



THE HEACHAM NEWSLETTER

April 2016



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Deadline for the next edition is 12 noon, Tuesday 19th April



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letters...



The Drift

Dear Newsletter

“My Positive Face of Disfigurement: A True Story”

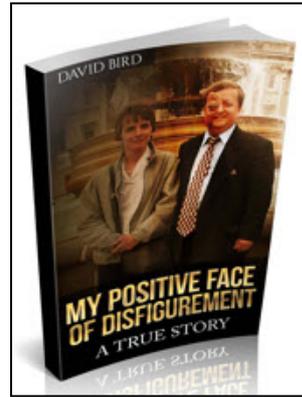
I haven't written an article for the newsletter in ages, so thought it was time to put pen to paper.

Over the last few years I've been writing a book about my lifetime experiences and have submitted this to Amazon Kindle as a Biography, so thought you might be interested as to how I did this. The book is called "My Positive Face of Disfigurement: A True Story". It tells of my family history, of my early years of growing up in a small community, the hospitals, of all those awful teenage years when adults and even children used to laugh and call me names. It tells of how my life changed through meeting my wife Joanne and also the positive side of being involved with the charity, "Changing Faces". It's quite an upbeat book and I'm very proud that at last I've got it written down in black and white for all to read.

Over the years I've had this compelling need to write things down about my life, as I wanted to leave some sort of record for my daughter. Initially, I wrote small headings on pieces of paper and then of course the computer came into my life. My headings or jottings, as I sometimes refer to them, were expanded upon, until one day I'd found that there was in fact enough information to write a small book. I had intended to publish this through the usual channels, but found that it would be too costly, so I quickly went off the idea. I then realised just exactly what this process would entail, and even then, if I was lucky enough to get published, it would probably break the bank.

Just recently, I was reading an article in one of our local newsletters about self-publishing and I had one of those light bulb moments! On Sunday 28th February 2016 my first book was published on KDP Amazon. This was a Kindle edition and over a period of a week my sales started to build; all of this was done by learning on the Youtube website. I started looking at the videos showing how this can be achieved. Over the course of a few days I had this instilled new information in my mind, and away I went. Now, if I had used the normal publishing route, things might not have moved so quickly. By the end of my first week I had several people asking me for a paperback issue, and this was in excess of around 35 people. They told me that they would prefer a book that they can physically hold, and so my mind was set in doing this. Today it's Monday 7th March 2016 and I have just uploaded my paperback book to CreateSpace. This is also part of the Amazon network and I'm waiting patiently to hear if it's going online.

I do hope this article may be of interest to you budding authors out there because as they say "There's a book in everyone". Why not give it a try, you never know where it may lead.



If you are interested, my link is here:

<http://www.amazon.co.uk/dp/B01CBVPO9M>

David Bird



Heacham

Dear Newsletter

Keep Heacham a Village

I agree with the comments made in last month's Newsletter that the KEEP HEACHAM A VILLAGE committee is obsessed with the School Road development whilst apparently turning a blind eye to all the other development proposals elsewhere in the village. Could this be because the committee largely consists of people who live in the immediate vicinity of School Road and who are less interested in the overall effects of development in the village than they are in preventing any development in their own backyards?

Those that turned up to support the committee at the recent meeting represent a very small percentage of the overall population of the village and are all mobile and relatively healthy. I wonder how many elderly, isolated Heacham residents there are living behind closed doors with debilitating conditions who are beyond fighting for their rights, but who would benefit greatly from the proposed care home and housing with care facilities that the School Road proposals offer. These facilities are so needed in this village and I find it frustrating that this committee is aiming to stand in their way, whilst barely noticing, and certainly not fighting against, the other major development proposal which will affect the village.

A Heacham Resident
(Name & address supplied)

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Dear Newsletter

Woodend Road

Thank you

We have recently returned to our Heacham home after a three week stay in Leicester Royal Infirmary following major surgery. What a boost to morale to be back home!

I would like to thank the people of Heacham for their amazing friendship and concern for my wellbeing – especially the members of Heacham Social Club and the Bushel regulars. You have kick-started my long, slow road to recovery.

I reserve a special thank you for my partner Jenny – her devotion to duty 24/7 is incredible. She, like all carers, deserves a medal. Thank you all from the “impatient patient”.

Peter M Oakes



Dear Newsletter

Cheney Hill

Fundraising challenge for Breast Cancer

Well dear friends, the dates for my Kilimanjaro Trek have been confirmed.

The dates are February 16th to 26th 2017, which is around 335 days from now!!



By the time this newsletter goes to print, the training will have begun in earnest. On March 19th a group of us went on a training walk from Burnham Market, via Docking, Choseley Farm, Ringstead, Old Hunstanton and back to Heacham. Not very mountainous I agree but this was in preparation for a team from Fridhem Rest Home attempt on Ben Nevis in June, of which I am part.

I hope to have all online details in place by the next issue so look out for that.

Dean Rawnsley

(A.K.A: The Trekking Penguin)

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News & Events in the Community...

Birthday girl Jess gets the chop for children with cancer.

A brave young lady from Heacham, Jessica Parish, has had a radical new look when she had her hair chopped to raise money for CLIC Sargent, the UK's leading cancer charity for children, young people and their families.

Inspired by her grandmother, Angie Raines of The Granary in Snettisham - an avid fundraiser for the children's cancer charity - Jess decided to celebrate her 11th birthday in style on 28th February by having 14 inches cut off her hair.

Jess's decision to have her Rapunzel-length locks cut is in support of children and young people with cancer, many of



whom lose their hair during treatment. Jessica said: "I'm having my hair cut because my Nan has raised nearly £12,000 for CLIC Sargent and I want to do something to help, as well as give something back to the children who have lost their hair due to cancer as they don't have a choice about losing their hair."

"I am hoping to raise £250 to help children and young people who are coping with cancer and I'm donating my hair to the Little Princess Trust which makes free wigs for children."

Jessica's aunt, Laura Dix said: "Everyone in the family has got

behind Angie in her bid to fundraise for CLIC Sargent in different ways, and this is another example of that. I'm very proud of my niece Jessica for her great idea of this birthday wish, especially as she is not yet 11 years old!"

Laura added: "I'm equally as proud of my mum Angie, for setting the bar so high and collectively raising thousands for the charity after her own experience of having cancer: she has inspired us all."

CLIC Sargent fundraising manager, Daisy Turner said: "I'd like to say a huge thank you to Jessica for choosing, not only to raise money to support children with cancer, but also for choosing to have her hair cut on her birthday! Last year in Norfolk alone CLIC Sargent supported 69 children and young



people with cancer, many of whom lose their hair during the gruelling treatment. Jessica's bravery gives people a chance to show their support and raise vital funds so that we can continue supporting families."

To sponsor Jessica, visit her page on Just Giving (under Laura Dix), or visit these locations for sponsor forms: The Granary, Snettisham and The Wash and Toppe, Hunstanton.

For more information about CLIC Sargent's Big Buzz Campaign visit www.clicsargent.org.uk/bigbuzz




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CHURCHES TOGETHER IN HEACHAM

HAPPY EASTER !

Alleluia! Christ is risen!

He is risen indeed! Alleluia!



For the whole of the month of April (and beyond) the church will be celebrating Easter. We continue using the words above at each service and we shall continue to have the church decorated with Easter flowers, and the white/gold colours of celebrations. This year our festival of Easter crosses will decorate the church too... because, for Christians, Easter is a season, not just a day! So, long after the last Easter egg has been eaten and the luxury of a long weekend is a distant memory, the church will still be celebrating that Jesus is alive, that he died and rose again.

Come and see the Easter Cross Festival.

Come and find out why Christians celebrate Easter.

Come and see what an Easter Cross is.

Come and see your church decorated with Easter Crosses made by many village organisations and individuals.

Happy Easter!

Veronica Wilson (Vicar of Heacham and Snettisham)

THE PARISH CHURCH OF ST. MARY

Sunday Services in April 2016

8.00am		Holy Communion (BCP)
	10th and 24th	
10.00am	3rd	Morning Prayer
	10th	All Age Worship
	17th	Morning Prayer
	24th	Holy Communion
6.00pm	3rd	Evening Prayer
	10th	Evening Prayer
	17th	Holy Communion
	24th	<u>NO</u> Evening Service

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
APRIL 2016**

Sunday Services: 10.30am Morning Worship

3rd Apr.	John Miles
10th Apr.	Rev. Andrew Maguire
17th Apr.	Helen Neale *
24th Apr.	Rev. Pam Bayliss
1st May	Irene Garrard

* The worship on 17th April includes a puppet ministry. Helen Neale presents worship suitable for all ages from the very young to the elderly. Why not come and enjoy? You'll be most welcome, even if you have never been to the Church before.

APOLOGIES

Late changes made after this column was written meant that both the March midweek Communion and the March Bible Study had to be cancelled. However, they're both back this month.

MIDWEEK COMMUNION

The April midweek Communion will be on Wednesday 13th at 10.30am. All who love the Lord are welcome to attend.

BIBLE STUDY

Rev. Stephen Oliver will continue to lead us in the study of Luke's Gospel throughout the Spring and Summer. Put these dates in your diary – all are on Thursdays at 10.30am: 7th April, 12th May, 26th May, 20th June and 28th July.

LADIES' FELLOWSHIP

Ladies looking for a pleasant and interesting afternoon should try the Ladies' Fellowship, which meets on alternate Tuesday afternoons at 2.45pm. April dates and speakers: 12th – Jenny Judge, speaking on Aloe Vera, and 26th – Janet and Colin Abbiss will talk about "Green Britain".

SOCIAL EVENING

Our April Social Evening is on 14th at 7.15pm, when Geoff Speed will talk on "A Policeman's Lot". Geoff, a former policeman, tells tales of a bobby on the beat. All welcome.

BOWLS

Indoor Bowls returned last month, but with very few people attending. Ever tried it? Why not come along on a Friday evening at 7pm and see how you fare at short form carpet bowls!

MIDWEEK ACTIVITIES

Tuesday - 10.00am-12noon Open Door
- 2.45pm Ladies' Fellowship 12th and 26th
- 7.00pm Hands & Needles Club 12th & 26th
Wednesday - 10.30am Midweek Communion, 13th
Thursday - 10.30am Bible Study – 7th
- 7.15pm Social Evening – 14th
Friday - 7.00pm Indoor Bowls

ADVANCE NOTICE: Spring and Summer coffee mornings with stalls and live music start on Saturday 21st May

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HEACHAM FIRE STATION SAVED!

I expect most readers of this will know by now that our fire station has been saved from closure! It was a threat that had hung over it since the crew were first told of the proposal back in August and the fact that it has been lifted is in my opinion, entirely down to the campaign that was fought against it.

I don't think that, as a village, we should ever have been in this position but sadly we were. Good arguments were made against it, the people spoke out and the correct outcome was achieved. Now is the time to say thank you to all those who played a part in the campaign and helped make it a success.

One of the first people to act upon the initial announcement was Tracey Swann. She set up a Facebook page called 'SAVE HEACHAM FIRE STATION' and it soon had over 1,000 members. This page was at the heart of the campaign throughout and was a constant source of information, regularly updating its members with news of meetings and events. Love it or hate it, social media is hugely important today and it cannot be ignored. The campaign would have been lacking a crucial element without it. Tracey has decided to keep the page running under the new title, 'Friends of Heacham Fire Station', so supporters can continue to keep in contact.

Whilst speaking of Tracey, it is impossible not to mention her role as unofficial press officer for the campaign (if you ask her, she has a different way of putting it!). The fire brigade as a whole was very fortunate that the Eastern Daily Press decided to run a 'Save Our Stations' campaign and they have been very supportive of what has been done in Heacham. We have also had very good coverage in 'Your Local Paper' as well as on Radio Norfolk and KLFM. ITV. News Anglia also met campaigners at County Hall and visited the station.

Tracey has been the point of contact for all the media, another crucial part of the campaign. It is fair to say that without her commitment, saving the station would have been a much harder task. Thank you.

Turning the clock back to when this all started, one of the first things that was done was to ask people to write to their councillors and Member of Parliament as a way of showing early on, their opposition to the proposal. Flyers were produced and placed at various locations around the village which also acted as collection points for protest letters. Thank you to all of those places and all those who wrote letters - there were many! Thanks to Lynne, our Parish Clerk, who received lots of letters at the office and to the Parish Council in general who gave the campaign its full support. Thank you to our Borough Councillors, Peter Colvin and Colin Manning who responded to many letters and to Henry Bellingham MP (now Sir Henry), who also responded to his constituents' concerns and gave his full backing. There was also support from the Parish Councils in our surrounding villages including Snettisham, Sedgford and Docking.

Another early action was to visit all the caravan sites in Heacham and Snettisham. It was unfortunate that the timing of the County Council budget process meant that the sites were closed for most of it, but in the last weeks of the season, all the sites with offices were happy to display flyers and so thank you to them also.

An important way of getting information known by lots of people is in front of you right now - The Heacham Newsletter! The team behind it has been fabulous, publishing everything that has been submitted and even extending their deadline on more than one occasion so that the latest news could be included. A big thank you to all concerned. A big thank you also to Dave Curtis of Jaz-d Designs. He produced all the banners and signs

that have been so good at keeping the campaign in the public eye. Thanks to all the individuals and organisations who kindly allowed banners to be sited in key locations. These include Heacham in Bloom, Norfolk Lavender, Ken Hill Estate, Heacham Social Club and Fridhem Rest Home.

Chris Witley was very helpful with Witley Press printing most of the flyers and posters. A number of people were responsible for delivering them across the area but particular thanks should go to Bob Pritchard who got to know Snettisham and Docking quite well and also to St Mary's Church at Docking for delivering our flyers and posters to Stanhoe with their Christmas newsletter. There are undoubtedly other people who deserve thanks for their efforts..... Everyone who displayed a poster in their home or business and, most importantly, everyone who responded in the public consultation.

Apologies to anyone else whom I should have mentioned. You have all been brilliant!!

A proud resident
(Name & address supplied)



Keen supporters John and Margaret Plant getting the message across with Cllr Peter Colvin on one of several visits campaigners made to County Hall.

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The Future of Heacham Footpath Lighting

In last month's edition of The Heacham Newsletter, the Parish Council sought the views of residents on a proposal to replace the existing footpath lighting with energy efficient LED units. It is not too late to express your views on this matter as the collection points for the consultation slips at: The Co-op, Jennings Store, the Post Office, the Library and the Parish Office, will be available until 15th April 2016.

To reiterate why the Parish Council would like to proceed with the project and save the Village money:

- 1) LED lighting could save between 50-75% on energy costs for the Village.
- 2) The standard Compact Fluorescent Lamp (CFL) has an average lifespan of 8,000 hours. LED lamps have a lifespan of up to 50,000 hours or more and are guaranteed for the first 10 years of their life. This leads to a significant cost saving on bulb replacement and associated maintenance costs.
- 3) LED lights are non-toxic and far greener than other alternatives. LEDs do not contain any highly toxic mercury as CFL units do.
- 4) LEDs are 100% recyclable and help our world reduce its carbon footprint.
- 5) LED lighting is flexible and some units can be programmed, during the installation phase, to stay on during all the hours of darkness, dim over a period or, alternatively, turn off during a prescribed time of darkness.

Heacham Group Practice Patients' Participation Group

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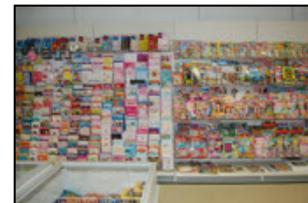
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People with dependent elderly relatives in Heacham are being offered an entirely new form of daily check-up service through one of Norfolk's leading home care providers.

The award-winning 'Extra Hands' is the first in the county to offer a regular 'well-being check service', made on as many days of the week as people require.

Hazel Evans, Director, said the service being offered by the Heacham based company would provide a new dimension to care of the elderly and other members of the community who may need support.



'Extra Hands' reputation as a care provider is built on reliability, trustworthiness and quality, and I believe our new visiting scheme will reinforce all of those aspects for both the people we care for and their friends and families. She said: "We aim to share responsibility and deliver peace of mind for everyone associated with the service." The service has been designed specifically to

help and support family members or neighbours who currently fulfil a caring function, but who may need to take a break for any period of time, or whose daily routines make regular visits inconvenient.

From the point of view of the people being visited, Mrs Evans said that knowing a regular, dependable professionally-trained Extra Hands staff member is coming to see them would provide reassurance and comfort.

In addition to the monitoring function, there is also the benefit of regular social interaction, which can so easily drop off for the elderly or isolated, and those who live alone.

"What is different about Extra Hands new service", continued Mrs Evans, "is the way it provides a degree of reassurance and security that others cannot equal. Our service guarantees not only to ensure that people are checked, but also that they are looked after, and provided with regular social interaction, which can make a huge difference to their lives." She explained: "The nominated person would be contacted straight away about any changes to the condition of their friend or relative, and electronic monitoring ensures no call will be missed. We are proud to be offering this innovative extension to our current services as we truly believe it will have a positive impact helping to alleviate the pressures faced by our healthcare service. Our thinking at Extra Hands is 'prevention is better than cure'. This visiting system aims to minimise the potential for problems arising, and to allow everyone associated involved in the caring relationship to be secure in the knowledge someone is keeping an open eye and raising concerns so nothing is being left to chance."

Discover more about this service and Extra Hands at www.extrahands.co.uk

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The Kitchen Gardener

April – mid spring. The evolution of food containers and preservation, the big sow and a dunk.

At this time of the year I'm well into using up my stores of preserved, overwintered and frozen fruit and vegetables. It is often

a delicate balance of trying to clear a crop – for example the overwintering carrots so the broad bean plants can go in – and trying to eke out the same crop so I'm not left without fresh vegetables.

My heart sank when the unusually mild winter meant that my late purple sprouting broccoli was ready for a cut the second week in February. This crop is normally ready between the second and last week in March and sometimes as late as the first week in April. I spent the next few weeks hoping that a March cold spell would hold the crop in check as I rely on it for eating between the end of the late Brussels and the start of the early cauliflower.

Our ancestors were adept at food storage and preservation and our present containers for food storage have evolved from interesting earlier versions. The modern Kilner jar is an updated 'glasse botel' which was stoppered with a waxed cork and sterilized in the oven.

The still available waxed discs and plastic jar covers are descendants of the 'scere-cloth' which was a strong waxed cloth tied to the tops of jars that were filled with boiled fruit. If the top of the jar was wide the vacuum sucked the waxed cloth inwards and the depression was filled with melted wax to make a solid cap. When the jar was opened the wax was melted and reused. Some domestic continental preserve makers still use a

similar sealant, pouring hot wax directly onto the top of the contents of the jar to create a seal to preserve the preserves.

Centuries old recipes often refer to a 'kit' - a wooden food container. The word comes from the middle Dutch word 'kitte' meaning a wooden vessel. This sense of the word is no longer in use and it is thought that the use of kit to describe equipment probably evolved from packing a set of articles into a container.

The necessity for food to last on very long voyages on the early sailing ships saw a growth of knowledge of potted meats. This, combined with an established knowledge of smoking, drying, salting and curing, meant that over time a surprisingly varied diet could be offered at sea.

Sixteenth century household cooks prepared significant amounts of preserved food for long sea journeys, even producing cold roast fowls capable of lasting 'a good while'. The recipe involved drawing, preparing and removing the legs from a large quantity of poultry (roughly two dozen) before dry salting it for 24 hours. The birds were then trussed and roasted then drained, allowed to cool completely then potted or packed into a kit.

The fat from roasting plus a large amount of salted butter was heated up with bay, bruised cloves, mace, nutmeg and salt. The hot mix was poured over the potted meat to make a seal then cooled and covered.

This recipe was still in use in the mid-1800s and was described as a kit of chickens. By this time, food taken on voyages as far as West Africa included condensed cream, lemons, watercress for growing in their cabins and soup squares.

The soup squares were made from the leftover legs from the previous recipe. They were broken up and put with skin and bones of veal or beef which were also broken to release all the goodness during cooking. The whole was stewed for 8 hours in 4 gallons of water. The liquid was tested for setting – on a saucer, much as we do today with jam.

Once setting point was reached the stock was strained and left to go cold. The next day all the fat and sediment was removed and the stock was boiled down to a glue consistency then poured into small cups or moulds. When they were cold and set they were turned out onto a strip of fabric and left in a warm dry place. They were turned over from time to time and once hard they were placed in a canister. The soup was reconstituted by breaking off a piece and dissolving it in boiling water then seasoning with salt and pepper. This was served with dry biscuits and frequently used to nourish the seasick.

As usual, this month will be the big plant and sow. The potatoes will go in if it hasn't been warm enough towards the end of March, the 'soft' herbs will be sown along with all my winter

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brassicas, the summer crops of courgettes, squashes, sugar pod peas, celery, runner and French beans - if it is really warm - otherwise they will go in at the beginning of May. Sometimes I can be a bit too keen to sow and have to sow again a couple of weeks later when the warmer temperatures see the seeds and seedlings romp away - overtaking those sown earlier.

The gate and roof net will go back on the fruit cage, I changed all the nets last year and chose a slightly larger gauge for the bees. It was lovely to watch them zoom through the larger gaps, previously they had to rest on the edge of the gap, do a little wriggle and squeeze through. When I used to watch their determined efforts to get through the net and pollinate my fruit crops for me, I felt terribly guilty for making their little lives more difficult than necessary.

Coconut and Cardamom Biscuits

I like to bake these every spring. The warmth of the coconut is a reminder that winter can still give us a little shiver in April, and the light summery spices are a promise of seasons ahead.

Cream 2 oz/50g butter with 3oz/75g sugar. Beat in 1 egg. Fold in 3 oz/75g plain flour, 1oz/25g desiccated coconut, ¼ teasp freshly grated nutmeg and the ground seeds from a few cardamom pods. Put teaspoons of the mixture onto greased baking sheets and bake in a preheated oven 160 C/ Gas 3 for 10 to 15 minutes.

As usual, this recipe can be varied according to what is to hand. Change the nuts and/or the spices or add some bashed up chocolate chunks to the main recipe. I often use half white and half brown sugar and slightly over-bake the biscuits, then I can indulge in my guilty little secret and dunk them in a steaming cup of smoky Lapsang or a malty Assam. Dunking is a bit of a Marmite habit I know. In days of old the ship's biscuits that

accompanied every voyage were baked to dry them out completely for long keeping and were often soaked before eating to make them edible.

In 1772 James Cook listed the provisions put aboard his ship the Resolution to feed 201 men. The greatest quantity is almost 60,000 lb of ship's biscuit. A late 1700s diary entry describes the biscuits as 'indifferent, occasioned by the quantity of vermin that are in it. I have often seen hundreds, nay thousands shaken out of a single biscuit. We in the cabin can bake them in an oven which makes them all walk off. This cannot be allowed to the private people who must find the taste of these animals very disagreeable as they have a taste as strong as mustard or spirits of *hartshorn'. * An ammonia solution used as smelling salts.

Think the coconut cardamoms may be the yummiest of the two.

Hilary Dellar-Lane.

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HEACHAM, NORFOLK
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HEACHAM IS FOR GOING TO.....
 by Philip Wood

Part 3

The church has a definite character of its own and stands well, with trees about, opposite the small but pleasant Green. Historically, both without and within, the church will unfold much to the really interested visitor, and the village, by careful looking and comparison in and around, will reveal its story too.



Accustomed to all kinds of people Heacham certainly is, for even a light touch to history disturbs from Iron Age folk, Romans, Saxons and Normans too, not forgetting the famed, royal representative of the Red Indians, the Princess Pocahontas.

Apart from all to be seen and done at Heacham, what else is there to see and do

might well be asked in these fuller days of eager people out to enjoy all there is to be enjoyed. Indeed there is plenty, for Heacham is happily placed in an area doing its utmost for the visitor, and rubs shoulders with Hunstanton to the North and Snettisham to the South, both easily accessible, for a change, on foot along the beach or grassy sea-banks.

Very near is the Royal Estate of Sandringham and all it offers to make a happy day.

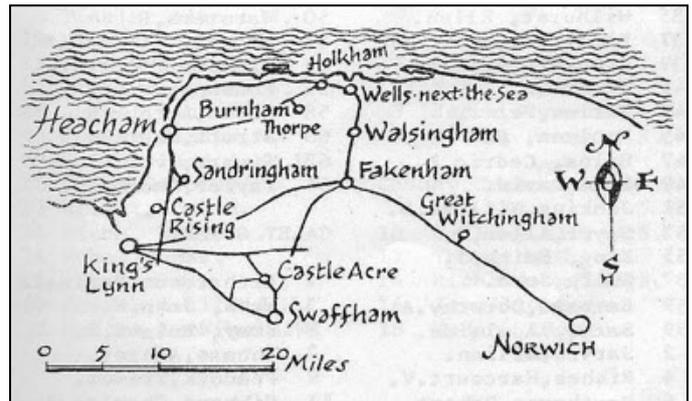
Castle Rising beckons just beyond, where the Norman Castle, Norman Church and Jacobean Bede House really are something to see; and "next-door" is "old" and now also very much "new" King's Lynn, quite sure to claim attention for even then you will be but little over a dozen miles from Heacham.

Eastwards along the coast road, jolly little villages jostle one with another to claim notice, among them being Burnham Thorpe, birthplace of Admiral Viscount Nelson, the famous son of the rector who himself faithfully served the people of this parish forty-six years.

Just a little further is delightful Holkham village, with its church in the large and lovely Park which surrounds Holkham Hall, home of the Earl of Leicester. Hall and grounds are open each

Thursday from June to September. One more mile and the quaint little port of Wells-next-the-Sea will well occupy more time.

Inland, East and South-East of Heacham and no distance at all, as distance is reckoned these days, there is Walsingham, still a far-famed place of pilgrimage today.



Nigh and by is Fakenham, a pleasant market town and one for "horsey" folk with four National Hunt Race Meetings yearly.

Between here and Norwich is Great Witchingham where Norfolk Wildlife Park and Ornamental Pheasant Trust is open daily from 10.30am to 6.30pm or sunset.

And still to be mentioned are Binham Priory; Castle Acre, with what is left of the huge Castle built by William, Earl Warren, who held the Lordship of Heacham after the Norman Conquest, and the remains of the priory he founded here also.

Before hurrying back to Heacham, a look at Swaffham, another pleasant market town, will round things off; and even so, much of interest will still remain and blush unseen.

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"I retired from full time work and relocated to Heacham in the summer of 2014. After a few months of decorating and gardening, I began to get a little bored and considered volunteering.

Whilst wandering around the village I saw a sign requesting volunteers at West Norfolk Mind in Heacham. After an initial chat and then some formal paperwork, induction and DBS, I was signed up!

I supported Service Users attending the day services centre to begin with, chatting to people and encouraging them to engage with activities or try new things. I also got involved with ad hoc awareness and fundraising events which I enjoyed. I received lots of support and training for my volunteering and then they introduced the Time Credits Scheme.

This is a fantastic scheme where a time credit can be earned for each hour of volunteering. I currently use mine at the Oasis Leisure Centre in Hunstanton which has re-introduced me to swimming which I enjoy. The staff are consistently pleasant, I have made new friends from attending regularly and I'd like to think I have lost a little of my middle aged spread! This has motivated me to book some therapeutic health and beauty treatments available at the College of West Anglia using my time credits and encouraged me to look to see what else is available.

I plan to organise a Tenpin Bowling event with my colleagues using time credits and will certainly be looking at the Spice Brochure to see what spend options are available when I visit Cornwall later this year.

Volunteering for West Norfolk Mind has given me something worthwhile to do where I feel I make a difference. I've made friends, attended events, raised a little money towards the cause and met some fantastic people. I have also been successful in gaining some paid employment as a Community Bridge Builder supporting people struggling with their mental health but will continue to volunteer and earn my time credits in my spare time."

If you are interested in volunteering for West Norfolk Mind please contact Zena Penty on 01485 572707 email zena.penty@westnorfolkmind.org.uk

Link Words

This month we have a few link word problems to get the little grey cells stirring. These are three word clues that link to another word to give an everyday object.

An example would be:

Cake, Bun, Green - in this case the link would be: Tea.

Today's links are all "food" related, good luck.

- 1) Cottage, Blue, Cake (6)
- 2) Knife, Brown, Pudding (5)
- 3) Animal, Cheese, Prawn (7)
- 4) Cream, Butter, Snap (6)
- 5) Royal, Bean, Fish (5)
- 6) Cake, Milk, Bean (6)
- 7) Tea, Roast, Broth (4)
- 8) Crab, Sauce, Pie (5)
- 9) Brandy, Pudding, Professor (4)
- 10) Ginger, Cheese, Decoration (4)

Answers on page 33

HEACHAM RADIO STATION

Did you know that Heacham has its own Radio Station? At this time it is only available online but the hope is that, before very long, listeners will be able to pick the station up on a normal radio and in the car.

Radio Heacham runs 24 hours a day and 7 days a week, though not manned by a DJ all of those hours; but those covered are by the radio station's 'inventor', Joseph Rumens and other DJs, even one from Australia and one from the USA!

You can ring in on a FREEPHONE number for a request or request a song online. No cost to the listener at all. You can even get it as an 'app' for your mobile phone by going onto the app store and typing in Radio Heacham!

More 'local' DJs are sought to do a few slots and, if you are interested, please contact Joseph through the radio website <http://radioheacham.wix.com/radioheacham>.

Radio Heacham is a Community venture. Therefore, no-one gets paid; it is purely voluntary, but there are several expenses to ensure it is run legally, for example a PPL Licence and other communication requirements.

Though sponsored, Joseph is looking to improve and expand as mentioned above and has come up with the idea of selling 'advertising space' on the radio. This can be done in two ways, either by poster advertising or as 'a jingle', or BOTH if required. His costs are minimal and there is a choice of commitment ranging from one month subscription to one year. Obviously, the more one commits to this the cheaper it is. For more information please look at the radio website.

For a young Heacham lad to show such enterprise, this has to be applauded and not only that, supported.

I hope this article helps promote Heacham Radio and is used to advertise local businesses and events. Yet another sign of our technological world which we all have to adapt to!

Please take a few minutes to check this out either through Facebook or the website by typing Radio Heacham into your search engine.

Janice Campbell
on behalf of Heacham Radio



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Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 F	11 40	5.4			1 SU	00 12	5.5	12 33	5.7
2 SA	00 39	5.3	13 19	5.5	2 M	01 52	5.7	14 00	6.0
3 SU	02 25	5.5	14 40	5.9	3 TU	03 02	6.1	15 05	6.5
4 M	03 33	6.1	15 40	6.5	4 W	03 58	6.7	16 02	6.9
5 TU	04 27	6.7	16 32	7.1	5 TH	04 49	7.1	16 54	7.4
6 W	05 16	7.1	17 20	7.5	6 F ●	05 36	7.4	17 45	7.8
7 TH ●	06 01	7.4	18 07	7.9	7 SA	06 20	7.7	18 35	7.9
8 F	06 43	7.7	18 53	8.0	8 SU	07 03	7.7	19 24	7.9
9 SA	07 24	7.8	19 37	8.1	9 M	07 45	7.7	20 09	7.7
10 SU	08 03	7.7	20 21	7.9	10 TU	08 25	7.4	20 55	7.3
11 M	08 42	7.4	21 06	7.5	11 W	09 07	7.1	21 44	6.8
12 TU	09 24	6.9	21 55	6.9	12 TH	09 52	6.6	22 41	6.2
13 W	10 10	6.5	22 54	6.2	13 F	10 47	6.1	23 49	5.7
14 TH	11 11	5.9			14 SA	11 57	5.7		
15 F	00 12	5.7	12 30	5.6	15 SU	01 00	5.6	13 10	5.6
16 SA	01 35	5.5	13 49	5.6	16 M	02 08	5.6	14 18	5.7
17 SU	02 51	5.7	14 58	5.9	17 TU	03 09	5.9	15 16	6.0
18 M	03 53	6.1	15 54	6.2	18 W	04 00	6.1	16 06	6.2
19 TU	04 41	6.3	16 41	6.6	19 TH	04 42	6.5	16 49	6.5
20 W	05 19	6.6	17 22	6.8	20 F	05 18	6.6	17 28	6.6
21 TH	05 53	6.8	17 59	6.8	21 SA ○	05 51	6.8	18 04	6.7
22 F ○	06 22	6.9	18 32	6.9	22 SU	06 22	6.9	18 41	6.7
23 SA	06 51	6.9	19 06	6.9	23 M	06 56	6.9	19 18	6.7
24 SU	07 21	6.9	19 38	6.8	24 TU	07 31	6.9	19 54	6.7
25 M	07 50	6.9	20 08	6.7	25 W	08 02	6.9	20 29	6.6
26 TU	08 18	6.8	20 40	6.6	26 TH	08 34	6.8	21 05	6.5
27 W	08 48	6.6	21 13	6.3	27 F	09 11	6.6	21 48	6.2
28 TH	09 24	6.3	21 55	6.0	28 SA	09 56	6.3	22 41	6.0
29 F	10 09	6.0	22 50	5.6	29 SU	10 52	6.1	23 51	5.7
30 SA	11 10	5.7			30 M			12 02	6.1
					31 TU	01 14	5.9	13 20	6.2

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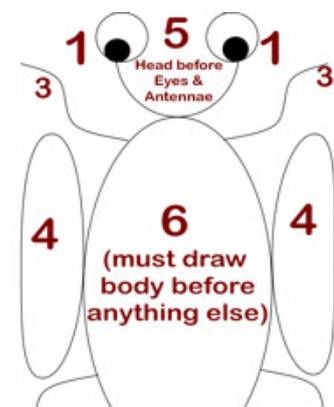


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How YOU saved Heacham Fire Station

On 25 August last year I learned that Heacham Crew had been told that the Station was closing and they weren't allowed to tell anyone. Thankfully, one of them did and that person told me.

After sitting and seething for a while, I decided that I needed to spread the word and social media sprang to mind as the quickest and easiest way to get the message across. The problem was that, if I merely posted on Facebook at 10pm, there was little chance of people seeing it, so I decided to create an Open Page instead where anyone on Facebook could add members or comment. I invited all of my friends to become members and hoped that maybe I could get 10 or 20 people to write letters of objection and pass the word around. How wrong can you be? Within the



space of a week we had over 100 members and this continued to grow until, at its peak, we had nearly 2000 people reading, commenting, sharing information and actively taking part. We've now changed the name to 'Friends of Heacham Fire Station' and still have over 1300 members.

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I was then put in contact with a crew member and together we started to formulate a plan. Newsletter articles were written, flyers were drafted and, eventually, posters too. During all of this time, the crew was still 'gagged' but, and this was always my strength, no-one could gag me and as no-one could be certain who my contact was, I could still get the information out there. During the following months we came up against many brick walls and stumbling blocks but then, via Facebook, the media



became interested. KLFM, Your Local Paper, EDP, Radio Norfolk, ITV Anglia, they have all been so supportive during this campaign and I'm sure that without them I would have found it much harder to reach a larger audience.

Thank you very much to each and every one of them. Our Borough Councillors, BCKLWN Mayor Colin Manning and Peter Colvin replied to each and every letter or email they received and where necessary pointed people in the right direction at Norfolk County Council. Thanks for driving us to Norwich too Pete!

Then the Consultation period opened in earnest and YOUR response was outstanding. Together, you helped to save not only Heacham Fire Station but all the others facing closure too. YOUR actions mean that the cuts to front line services were scrapped and the 'only' cut to NFRS was £300,000 to backroom services. All front line services were saved – BECAUSE OF YOU! Of course, I posted my thoughts on NCC's website during the Consultation but I'm only one person. It is because YOU took the time to put pen to paper, pick up the phone or sit at a keyboard that this could be achieved.

I must just take the time to say a few personal thank you's. Chris Wood, without me in your ear I'm sure you'd have had a much more peaceful 7 months! Thank you for everything you did which was much more than I did – I just shouted about it more! Watch Manager, Barry Rudd. Thank you for having faith in me to represent you and your crew so publicly (and for letting me turn your Station into a Christmas Forest with less than a week's notice). Guy Taverner for driving and attending the NCC meetings and all of the rest of the Crew for tolerating my

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hare-brained ideas. Glenda Bertram, your support for us when we needed it most, it means the world to us. Margaret and John Plant, you've been there, everywhere we went (twice)! Jackie Sindle and Robert Pritchard, you delivered hundreds of posters and flyers which made a massive difference! Dave Curtis for all the banners and stickers and other stuff. We phoned you from Norwich to say that the Station was safe and could you please print the 'saved' stickers which we'd hoped we'd need. They were ready and waiting by the time we got back to Heacham! Paris Larham, not only did you, single handedly, get the BCKLWN to turn the old Zoots site into houses but you helped to save our Fire Station (what are you going to do when you're 15?!!!). Tanner Swann, you've dressed up in outfits that most 16 year olds would have baulked at, you've campaigned, encouraged, inspired, shivered and you've made me truly proud to be your mum. If I've missed anyone then please accept my sincere apologies, everyone played an equally important part.

I'm constantly being asked what my next campaign will be and my reply is always the same, "There isn't one", mainly because apparently my next 'mission' is an online recruitment campaign and organising an Easter Egg Hunt!!

Personally, from me, THANK YOU, EACH AND EVERY ONE OF YOU FOR SAVING HEACHAM FIRE STATION.

Tracey Swann



Sir Henry Bellingham, MP visited Heacham Fire Station on Friday, 26 February to meet the crew and campaigners to thank them for their work on the 'Save Heacham Fire Station' campaign.

(Sir Henry also stressed his continuing support to the 'Keep Heacham A Village' campaign which is ongoing).



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Visit to Heacham Fire Station

On 19 February, Heacham Fire Station welcomed a very special guest. Andrew Impey, a 10 year old Autistic boy from Portsmouth, is on a mission to visit all 2350 stations in Britain and was thrilled to help the 'Save Heacham Fire Station' campaign. The Mayor of King's Lynn and West Norfolk, Colin Manning, along with his wife Julie, joined the crew, Andrew and his mum, Kirstine and presented Andrew with gifts along with presents from the crew and SHFS campaign. There are approximately 15 more Stations left in Norfolk for Andrew to visit and so we hope to welcome him back again in the future



(Photo shows L-R Leesa Espley, Damon Heffer, Chris Wood, Barry Rudd, Julie Manning, Andrew Impey, Colin Manning).

A Message from Heacham Fire Station

The crew would like to say a huge thank you to everyone who has helped to save the station from closure. It was great to see all the support and hear the good wishes from all sections of the population.

We hope to see some new faces joining the team now that we are safe so that we can continue to help keep our community safe for another hundred years!

Thank you.

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Heacham
Spring Art Show
 30 April - 1 May 2016
 10am - 4.30pm
 Showcase of Local Artists' Work
 Refreshments
 Free Entry
 Old Friends Hall, Sunnyside
 Heacham
 Event Enquiries 01485 572142

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OLD FRIENDS HALL ART SHOW



Our little gem of a Hall, secreted away in Sunnyside off Caley Street, will be holding the fourth Annual Art Show during the Bank Holiday weekend of Saturday 30th April and Sunday 1st May 2016.

It's not too late to enter. Exhibitors have until 15th April to complete a registration form, which is available from the Parish Office or by contacting the telephone number below. Already, we have had quite a response from local artists, and we are looking forward to welcoming previous exhibitors and some new faces who will be showing with us for the first time. Exhibiting is free as is entrance to the show. Limited car parking is available thanks to the Scouts who are allowing us to utilise their facilities.

Above is another view of last year's display.

Roger Drinkwater (Tel: 01485 571659)
 Old Friends Hall Committee

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2011-12 SEARLES LEISURE GROUP

KEEP HEACHAM A VILLAGE

Broadland Housing, who are making their second appeal against a large development off School Road, are making a second planning application to run alongside it as a 'fall back' in case their second appeal fails too.

This new application is for 100 market houses all accessed along School Road with the same impact on roads, doctors' services, waste water disposal and other infrastructure as their appeal reapplication. The village cannot sustain this increased development. It will be a blight that will have a devastating effect. We all know the problems with the School junction, these will be made intolerable when the increased traffic feeds into an already overcrowded and dangerous junction. Please look at the traffic survey conducted by the Parish Council.

With the hundreds of houses already planned, in and very close to Heacham, this continuing pressure from Broadland should be beyond belief, but it is a case of money rather than morals or just plain good sense.

You will have to make a fresh objection to this new planning application on the Borough Council planning website.

At the other end of the village, work will start in the summer on the road access to the Hopkins Homes site. This will involve building a new road into the site from a new roundabout on the A149. The Old Hunstanton Road will effectively become a side road joining the new road - the Hopkins Homes road will have priority. As things stand, it is likely traffic from the 166 houses will choose a rat run along Old Hunstanton Road to avoid traffic, particularly in summer, on the A149. Norfolk County Council Highways, who are responsible for this 'solution', are currently seeking opinions about speed limits etc.

Traffic signs could be utilised to hinder traffic turning into or out of Hunstanton Road from and to the Hopkins development so reducing the impact on Heacham. These have not been proposed by NCC Highways. Write to NCC Highways now at Fishers Lane, Norwich NR2 1ET. Telephone: 0344 800 8020, or email your County Councillor with your concerns, address as follows, michael.chenery@norfolk.gov.uk

Keep Heacham a Village Team

The Dignity Tree

I'm planting my first seed today
The seed of dignity
In time you'll see my seed will grow
And grow into a tree

A tree fulfilled with knowledge
A plant for all to see
What being a dignity champion
Really means to me

It's a leaf with an idea on
It's an idea I'd like to share
It's an inspirational idea
It's a leaf to show I care

The tree will always be there
Long after I have gone
To stand up for dignity in care
A challenge to be won

I know you will support me
And I know you'll love the tree
It's not just a tree you know
It's what dignity means to me



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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

HOME ALONE? Need someone to Talk to? Come and join the Friendship Group Contact Beryl on 779282 (No fees involved) Just meeting new people

MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room
ART CLASS 10am – 12noon For info Tel: Shirley Milborn 572247 (PRH)
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)
JUNIOR TENNIS (w.e.f. 18/4/16) 5-6pm Enquiries Tel: Janice Campbell 07923612187 (HSC)
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 mthly Tel: Beth 570479
LINE DANCING Absolute Beginners 6-7pm Beginner/Improvers 7-9pm £3 Contact Diane 571166 (SM)

WEDNESDAYS

CAR BOOT SALES (Start April 20th) Gates open 6.30am

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 PLAYGROUP 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

TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)

SENIOR TENNIS (w.e.f. 13/4/16) from 6.30pm (Thursdays if wet) Enquiries Tel: Janice Campbell 07923612187 (HSC)

LINE DANCING FOR IMPROVERS – 7 - 9pm. £3. Contact Diane 571166 (SM)

BINGO 7.30pm Neville Court Grouped Home

HEACHAM TWINNING ASSOCIATION 3rd Wednesday monthly @7.30pm New members welcome Tel: 579465.(PC)

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 welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older people dementia friendly) 9.30–3pm For info see Wednesday
TABLE TENNIS CLUB 10am (PH Top Room)

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)

FITSTEPS 6.30 – 7.30pm To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (OFH)

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)
 INDOOR BOWLS CLUB (Carpet) 7pm (MC)
 CASH BINGO 7.30pm (PH)
 WILDFOWLERS CLUB 1st Friday monthly 7.30pm (HSC Top Room)

SATURDAYS

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

SUNDAYS

SUNDAY AFTERNOON SERVICE 4pm 1st Sunday Monthly
 Everyone welcome For details Tel:579440 (PRH)

HEACHAM DIARY

Friday 1st April 'Coffee Morning' 9.30am to 12noon at Old Friends Hall Sunnyside Tea Coffee Cakes Tombola Raffle and more No Admission Fee All profits will be donated to Nelson's Journey
 ** 'Charity Vinyl Night' at Fox & Hounds Station Road Bring your own vinyls to play in aid of Tapping House Hospice
Tuesday 5th April ** GIG 'Black Dog' 8.30pm at Fox & Hounds Station Road
Friday 8th April GIG 'Jam with DNA' 8.30pm at Fox & Hounds Station Road
Monday 11th April Heacham Group Practice 'PPG Meeting' 7.30pm at Heacham Surgery Including talks 'QEH Updates' from Esme Corner and 'Ask Lily' Living Life Independently from Emma Boore All Patients Welcome
Tuesday 12th April GIG 'Cruiser Blues' 8.30pm at the Fox & Hounds Station Road

Friday 15th April GIG 'Where's The Dog' 8.30pm at Fox & Hounds Station Road
Saturday 16th April Heacham in Bloom 'Coffee Morning' 9.30am to 12noon at St Mary's Church Hall Tea Coffee & Biscuits Raffle Tombola etc
 ** GIG 'Mark Wilkinson Jazz Quartet' 8.30pm at Fox & Hounds Station Road
Tuesday 19th April GIG 'After Hours Blues' 8.30pm at Fox & Hounds Station Road
Friday 22nd April GIG 'Cheese Night' 8.30pm at Fox & Hounds Station Road
Monday 25th April 'Fridhem Bingo' at Fridhem Rest Home Station Road Eyes down 7pm sharp! Refreshments Come and join us
Tuesday 26th April GIG 'DNA' 8.30pm at Fox & Hounds Station Road
Friday 29th April GIG 'Reckless Jivin' 8.30pm at Fox & Hounds Station Road
Saturday 30th April 'Easter Messy Church' at St Mary's Heacham 10am-12 noon
Saturday 30th April & Sunday 1st May 'Spring Art Show 2016' 10am to 4.30pm at the Old Friends Hall Sunnyside 'A showcase of Local Artists' Work' Free Entry For event enquiries contact the Parish Council Office Tel: 572142

Please turn to the next page for 'Other Events' 

NEWSLETTER SUDOKU No. 101

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

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

Solution to Newsletter SUDOKU No. 100

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



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OTHER EVENTS

Saturday 2nd April 'C.A.L.M. Support Group' meets 11am-1pm at St Edmunds Church Hall Hunstanton More information from Debra Tel: 535320 All Welcome

** GIG 'Dancing to Rick Roberts' at Hunstanton Conservative Club
** 'An Evening with Marie Lloyd' 7pm at St Mary's Church Hall Snettisham Tickets £10

Wednesday 6th April HDFA Creative Writing Workshop 'Telling Fishy Tales' with Sue Burge 10.30am-4.30pm in Hunstanton Town Hall Chambers Cost £16 email 2chrisearnshaw@gmail.com to book

Saturday 9th April GIG 'Dancing to 'Rob Stevenson' at Hunstanton Conservative Club

Friday 15th April Anmer Village Social Club Film Night 'Brooklyn' 8pm Tickets £3 available at the door

Saturday 16th April Snettisham Village Cinema at 6.30pm in the Church Hall Tickets £5(inc's glass of wine)

** 'Hunstanton Community Choir' 7.30pm at St Nicholas Church Dersingham Tickets £5 available at the door

** GIG 'Dancing to Mark Steele' at Hunstanton Conservative Club

Saturday 23rd April Cinema in Syderstone 'The Lady in the Van' 7.30pm at Amy Robsart Village Hall Tickets £3.50 (adv)

** 'St George's Dinner - with Dancing to Mike Fox' at Hunstanton Conservative Club Book at the bar

Thursday 28th April Norfolk Wildlife Trust A talk 'Trees' by Richard Hobbs 7.30pm at Hunstanton Methodist Church Hall Cost £2(members) £2.50(visitors)

Saturday 30th April HDFA 'Craft Fair' 10am-4pm at Hunstanton Town Hall Free entry

** GIG 'The Fried Pirates' Folk Group at 12noon in St Mary's Church Snettisham

** 'Blossom Day' 12noon-4pm at Henry le Strange Community Orchard Hunstanton Various events

** GIG 'Dancing to THE DELTA PILOTS' at Hunstanton Conservative Club

Friday 29th April to Monday 2nd May '1st Art Exhibition of the Ringstead Art Group' at Ringstead Village Hall 6-8.30pm (Fri) 10.30am-5pm (Sat-Mon)

Sunday 1st & Monday 2nd May 'Heritage Centre Open Days' at RAF Bircham Newton

Website: www.rafbnmp.org.uk

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

SEDGEFORD PRE-SCHOOL - Toddlers from age 2+ Mon to Fri mornings 8.45-11.45am (with optional 'wraparound' from 11.45am to 12.30pm) and **Mon, 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

HUNSTANTON BRIDGE CLUB 'Duplicate Bridge' 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

HUNSTANTON BRIDGE CLUB 'Duplicate Bridge' 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

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)

HUNSTANTON BRIDGE CLUB '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

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

Saturdays

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

Anmer Village Social Club Film Night

Friday 15th April 2016 at 8.00pm

"BROOKLYN"

Starring Saoirse Ronan, Emory Cohen and Domhnall Gleeson.

Venue – Anmer Village Social Club

Admission by ticket - £3 at the door

Doors and bar open 7.30pm

Email: films@anmerclub.co.uk or telephone 01485 579465.

For details of this and other forthcoming events, including trailers of future films, visit our website at: www.anmerclub.co.uk



ANMER

8.00 p.m.

Doors open 7.30 p.m. Admission - £3

For further details email:
films@anmerclub.co.uk or
www.anmerclub.co.uk

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Community Cinema in Syderstone

Presents:

On Saturday 23rd April 2016

THE LADY IN THE VAN (12A)

Little needs to be said: Alan Bennett's stage play filmed with Maggie Smith in the title role, supported by a wealth of UK treasures – not least Alex Jennings as Bennett himself and a roll call of rep players from other Bennett vehicles such as 'History Boys'. Everyone is going to want to see this – for a second time even if they have seen it in the cinema.

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 & DISTRICT ROTARY CLUB

Rotary Matters



At our recent meeting Stephen Andrews, shown here in a photo, gave a talk with a difference, when we were literally 'packed-out' with members and seating space was at a premium.

We knew a little about Shoe-boxes and how they are used for charity as we donate each year to Heacham Infants School to their Shoe-box project, but we did not know very much about how the boxes were filled. For instance, to make packing safer you should not put in glassware. School supplies, such as pencils, pens, crayons, notebooks etc. are useful but should not include



used or damaged items, clothing, war-related items (e.g. toy guns), seeds, chocolate or food, liquids, medicines, or sharp and fragile items. Other useful objects are toothbrushes, bars of soap, flannels, combs, deflated football, a quality toy, especially a cuddly one, puzzles, skipping ropes etc. It helps if donors can give £3 to cover transport costs per box.

For more information go to the website
Samaritans -

purse.org.uk/ where you can also order a leaflet or track the destination of one's shoe-box. Pre-printed boxes can be bought in packs of fifty or one hundred and, again, information can be obtained from the website.

Members thanked Stephen for a very informative and interesting presentation.

Phil Newell



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West Norfolk Deaf Association

**Hearing Support Clinic at the
Carole Brown Health Centre,
Dersingham**

Working with the Queen Elizabeth Audiology Team, WNSDA provides practical support and advice for those with NHS Hearing Aids across West Norfolk.

Currently, WNSDA hold two Hearing Support Clinics at the Carole Brown Health Centre. These clinics operate on the 2nd and 3rd Monday of every month from 2.00pm till 4.00pm.

No appointment is necessary, but please tell reception staff that you are waiting to be seen by our hearing support advisor.

Volunteer for WNSDA

Could you spare a few hours a week to support those with hearing loss? As a volunteer you could make a world of difference to someone's life simply by supporting them with the general maintenance of their hearing aid. Volunteers visit many patients in their own homes as well as residential and sheltered housing accommodation. Full training is given and all expenses paid. Please contact us for an information pack at West Norfolk Deaf Association, Railway Road, King's Lynn, Norfolk, PE30 1NF. Tel: 01553 773399 or Email: kelly@wnda.org.uk.



Hunstanton & District Festival of Arts

**Hunstanton Drama Festival 2016 –
25th Anniversary!**

April 30th is the last chance for entry into the Hunstanton Drama Festival of One Act Plays taking place at The Princess Theatre in Hunstanton this July. This will be the 25th Anniversary Session.

Amateur Drama Companies, schools and groups can perform a short play (50mins maximum length) on a professional theatre stage with all its advantages - from July 7th – 10th.

At the end of each evening, the plays are discussed by experts with helpful hints and tips to help improve the group's performance. There are three different plays each night to enjoy, and they can be comedy, tragedy, new writing or old favourites. Performances start at 7.30 with two matinees on Saturday and Sunday at 2.30 pm. All performances are open to the public and tickets will cost £8.50 per session with a discounted season ticket of £30. Group entry into the Festival is £45 per play.

At the end of the week there are prizes on offer for best actor, best youth group, best team, best set and costumes and many more. It is fun for the audiences, nerve wracking for the groups and brilliant entertainment with a variety of plays to enjoy each evening.

Entry Forms and information packs are still available from: Michael@thecleeve.freeserve.co.uk

.Michael Williamson, (N.O.D.A.) is the chief adjudicator of a panel of three qualified judges.

An Information Pack is also available for collection from The Tourist Information Centre in Hunstanton.

The closing date for all entries is 30th April 2016.

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**HUNSTANTON LIONS
CHARITY GOLF TOURNAMENT**

Heacham Manor – 29th April 2016

Sponsor a Hole for £50

If you are a local businessperson, either starting out or established, sponsoring a hole at a worthy charity event like this can help get you noticed! Your sponsorship includes placing your company sign or banner on the Golf Course at any one of the holes.

If you would like to sponsor a hole, please complete the form and return it as soon as possible to the address below.

Please note: your sign/banner needs to be delivered to Mr Edward Howes, Golf Course Manager, The Club House, Searles Country Park, South Beach Road, Hunstanton, by 3.00pm Thursday 28th April 2016 at the latest.

I would like to sponsor a hole on 29th April 2016

Name:

Company Name:

Please specify hole number if preferred:

(It is your responsibility to deliver your sign/banner to Edward Howes as above).

Telephone Number:

Email Address:

Signature:

Date:2016

(Cheques made payable to: Hunstanton & District Lions Club):

Mr G Desroches, 28 Homefields Road, Hunstanton. PE36 5HL



**LIONS CHARITY GOLF DAY
29th April 2016**

Entry Form

Lead Booker Details:

Name/Title:.....

Address:

.....

Postcode:

Tel No:

Email:

Team Name:

Full Names: H/Cap: Club: CDH No. (if known)

.....

.....

.....

.....

.....

.....

Special dietary requirements:

.....

.....

.....

Teams of Four: 18 Hole Stableford Full handicap allowance

Scoring Format: Teams of 4 best 2 scorers on each hole count.

Nearest the Pin on Hole 7 & Longest drive on hole 4, and Hole in One competition.

£180 per Team entry fee is inclusive of:
Coffee and bacon roll on arrival; 4 ball playing 18 holes golf and two course meal in Heacham Manor's Restaurant.

Please return the completed form with a £180 cheque made payable to: Hunstanton Lions Club:

c/o Gerry Desroches, 28 Homefields Road, Hunstanton, Norfolk, PE36 5HL

Closing date for entries: 22nd April 2016
Tee times from 9.28am will be advised from 25th April 2016

H DFA

Hunstanton & District Festival of Arts

MUCH ADO ABOUT SHAKESPEARE!

On Wednesday May 25th from 6.30 – 9pm, there will be quite a party for Shakespeare lovers at Hunstanton Town Hall.

The Hunstanton & District Festival of Arts will be celebrating William Shakespeare's 400th anniversary with a fun anthology of poems, plays, sketches, music and screenings - all based around the work of the Bard! Several local companies have already agreed to perform, and Hunstanton Town Hall will hopefully be turned into the Globe Theatre for the evening!

If you or your group would like to take part either in the performances - with music and dancing and play readings all on the programme, or just helping out on the doors, then please contact Christine Earnshaw or Angela Blenkinsop for details at: 2chrisernshaw@gmail.com
Or: ablenkinsop@hotmail.com

Elizabethan type pies, cakes and ale will be on sale at the venue and the fun will begin at 6.30. There will be a presentation of prizes for the sonnet writing competition currently running in the town and a "Much Ado" Quiz! So don't forget to "Brush up your Shakespeare!" Suitable costume may be worn and there might even be a prize for the best one!

Admission to the event will be £5 with under sixteens going free!

H DFA

Hunstanton & District Festival of Arts

"TELLING FISHY TALES?"

Are you a budding author? Would you like to learn how to write short fiction and poetry with a nautical theme?

Sue Burge is holding a Creative Writing Course in Hunstanton for one day on April 6th. This one is entitled "Fishy Tales", and she will be looking at all things nautical by the sea!

This is the third in this popular writing series to be held in Hunstanton Town Hall Chambers with its wonderful sea views to inspire the thoughts! Sponsored by the Hunstanton & District Festival of Arts, this subsidised course will cost just £16 for a full day. Starting at 10.00 and finishing at 4.00 in the afternoon with an hour break for lunch to enable students to sample the local fare or picnic on the beach!

More information is available from Christine on 01485 533367 or email her at: 2chrisernshaw@gmail.com or contact the Tourist Information Office on 01485 532610.

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HEACHAM TENNIS CLUB

Please be advised that the grass courts open on Wednesday 13th April for Senior Club Night from 6:30pm onwards (Thursday if wet).

New members always welcome. Please enquire at Sports & Social Club bar for application forms.

Junior coaching will begin the following Monday, 18th April from 5.00-6.00pm. Richard and Janice will be pleased to welcome any new Juniors and look forward to seeing 'old' members all again.

Janice Campbell



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The Ringstead Art Group

The Ringstead Art Group (RAG) will be holding its first ever exhibition at Ringstead Village Hall, PE36 5JU, from Friday 29th April - Mon 2nd May (see poster in this Newsletter for details of opening times.)

The group, which consists of fifteen members with ranges of experience, has existed over one year and is tutored by artist, Bryan Harford.

The exhibition should prove to be very exciting owing to the diversity of Styles and Media.

Admission is free.

Bryan Harford



The FIRST ART EXHIBITION of The RINGSTEAD GROUP

RINGSTEAD VILLAGE HALL PE36 5JU

Fri. 29th Apr. 6.00 - 8.30 pm
Sat 30th Apr - Mon 2nd May 10.30 - 5.00

Aly Aldridge. Anne Bunyan. Lois Carrick. Julie Clark. David Dingle. David Etheridge. Roz Etheridge. Barbara Field. Roy Jackson. Helga Joergens. Doris Milligan. Patricia Nevin. Liz Witley. Steven Wood. Susan Wood.



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After 6PM



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.

Continuing Norfolk's Great Big Read – Shakespeare re-written

Shakespeare may have written his works some 400 years ago, but the stories he told remain universally popular. Whether they feature romance or tragic lovers, twists of fate or political conspiracies, or events that become farcical, the works of Shakespeare provide an ongoing source of inspiration to modern writers. Visit the library this month to discover something new!

The brilliant world of Tom Gates at Hunstanton Library

Monday 4th April 10.30-12.00

Go doodle crazy this Easter! Doodle a monster, design a band t-shirt, take the Yes! No (Maybe...) quiz, doodle yourself and much, much more. This event is not suitable for under 7s. Tickets are £3 per person and must be booked in advance by contacting the library on 01485 532280.

Peer support group for carers at Dersingham Library

Tuesday 5th April from 1.00-3.00pm

Colour yourself calm at Hunstanton Library

Monday 11th April 10.30-12.00

Colouring in is an easy way to calm the mind.

If you've never tried it, come along to our colouring group for adults on the second Monday of the month 10.30-12.00. Just bring along your colouring books! Colouring pens and refreshments will be available for a small charge.

Beginners internet taster at Hunstanton Library

Monday 11th April from 2.00-4.00pm

Learn how to use a mouse/keyboard, search websites and Google. Please book by calling the library on 01485 532280.

Knit and natter at Hunstanton Library

Thursday 14th April 10.30-12.00 noon

2nd Thursday in the month with the Norfolk Knitters.

Come along and knit for charity or if you're a beginner we'll help you get started. Even if you're just visiting Hunstanton come along too! Refreshments available for donation.

Getting started with Facebook at Hunstanton Library

Thursday 14th April from 2.00-4.00pm

A 2 hour course to help you set up your own Facebook account, find friends, like organisations and share posts. Participants must have an email address and previous computer experience. Tickets are £5 per person payable in advance. Booking is essential. Please call the library on 01485 532280.

Hunstanton Library Book Group

Monday 18th April from 2.30pm

Come along to our friendly book group which meets on the third Monday of the month at 2.30pm. New members are welcome. For more information please call the library on 01485 532280.

Coming soon – learn how you can download magazines free from the Norfolk Library website, discover more about Pinterest, and the Brave New Reads promotion when we'll twin with Dersingham Library and Writers Centre, Norwich and introduce you to the best in new writing.

Don't forget that you can find out more about what's happening in Norfolk libraries from our website www.library.norfolk.gov.uk or follow us on www.facebook.com/Lynnllibraries

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Number Restrictions at Hunstanton U3A

Membership at Hunstanton U3A has been growing so fast that we have become victims of our own success.

In view of the Fire Regulations at our venue, Hunstanton Community Centre, we have had to restrict the number of people at branch meetings to no more than 140 and, to avoid that number being breached, our total number of members to 200. We now have 200 members. This means that:

1. If more than 140 people come for a branch meeting, we will be obliged to turn away anyone arriving after the 140th.
2. All prospective new members will be asked to join our Waiting List.

We cannot increase the number of members able to come to meetings, but we are working to find a way to remove the 200 limit on the number of members. We apologise for any inconvenience caused and hope that members, and prospective new members will bear with us in the meantime.

Brancaster Camera Club

After a very busy and interesting March, we have a quieter time in April with just two events:

Tuesday, 12th April

Pint discussion with King's Lynn Camera Club

Tuesday, 19th April

Battle v. Hunstanton Camera Club

Judge: D. Hodgson DPAGB

As always we welcome visitors to our club evenings. Meetings are held in Brancaster Staithe Village Hall at 7.30pm on the relevant Tuesday evenings. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725.



Present a Spring Concert
IN St. Nicholas Church
ON Saturday 16th April
AT 7.30pm

£5

Inc. Refreshments

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or from Jackie Harris (01485 540363)

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Tues 5th Black Dog

Tues 12th Cruiser Blues

Sat 16th Mark Wilkinson Jazz Quartet

Fri 22nd Cheese Night

Fri 29th Reckless Jivin.

Fri 8th Jam with DNA

Fri 15th Where's The Dog

Tues 19th After Hours Blued

Tues 26th DNA

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***Times may change. Please call the pub on the day. Booking is recommended.**



The West Norfolk Members Group invites you to:-

An illustrated talk
Trees
by **Richard Hobbs**



A brief AGM will be followed by David North's account of NWT's development and contributions to conservation.

Thursday 28th April – 7.30pm

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

Arthritis Care

About six years ago, I did a course on Arthritis Care, which was a course to learn about it and how to cope with it from day to day. When the course had finished, the group of people there decided to keep in contact because of all the friends we had made at the time; it has been very successful. Caroline, one of the group leaders who ran the course, still comes to our meetings to see how we all are and how we are coping with our arthritis.

I organise the group meetings which meet every second Thursday, every second month. We meet at the Methodist Church, Austin Street, Hunstanton, PE36 6AL. Caroline suggested we turn our group meetings into a drop-in centre which I thought was a good idea. Anyone with any problems or who just want to discuss their arthritis, would be able to chat with Caroline, then afterwards come and join me and the group for a cup of tea or coffee and a social chat – we are a friendly group. There are men as well as women so all are welcome.

Our next meeting is 14th April, 10.00am-12.00noon. If you would like to know a little more, please ring Lynn Hallifax 01485 533611.

Lynn Hallifax

Hunstanton Conservative Club

April already! The entertainment for the Conservative Club is as follows:-

- Saturday 2nd: Dancing to Rick Roberts
- Saturday 9th: Dancing to Rob Stevenson
- Saturday 16th: Dancing to Mark Steele
- Saturday 23rd: St George's Dinner - Book at the bar.
Dancing to Mike Fox
- Saturday 30th: Dancing to THE DELTA PILOTS

Eileen Hamilton
Chairman

Answers to Link Words on page 15

- 1) Cheese
- 2) Bread
- 3) Cracker
- 4) Brandy
- 5) Jelly
- 6) Coffee
- 7) Beef
- 8) Apple
- 9) Plum
- 10) Cake

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WHAT...
FRIDAY NIGHT IS MUSIC NIGHT
Inspiring and joyful music for heart and soul by The West Norfolk singers, David Godfrey (Church Organ), John Barker on Trumpet and Soloist Sheila Johnson.
Free food and refreshments

WHEN...
Friday 22nd April 2016
beginning 7pm

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DATES & DEADLINES! A NEW TAX YEAR

Supplied by Kathryn Gigg, Chartered Accountants,
Hunstanton
APRIL 2016

1 March 2016

INCOME TAX: 5% penalty imposed on 2014/2015 income tax, CGT and Class 4 NIC not paid by today. The penalty can be avoided if a time to pay arrangement is agreed in advance.

31 March 2016

COMPANY TAX: final date for reclaim of tax paid by a close company on a loan to a participator if loan repaid during the financial year ended 31 March 2012.

CORPORATION TAX: returns for accounting periods ended 31 March 2015 should be submitted by today.

COMPANY ACCOUNTS: private companies with 20 June 2015 year-ends should file their accounts at Companies House.

ANNUAL TAX ON ENVELOPED DWELLINGS: ATED applies to properties valued in excess of £500,000 at 1 April 2012, or at acquisition, if later.

1 April 2016

STAMP DUTY LAND TAX: higher rates of SDLT will be charged on purchase of "additional" residential properties, such as buy-to-let properties and second homes in England and Wales.

EMPLOYERS: national living wage of £7.20 an hour introduced for workers aged 25 and over.

5 April 2016

EMPLOYERS: all P11D dispensations expire and are replaced by an automatic exemption for employee expense claims.

NIC: deadline to pay voluntary Class 2 or Class 3 NIC for 2009/10.

LAST DAY OF THE 2015/16 TAX YEAR: deadline for various tax claims and elections, including the following:

Personal Tax: final date for 2011/12 claims which have a limit of four years from the end of the tax year. These include claims for: personal allowances; the remittance basis; overlap relief, terminal loss relief; overpayment relief (formerly called error or mistake relief); the carry-forward of trading losses and capital losses.

Personal Tax: deadline for electing to transfer (part of) the married couple's allowance from husband to wife, or withdraw such an election, for 2016/17.

CGT: last day to make disposals to use the 2015/16 CGT exemption.

CGT: deadline to claim that an asset became of negligible value or a loan to a trader became irrecoverable in 2013/14.

IHT: deadline for utilising IHT exemptions for 2015/16 (and any excess from 2014/15).

NIC: deadline for claiming exceptions from Class 4 NIC for 2016/17 where the same earnings are subject to Class 1 NIC.

NIC: deadline to reclaim Class 1 NIC mistakenly paid in 2014/15 on earnings which should have been categorised as self-employed.

Pensions: deadline to make a contribution to qualify for tax relief in 2015/16 and to utilise any unused relief from 2012/13.

6 April 2016

FIRST DAY OF THE 2016/17 TAX YEAR: A number of tax changes take place on this date:

Income Tax: basic rate limit for 2016/17 tax year is £32000.

Income Tax: rent-a-room limit increases from £4250 to £7500.

Employers: RTI "on or before" temporary 3-day late filing penalty free relaxation ends.

Micro-Employers: PAYE RTI 'on or before' payment reporting obligations apply following temporary two-year relaxation.

PENSIONS: the lifetime allowance reduced from £1.25m to £1m.

PENSIONS ANNUAL ALLOWANCE: the annual allowance of £40k will be tapered for high earners with income in excess of £150k, down to a minimum of £10k.

19 April 2016

EMPLOYERS: final submission must be made to HMRC under RTI for the year to 5 April 2016, including answering the end of year questions.

30 April 2016

INCOME TAX: further late filing penalties apply to outstanding 2014/15 self-assessment tax returns. For returns filed online after today, automatic £10 daily penalties apply. For returns filed on paper, the further penalty is the greater of £300 or 5% of the tax outstanding on 31 October 2015.



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ANNUAL TAX ON ENVELOPED DWELLINGS: deadline to submit returns for the annual tax on enveloped dwellings (ATED) and pay the tax for the year 1 April 2016 to 31 March 2017.

ANNUAL TAX ON ENVELOPED DWELLINGS: deadline to amend returns and pay any outstanding tax for the year 1 April 2015 to 31 March 2016.

CORPORATION TAX: returns for accounting periods ended 30 April 2015 should reach HMRC.

COMPANY ACCOUNTS: private companies with 31 July 2015 year-ends should file their accounts at Companies House.

1 May 2016

INCOME TAX: second £300/5% penalty for outstanding 2014/15 paper self-assessment Returns. Daily penalties (£10 per day for 90 days) for outstanding 2014/15 online self-assessment Returns.

5 May 2016

TAX CREDITS: last day to make a tax credits claim for 2016/17 and have it backdated to the start of the tax year.

Mrs K H Gigg, FCA

Caution: The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information.
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KATHRYN GIGG

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Mrs K H Gigg, FCA

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Heacham at Night

Small (a tad bigger than our Moon) Mercury figures large this month and next. This month it appears well up in the late evening. Next month it will appear clear as day – watch this space!

Look for Mercury a little north of west between 8 and 9pmish, low down early in the month, getting higher to the middle. Heacham beaches or the Chalk Pit are good observing sites. Look across to Lincolnshire and seek the bright spark of Mercury. Parallel lines of clouds are a common feature in that direction after a good day but be patient and let them glide towards you and see if Mercury pops up in one of the gaps between them.



This was taken last year. Depending on the printing you may have to imagine a fly spot of white at the end of the black arrow, Mercury. The big thing at the top is the Moon.



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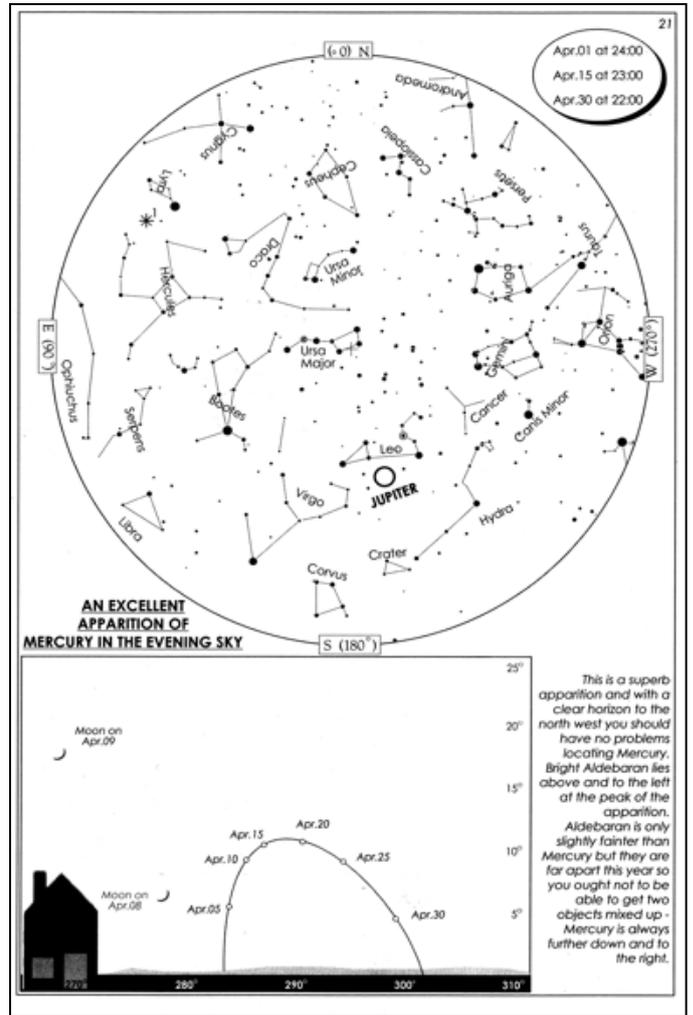
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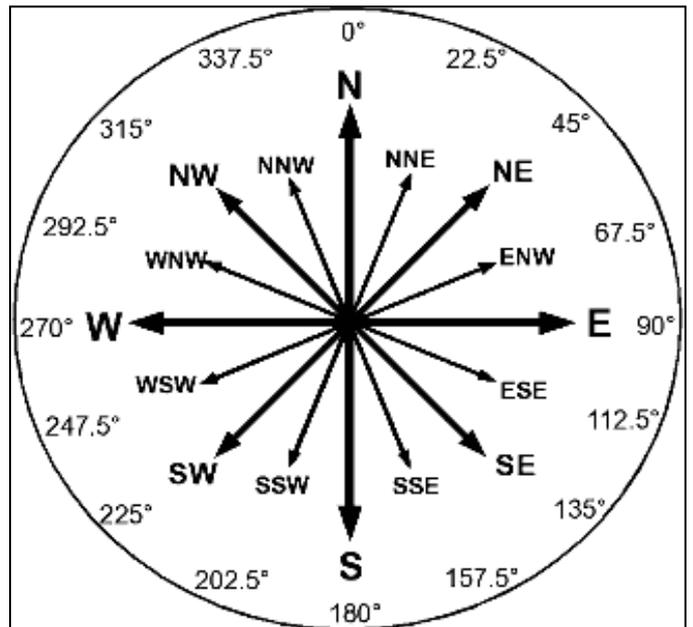
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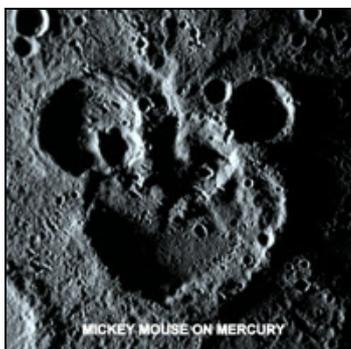
The diagrams which follow are courtesy of the Federation of Astronomy Societies Astro Calendar. The top, circular, one shows the principal star constellations and the lower one the changing position of Mercury as the month unfolds. When it is low the last rays of sunset tend to wash it out but a strip of cloud in the right place hides this unwanted light whilst allowing Mercury to be revealed.



The degrees at the bottom make sense if you look at this compass rose. The centre of the Mercury diagram is WNW.



When I was a child, science fiction utilised the belief that one face of Mercury was hot enough to melt metals, the other face, always turned away from the Sun, as cold as space; in between a ribbon of land, not too hot nor too cold, that could be used by man when harvesting the abundant metals. Unfortunately those stories came to nothing when it was found that Mercury does rotate albeit not very quickly; its day is 176 Earth days long, double the length of its year which is 88 Earth days. This rotation was unexpected and is due, almost certainly, to a massive asteroid impact in the distant past. Mercury is pockmarked with more craters than any other planet.



Edited NASA Messenger image

In daylight the surface of Mercury is at 430°C whilst at night this falls to -170°C. The recent NASA Messenger orbiter discovered permanent water ice on Mercury deep in crater bottoms close to its north pole.

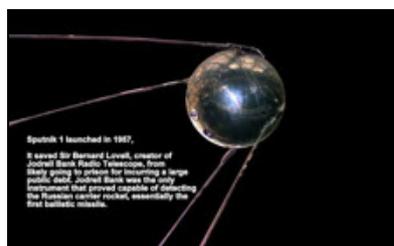
Mercury's orbit is very elliptical. When furthest from the Sun it is 1.5 times further away than when it is closest. This means the speed it moves at through space varies considerably – it travels much faster when closer to the Sun. An observer would see the Sun rise, set, and quickly rise again at the start of the long day and repeat the performance at sunset 176 Earth days later.

The eccentricity of the orbit led credence to the belief in the planet Vulcan (before Spock) – a planet between Mercury and the Sun first postulated by Le Verrier in 1859. Vulcan was avidly

searched for as Le Verrier had successfully predicted, mathematically, the position of the then unknown planet Neptune in 1846. Vulcan was never observed and was laid to rest by Albert Einstein's General Theory of Relativity, published in 1915, which explained the oddities of Mercury's orbit through the curvature of space-time.

More about Mercury next month when, on the 9th, there is a transit; a black dot will be seen crawling across the face of the Sun and the dot will be Mercury! Publication of the newsletter is just 4 days before the event so this is advance notice. The transit will occur between around noon and 8pm so there is a good chance the sky will be clear for at least part of it. I will set up several telescopes with appropriate filters most likely in my back garden, Catch the next edition for details and turn up if you want to look. If you manage for yourselves use eclipse filter glasses or project an image of the Sun on to card. Take care.

What else? Look at the star chart above and you will see that Jupiter is still well up and bright all evening and through the night. It is moving away from us now, or we are moving away from it, so it will dim. Mars and Saturn are brightening as our respective orbits bring us closer. Look after midnight for Mars in the SSE and Saturn will be quite close (to the left) from about 1am. Both are quite low down and will appear to move across the sky as the Earth turns. They will be due south at 4am and SSW at 5am just before the Sun blanks them out. They will be accompanied by the red giant star Antares (somewhat below Mars). Compare its redness with that of Mars. Antares is 883 times as big as our Sun and its light has been travelling around 470 years to reach us. It is the 'heart of the scorpion' a constellation which does not appear in the diagram above because it does not rise until after midnight.



Sputnik 1 launched in 1957. It carried the Beppo-Lorenzi, inventor of cosmic beam X-ray telescopes, being used to observe for interesting X-ray emitting objects and to test a large instrument that proved capable of detecting the Russian satellite, eventually the first ballistic missile.

On 26th February I went to the Science Museum in London to see 'Cosmonauts – Birth of the Space Age'. 140,000 people bought tickets for it and many Russians came to England to see artefacts and images never before displayed. It was a magnificent exhibition and brought home the contribution Russia made: the first satellite in orbit (Sputnik1 see above), the first animal in space, the first man, woman and crew in space, the first space-walk, and the first lunar probe and first photographs of the lunar landscape on the "far side" of the Moon. Most of this, before his untimely death in 1966, was orchestrated or begun by 'The Chief Designer' later revealed as Sergei Korolev.

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He returned from internment in a labour camp to become 'the father of practical astronautics'. His image is below.



Russia continues to make a huge contribution to space through the International Space Station – only Russian rockets currently service it – and many launches of satellites and spacecraft. As I write this, the European Space Agency's ExoMars 1 has just been launched on a Russian Proton rocket from Baikonur. The craft contains instruments designed and operated by the Open University which continues an important role in space explorations stimulated by our own unsung scientist/engineer Colin Pillinger. He created Beagle

2 which was intended to analyse rocks on Mars to see if they contained evidence of life. ExoMars 1 will do this in another way; analysing methane as it escapes from Mars into space. ExoMars 2 launches in a couple of years and will carry a rover built here, in England. The rover will have a drill to examine rock under the surface

So, look for Mercury and consider how it helped change science; watch brightening Mars and think about the craft heading towards it to seek another clue to the possibility of life existing there – arrival October 2016. And wave to NASA's Juno which is getting closer to Jupiter.

A stern edict has been issued by the department of education about the use of exclamation marks!

Remember, 9th May is transit day!!!!!!!!!!

Terry Parish!

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Sallywags Parent, Baby & Toddler Group

I detected all was not well at the playdough table recently when I heard my name and saw my niece looking decidedly sticky. I couldn't work out what had happened with my failsafe recipe until I suddenly couldn't recall tipping the sachets of cream of tartar in ... namely because I hadn't! No surprise there. So Louise and I quickly whipped up a new batch with the magic ingredient and job done! Often asked for the recipe, I thought I'll pop it in here, originally from 'The Imagination Tree' website, it's really easy and lasts ages:-

2 cups plain flour - 1/2 cup salt - 2 tablespoons vegetable oil - 2 tablespoons of cream of tartar - up to 1.5 cups of boiling water - food colouring (I use Sugarflair colours).

Mix the flour, salt, oil and cream of tartar together - add food colouring to the boiling water and add in increments to the other ingredients until it becomes a combined sticky dough (you may not use all the water). When cool enough knead until you lose the stickiness and then you're ready to roll!

Thank you to everyone for coming along this year and making the recipe of Sallywags work really well, and to magic ingredients Louise, Liz, Kathryn, Anita, Clare and Cristiana for your end of session help recently! A special thank you to Brenda Dean, Community Champion at Heacham Tesco who kindly offered to provide another magic ingredient for Sallywags - Easter chocolate! Every child enjoyed a chocolate bunny - thank you Brenda - every little (or quite a lot as the case was here) really does help us!

Mabel and Lily - have fun taking your next steps playing and learning at Heacham Nursery and thank you for our lovely Sallywags time!

Sallywags Parent, Baby & Toddler Group meets every term time Wednesday 9.30-11.00am at the Scout Hut in Sunnyside We ask £2 per family to cover rent, refreshment and resources. For further info please text/call Jo on 07521 447284. Pop by when you can. Looking forward to meeting you and your little ones! Back on April 13th!

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From 142 invitations, 89 people attended the blood donor session at the Public Hall on 24th February and 76 units were collected. There were 3 new donors at the session. Thank you all. The next visit to Heacham which will be on Wednesday 15th June 2016. To make an appointment ring the Helpline 0300 123 23 23 or online at National Blood Service information www.blood.co.uk

Caley Hall Celebrates 40 Years with an RNLI Charity Day!

Originally opened in 1976 as a Motel, Caley Hall is now a beautiful 3* hotel with 38 bedrooms, an 80 cover restaurant and comfortable lounge and bar. The Pinewood restaurant offers a delightful fine dining experience serving a range of locally sourced, seasonal dishes, while the newly refurbished 'Old Barn' offers a more relaxed dining experience with bar classics including beef and ale pie and cod and chips. Families with children and dogs are all warmly welcomed.

On Thursday 21st April Caley Hall will be holding a day of celebration to mark their 40th anniversary starting at 10am with a coffee morning and open day. Coffee and cake will be free of charge but any contributions will go to Hunstanton Lifeboat. Guests will have access to all the public areas of the hotel and several bedrooms, so come along and have a look around and help us celebrate while supporting the RNLI.

During the evening we will be hosting a quiz night from 7.30pm. Entry into the quiz is £12 per person and includes either, beef and ale pie, scampi or risotto. Happy hour from 7-8pm, book your table now by calling 01485 533486.

THE NATIONAL OSTEOPOROSIS SOCIETY

Have you been diagnosed with Osteoporosis and want to know more?

King's Lynn & District Support Group is running two FREE osteoporosis courses in 2016 at London Road Methodist Church Hall, County Court Road, King's Lynn PE30 5EJ

Course 1: - 13th, 20th, 27th April & 4th May
10.30am – 11.30am

Course: 2: 14th, 21st, 28th September & 5th October. 10.30am - 11.30am

Refreshments available

Sessions: Osteoporosis – the basics, Diet, Pain Management and Exercise

If you are interested in attending or would like more information on the courses, please contact:

Edith Finbow, Support Group Secretary

Tel: 01553 773309.

Email: edith.finbow@btinternet.com



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Thursday 21st April

10am-2pm: Coffee morning and open day

Come and have a look at our refurbished restaurant, rooms and bar.

Enjoy a hot drink, a slice of cake and try your luck on the raffle.

All contributions go directly to Hunstanton RNLI.

7.30pm: Quiz evening

£12 per person (includes meal). Booking essential.



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From Our Archive

The article reprinted below was originally published in our "April 1998" edition as part of the then 'Down Your Way series' and we have decided to re-print this item, owing to the closure in March of T G Bradfield & Sons in the High Street after 118 years of trading.

We at the Newsletter would like to take this opportunity to wish Mr & Mrs Bradfield a very Happy Retirement.

DON BRADFIELD REMEMBERS

While in Bradfield's the other day, I had a chat with Don Bradfield. I found out that he was born in Heacham in 1922 and that this was Bradfield's one hundredth year of trading. It all started with his Grandfather in 1898, Don's son is running the business now, he is the fourth generation. Don kindly recalled some of his memories to me.

"The pace of life was slower, there seemed more time to relax. Saturday night was bath night; I can remember very clearly my dear old Mum trudging out into the backyard bringing in buckets of rain water to fill the copper, lighting the fire beneath it to heat the water for the bath. There was no hot water in those days, you were lucky if you had a tap, some folk just had a pump. Anyway, we had a bath by the fire in the old tin bath, and after drying me down, if Mum could afford it, she would give me a Jaffa Orange, a treat for being a good lad. Then school came along. I went to Heacham School; I was about four years old and believe it or not two of my teachers are still alive, one is in the village, a Mrs Renee Goddard; the other one lives out at Holt, a Mrs Joan Jary. We learned how to write and draw using chalk on slate, no pencils and paper in those days. We played with marbles, hoops and tops at playtime, we had great fun. Does any kid today know what a top is and how to make it spin? I doubt it, times and road conditions have changed so much since my school days. There was no traffic to worry about and we could play in complete safety.

One rather unpleasant recollection I have is when the Dentist came to the School, I can see it now. He came along in his wooden caravan, with big wooden wheels, drawn by a horse. We were lined up and then had to go up the steps of the caravan when called, and he would yank out teeth without any anaesthetic or water. To rinse your mouth out you would spit into a mug; it was a little enamel mug, if you were first to have your teeth pulled you were lucky otherwise you saw all the other kids teeth floating about in the mug. Yuk! It was awful, I still shudder now whenever it comes to mind, it would put you off dentists for life.

Then there was Sunday School. We went morning and afternoon. In the evening we would go to see the three Spencer sisters who used to live round at the orchards; we would paint matchsticks different colours, put them in bundles of ten, and they were then sent to the Missionaries in Africa to help children there to count. Christmas time we would have our Sunday School party at the Heacham Public Hall. There was always a huge Christmas tree that was almost as high as the hall itself all lit up with candles. Us kids thought it was wonderful. There was no electric in those days, even the hall was lit by oil lamps. After having a great time playing party games, we had sandwiches and there was big jugs of lemonade for us. Mr Robinson, the Sunday School master,

always used to say "there is plenty to eat and drink but none to waste", then at the end of the day we all had an orange and a small bag of nuts from the tree.

Later on, I joined the Heacham Boy Scouts and I finished up as Troop Leader. That was in the days when there was a Dr Marshall in the village, he helped us with First Aid. There were four villages: Hunstanton, Heacham, Snettisham and Dersingham that all went in for a First Aid Cup. Heacham Troop won it. I was the leader of the First Aid so after that I was known as Dr Bones.

Now I was talking about the Dentists Van being drawn by a horse. Well, everything was delivered by horse, it was a regular thing to see someone running with a bucket and spade behind the horse. I would shout "where are you going with that?" "Oh it's for Mums rhubarb" came the reply. I would shout back. "My Mum uses custard".

I can remember we had a shed in the back garden and four of us boys did fretwork; we made plaques for the wall and sailing ships. When we could afford it we would buy old orange boxes for two old pence or a tea chest for three old pence. I eventually left Heacham School and went to Kings Lynn Grammar, then after leaving school, I started working on the van with my Father. It was a shop on wheels, we would pick one village a day and go round door to door selling. I did that for about twenty five years. It was after the war I met my wife, she came from Staffordshire to live in Heacham. We started courting and last year, 1997, was our Golden Wedding Anniversary. Anyway, we are both still working in the shop and I still do my fretwork, making toys.



I love talking to people. As I said my Grandfather started it all, he went round in a cart selling cups, they called him Tuppenny Ha'penny Tom. Then he opened a little hardware shop at the bottom of the High Street, which is now Howards Butchers. Then eventually we moved to the High Street, where we are now; to the best of my knowledge the place was built in six weeks and cost £360. We are still here now where I was born and where I like to be.

I'll end with a little story. A Mother was walking down the road with her little lad, a friend stopped to say hello.

"Where are you off to then?"

"Oh I'm taking the boy to the doctor's he's swallowed a shilling".

"No need to take him to the Doctor me dear, take him to Bradfield's, they'll get a bob out of anyone".

**That's all folks
Yvonne Magill**



A Word From Your Postmistress....

With several of our local shops closing on our High Street, Heacham is changing very quickly. The closure of the Newsagents and Bradfields was a shock to us all. We joined the fight to 'Save our Fire Station' and worry about losing our village status. We need to support our local shops as supermarkets move in and kill our local trade. We, at the Post Office, want to remain here to serve our local community for many years to come.

A couple of years ago, we were given the choice to close our doors for good or undergo a major makeover and change to a Main Post Office, this meaning we are now working solely on commission. Myself and my dad, who is now retired, wanted to keep the Post Office as part of Heacham village life so we closed for just over a week, the builders moved in and we underwent a major refurbishment and here we are today, a new and modern looking Main Post Office.

However, with more and more of our business going online and being taken away from the personal touch, we need to look at other areas to enhance and support our business to make it viable.

Therefore, I am very excited to introduce **SALLY'S CARDS & GIFTS** to our shop. We already stock an extensive range of greeting cards and I have extended the range of gift bags and wrap. The gifts we are beginning to stock are a variety of candles, ornaments, plaques and picture frames. I have scarves coming in and am considering jewellery. We now stock a small amount of sweets and confectionery too and our stock is increasing on a daily basis. I am open to any ideas or suggestions of what people would like to see in our shop.

All I ask is you come and have a browse and support us in trying to support our village.

Sally Faulkner

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1st Heacham Cubs

This was only a short term but we still managed to get lots done.

On our first evening, as is the norm now, we renew our Law and Promise then play games for the rest of the evening.

Two of the weeks we did some more of the Our Skills Challenge where the Cubs made a cup of tea, changed a light bulb and attempted to sew a button on to a piece of material. Changing a light bulb is something they have never had to do and sewing a button involved a few stabbed fingers; they could all make a cup of tea. Then one evening we had them ironing their own Neckers; that was interesting, even getting them used to handling an iron, let alone what to do with it! But by the end we did end up with some lovely ironed neckers with all the creases in all the right places. (I feel though that for some of the Neckers they may never see a nice warm iron again).

One of the evenings we finished our challenges a bit earlier so there was time to make paper aeroplanes and have a few tries at who can hit the back wall, who could get the aeroplane through a hoop and who could land an aeroplane inside the hoop. Let's just say they may need some more practice at their launching skills, as a few never made it any further than their feet.

St Mary's Church has arranged for a display of Easter Crosses to be shown over Easter in the church and local groups could join in, so with this in mind Ziggy and Hathi (who are far more Arty than I am) had the Cubs decorating a wooden cross with daffodils, bunnies and chicks. They went over in pairs while the rest of them learnt about compasses with me and Rikki. The cross came out remarkably well considering eight Cubs were randomly sticking things on it, although if you ask Ziggy or Hathi, everything was strategically placed.

Our last evening was finishing off their Disability Awareness badge, learning about sign language and how hard it is to lip

read and follow basic instructions when you can't hear anything. They learnt how to spell their own name by sign language and the signs for Please and Thank you.

And finally, back at the end of February, I paid a visit to a very nice lady called Mrs Frammingham who now lives in Hunstanton but used to live in Heacham and used to "help" at Heacham Cubs, then ran the pack when the Akela left and before a new one was appointed. I believe her Cub name was Rikki. We swapped stories of how we both started as parent helpers and then eventually became more involved and ended up running the pack. Then we had a lovely chat about how things have changed over the years from the 1960s when she was helping, to today. We came to the conclusion I have a lot more forms to fill in and, back in her day, they had a lot more freedom to do things with the Cubs. We both agreed it was good fun, something you can't explain to someone who has never done it and everyone thinks you're mad. For me it was lovely to talk to someone who knew what I was on about and not give me the why do you bother look. She knew why I bothered and of course she fully understood it goes far beyond just the few hours on pack night. But don't get me started on that. We also agreed if we could get a few children outside doing things children should be doing, and getting muddy in the process, we have done a good job. The main reason for my visit was to pick up two scrap books of photographs and newspaper clippings about Heacham Cubs from the 1960s to the 1970s. I can't see our lot wearing shorts and a cap!!!! It was a joy to meet you Mrs Frammingham.

By the time we meet again after Easter the clocks would have changed and hopefully we will have some lighter and maybe even some warmer evenings.

Happy Scouting to all our Cubs.

Aklea (Sam), Ziggy (Julie),

Young Leaders Hathi (Jemma) & Rikki (Tommy)

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HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

Planning: The Parish Council continues to be heavily involved in planning matters. There is the Lidl planning application and the Planning Inspectorate hearing for the School Road planning application, which will start on 17 May where Sir Henry Bellingham, MP has asked to address the Planning Inspector.

Street Lighting: Please make sure that the Parish Council knows your views on the future of Heacham's footpath lighting by completing a consultation slip (printed in the March Newsletter, and also distributed to households in March). They should be returned to the Parish Council Office, or to collection boxes, located at the Co-op, Jennings, Post Office and Library by 15 April.

Old Friends Hall: Forthcoming events include the Spring Art Show on 30 April and 1 May, the Annual Parish Meeting on 25 May, the Photographic Exhibition on 27 and 28 August and a Christmas Craft Fair on 26 November.

Carnival: The Carnival collection on 7 August has been awarded to The Norfolk Hospice Tapping House.

Safer Neighbourhood Action Panel: A number of issues have been reported to the SNAP meeting for action. These included the churning up of verges by HGVs, and parking on double yellow lines outside Tesco and across the Kenwood Road junction with High Street.

The next Full Council meeting will be held on Tuesday 19 April at 7.30pm at the Parish Council Office.

NOTICE OF PARISH COUNCIL VACANCY

Heacham Parish Council is made up of seventeen Councillors. There is currently a vacancy, which the Council intends to fill by co-option.

Interested parties should contact the Parish Council Office for further information about the role of a Parish Councillor and the co-option process.

The co-option will take place at the Parish Council meeting which will be held at the Parish Council Office on Tuesday 19 April at 7.30pm.

Lynne Butters
Parish Clerk

NEW COMMUNITY BUILDING

Message from the Community Building Committee

Atelier Associates have produced three schemes of architect's conceptual drawings which will be on display in the Library. We are still looking for an accountant to help us and we are continuing to explore various funding streams.

Heacham Youth and Community Trust Ltd. are now using part of the old dairy site to extend their charity shop to sell furniture.

QUEEN'S BIRTHDAY CELEBRATIONS

2016 will mark the reigning Monarch's 90th birthday and, in order to celebrate the occasion, we are having a birthday party in the Recreation Ground. This event will be on Saturday 11 June in the afternoon and will be along similar lines to the event held in 2013 to mark the 60th anniversary of the Coronation. There will be a party tea, bouncy castle, games and Andy Groom will, once again, be the compere. Tickets will be on sale nearer to the time for what is shaping up to be a birthday party to remember.

There will be a competition to design a birthday card for the Queen, more details to follow soon.

PUBLIC NOTICE

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

The Parish Council's policy of humane management is not a quick fix, but with Parishioners' support of its no feeding request, current numbers can be controlled and the flock can be maintained at a naturally sustainable balance.

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

Heacham Parish Council



SKATE PARK

A new litter bin has been placed in the skate park. Please use it! This picture shows a week's worth of rubbish that the Parish Maintenance Officers have had to clear up.

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

HELP LINES

HEACHAM GROUP PRACTICE 01485 572769

HEACHAM MON TO FRI 08.30 TO 13.00 14.00 TO 18.30
SNETTISHAM MON TO WED 08.30 TO 12.30 14.00 TO 18.30
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

HEACHAM CHEMIST 570297

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

Between 13.00-14.00 prescriptions and certain other products only

available if the Pharmacist is in attendance

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

Mr P. COLVIN 07896 972204

Mr C. MANNING 07885 258392

NORFOLK C C MICHAEL CHENERY 01328 823411

PARISH LIBRARY 571928

OPEN MON, WED, FRI 10.00 TO 16.00 SAT 10.00 TO 12.00

HEACHAM POST OFFICE 570330

OPEN MON - FRI 08.30 To 17.30 SAT 09.00 To 13.00

EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

NHS Helpline 111

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

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

POLICE 101

SAMARITANS 01553 761616

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRIC 0800 7838838

ANGLIAN WATER 0845 7145145

GAS ESCAPE 0800 111999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280

OPEN MON, TUE. and FRI 10.00 TO 17.00

WED. 10.00 TO 19.00

THUR and SAT 10.00 TO 13.00

HEACHAM CHALK PIT RECYCLING CENTRE

Open Thursday to Sunday. (Closed Monday to Wednesday)

Winter opening times (1st October to 31st March) 9am - 4pm

Summer opening times (1st April to 30th September) 9am - 5pm

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, Ridouts (Heacham) Bakery, Post Office, Parish Council Office, Church, Co-op, Tesco's, Heacham Fish Bar

BORDOLI

PIZZAS

MON: RIPPER HALL DOCKING

TUES: INGOLDISTHORPE LAY-BY

WEDS: HEACHAM SOCIAL CLUB

FRI: OLD HUNSTANTON SOCIAL CLUB

From 5pm

T: 07565 754 812 E: bordoli99@gmail.com

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KINGS LYNN

Norfolk Green

Service 10 (Mon-Sat)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0707 first bus to King's Lynn then twice an hour from 0838
 0644 first bus to Hunstanton then twice an hour from 0908

Service 10 (Sunday)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0854 first bus to King's Lynn, then hourly from 0939.
 0908 first bus to Hunstanton, then hourly from 1008

Service 11

King's Lynn to Hunstanton

Via:- Sandringham, Dersingham, Ingoldisthorpe, Snettisham and Heacham (A149 only)

Coasthopper (Mon-Sat)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0853 first bus to King's Lynn then twice an hour from 0923
 0749 first bus to Hunstanton then twice an hour from 0849

Coasthopper (Sunday)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0918 first bus to King's Lynn then hourly from 1023
 0844 first bus to Hunstanton then hourly from 0949

Coasthopper Service to Cromer & Fakenham via Holme, Thornham, Titchwell, Brancaster, Wells, Sheringham. change at Hunstanton

***** **Smithdon High School Bus**

Service 401

Via:- Folgate Road/Fengate, Station Road

0816 to Smithdon School

1530 from Smithdon School

***** **lynx (lynxbus)**

Service 35 (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd

0704 first bus to King's Lynn then twice an hour

0659 first bus to Hunstanton then twice an hour from 0803

Service 35 (Sunday)

Via:- Fox & Hounds and Lodge Rd

0834 first bus to King's Lynn then twice an hour from 0934

0834 first bus to Hunstanton then twice an hour

Service 36 - (Mon-Sat) Direct bus service to/from King's Lynn

Via:- Fox & Hounds and Lodge Rd

0948 first bus to King's Lynn then once an hour

0909 first bus to Hunstanton then once an hour

***** **Bus Enquiries**

www.norfolkgreen.co.uk

www.lynxbus.co.uk

Tel: 01553 776980

Tel: 01553 611955

***** **WNCT - DIAL-a-BUS Service**

Heacham to King's 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)

11th/25th

April

ROUTE WEL 123

4th/18th

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		