoons of horseradish fresh or from a jar with salt, pepper and a tablespoon of lemon juice or some cream.

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I like to include a few dried mushrooms for a flavour boost, re-hydrate some in hot water for a couple of hours before use and add them, together with their soaking liquor, which is jammed packed with mushroomy tastiness – look out for grit in the bottom of the bowl.

Use as a pastry pie filling or serve over a pasta, jacket potatoes or a slice of toasted sourdough. It's a great base for turning leftovers into a bake – vegetables, meat, sausages, slivers of cheap smoked fish trimmings, whatever is kicking about, then top with grated cheese and a splash of Worcestershire sauce or with sliced boiled potatoes (skins on or off) spread the slices with mustard and a sprinkle of grated Parmesan. Reheat to piping hot and serve with a green salad sharpened with peppery leaves, a lemon juice or balsamic dressing and raw shallots, and or a crispy winter coleslaw.

To start the wheels turning on my little plot and to keep the household and friends provisioned over the next year, I'll be sowing my cabbage and broad beans, the first of the hardier outdoor lettuce, parsley and sweet peppers and putting in the shallot sets. If the soil is drying out and not sticking to spade or boot, I'll be digging in as much organic matter as I can spare. Chitting potatoes will be turned from time to time to keep the sprouting even.

Three of my young fruit trees had developed leanings – not political or artistic rather Pisa tower style. Had a bit of a trial push against the trunks and happily they all had enough 'give' for a bit of tree orthodontics. I used some hosepipe to thread a rope through to protect the trunk area then tied the rope around a stake. I threaded a stick through the rope and twisted it until I'd slowly drawn the tree to vertical then tied the stick to the stake for safety.

It is not a pretty sight (sigh, I do love pretty) but like braces on teeth it's not for ever. A couple of years should do the trick. I'm relieved I noticed in time as in the past I've taken the drastic measure of replacing leaning trees for fear they'd fall over or lose fruiting branches when fully grown.

This is the month to show some love to the tree fruit by feeding and mulching. They all benefit from a feed as the growing season starts to get away and there are various feeding schedules offered up in the textbooks. The easiest is to apply Growmore towards the end of this month at about three to four ounces per square yard – cooking apples need about 50% more feed. About a month later a mulch will go on, being careful to keep the trunk area free to avoid potential rot.

Some of the love giving is saved for next month when the soft fruits are fed.

Hilary Dellar-Lane.

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The POCAHONTAS PLAYERS PANTO 2016

It is amazing to think, that 'Dame Dolly Dumpling tangled in Heacham' was the players 40th production and that 21 year old member Joshy Chilvers, who wrote this script Dame Dolly Dumpling, was

actually born Aug 1994 just a few months before The Pocahontas Players were formed.

(Now, who is feeling old!!!?)

We had a fabulous rehearsal run-up to the 4 performances - A few little hiccups but overall, lots of giggles.

We had old members rejoin us and new members start for this production. It was nice to see Elaine Pygall walk back through the door after a few years

break. She soon settled into the role of one of The Villagers and helped 'quick costume changes' back stage. New members were welcomed - Stephen Smith-Innes who played The King. This was Stephen's first ever acting role in any stage

production and he played the role very Royal indeed. We also had 2 young friends come giggling through the door , Alex Daniels and Amelia King. We saw them role acting as the villagers, eagerly selling their Bread and Flowers. Also Winnie Yates

who used to sometimes sit and watch rehearsal and soon found herself involved into helping cover the King and Queen's Throne and then to find herself lighting up the actors with The Follow Spot.

Ester Boehm came in, with about 2 weeks to go to show time, clutching a mini Dame Dolly Panto flier that she had picked up from Heacham Post Office , asking if she could help in anyway? This was slightly worrying because Ester, who had been living in Canada, had no idea what a Pantomime was?! But after helping cover the throne, being back stage to help dress the cast and move scenery props with the back stage crew, she began to realize what fun it all was. Last, but certainly not least, Anne Platton who announced as she nervously arrived, "I will do anything!" So Anne found herself swaying to the beat as a Villager and most



The Witch - Jeannie Tooley



The Villagers- Back L/R Leesa Espley. Elaine Pygall. Jenny Dawkins. Sian Playford. Anne Platton. Front L/R Amelia King. Alex Daniels.



The Queen Janice Curtis. The King Stephen Smith-Innes.



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The Back Stage Crew - Back L/R Patrick Swan, Barry Shaw, Joseph Rumens, Dave Curtis. Front L/R Ria Tipple, Ester Boehm, Winnie Yates.

importantly as our Prompt. It's great to see new faces, so if you think you could do anything, Back stage? Act? Sing? Dance? It's very rewarding and fun.

I mention The Back Stage crew because, without them, we couldn't put on a show at all. Barry and Patrick for the hard work behind the scenes, lifting awkward props, changing scenery, pulling curtains at the correct time and correct speed. Joseph for checking microphones packs throughout the entire performances.

Changing batteries constantly, enabling the audience to hear every cast member on stage. Dave, who designs lighting for the many differently lit scenes, whether they



L/R Knight Light-Joshy Chilvers, Lance Alot-Ben Parr, Lance Alidl-Dan Jackson.

be light and bright for the happy scenes or dark and mysterious for the ghostly scenes and Ria for manning the sliders and controlling the volume of the casts voices. Thank you all (please see Back Stage photo and other photos attached). We also thank Ray Sparvell for giving up his Sunday to be our Dress Rehearsal photographer. Thanks Ray.

Dame Dolly Dumpling was a huge success thanks to the continued support of our Sponsors and Audiences. Its been a great run up to the Panto with Happy results. It was nice to see so many folk leaving the Public Hall with smiling faces! THANK YOU!!

Now we start rehearsals for our May? June? production, so here we go again



THE CAST of Dame Dolly Dumpling tangled in Heacham.

Janice (on behalf of the Pocahontas Players)


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Heacham at Night

Happy New Year. A tad late, perhaps, unless you are Chinese. Their New Year starts on the 6th Feb and lasts a week. It is the Year of the Monkey. All New Years have or had some link to the solar and/or lunar calendar and, like the Chinese one, were associated with the start of farming after winter. Our New Year was around March or Easter in the Middle Ages and only got settled on Jan 1st when the calendar changed in England in 1752. Farming 'starts' around March in the northern hemisphere because the tilt of the Earth is then favourably presented to the sun – it gets warmer.

Enough rambling. December and January (so far) have been the direst winter months for star gazing my fellow night worshippers have known; rain, cloud, mist and a full Moon on the odd clear night just to rub it in. However some earlyish mornings have been better and I have managed to see the line of planets I promised in the last issue. From the top: Jupiter, Mars, Venus and, from the second week of January, Saturn close to Venus.

On the 8th January I saw all these: Mars and Jupiter were bright at 5.30am and were joined by the other two as they cleared houses over the road an hour later. At 7am a thin crescent Moon joined in and, at 7.15 am, the International Space Station flew past putting the wind up the Pink Footed Geese en-route from Snettisham. Note, all this could be seen by the naked eye – no need for any kit, just know where to look and get outside.

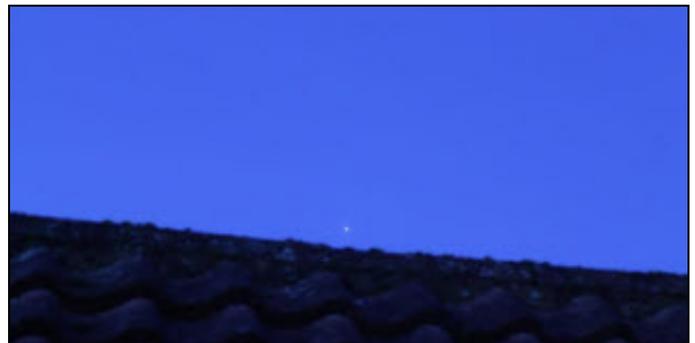
*Saturn and Venus 6.54am 8th Jan Woodside Avenue
ISO1600 1/3 second*



Five days later I saw the planets again only this time Saturn was above and to the right of Venus, rather than below and to the left. This change is brought about by the different speeds that planets orbit the Sun. Venus is comparatively close in and so moves quickly (78,000 mph), Saturn is far out and is slow (22,000 mph), so Venus changes position in our sky much faster than Saturn. The Earth's orbital motion is also pretty fast (66,000 mph) and this has a significant effect on our view of other planets too.

This month Jupiter is dominant in the night sky rising at 7.30 pm in the east and is due south about 2am. Look SSE at about 40 degrees above the horizon just before you go to bed. Good binoculars, a small 'scope, a camera mounted on a tripod with an exposure of a fraction of second to several seconds (depending on ISO setting etc.) will show up the larger Galilean moons (first letters only – I, C, E, G – you should know them by now). Take a long look at Jupiter and remember the good ship Juno which is due to arrive there on the 4th July after 5 years flight time. Google Juno NASA and you can subscribe to an email update as information comes in.

*Jupiter above next door's garage 13th Jan, 7.14am, ISO1600
3.2 seconds.*



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SSE in the early hours, but close to the horizon, will also find the red dot of Mars. Right between the red planet and Jupiter is the bright star Spica.

At 6am from the second week, SSE will find Saturn and a straight line, gently rising from it to Jupiter, will find Mars half way along it. The sky brightens after this and it will be harder to find Saturn and Mars though bright Venus will be rising

The beginning of the month is the best chance to view Venus, low in the SE, before it vanishes into the Sun's glare and then becomes the 'evening star' once again. No later than 7am look for a bright spark to the left of Venus; this is the planet Mercury. On the 7th – about when this edition is published – the Moon appears and forms a line with Mercury and Venus. After this there is a triangular relationship between them. I say no later than 7am as after that the Sun is up and it will dazzle you. You may carefully use binoculars to view Mercury before 7am but do not get caught out as blindness will result.

Meanwhile, towards the west, very good binoculars or a small scope might pick up far off Uranus. A good time to try is on the 12th. At about 8pm look at the crescent Moon; just to the right a blue green dot may float in front of your eyes – Uranus. Try looking sideways as this brings more of the sensitive part of your eye into use. And get sensitised – stay in the dark for 30 minutes first. I had red goggles for Christmas which means I can wonder in and out without losing my night vision. I might wear them all the time.

No meteor showers this month but there is a comet in the sky. It has been around for some months and I have a few associates who claim to have seen it. It is now a night object and will be close to Polaris, the North Star. It fades away towards the end of the month so try searching within the first two weeks. Use good binoculars mounted on a tripod or clamped to something. It is called Comet Catalina, Google it to find its path. A small fuzzy blob is what you are looking for.

Since ancient times stars have been grouped together to form patterns, constellations. They usually represent gods, heroes and mythical beasts. One which stands out in the winter sky and remains favourably placed in February is Orion, the hunter. Look SW in the late evening and see the familiar shape. Huge red Betelgeuse (Beetle juice to many) and hot, blue/white, Rigel are easily seen and their colours discernible by the young or with the aid of binoculars. These star names are Arabic as are many others; clear desert skies fostered astronomy a thousand years ago.



Orion is seen in front of a rich area of the Milky Way where new stars are being formed. Concentrations of gases coalesce under gravity. You can see The Great Nebulae in Orion with the naked eye (just). Look at the belt stars, Alnitak, Alnilam and Mintaka then look below them in the region shown as Nair el Saif above (the star at the tip of Orion's sword). The fuzziness is the nebulae. Binoculars will bring it out. If Heacham's sky was darker on some clear nights this whole region would look magnificent. Below is a crude 30 second photographic exposure (ISO 1600) I made 4 years ago using just a tripod mounted camera.



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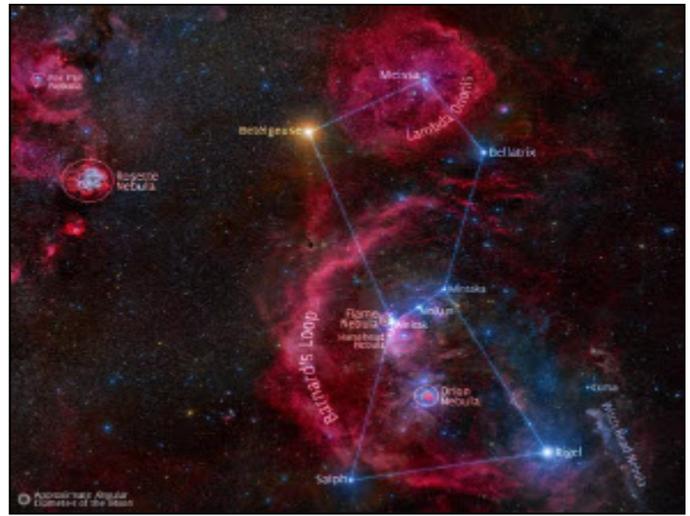
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The blob in the middle is several stars which form a small open cluster. I have seen these clearly through a telescope in Heacham. Four of them form a trapezium pattern. There are two others which are the binary pairs of two of the four seen. Clear viewing on a dark night enables these to be picked out but I haven't managed it – yet. It should be noted that an American, Henry Draper, took a similar picture to mine in 1880; his was the first and took 51 minutes. In 1883 an Englishman, Andrew Common, took a rather better picture of the nebulae in Ealing. Skies were still dark then.

The picture below is some orders of magnitude above mine. It is the result of 212 hours observation in total over a 12 month period with rather more image processing time afterwards. The telescope was a robotic one in Chile. Copyright Volskiy. If the print comes out reasonably well you should see red swirls which indicate clouds of gas and dust. These are the building materials of new stars. New stars are different from older stars because they contain relatively high proportions of metallic elements. These elements, like iron, were made when old stars exploded and their debris spread into the universe. Very old stars, first generation stars, are theoretically mostly hydrogen and some helium. I say theoretically as such stars ended long ago. However, candidates for such stars, far, far, away, were discovered using the European Southern Observatory in Chile in June last year. They are 13 billion light years away which means astronomers are viewing them as they were 13 billion years ago.



I started this article with an 'astronomical' connection to the celebration of New Year. This year is a Leap Year and that is down to astronomy too. A year is the time it takes the Earth to go around the Sun once and this is 365 days 5 hours 48 minutes and 46 seconds – rounded up 365¹/₄ days. If this was ignored then, within a generation, the seasons would begin to get seriously out of kilter with the month (not that we would notice with current weather patterns). So, every 4 years, an extra day is added to the shortest month. It is called a Leap Year because from the start of March a date which was Monday (or whatever) the previous year becomes a Wednesday rather than a Tuesday – the day has leapt.

Anyway, you live a day longer this year so make the most of it and hope for clear dark skies so that you can see those wonders above your heads.

Terry Parish

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♠ 7,2	N	♠ 8,6,5,4,3	
♥ K,J,9,5,2		♥ Q,10,7	
♦ K,10,8	W E	♦ A,9,5	
♣ J,8,6	S	♣ 10,9	
	♠ A,Q,9		
	♥ A,4,3		
	♦ Q,6,3,2		
	♣ A,K,Q		
S	W	N	E
2NT	P	3NT	P

Here is another no trump contract – see below:

South has to make 9 tricks in No Trumps. South has a very good hand with 21 points and so bids 2NT telling partner the good news. North only has 5 points but, added to South's 20-22 ensures that the partnership has at least 25 points and therefore North can bid the game. It is West to lead and he leads ♥5 as it is the 4th highest of his longest suit.

Before reading on – see if you can make the required 9 tricks. Don't forget to make a plan!

Ok – made it? This is how you should have done it. First of all, your plan. You have 7 top tricks – 3 spades, 1 heart, and 3 clubs. Where are you going to get the other 2? Let us go back to basics. There are 4 ways of making tricks in No Trumps:

- Top tricks – You have 7 here; ♠A,♠K,♠Q; ♥A; ♣A♣,♣K,♣Q
- Forcing – Can you force out an Ace so you can cash for example a King. Not in this case.
- Finesse – Can you lead up to an AQ and hope to make the King. Again not in this case. We are running out of options!
- A long suit. Have we got a long suit? Yes – Hooray! We have 8 clubs between the two hands. That means that the opposition have only got 5 between them and the most common split will be 3:2 between East and West. So if we play our A, K and Q of clubs, the opposition will have no more left and therefore our remaining Clubs ♣7 and ♣5 will be winners.

We have made our plan and it is now time to execute it. Win the ♥5 opening lead with the ♥A and play ♣A,♣K,♣Q. Fortunately the Clubs split 3:2 as hoped for and our plan has worked. Of course if the clubs had split 4:1, our remaining clubs would not have been winners and therefore we would not have won 9 tricks. Still – that is life. After winning the Clubs we then win ♠A,♠Q,♠K (in that order) making sure we end up in dummy. We then triumphantly win our ♣7, ♣5 giving us 9 tricks in total. Well done.

Does that make sense? Deal the cards and play them as described above which makes it much easier to understand.

Any queries to me on brb.carrick@gmail.com.

Bob Carrick



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Heacham Fire Station opened their doors before Christmas for a wander around their enchanted forest.

Approximately 100 people came along, enjoyed a mince pie and glass of mulled wine whilst the children searched for sweets and chocolates amongst the trees.

The public consultation period is now closed and we nervously await the decision by Norfolk County Council on the future of Heacham Fire Station.

Tracey Swann



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Suttons Estate Agents



Peter Sutton, Director of Suttons Estate Agents (Norfolk) Ltd, is pleased to announce the appointment of Andrew Upton as Office Manager. Andrew, 40, joined the Agency in November last year and has proved a great asset to the Company. He has shown his ability to offer both Vendors and Purchasers the confidence that they look for in an Agent during a stressful time when buying or selling.

Suttons Estate Agents offer Free Market Appraisals and currently charge 1.25% plus VAT sole agent selling fee, with internet exposure on Rightmove, Zoopla, PrimeLocation and Find a Property, and are one of the few Agents around that will accompany on all viewings. Sales particulars include floorplans, maps and photographs.

Suttons Estate Agents have been established in Heacham for over a decade and can be found in the centre of the Village opposite the Post Office. Office hours are 9am to 5pm Monday to Friday and 9am – 1pm Saturday. They are also Agents for Saffron Building Society.

Peter added “We are very proud of our ever growing letting and commercial department as well as our core residential sales business. We have applicants looking from £10,000 to £1,000,000.

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WHAT'S ON REGULAR EVENTS

PC=Parish Council Office, Pound Lane
MC = Methodist Church Hall, Station Road
SM = St Mary's Church Hall, High Street

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

HSC = Heacham Social Club
PH = Public Hall
NC = Neville Court

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
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey
07900 818311 (PH)
FITSTEPS 1.15 - 2.15pm To book Tel:Jaime 571395 or
07765433100 or email jaimefitsteps@gmail.com (PH)
ROLLASON STAGE SCHOOL Dance Classes 6yrs+
Ballet/tap/modern 4.15-5.15pm Junior Street 5.15–6pm
Tel:579074 (PH)Top Room
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years
5 – 6pm Contact Tel: Kathryn 572138 (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: Seb 07477 511116 (SG)
HEACHAM IN BLOOM 3rd Monday Monthly @ 7pm (PC)
INDOOR BOWLS CLUB 7pm (MC)
LINE DANCING 7-9pm £3.50 Yvonne Tel:532317 (PH)
WEST NORFOLK TAPPING CIRCLE meet 3rd Monday
Monthly 7-9pm For more information Tel:571936 Catherine
or email mcatherineallen1@gmail.com. (PRH)
HEACHAM WIVES GROUP – 2nd Monday of most months at
7.30pm (HSC) Top Room Contact Sue Scott Tel: 572252

TUESDAYS

OVER 60? Enjoy improving your health and bone density with
Active for Life Exercise Classes at Heacham Surgery
Classroom 10.15-11-15am Tel: Pat 298429
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)
WEIGHT WATCHERS 6pm Tel:Alison 07796 904311 (OFH)
ZUMBA 7-8pm £4 per class or £7 for both Tuesday &
Wednesday classes Tel: Michelle 07585002124 (SG)
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 & SANDRINGAM CAMERA CLUB meets 1st &
3rd Tuesday monthly 7.30pm Sandringham Club West Newton
Email: heachamdigitalcamerclub@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
LINE DANCING Absolute Beginners 6-7pm
Beginner/Improvers 7-9pm £3 Contact Diane 571166 (SM)

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
SCALLYWAGS PLAYGROUPE Term Time 9.30 – 11am £2
Tel: Jo 07521447284.

(SG)

CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)
THE OLD SCHOOLGIRL FRIENDS of Heacham School meet
for a 'Coffee and a Chat' the last Wednesday of the month
10.30am at Norfolk Lavender Tel: 570742 or 579126
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
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8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek
01553 674779 (PRH)
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)
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)
WEST NORFOLK SINGERS 7.30-9pm For info Tel: 541851
Peter Gray www.westnorfolksingers.org.uk/ (MC)
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5
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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)
OVER 60? Enjoy improving your health and bone density with
Active for Life Exercise Classes at Heacham Surgery
Classroom 10-11am Tel: 298429 or 579125
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
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)
SOCIAL EVENING Table games and darts 2nd Thursday
monthly 7.15pm (MC)
FLOWER CLUB 4th Thursday monthly 7.30pm Flower
arranging & demonstrations Tel:Alayne Seymour570560 (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 or Tel: 570534 (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)
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SATURDAYS

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

SUNDAYS

SUNDAY AFTERNOON SERVICE 4pm 1st Sunday Monthly
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HEACHAM DIARY

Friday 5th February GIG 'DNA Jam Session' 8.30pm at Fox & Hounds Station Road

Sunday 7th February Pub Aid's 'World's Biggest Pub Quiz' at the Fox & Hounds Starts 7.30pm £2.50pp (max 4 per team) Proceeds go to Heacham in Bloom

Tuesday 9th February ** GIG 'Uncalled 4' 8.30pm at Fox & Hounds Station Road

Tuesday 11th February GIG 'Whiskey Twist.' 8.30pm at the Fox & Hounds Station Road

Saturday 13th February Public Meeting 'Keep Heacham a Village' 2pm at the Old Friends Hall Sunnyside

** 'Valentine's Eve 60's Disco' 7.30pm at Heacham Public Hall Admission £6.50 Fully licensed bar For info Tel: 579465 or Email: twinclub@hotmail.co.uk

Friday 19th February 'West Norfolk Quiz Night' 6pm Tickets £8.95 (includes a meal choice) from The West Norfolk the Parish Office or Terry Clay Tel: 570712

Tuesday 23rd February GIG 'After Hours Blues' 8.30pm at Fox & Hounds Station Road

Wednesday 24th February 'Blood Donation Session' at Heacham Public Hall 1.15 to 4pm and 5 to 6.30pm To book an appointment Tel: 0300 1232323 or on-line at www.blood.co.uk

Saturday 27th February 'Messy Church' at St Mary's Heacham 10am-12 noon

Saturday 26th March GIG 'Limehouse Lizzy' at Heacham Public Hall Also appearing 'Wicked Faith' Doors Open 7.45pm Tickets £12.50 Tel Trevor Frammingham 07747 156204 or ask at the Social Club Bar

Saturday 30th April & Sunday 1st May 'Spring Art Show 2016' at the Old Friends Hall Sunnyside If you are interested in showcasing your work contact the Parish Council Office Tel: 572142 for more details.

Please turn to the next page for 'Other Events' 

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OTHER EVENTS

Saturday 6th February 'C.A.L.M. Support Group' meets 11am-1pm at St Edmunds Church Hall Hunstanton More information from Debra Tel: 535320 All Welcome

Tuesday 9th February Brancaster Camera Club Print Competition 'Village Life' 7.30pm at Brancaster Staithe Village Hall For info Tel Jim Till 210013/Wendy Callow 01553 674725

Saturday 13th February GIG 'Valentine Dinner – with entertainment by Pride' at Hunstanton Conservative Club

Tuesday 23rd February Brancaster Camera Club 'An evening with Ian Ward' 7.30pm at Brancaster Staithe Village Hall For info Tel: Jim Till 210013 or Wendy Callow 01553 674725

Thursday 25th February Norfolk Wildlife Trust 'Fascinating Facts about Wildlife of the World' 7.30pm at Hunstanton Methodist Church Hall Cost £2(members) £2.50(non-members)

Friday 26th February Anmer Village Social Club Film Night 'A Walk in the Woods' 8pm Tickets £3 available at the door For more info email films@anmerclub.co.uk

Saturday 27th February Cinema in Syderstone presents 'Suffragette' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel:578244/578171 or email cinema@syderstone.com

** Concert by 'Royal Air Force Wyton Area Voluntary Band' 7.30pm at Hunstanton Town Hall Tickets £12 Tel: 601701 All proceeds to The Norfolk Hospice Tapping House

Saturday 5th March 'C.A.L.M. Support Group' meets 11am-1pm at St Edmunds Church Hall Hunstanton More information from Debra Tel: 535320 All Welcome

Wednesday 16th March HDFA 'Hunstanton Poetry Morning' at Hunstanton Town Hall 10.30am to 12noon For more information Tel: 533933 Ann McKimm

WANT TO PLAY BRIDGE? Hunstanton Bridge Club welcomes players of all levels and ability. Please call Roger Pearce 01485 572121 for more information

SEDFORD 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

FITSTEPS 6.30 – 7.30pm at Ingoldisthorpe Village Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

BRIDGE CLUB 6.50pm for 7pm at Hunstanton Conservative Club

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

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

COASTAL STROKE GROUP 10.30am – 12.30pm at Hunstanton Methodist Church Austin St For more info Tel: Julie Manning 600930 or Gemma Smith 01366 377803

LINE DANCING 1.30 – 3.30pm at Snettisham Memorial Hall £3.50 Tel: 532317 Yvonne

SLIMMING WORLD 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059

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 Rehearsals 7-9pm at Hunstanton Town Hall £3 per session For info Tel: 532392

Wednesdays

DOCKING MARKET 9am - 1pm in The Ripper Hall Local Produce Craft and Gift Stalls Tel: 576233

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

SING FOR WELLBEING Snettisham Community Choir 10am–12noon at St Mary's Church Hall Snettisham For info Tel:Carol O'Neill on 01328838616

LYMPHOEDEMA SUPPORT GRP meets the 2nd Wednesday monthly 10.30am-12noon For info please Tel: Sue 570823

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 12yrs+ Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm at Hunstanton Town Hall Basement Tel: 579074

BRIDGE CLUB 6.50pm for 7pm at Hunstanton Conservative Club

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

Thursdays

LINE DANCING 10.30am – 12 noon at Hunstanton Community Centre £3 Tel: Diane 571166

TEA DANCE 2 – 4.30pm at Hunstanton Community Centre Live Music Sequence & Ballroom £3 All Welcome

ROLLASON STAGE SCHOOL Musical Theatre class All ages 4.30 – 5.30pm at Hunstanton Town Hall Basement For info Tel: 579074

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

FITSTEPS 6.15 - 7.15pm at Snettisham Memorial Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

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)

BEGINNERS BRIDGE 1.20pm for 1.30pm at Hunstanton Conservative Club

ZUMBA at Docking Ripper Hall 6.15-7.15 £4 pp for info Tel: Michelle 579074

Saturdays

CHRISTIAN YOUTH GROUP 3rd Sat monthly 10am-12 noon ages 10-14 Cost £1 at Dersingham Church Hall More info from Karen Creedy 07717231096

ROLLASON STAGE SCHOOL with Lucy Rose Musical Theatre Group 11am Street dance under 12's 12noon Drama Group with Ann McKimm 1pm Musical Theatre 2pm at Hunstanton Town Hall Basement For information re attendance Tel: 579074

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

around and about...

C.A.L.M. SUPPORT GROUP

(Caring, Advising, Listening and Mentoring)

The CALM (Caring, Advising, Listening, Mentoring) Support Group is an informal and interactive group that offers emotional and practical support to carers, older people and those with dementia. Meetings focus on a range of topics; there are regular speakers and there are always opportunities to talk through issues of concern with a sympathetic listener.

The group meets monthly from 11.00am - 1.00pm at St. Edmunds Church Hall, Church Street, Hunstanton, PE36 5DR. Light refreshments are available. Meetings are free to attend and all are welcome. New upcoming dates are:

2016:

January 9th, February 6th, March 5th, April 2nd, May 14th, June 11th, July 9th, August 6th, September 3rd
October 1st, November 12th.

(Please note: it may be advisable to contact the group on the below telephone number if you wish to find out more information on dates and topics).

Who to contact: Telephone: Debra 01485 535320 or 07979 448645.

E-mail: debra.sautner@dementia-alliance.com

Don't miss a great evening out!

On Saturday February 27th 2016, the fabulous **Royal Air Force, Wyton Area Voluntary Band**, are coming to Hunstanton to give one of their highly entertaining concerts. All proceeds going to **The Norfolk Hospice Tapping House** (Charity No: 1062800). The concert has been organised by Wing Commander (Rtd) Kevin Mackie, President of the Wyton Band (and its solo euphoniumist), in memory of his late father, Chris Mackie.

Many local people will remember Chris Mackie, who was well-known across Norfolk as a popular speaker and personality. He came to Heacham as an evacuee in 1944 and, having no real place to go back to, he came to regard the village as his home, with the Proctor/Raines family, who took him in as his family. The feeling was mutual and they remained close from then on. After a long career in the Royal Air Force, Chris returned to Norfolk in the 1980s, firstly to live and work at Felbrigg Hall, near Cromer, and then as an accountant in Heacham. He had a long association with the Princess Theatre in the 1990s, and with the theatre club, both on and off stage; he also became a keen student of local history and was deeply involved with the archaeological dig at Sedgeford, from its inception in 1986 until his death in 2014. He amassed an extensive archive of material on Heacham, its river valley, and the discoveries of the Sedgeford Historical & Archaeological Research Project (SHARP). During his last illness, Chris and his family received unforgettable kindness and invaluable assistance from nurses of the Norfolk Hospice Tapping House, for which reason his wife Mary and younger son Kevin have organised this concert, to show their appreciation for everything the hospice team did to help during those very sad days.

The event will take place at the Town Hall, Hunstanton, on Saturday 27th February 2016, starting at 7.30 p.m.

For tickets, please phone 01485 601 701 or go to the website www.norfolkhospice.org.uk. These concerts are always sold out, so book your ticket soon.

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Extra Hands

We would like to share good news with you...

Below is information and pictures from our Gill Chase Awards, which was held in December 2015 in memory of a carer who suddenly passed away in November 2014.

We would also like to share that Extra Hands have been shortlisted for the TEAM Category at the third Norfolk Care Awards. This is a continued success for the company, an honour to have been nominated, and we will be attending the awards ceremony at Sprowston Manor on 25th February 2016 to hear the winner announced. Last year we were privileged to be Winner in the Promoting Dignity and Respect in Everyday Life category. The company places all their staff in high regard and being shortlisted finalists goes a long way to recognising the hard work and commitment they provide. We hope you will join us in sharing this news with the community. Fingers crossed for February!

If you would like further information, please do not hesitate to contact me.

Tyrnaia McGinn
PA to Anita Walter, MD
01485 570611

* * * * *

Gill Chase Awards 2015

The very first Gill Chase Awards 2015 presentation was held on Tuesday 15th December at the Prince of Wales Stand, Fakenham Racecourse, in memory of a carer who passed away suddenly in November 2014 from a pulmonary embolism.

Gill had worked for Extra Hands as a Home Care Assistant for 20 years, and was one of the first employees of Extra Hands. She was an exceptional carer, always putting her Service Users and others before herself.

As an organisation we felt the commitment and loyalty shown could not go unrecognised, so decided to keep her memory alive by organising an annual award. Members of Gill's family were invited to take part in the judging and attended the event.

We would like to thank everyone involved in the nomination process, judging and event process.

Congratulations to all who received nominations and the shortlisted staff. It was a lovely afternoon which included afternoon tea, presentations, speeches from Hazel Evans, Director of Extra Hands and Gill's son Scott and also photos by the EDP.

We are proud to announce the two finalists:-



Nina Stephen
 and Ian
 Meredith.



And the overall winner is: Nina Stephen!!



Please join us in sharing our congratulations.



Eric W Witton

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The West Norfolk Members Group invites you to:-

**An illustrated talk
Fascinating Facts about
Wildlife of the World**

Kevin Elsby will provide a look at some of the things you may not know about some of the world's wildlife.

Thursday 25th February – 7.30pm

Venue: Hunstanton Methodist Church Hall, Austin Street.
Cost: £2.00 members / £2.50 visitors.

Community Cinema in Syderstone

Presents:

On Saturday 27th February 2016

SUFFRAGETTE (12A)

Starring Cary Mulligan, Helena Bonham-Carter, Meryl Streep, Anne-Marie Duff, Romola Garai. One of the most eagerly awaited films of the year. 'A drama that tracks the story of the foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State. These women were not just from the genteel educated classes; there were also working women. They were willing to lose everything in their fight for equality - their jobs, their homes, their children, even their lives.

Venue: Amy Robsart Village Hall, Syderstone PE31 8RX.
Start time: 7.30pm.
Advance Tickets £3.50
Contact 01485 578244 / 01485 578171
Email: cinema@syderstone.com

Hunstanton Conservative Club

The following entertainment will be taking place at the Hunstanton Conservative Club for the month of **February 2016**:-

13th February - Valentine Dinner with entertainment by 'Pride'

**Eileen Hamilton
Chairman**

Brancaster Camera Club

Events for February:

Tuesday 9th February 2016

Print Competition judged by Rex Makernson.
Subject: 'Village Life' + two open choice.

Tuesday 23rd February 2016

An evening with Ian Ward.

Ian is a local photographer whose beautiful work is often in the KL Magazine.

Meetings are held in Brancaster Staithe Village Hall at 7.30pm on the relevant Tuesday evenings. We would love to see you if you are interested in coming along. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725.

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Forthcoming gigs for February

Tues 2nd Dave Thomas Band

Fri 5th DNA Jam Session

Tues 9th Uncalled 4

Tues 16th Whiskey Twist

Tues 23rd After Hours Blues

Quiz night every Thursday at 9pm



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Hunstanton Poetry Mornings 2016

The popular Poetry Mornings sponsored by The Hunstanton & District Festival of Arts, began again on January 20th at 10.30am in the Town Hall Basement. There are 6 sessions throughout the year and these are run by The Princess Players Drama Group.

Dates for this year are:

Wed March 16th, May 18th, July 20th, September 21st and November 16th. All sessions take place in the Town Hall Basement from 10.30am till 12 noon.

Everyone is invited along to either read their own work or share a favourite poem. If you prefer, you can just sit and listen to some very beautiful words.

Each session has a theme to work to and the first one was "In the Beginning....." However, readers can bring along other selections if they wish. Each reader is limited to two poems to begin with but can add more if there is time at the end.

Each session costs just £2.00 and light refreshments are available. Further information available from: Ann McKimm on 01485 533933 for the HDFA.

Christmas Tree Festival Winners 2015

First prize in the Senior Category:

The Community Choir Tree, designed by Susan Collins.

First Prize Junior Category:

Smithdon High School - Christmas tree pile of books. "Pulp Fiction!"

Runners up:

Hunstanton Primary School
Gas Pipe Tree by Dean Baker
Knitted Yellow Wellies by RNLI
The Norfolk Wildlife Trust
Northfield Allotments
The Community Orchard
The Brownies' Tree
St Mary's Church, Old Hunstanton.

This Happy Event will be repeated again in December 2016 along with the mulled wine and mince pies, this year kindly donated by Moss Bakery.



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HUNSTANTON & DISTRICT ROTARY CLUB

Rotary Matters



We were very sorry to hear of the death of Mary Brook on 13th December. Mary was the wife of Peter, a member of Hunstanton Rotary Club. The funeral was held at St Mary's Church in Old Hunstanton and many people came to pay their respects. Mary had been a keen gardener, a very good dancer and home entertainer. Tributes were given by Mary's son and daughter. The funeral was particularly moving in that the theme throughout was 'Love'. Processional music was by Elvis Presley 'Always on my Mind'. A musical interlude was 'Love is a very splendid thing' and recessional music was by Nat King Cole 'When I fall in Love'. Particularly moving was the biblical passage from the Book of Corinthians which finishes, "Faith, Hope and Love will last for ever and the greatest of these is Love". We send Peter and the family our sincere sympathy.

We received excellent news recently from the Rotary Club of Downham Market. Some time ago we gave their Club a donation to support a project that they had started in order to help children in Belarus where the Chernobyl nuclear disaster took place. Their project has totalled £9,300, not only with help from our Club but also with assistance from other Rotary Clubs in the area. They now have enough money for the toilets and windows of the junior block in the school at Belarus and also money for mosquito netting, heated towel rails and doors to be added to the toilets. As well as the 80% of the money we raise in our Club which goes to local worthy causes, we believe in supporting national and international issues, for example, helping people affected by national disasters. By contributing money to Rotary International and the World Health Organisation we help to give the final push to get rid of Polio in the world. The latest good news is that the whole of Africa is now Polio-free!

Our **ROTARY AWARENESS EVENT** will be run on **Wednesday evening, 9th March, 7.00 pm to 8.30 pm at the Golden Lion Hotel in Hunstanton.**

There seems to be quite a number of people who don't realise what we do in Rotary. Come to see us! There will be refreshments at no charge to guests. The basis of Rotary is fellowship and fun! By helping others we get enjoyment from what we are doing. We meet every Wednesday and we have social events – in 2015 we had a quiz, a poetry event, speakers, a stall at Hunstanton Carnival, Norton Hill Light Railway event, the Kite Festival, Classic Car display, arts and craft stalls etc. At our Rotary Event, come and enjoy yourself and find out more. In 2015 we raised £21,000 with the public's help, all of it going to worthy causes, most of which are local!

If you would like to come along then contact Peter Atterbury (tel 01485 533864, or email: peteratterbury1@gmail.com). Find out more about us on our website: <http://www.hunstanton-rotary.co.uk>

Phil Newell

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Forthcoming Events at Hunstanton Library

For further information about any of these events, or to book your place where necessary, please contact the library on 01485 532280.

Get Digital campaign:

FREE Courses planned for early 2016. All must be booked in advance by contacting the Hunstanton Library (01485 532280) or Dersingham (01485 540181).

Dersingham Library – Absolute beginners –
24th February - 2-4pm

Dersingham Library – Email Basics – 13th/20th April –
2-4pm

Dersingham Library - Tablet Helpdesk – 30min bookable sessions between 2-4pm on Thursdays February 11th, March 10th and April 7th

Hunstanton Library – Email basics – 21st March - 2-4pm

Celebrate National Libraries Day at Hunstanton Library

Saturday 6 February - 11:00 - 11:45.

Join us at 11:00 for a big Norfolk story time at your local library, listening to an exciting chapter from Cressida Cowell's series 'How to Train Your Dragon' followed by a National Libraries Day competition and other activities. There's no need to book, just come along!

The Joy of Pinterest at Hunstanton

8 February 2016 - 14:00 - 16:00

Are you a crafter/fashion follower or book lover? Do you collect recipes/holiday ideas/or wallpaper designs? Why not discover how the Pinterest website can help you sort images and ideas online. You can set up your own boards, organise them how you want and then get Pinning! Tickets are £5 per person payable in advance. Please book by calling 01485 532280.

Email beginners session at Hunstanton

11 February 2016 - 14:00 - 16:00

Set up an email and learn to send, reply and add attachments. Previous computer experience essential. Places are limited so please book by contacting the library on 01485 532280.

Superheroes craft session at Hunstanton

15 February 2016 - 10:30 - 12:00

Are you a superhero? Come along and make Thor's Hammer, a Batman mask, superhero cuffs and much more! Tickets are £3 per child payable in advance. Places are limited so please contact the library on 01485 532280.

An introduction to Ancestrylibrary.com at Hunstanton

22 February 2016 - 14:00 - 16:00

Learn how to search the birth, marriage and death indexes, census materials and other resources available on the Ancestrylibrary.com website. Tickets are £5 and must be booked in advance by calling the library on 01485 532280. The session is aimed at family history beginners who haven't used the site before. Previous computer experience essential.

An introduction to Word Processing at Hunstanton

29 February 2016 - 14:00 - 16:00

Learn all about creating documents, saving and modifying them and using templates. Experience of using a computer is essential. Tickets are £5 per person payable in advance. Please book by calling the library on 01485 532280.

MAUREEN'S DAY COACH TRIPS 2016

Tues	8 Mar	LONDON - LEISURE DAY	£19.00
Fri	18 Mar	DISS & WYMONDHAM	£14.00
Tues	29 Mar	IPSWICH	£14.50
Tues	5 Apr	OXFORD - LEISURE DAY	£20.00
Thurs	14 Apr	COTSWOLDS - STOW ON THE WOLD & MORETON IN MARSH	£21.50
Tues	26 Apr	MELTON MOWBRAY - MARKET DAY	£14.50
Wed	11 May	ELY & CAMBRIDGE	£12.50
Fri	20 May	STRATFORD UPON AVON - MARKET DAY	£22.50
Tues	31 May	DUNWICH FISH & CHIPS & SOUTHWOLD (LUNCH INC)	£25.00
Tues	7 June	NORWICH	£10.50
Fri	17 June	STAMFORD & RUTLAND WATER CRUISE INCLUDING CREAM TEA	£24.50
Wed	22 June	SOUTHEND	£19.00
Mon	27 June	BAKEWELL -MARKET DAY	£20.00
Wed	6 July	BANBURY	£19.50
Tues	12 July	BOURTON ON THE WATER	£22.50
Thurs	21 July	SKEGNESS	£12.50
Sat	30 July	DERBY DALES- BUXTON & ASHBOURNE	£22.50
Tues	2 Aug	CLEETHORPES	£16.00
Wed	17 Aug	BURY ST EDMUNDS MARKET & GARDENS	£13.50
Tues	23 Aug	GREAT YARMOUTH	£12.50
Wed	31 Aug	CLACTON	£17.50
Sat	3 Sept	SOUTHWOLD	£15.00
Mon	12 Sept	WINDSOR - LEISURE DAY	£19.00
Sat	24 Sept	COLCHESTER	£16.00
Thurs	29 Sept	LINCOLN	£14.50
Mon	3 Oct	SKIPTON	£22.50
Thurs	13 Oct	HARROGATE	£20.50
Tues	25 Oct	NOTTINGHAM	£16.50

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01485 544514

RESCUE : WOODEN : BOATS

Can you help?

Maritime Heritage Centre seeks more volunteers

Rescue Wooden Boats Maritime Heritage Centre at Stiffkey will be opening again at weekends and bank holidays from 5th March. We look forward to welcoming new and returning visitors. There will be new displays to view, but in the meantime, why not visit our website? There is a wealth of fascinating material, including photos and films: www.rescuewoodenboats.com

As we plan for the new season, we are looking for more volunteers to join us. Our Maritime Heritage Centre relies on our enthusiastic and friendly volunteers to keep it open – and we'd like to increase the size of our volunteer team!

If you are interested in boats, history and enjoy meeting people, do get in touch with us.

No experience is necessary and over the next couple of months, we are also seeking practical help. We have some wonderful boats in our care, including lifeboat Lucy Lavers and whelker Harvester. If you'd like to help with a few practical tasks before we put them in the water in the spring, please do get in touch: info@rescuewoodenboats.com / 07920 760238.



Sallywags Parent, Baby & Toddler Group

2016 now and a new year ahead for Sallywags - filling up with lots of discovery, creation and colour already - and sticky fingers from puffy paint and peanut buttery bird feeders!

Thank you to Gail and Louise for bringing us some lovely toys to investigate including builders hats, cotton reels to thread and dominoes! Wolfy's Photography have kickstarted our year with a generous donation, a huge thank you to Maureen and Ivan for your support and we look forward to our popular annual session with you in the Autumn. May I also thank all our wonderful Sallywags grown-ups for supporting our Christmas raffle, raising £36 for Sallywags. And whilst on the subject of the season to be jolly, another thanks to Louise Rudd for providing chocolate treats and a gingerbread reindeer decorating activity for our little ones - they had great fun!

Looking forward to welcoming you and your little ones in 2016. Sallywags Parent, Baby & Toddler Group meet every term time Wednesday at the Scout Hut in Sunnyside from 9.30-11.00am. We ask £2 per family to cover rent, refreshment and resources. Pop by when you can and have a play!

Wishing you all good things for 2016!

For further info please text/call Jo on 07521 447284.

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**Norfolk based Rural Broadband
partner with
BT to deliver Broadband to slow areas**

Heacham based company Rural Broadband has partnered with Telecoms Giant BT to provide satellite broadband to those users who receive 2 meg or less on their current broadband.

BT is providing the wholesale satellite broadband service operation for the Broadband Delivery UK (BDUK) national satellite scheme.

BT has supply agreements in place with satellite operators Avanti and Eutelsat and has established reseller agreements with a number of retail service providers (RSPs), including Rural Broadband in Norfolk. The resellers vary in size and locality and offer different price points and support packages under the scheme to eligible customers. Each reseller has been accredited by BT Wholesale and the BT Madley satellite service management teams, who are highly experienced in providing satellite services to businesses, governments, media and broadcast organisations and will be providing experienced operational support to each RSP in terms of order handling, fault management and technical support.

This is a huge achievement from this local company.

For more information, call Richard on 01485 572253.

Norfolk County Council

Changes to the Recycling Centre Service

From Monday 18 January 2016 this Main Recycling Centre will change to Part-time Opening Hours

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Answers to Anagrams on page 11

- 1) Valentine
- 2) Bunch of Roses
- 3) True Love
- 4) Lovers
- 5) Romance
- 6) Romantic Dinner
- 7) Flowers
- 8) Champagne
- 9) Spend too much
- 10) A Proposal
- 11) Best Boyfriend
- 12) Best Girlfriend



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New LED road signs to warn of flooding

In February 2016 new road signs to warn of potential flooding will be installed in Heacham. New LED signs will replace the four current white Precautionary Evacuation Notice signs in Hunstanton, Heacham and Snettisham. The new signs will be brighter, more visible to motorists and will provide timely information to you. They will be remotely operated from our incident room and will warn of tidal flood alerts, flood warnings and when evacuation is necessary. These signs complement our existing flood warning service that you can sign up to.

Flood warnings can provide vital early warning of potential flooding and give you time to prepare your property. Automated flood warning messages can be sent to you via telephone, mobile, fax, text or email. To sign up to receive free flood alerts and flood warnings visit www.gov.uk/flood or call Floodline on 0345 988 1188.

Below is a graphic of the new LED signs and a photo of the current signs.

Old Flood Warning Sign



New LED Flood Warning Sign

NORFOLK COUNTY COUNCIL

Heacham Recycling Centre - changes to part-time hours

As you may be aware, a full review of Norfolk's Recycling Centre service was undertaken earlier last year and a number of proposals were put forward regarding its future.

At a meeting on 20 November 2015, the Environment Development and Transport (EDT) Committee voted to continue with the Recycling Centre proposals of changing Ashill, Heacham and Morningthorpe Recycling Centres to part-time opening hours.

Since Heacham Recycling Centre is in your parish, I am writing to notify you of these changes. This change took effect from Monday 18 January 2016. Heacham Recycling Centre will be open Thursdays, Fridays, Saturdays and Sundays and closed Mondays, Tuesdays and Wednesdays.

This information will be displayed to visitors to Heacham Recycling Centre and is also available via the County Council website at: www.norfolk.gov.uk/recyclingcentres. Please follow the below link for frequently asked questions regarding these changes: Changes to your Recycling Centre service

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1st Heacham Cubs

The end of 2015 saw us starting our Disability Awareness badge with a visit from Cynthia and her guide dog Olivia. Cynthia gave the Cubs a talk on what it was like to live with a disability like blindness. The Cubs were then split into three groups and they played some games blindfolded; they included sorting socks into pairs, sorting money into the different types 50p, 20p, 2p and 1p's; the last was guess the fruit and vegetables by touch and smell. When they all had a go at all three activities they sat down and discussed with Cynthia what it was like to do things without being able to see. At the end of the evening they were allowed to stroke Olivia and they were given stickers, bookmarks and an activity book.

We had an evening on how the body works and healthy eating. They were all very surprised how much sugar was in certain products; out of ten products the highest score was 2/10 guessed correct. They fared better putting food into red, yellow and green categories on how good certain foods were for you.

In December we went to 'Paint Me Ceramics' and the Cubs painted a hanging Christmas decoration which we were able to give out on our last evening. Thank You Suzy for opening up for us in the evening.

On our last evening the Cubs made a calendar for 2016 and Christmas tree decoration out of cup-cake cases. When they left they all got a Christmas card and selection pack.

The Certificate of Achievement went to Alfie B. for standing in and doing the flag break and points at the beginning of the

evening when it was Green sixes turn. This was because Green sixes sixer (Harry) was off through illness.

We started back in 2016 with lots to look forward to as Cubs celebrate being 100 years old. Through the year Cubs will be able to earn points doing various activities from the four different sections of the Cub 100 Challenge Badge - Get Active, Adventure Camping, Look Around You, Down the Cub Hut. If they reach 100 points there is a special badge that they receive and can wear on their Cub uniform. There are also lots of things planned through the District and County of which we will try to do as many as we can, but as they are all over weekends it depends on the work commitments of us leaders and how many weekends we wish to give up.

The programme for this term is planned around the Disability Awareness Badge and Our Skills Badge from their Silver Awards.

We are also planning a trip to the pantomime to see 'Dame Dolly Dumpling' by the Pocahontas Players and are hoping to get to Wolferton for the day, as we could not get there over Christmas due to being at work.

Sadly, we lost another leader (pretty careless of us I know:) but our not so Young Leader Chil (Sam) finished his college course and got a job which involves working Thursday evenings. We wish him well and thank him loads for his support and helping us over the last three years.

Happy Scouting to all our Cubs

**Akela (Sam C.), Ziggy (Julie)
Young Leaders Hathi (Jemma) & Rikki (Tommy)**



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REMINISCENCES 1919

Further extracts from the Archive.

A letter to a 16 year old's father.

Ros Marsden

2.2.1919
Winchester

Dear Dada

Thank you very much for your letter. The weather here too has been exceedingly cold. It has been snowing here a lot and there is no real sign of thawing. There is a certain amount of ice about and some people tried skating on Saturday but it was not a great success. I have got my skates here but have not brought them into action yet. The ground is very painful to run on as all the indentations and ridges are fixed and are as hard as diamond.

I have had a horrible cold, it started over a week ago and was in full swing last Tuesday. I used about 5 handkerchiefs a day. On Thursday it was slightly better and then turned into a cough. Today it is getting much

better; this sort of weather impedes the progress of getting better from a cold. I have taken to wearing a sweater underneath my suit.

I am very bucked I have begun science. In the ordinary course of events in our div, we do 5 hours English or Greek. I do English Literature as you know. English consists of Geography and Scotland; the literature was Milton's sonnets. This term it is Canadian and geography of other parts of the British Empire. The literature is a book of pieces of English prose selected from Mandeville to Ruskin.

One day, Monte came in and said that he was evolving a new scheme for people to do science instead of 2 hours of English. There are 3 English divisions and about 4/5 of each div wanted to do science. There were many too many and so we each had to write down on a bit of paper our reasons for wanting to do science; not that we were tired of Geography or anything like that. I put down that you wanted me to start as soon as possible. A few days afterwards Monte stuck up a list upon the Noticeboard of the people who had been selected to do science. I was among them; about 3/4 must have been ploughed.



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We do a book called Elementary Science by Siddons and Jones. It begins with Matter and the properties thereof etc. The Rev. Overy is taking us. We do two hours a week with one preparation hour.

TIMETABLE (changed fortnightly)

Monday: Divinity English BC Mathma
English Mathma BC

Tuesday: Divinity Caesar History BC
O.T.C. //Half/Term//

Wednesday: Science Histor French BC
French Caesar BC

Thursday: English French Caesar
//Half/Term// //Half/Term//

Friday: English French BC French
O.T.C. Caesar BC

Saturday: Mathma Physical Geog Science
Prose Mathma BC

BC = Books Chambers (time to prepare the lesson, Virgil and Caesar are changed each fortnight).
O.T.C. = Cadets.

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HEACHAM PARISH COUNCIL

Flood Defences

Following the recent extensive flooding across the country, it was thought appropriate to bring you up to date on what is being done regarding the maintenance of the sea defences between South Hunstanton to the north and Wolferton Creek to the south.

As many of you will have seen in the past there has been an annual programme of beach recycling in which the material from Heacham beach, which has been washed southwards toward Snettisham, has been brought back to rebuild the shingle bank. This annual recycling costs between £150,000 and £180,000.

Every ten to fifteen years a more substantial operation is required, known as "recharging", when The Wash is dredged for material to boost the sea defences, and this costs in the order of £1 million. This operation was last carried out ten years ago.

So you can see that the costs involved just to maintain the shingle bank, which is the first line of defence against flooding from the sea, are huge. These do not include any maintenance of the Sea Wall, which is currently maintained by the Environment Agency. This second line of defence would ultimately fail if the beach is not maintained by the recycling and recharging programmes as described above. Although the inner bank was successful in keeping the sea at bay on the first and only time it was put to the test in 1978, similar defences can be breached if subjected to numerous attacks from the sea over a period of time, as has been seen from other areas around the Norfolk coast.

The current concern is that this may be the last year that the annual beach recycling programme is to be funded by Central Government through the Environment Agency.

However, the Parish Council has now received a letter from the Environment Agency in which they outline proposals for a continuation of beach management works as part of a capital maintenance flood risk management scheme. The scheme now being considered is a capital maintenance project that will provide a continuation of existing beach management practices which aim to maintain the current shingle bank defence height over a 5-year period, with construction works starting from the financial year 2016-2017 (February 2017). The Parish Council has yet to discuss this letter and its response thereto.

Various other schemes which could be applicable, depending obviously on cost and funding, have been discussed by the Wash East Coast Management Strategy Committee, which was set up a few years ago to look into the ongoing protection of our stretch of coastline. Representatives from interested bodies and landowners, including the Borough Council, Hunstanton Town Council and Heacham Parish Council, have attended the meetings of this discussion group in the past. A scheme called 'Partnership Funding' now exists, whereby it falls on the local community to contribute to the cause of flood defences, and whatever money is raised, Central Government will top up by 25%. The East Wash Coastal Management Community Interest Company has also been set up with the initial aim of raising sufficient funds to finance both the annual recycling programme and, hopefully, a longer term and more permanent solution. The Parish Council has been approached to contribute towards this project together with caravan and beach house owners but has yet to reach a final decision on this.

We wish you to be assured that Heacham Parish Council is continuing to take an active role in discussions with both the Borough Council and the Environment Agency.

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Sperm Whale

Once again our shores have seen the sad end to some great sea mammals.

This time it has been five sperm whales, one on Hunstanton beach, three at Skegness and one further down the coast at Freiston.

They are thought to be part of a pod that turned left from the north sea instead of right, which would have taken them into open waters off our west coast.

Instead, they travelled down our east coast where three ran ashore on the Amsterdam coast and died, the remainder searching for a way back to deep water ended up in the Wash and with so many sand banks it was not long before they got lost as their sonar is unable to work in shallow waters.



Hundreds of people have visited the forlorn beast as it lies amongst the rocks not far from the old lighthouse.

Unlike last time there were 2 security personnel stationed by the whale to prevent trophy hunters cutting pieces off for souvenirs and selling on the Internet.

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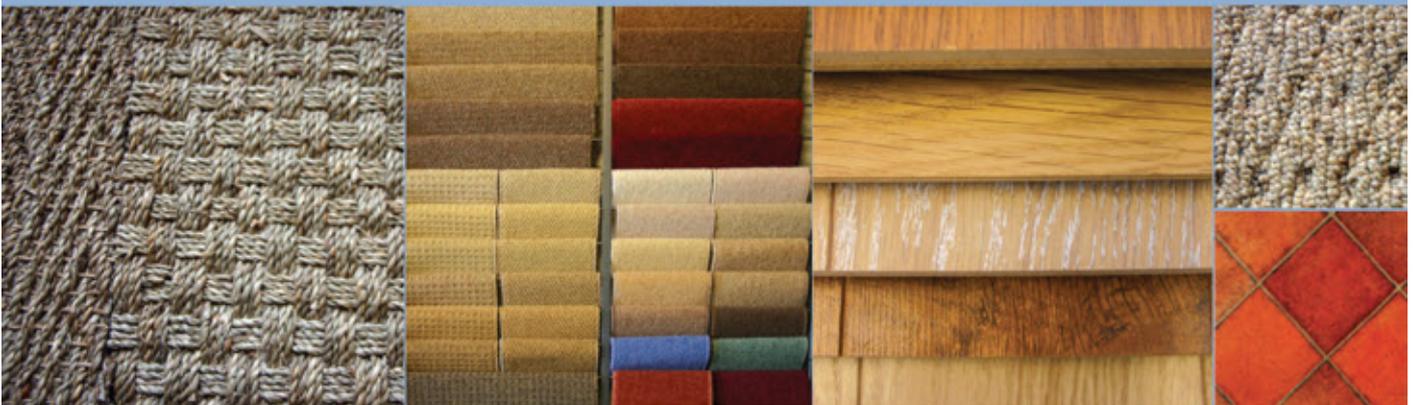
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HOW TO FIND US





Local WW2 veteran receives the Highest Order in France



On 17th December 2015, local resident, Ronald Barnes, was appointed to the rank of *Chevalier de l'Ordre National de la Légion d'Honneur*.

This high honour was in recognition of military engagement and steadfast involvement in the Liberation of France during the Second World War.

On 'D' Day, Ron was positioned at Sword Beach on board the Destroyer HMS Jervis, which was being fired at from the land. The Jervis retaliated. Ron was working as a Telegraphist doing 4 hour shifts. To this day, Ron has not been able to conquer sea-sickness and, whilst on duty, had to have a bucket between his knees!

Ron was born in King's Lynn and for many years was a very active member of King's Lynn Sea Cadets, rising to the rank of Petty Officer.

In 1943, at the age of 19 years, he volunteered for the Royal Navy. He elected to be a Telegraphist and received six months training in Aberdeen.

After basic training, he was assigned to HMS Jervis and boarded this initially on 2nd June 1944 at Yarmouth, Isle of Wight. After 2-3 days, the Captain directed the Destroyer to

position at Sword Beach. After several days in that area, moving between the various beaches, HMS Jervis returned to Belfast where Ron finished his involvement with it on 15th September 1944, awaiting fresh instructions for his next assignment.



Chevalier de l'Ordre National de la Légion d'Honneur.



HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

Budget and Precept: The Council approved the budget for 2016-2017 and set a precept of £93,664. This represents a 2% increase on Band D households, adding just over £1 to the annual council tax bill.

Heacham Fire Station: Tim Edwards (NFRS) reported to the Council that the greatest response to the County Council's consultation exercise had been from people in support of Heacham Fire Station. The next key dates in the process are NCC's Communities Committee meeting on 27 January, Policy & Resources Committee meeting on 8 February and Full Council on 22 February, when the final decisions will be made. The public may attend all the meetings; details can be found at www.norfolk.gov.uk and Heacham Parish Council suggests that residents lobby the County Councillors.

Lidl planning application: Whilst appreciative that there was great support within the village for a Lidl store, the Council agreed to make a holding objection to the planning application. They did this as there are issues which are not yet resolved. These include road and local access; drainage from the site; consideration of the effect the proposed store will have on existing local shops - estimated by Lidl as a loss of £300,000, and the appearance and landscaping of the site. The Parish Council hopes that Lidl will address these concerns constructively and promptly.

School Road planning application: The Planning Inspectorate hearing has been scheduled for 17 May. The Council urges as many residents as possible to attend in order to demonstrate their concern. There is to be a public meeting on Saturday 13 February at 2pm in the Old Friends Hall for parishioners to air their views on this and other major planning applications which will affect the village.

Proposed Poultry Unit, Sedgeford: Heacham Parish Council has objected to this planning application on the grounds of potential risks to water quality/tourism and traffic problems.

Street lighting: The Council agreed to conduct a public consultation on the provision of LED lighting within the village, with the view of replacing the old lights but maintaining the existing posts and brackets. The work could save greatly on both power and maintenance costs but would necessitate a loan from the PWLB. A provisional sum had been allocated within the budget for 2016-17, though the impact of such was estimated to be cost neutral as the savings would match the loan interest payments.

Ringstead Road bus stop: Highways have now installed a trod path along the verge from the road to the bus stop.

Donations: The Council agreed to make donations of £50 to Age UK Norfolk and CPRE.

The next Full Council meeting will be held on Tuesday 16 February at 7.30pm at the Parish Council Office.

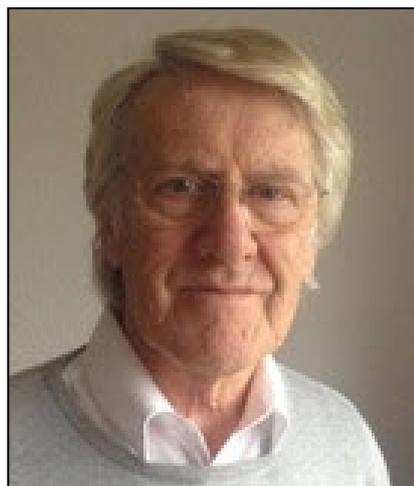
NEW COMMUNITY BUILDING

Message from the Community Building Committee

The Committee has obtained architects' tenders to produce conceptual drawings based on the 'wish list' compiled from public consultation. This means that there will soon be an architect's impression of what the site could look like, which will be an exciting step forward.

The Council has agreed, in principle, to the Heacham Youth and Community Trust Ltd. using part of the old dairy site to extend their charity shop in the short term.

NEW PARISH COUNCILLOR MR ROBERT PRITCHARD



Robert Pritchard has lived in Heacham for over 30 years. Now retired, he has recently joined the Parish Council to offer his time to help keep our village in good order, and as attractive and safe as we can make it. At present he is involved with the save the Heacham Fire Station campaign and will be joining the Natural Environment, Lighting & Watching and Old Friends Hall Committees.

He also serves on the committee for the Heacham & Criteuil-la-Magdeleine Twinning Association, which is a great way of making friends, both here and in France.

He and his wife Jenny enjoy many activities in and around the village and are proud to live in this lovely part of the county. He can be contacted via the Parish Council Office.

SYLVIA LEE

The Parish Council would like to thank Sylvia, who retired from the Library at Christmas, for all the hours she has put into the Library over the years. Sylvia has been a volunteer almost from the beginning of Heacham Library, and her administrative skills and experience have helped keep things running smoothly.

POLICE ADVICE

Please remember that we are now in the shooting season and it is dangerous to walk on top of the banking either side of the marshes in the dark. The Wildfowlers take this problem very seriously and do not want to cause harm to walkers and their pets. If you still go down there then remember – BE SEEN, BE SAFE.

CARNIVAL COLLECTION

Applications for local organisations to hold the street collection at this year's carnival parade should be submitted in writing to the Parish Clerk. The Community Activities Committee will make the selection at their meeting on 8 March.

Any queries should be addressed to:
Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
Norfolk PE31 7ET
Tel/Fax 01485 572142
www.heachamparishcouncil.co.uk
Open Tuesday - Friday 10.00am-noon

HELP LINES

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HEACHAM MON TO FRI 08.30 TO 13.00 14.00 TO 18.30
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HEACHAM COMMUNITY WEBSITES

www.heacham-on-line.co.uk

E-mail admin@norfolk-on-line.co.uk

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

Main pick up points for The Heacham Newsletter.

First Saturday of each month except January.

Jennings, Heacham Bakery, Post Office, Parish Council Office,

Church, Co-op, Tesco's, Heacham Fish Bar

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Closed: Monday, Tuesday and Wednesday

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or Hempton, Hellhoughton Road, Fakenham, NR21 7DY

For further information visit www.norfolk.gov.uk/recyclingcentres,
 email recycling@norfolk.gov.uk or call 0344 800 8020

We ask that residents do not leave any waste at the sites gates as this is fly-tipping. The site is open Thursday to Sunday.

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 0908 first bus to Hunstanton, then hourly from 1008

Service 11

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 0834 first bus to Kings Lynn then once an hour
 0904 first bus to Hunstanton then once an hour

Bus Enquiries

www.norfolkgreen.co.uk

Tel: 01553 776980

www.lynxbus.co.uk

Tel: 01553 611955

WNCT - DIAL-a-BUS Service

Heacham to Kings Lynn via Snettisham, Ingoldisthorpe, Dersingham, Sandringham, & Castle Rising Every Tuesday, Wednesday & Friday
 For more information, Cost of Fares, a Membership form or to book

Tel: 01553 770310

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

MOBILE LIBRARY

ROUTE WEL 124	(Mondays)	ROUTE WEL 123	
	1st/15th/29th		
COLLINGWOOD CLOSE	09.55	ROBIN HILL	10.40
SOUTHMOOR DRIVE	10.10	RINGSTEAD ROAD	11.00
SANDRINGHAM DRIVE	10.30	NEVILLE Court	11.45
FENSIDE	10.45	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.00	PINE MALL	12.30
WOODSIDE AVE	11.45	SITKA CLOSE	12.50
NOURSE DRIVE/Ingleby CL	12.25	SUNNYSIDE	14.15
ROLFE CRESCENT	13.55	MEADOW RD	14.40
WOODEND ROAD	14.15	POPLAR AVE	15.25
GIDNEY DRIVE	14.30	GYMKHANA WAY	15.45
BANKSIDE	14.50	JENNINGS CLOSE	16.10
MARRAM Way/Norway CL	15.05	COLLEGE DR/Gonville	16.45
MARRAM Way/Spruce CL	15.20		
MARRAM Way/Neville RD	15.35		