



THE HEACHAM NEWSLETTER

November 2016



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Deadline for the next edition is 12 noon, Tuesday 15th November



**CHARITY QUIZ NIGHT AT THE
WEST NORFOLK INN
IN AID OF
THE BREAST CANCER UNIT
QUEEN ELIZABETH HOSPITAL
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**SERVICE OF
REMEMBRANCE**



This year's Service of Remembrance and Wreath Laying Ceremony, will be on Sunday 13th November 2016 starting at 09.45am at St Mary's Church with the Wreath Laying Ceremony following on at 10.45 until 11.20am. Please note that the section of road between St Mary's car park and the junction at St Mary's Close/Hunstanton Road will be closed between 10.45 and 11.20am to ensure the safety of attendees.

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET
E-MAIL: theheachamnewsletter@yahoo.co.uk www.heachamnewsletter.org.uk

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letters...



Heacham

Dear Newsletter

Royal British Legion – Poppy Appeal

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

WE WILL REMEMBER THEM

If you wish to pay tribute to those who gave their lives for us, please come along on **SUNDAY 13th NOVEMBER to the Parish Church (9.45am) and Memorial Service (afterwards at 10.45).**

May I take this opportunity to remind you that poppies are on sale at various businesses within our village and any donation will be gratefully received. The money collected goes to the Poppy Appeal which in turn is used to help those in need. The Poppy Appeal has done great things in the past. Help them collect more to meet the ever increasing demands made upon it.

WEAR YOUR POPPY WITH PRIDE.

Thank you.

Marcus Liddington



Fenway

Dear Newsletter

Car Boot Season – League of Friends QE Hospital

Now that the Car Boot season has finished, on behalf of the League of Friends, QE Hospital, I would like to thank all the people who have helped me to raise £1,220.50, especially Trevor and his team and for all the generous donations.

Many thanks.

Phyllis Sanderson

(PS: Goods still accepted).



Heacham

Dear Newsletter

Thank you

I would like to thank all the kind people who came to my assistance when my husband had an epileptic seizure outside The West Norfolk on Wednesday 28th September. I apologise to all the drivers who were held up and thank them for their patience whilst, with the help of several others, we managed to move him from the road. Special thanks to all who offered to drive us home.

I was very touched by the kindness and consideration shown by everyone; thank you all.

Carol

(name & address supplied)



Meadow Road

Dear Newsletter

Wild Tomorrow Fund

In the Summer I wrote to you to say thank you to everybody who came to my fete and car boot book stalls and let them know that we raised £152.85 for Wild Tomorrow Fund.

I would now like to let everybody know that John and Wendy (the Founders of Wild Tomorrow Fund) visited us and that they are buying a camera trap with our money. It will go on a pole and has a motion sensor which will know when an animal walks past and take a picture. This helps count animals and especially shy ones like leopards. THANK YOU again everybody. We have helped the animals, and children at Snettisham School are helping them too, thank you!

Cicely Thorpe

PS: Their website is: www.wildtomorrowfund.org



Dersingham

Dear Newsletter

Macmillan Coffee Morning – 19th September

The Coffee Morning was held at 22 Onedin Close, Dersingham.

We would like to say thank you to everyone who came – also for the generous raffle prizes. We made £500.11 - and a very big thank you to the Band.

Brenda, Debra & Michelle



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Cheney Hill

Dear Newsletter

Further adventures of Dean and Trekking Penguin

I hope you are well and preparing for the Autumn.

We have been so busy since last month's edition. One week found us travelling with family and friends to North Yorkshire to walk from Buckden to Bolton Abbey in North Yorkshire along the Dales Way. A distance of approximately 21.5 miles. The weather was gloriously hot and sunny. We followed the river Wharfe as it wound through the Dales.

Contrast this to a week later and we were in Fort William, Scotland with a group of Dean's colleagues from Foster Refrigerator. Our aim was to climb Ben Nevis again as we had in June. The weather was awful. From the moment we arrived on Friday it rained. On the day of the climb it rained from the moment we started until we came back down. This was accompanied by gusts of wind up to 40mph!! We made it to the top but everyone was soaked right through to the skin. Luckily I stayed nice warm and dry in Dean's rucksack. Only an idiot would be out in those conditions!!

You can see the pictures on Facebook at *Dean and Trekking Penguin*

There will be no respite for the training even as winter approaches. Look out for us out and about the village and gives us a wave.

You can meet me and Dean at The West Norfolk Inn on Friday 25th November. We are having a Quiz in aid of the QEH Breast Cancer unit. Please come and join us. Look out for details elsewhere in the Newsletter.

I received a letter from my brothers in Antarctica who, having heard about my adventure, want to come and join in. Look out for photographs in next month's issue.

Until we meet again, take care my friends.

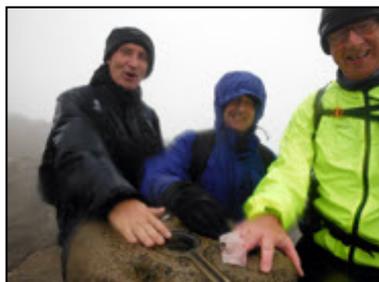
Trekking Penguin (TP)



Walk in the Dales



On top at last



Ben Nevis with friends



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Forest Drive

Dear Newsletter

Macmillan Cancer Support Coffee Morning

On Friday 30th September, Dy'n'Mo line dancers held a line dance/coffee morning event in aid of Macmillan Cancer Support. I would like to thank everyone involved – line dancers, craft club, neighbours and friends, who contributed lots of cakes and helped us raise £520.00.

Anyone who would like to join our line dancing group would be warmly welcomed. We usually fundraise twice a year and the next event will be for a local charity.

Thank you all once again for your support.

Diane McColm



Glasgow

Dear Newsletter

I agree with Jenny Sparks that we are living in the end days but, as well as the world's end days, each one of us is living in our own. No-one knows the hour of the Lord's coming and He came for my son when he was just twenty-three years old! Luckily Tom was ready, the corn ripe for harvesting. He had been helping with impoverished people in Tanzania just six weeks before Christ came. He had not a penny to his name neither did he owe a penny. He had been bullied but had never retaliated. At his memorial, one person was heard to remark "He had not a bad bone in his body!" Heaven is Tom's home, he was never at ease here on earth.

May Christ help us to recognize our special gifts which we can use to help others for, by loving our neighbour we are loving Him and that is all He asks. Yes, it's hard to forgive, hard to find good amongst the evil of today, but even in the depths of war a little bird still sings. Let us strive to be that little bird and let us all, despite all bewildering, remain innocent and honest children (Robert Louis Stevenson).

Love to Jenny Sparks, Kim Nally and Efe Smith.

Best Wishes.

J Whybrow

Round and round, to and fro
In and out the spiders go.
In the silence there they spin
A wondrous delicate, beautiful thing
A lacy web for all to see
Hung out to dry on the hawthorn tree
Sparkling in the misty dawn,
Along the hedge, about the corn
Draped softly o'er the majestic pine
Reminding us of Christmas Time.
Spiders lace, a work of art,
A thing of nature, a living thing
Strong as steel yet
Soft to the touch
As the white doves wing.

JW

FRIDHEM BINGO

Monday 28th November 2016

Eyes down 7.00pm sharp!

Refreshments

Come and join us

Proceeds go into the Residents Entertainment Fund

Fridhem Rest Home
79 Station Road, Heacham



News & Events in the Community...

Fridhem Rest Home

CHRISTMAS EXTRAVAGANZA!

Saturday 10th December
2.00-4.00pm.

Featuring a Raffle, Tombola, Bottle Stall, Cake Stall, Christmas Goods, Fun and Games for all ages, local and independent stallholders selling unique items that you wouldn't find in the shops -and more!

FREE ENTRY

(Any donations greatly appreciated!)

You'd be a humbug to miss it!

All proceeds go to our Resident's Entertainment Fund

Fridhem Rest Home, 79 Station Road,
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6.00p.m.

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Refreshments

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St. Nicholas Church

ANAGRAMS

A few things you may find around November 5th in anagram form, to get the little grey cells stirring.

- 1) WIRE FORK (8)
- 2) NO FIBER (7)
- 3) PRESS LARK (9)
- 4) OFF BEER ONE FIT (7,6)
- 5) GOT SHOD (3,4)
- 6) OLDER MAN CAN (6,6)
- 7) LIE WHEN HE REACTS (9,5)
- 8) ROW IF DRIPS SAY ELK (8,8)
- 9) THEY GROPE FUNNY (5,3,3,3)
- 10) OLD GROW PENT UP (9,4)

Answers on page 27



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CHURCHES TOGETHER IN HEACHAM

Just a thought...

November is the month when we remember those who have fallen in conflicts over the past hundred or so years. Remembrance of course is not all about remembering our own memories, but about remembering other people's experiences, other people's memories; - it is a remembering we do together. The bloody battles that people faced during the first and second world wars and other wars since are somewhat beyond my understanding. I can listen to their stories, but I cannot get inside the true picture of what they went through. But perhaps from the words of the gospels we can begin to understand the true meaning of love and friendship when in a situation of danger and facing death 'Love one another as I have loved you, said Jesus; the greatest love a person can have for his friends is to give his life for them'. How many times have we heard of men and women during all wars laying their lives down not only for their friends, but also for us? Their sacrifice is what remembrance is all about.

But why, many ask, do we continue memories of conflicts long since past? Well perhaps the answer is that if we had enjoyed global peace since the two world wars their arguments would be valid ones. But of course, the reality is that conflicts such as Afghanistan and Syria remind us of the tensions which continue. There are no easy answers to such divisions, yet the cost of war reminds us of the need to seek to break down the barriers that continue to bring such conflicts. We owe it not just to the countless human victims of war but, above all, to God.

When the world will come to its senses only God knows, but it should not stop us trying in our own way to change what we can; there are people who pass us by each day who in their own way suffer their own war with poverty, pain, loneliness, many because they have lost loved ones in the many wars waged over the years. Let them see the love of Christ in you through your smile and your eyes. It will not stop the wars but it will send a message to those who spend even the briefest moment with us, that there is more hope for the world than they can ever imagine.

Steve Oliver



Next Messy Church

Saturday 26th November 10-12noon

At St Mary's church, Heacham.

More information from Veronica Wilson 570697 or Church Office 572539

You will be welcome to join us!

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 | Penny Taylor | 572539 |
| email: heacham.church@googlemail.com | | |

Sunday Services in November 2016

| | | |
|---------|------------------------------------|--|
| 8.00am | Holy Communion (BCP) | |
| | 13th and 27th | |
| 10.00am | 6th All Age Worship | |
| 4.00pm | 6th Service at Pine Mall | |
| | 13th Remembrance Service | |
| | 20th Baptism Service | |
| | 27th Morning Prayer | |
| 6.00pm | 27th Prayer meeting Advent Prayers | |

PRAYER at ST. MARY'S CHURCH

We are looking to be a more prayerful Church and as part of this we would like to make everyone in the village aware of this. If you have something or someone you would like us to pray for we are happy to do so. This will be kept confidential. We pray not only at our services on Sunday but in different groups throughout the week. There is a weekly prayer meeting on Wednesday mornings at 9.30am at the Church if you would like to join us.

You can send prayer requests in various ways:

- Write them on a yellow prayer slip at Church
- Email them to the Church Office
church.office@googlemail.com
- Phone the Church Office 572539
- Contact Veronica Wilson our vicar (see details below)

We as a church believe that God answers our prayers and we would like to see God blessing more and more people in this village.

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-5pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays. We have an interesting selection of Christian books and a wide range of greetings cards. We will soon have our Christmas stock in including Christmas cards and calendars and gifts. There is also a large collection of secondhand Christian books to sort through.

ST. MARY'S CHURCH HALL AND OFFICE

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 Monday to Friday mornings between 10.00am-12.00noon.

HEACHAM METHODIST CHURCH

November 2016

Sunday Services: 10.30am Morning Worship

| | |
|----------|--------------------------------------|
| 6th Nov | Revd Steve Oliver |
| 13th Nov | Remembrance Sunday- St Mary's Church |
| 20th Nov | Sheila Johnson |
| 27th Nov | Revd Andrew Maguire |
| 27th Nov | 4pm - Revd Steve Oliver |

REMEMBRANCE SUNDAY

There will be **no service at the Methodist Church on Sunday 13th November**. We shall be sharing in the village Remembrance Sunday Service at St Mary's Church – **note earlier time of 10.00am.**

MIDWEEK COMMUNION

The November Midweek Communion will be on Wednesday 9th at 10.30am, conducted by our Minister Rev. Steve Oliver. All who love the Lord are welcome to attend and join us.

BIBLE STUDY

Our last bible study of the year will be on Thursday 1st December at 10.30am.

THE FELLOWSHIP

Our fortnightly meeting for both men and ladies with guest speakers will be on Tuesday 8th November 2.45pm- speaker: Maureen on Aloe Vera. On Tuesday 22nd November: Renee Smith. This pleasant afternoon is becoming more and more popular- why not come and join in.

SOCIAL EVENING – RAY’S QUIZ

The social evening meets on the second Thursday evening each month. November meeting is Ray’s Quiz on Thursday 10th November at 7.15pm. Here, quiz specialist Ray Cawkwell holds a General Knowledge quiz. All welcome – teams will be made up on the night.

CHRISTMAS IS COMING

Yes, I know you know Christmas is coming, but here is an event that will be held before the December Newsletter is published. **Friday 2nd December at 6.00pm.** For the first time ever we will have a 12 foot Christmas tree lit up nightly throughout December outside the Methodist Church. The official lighting up and carolling will be on Friday 2nd December at 6.00pm. Do come and join in our celebrations.

MIDWEEK ACTIVITIES

Tuesday - Open door weekly 10.00-12.00noon
- Fellowship 8th and 22nd at 2.45pm
Wednesday - 10.30am Midweek Communion,
9th October
Thursday - Social Evening 10th at 7.15pm - Quiz
Friday - Indoor Bowls 7.00pm (weekly)
Friday 2nd December - Christmas Lights switch on and carols at 6.00pm

RADIO HEACHAM GOSPEL HOUR

The Gospel Hour will now be broadcast regularly from 9pm – 10pm. The station can be picked up on the internet via www.radioheacham.org

The Gospel Hour is a mixture of traditional and modern Christian songs and hymns, prayer, readings and thoughts, but it is your station and I would welcome requests and reasons for that request. Please make your request on either the website (www.radioheacham.org) or email me on revoliver@radioheacham.org

If you know of anyone who would value a time of quiet reflection and inspirational music, please give them the details. The Gospel Hour is another opportunity for the community we live in to hear the Good News of Jesus. I look forward to joining with you.



Radio Heacham
The Gospel Hour
Every Sunday from
9.00 - 10.00p.m.
DJ Rev. Steve Oliver
Listen on
www.radioheacham.org

Steve Oliver (Rev), Heacham Methodist Church

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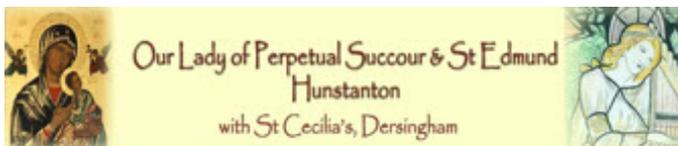
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Hunstanton Catholic Parish

Our latest social occasion was the shared ladies lunch at St Cecilia's on Saturday 15th October, which was very well attended. There was a talk from parishioner Peg Hunter about how she became a dance teacher and examiner and a brief history of dances such as ballet, tap, ballroom and Latin. There was also a very good demonstration of the Waltz, the Cha Cha, and tap and ballet sequences from some of her mature pupils.

There was a very varied selection of delicious food on offer and everyone enjoyed a really good afternoon.

Foodbank supplies are still required; items can be left in the porches of both churches. Please ensure that all items are well in date. Thank you for your continued support of the scheme.

There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. For more information contact Caroline Brooks on 01553 673069.

All social events will be well publicised on the website and in the weekly bulletins.

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

Daily Masses will be 10am in the parish church at Hunstanton on Monday, Tuesday, Thursday and Friday. Wednesday mass is usually at 10.15am at St Cecilia's, Dersingham. **Sunday Masses** are 9am at St Cecilia's, Mountbatten Road, Dersingham and 11am at Parish Church, Sandringham Road, Hunstanton.

The Parish telephone number is 01485 534675. If you require a Priest urgently, please telephone V. Rev Canon Peter Rollings on 01553 772220 or email: parishpriest763@gmail.com

Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org



The dancers in the photo are l-r Anna, Sue, Hilary, Val, Roisin and Peggy (dance teacher).



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COMMUNITY COFFEE MORNING

Please come and join us

Inaugural Coffee Morning
at

**Old Friends Hall,
Sunnyside, off Caley Street**

Wednesday 14th December

10.00am – 12.00noon

Everybody Welcome (but Assistance dogs only)

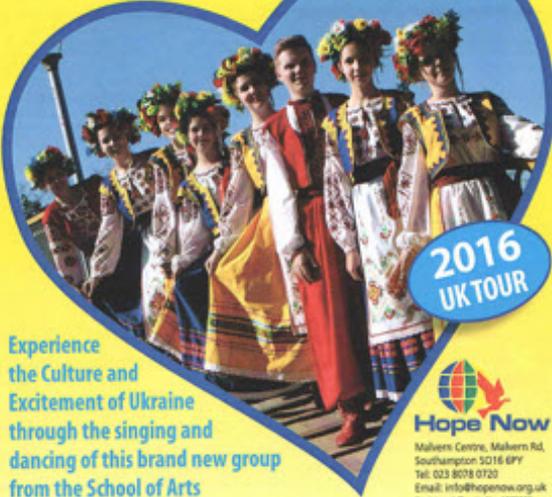
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STATION ROAD**

**FRIDAY DECEMBER 2nd 2016
at 6.00pm**

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



Members of the Heacham & Criteuil-la-Magdeleine Twinning Association enjoy visits to our twinned village, situated a few kilometres south of Cognac in the Charente department of south-west France. On alternate years we host our friends on their return visits to Heacham.

Our next visit to France is scheduled over the weekend of Thursday 1st June to Tuesday 6th June 2017.

Our aim is to foster good relationships between the peoples of our two communities by encouraging exchange visits between them.

During the year we organise various social events, not only to raise funds but primarily to enjoy ourselves.

We are always looking to welcome new members of all ages, not just from Heacham but from other villages in the area and Hunstanton.

If you are interested in learning more about the association why not come along to one of our monthly committee meetings which are usually held on the 3rd Wednesday of each month or one of our social events.

Annual membership subscription is currently £10 per member payable on or before 1st March each year. Children under the age of 16 years free.

For more information of our social events or to apply for membership please contact us by telephoning 01485 579465 or email to heacham.twinning@anmerclub.co.uk

Member of the Norfolk Association of Twin Communities

Norfolk Coast Ponds Project - volunteers required

We are looking for volunteers to take part in pond survey work in the Area of Outstanding Natural Beauty. In the first instance, we are looking for 2-3 people this year into next to work on a pilot to test a recording methodology. This will be followed next year in the spring by a survey of the coast's ponds, for which we seek assistance from several volunteers.

Ponds are such an important habitat, serving as stepping stones in the wider landscape linking areas and providing refuges for wildlife. We need to know more about them, where they are, what condition they are in and what wildlife they are supporting. If you would like to **find out more or be involved** in this work - either the 2016 pilot, the 2017 survey, or both - contact Gemma Clark gemma.clark@norfolk.gov.uk You do not need to have an ecological background as the survey isn't long and is very straightforward; a briefing session can be provided beforehand.

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Road users reminded to look out for each other in safety campaign

Drivers and cyclists are being urged to look out for each other as part of a joint drive by Norfolk County Council and Norfolk Constabulary to reduce the number of cyclist casualties on the road.

'Mind out for each other' encourages all road users to be more considerate towards each other with the aim of helping to make Norfolk's roads safer – for both cyclists and motorists. Norfolk is regarded as a safe place to cycle, and 1 in 5 drivers cycle at least once a month. However, both need to do more to keep each other safe.

This campaign comes in response to the increasing number of adults taking up cycling, and the rising number of cyclists killed or seriously injured on Norfolk's roads. 48 pedal cyclists were killed or seriously injured (one fatality, 47 serious injuries) on Norfolk's roads in 2015 - more than in any other year during the last decade. This is a 50% increase on the 2014 figure (32 - no fatalities, 32 serious injuries), and more than double the number killed or seriously injured in 2010 (22 - one fatality, 21 serious injuries). Three out of every four cyclist injury collisions occur at junctions, and cyclists are seven times more likely to be injured on urban roads than on rural ones.

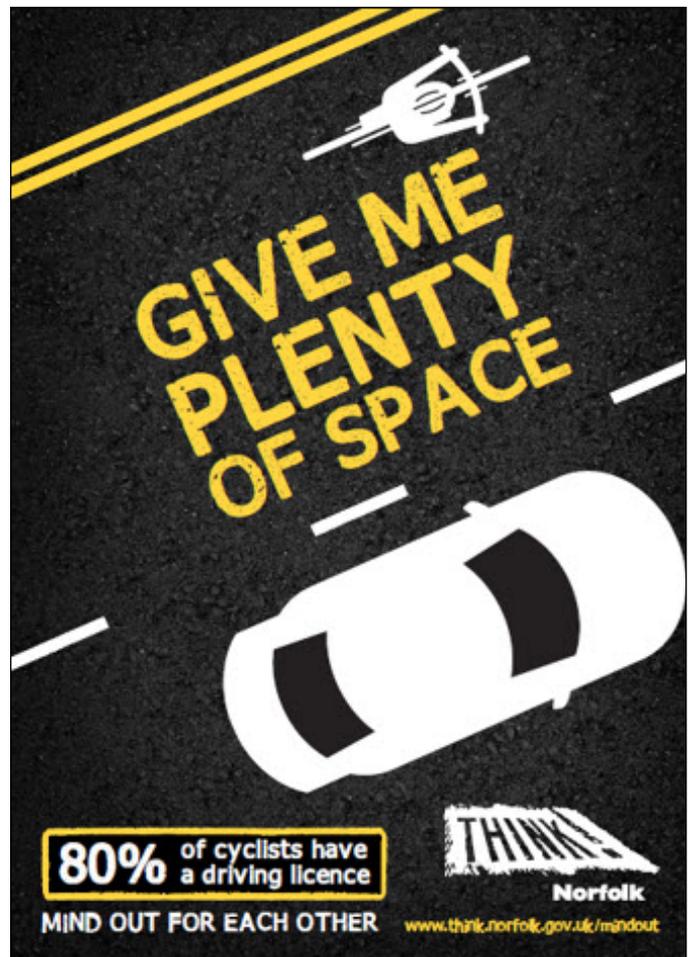
Norfolk County Council will be focusing on making both drivers and cyclists aware of the issues around cyclist safety, while Norfolk Constabulary are concentrating their efforts on enforcement to ensure all road users are obeying the laws of the road.

The council will be offering free workplace seminars to cyclists to cover the economic, health and environmental benefits of cycling, whilst providing advice on equipment, routes and behaviours and delivering key safety messages. As a follow-up, commuter cyclists will be offered a bespoke on-road training session, which will offer an insight into the potential hazards a cyclist could face on their commute to work and advice on their riding behaviours.

Norfolk Constabulary will maintain their ongoing commitment to treat all road users equally; if a cyclist is seen breaking the law or putting himself/herself or other road users at risk, he/she will be stopped and dealt with in exactly the same way a driver would be.

Norfolk County Council's Casualty Reduction Team are taking bookings from businesses for cycling theory workplace seminars. If you are interested in setting up a session, or want more information on what the sessions entail, email roadsafety@norfolk.gov.uk or call 0344 800 8020.

For further information, including tips on how car drivers and cyclists can help keep each other safe, please visit www.think.norfolk.gov.uk/mindout



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TIDE TABLES FOR NOV & DEC 2016

| HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT) | | | | | | | | | |
|---|---------|-----|-----------|-----|---------------|---------|-----|-----------|-----|
| November 2016 | | | | | December 2016 | | | | |
| Date | Morning | | Afternoon | | Date | Morning | | Afternoon | |
| | Time | m | Time | m | | Time | m | Time | m |
| 1 TU | 06 51 | 7.1 | 19 10 | 7.1 | 1 TH | 07 02 | 6.9 | 19 17 | 7.1 |
| 2 W | 07 25 | 7.0 | 19 38 | 7.0 | 2 F | 07 37 | 6.8 | 19 48 | 7.0 |
| 3 TH | 07 56 | 6.9 | 20 05 | 6.9 | 3 SA | 08 11 | 6.7 | 20 18 | 6.9 |
| 4 F | 08 27 | 6.7 | 20 35 | 6.8 | 4 SU | 08 47 | 6.4 | 20 49 | 6.7 |
| 5 SA | 08 58 | 6.3 | 21 06 | 6.4 | 5 M | 09 25 | 6.2 | 21 29 | 6.4 |
| 6 SU | 09 36 | 6.1 | 21 46 | 6.1 | 6 TU | 10 11 | 5.9 | 22 17 | 6.2 |
| 7 M | 10 28 | 5.7 | 22 41 | 5.8 | 7 W | 11 12 | 5.7 | 23 20 | 6.1 |
| 8 TU | 11 46 | 5.5 | | | 8 TH | | | 12 32 | 5.7 |
| 9 W | 00 01 | 5.7 | 13 22 | 5.6 | 9 F | 00 38 | 8.1 | 13 50 | 5.9 |
| 10 TH | 01 31 | 5.8 | 14 34 | 5.9 | 10 SA | 01 54 | 6.3 | 14 56 | 6.3 |
| 11 F | 02 39 | 6.3 | 15 33 | 6.5 | 11 SU | 03 02 | 6.7 | 15 53 | 6.8 |
| 12 SA | 03 36 | 6.9 | 16 23 | 7.0 | 12 M | 04 02 | 7.1 | 16 45 | 7.1 |
| 13 SU | 04 27 | 7.4 | 17 11 | 7.4 | 13 TU | 04 58 | 7.4 | 17 34 | 7.4 |
| 14 M | 05 17 | 7.7 | 17 56 | 7.6 | 14 W | 05 52 | 7.6 | 18 21 | 7.6 |
| 15 TU | 06 07 | 8.0 | 18 39 | 7.7 | 15 TH | 06 44 | 7.7 | 19 06 | 7.7 |
| 16 W | 06 55 | 8.0 | 19 22 | 7.7 | 16 F | 07 34 | 7.6 | 19 48 | 7.6 |
| 17 TH | 07 43 | 7.9 | 20 03 | 7.6 | 17 SA | 08 21 | 7.4 | 20 30 | 7.5 |
| 18 F | 08 30 | 7.6 | 20 44 | 7.4 | 18 SU | 09 07 | 7.0 | 21 12 | 7.1 |
| 19 SA | 09 19 | 7.1 | 21 29 | 6.9 | 19 M | 09 56 | 6.7 | 21 58 | 6.7 |
| 20 SU | 10 14 | 6.5 | 22 21 | 6.4 | 20 TU | 10 49 | 6.2 | 22 50 | 6.3 |
| 21 M | 11 20 | 6.1 | 23 28 | 6.1 | 21 W | 11 47 | 5.8 | 23 53 | 5.9 |
| 22 TU | | | 12 32 | 5.7 | 22 TH | | | 12 48 | 5.6 |
| 23 W | 00 42 | 5.8 | 13 40 | 5.7 | 23 F | 00 59 | 5.7 | 13 50 | 5.6 |
| 24 TH | 01 51 | 5.9 | 14 44 | 5.9 | 24 SA | 02 07 | 5.8 | 14 49 | 5.8 |
| 25 F | 02 54 | 6.1 | 15 38 | 6.2 | 25 SU | 03 07 | 5.9 | 15 42 | 6.1 |
| 26 SA | 03 47 | 6.4 | 16 24 | 6.5 | 26 M | 04 00 | 6.2 | 16 27 | 6.4 |
| 27 SU | 04 33 | 6.5 | 17 04 | 6.8 | 27 TU | 04 46 | 6.3 | 17 08 | 6.7 |
| 28 M | 05 14 | 6.8 | 17 38 | 6.9 | 28 W | 05 26 | 6.5 | 17 44 | 6.9 |
| 29 TU | 05 51 | 6.8 | 18 11 | 7.0 | 29 TH | 06 05 | 6.7 | 18 21 | 7.0 |
| 30 W | 06 26 | 6.9 | 18 43 | 7.1 | 30 F | 06 44 | 6.8 | 18 58 | 7.1 |
| | | | | | 31 SA | 07 23 | 6.8 | 19 33 | 7.1 |

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Heacham History Group



We cancelled our talk in September and we apologise for this. Due to the tragedy in nearby Caley Street and out of respect for Tracy, who helped us at the beginning of the group, and her family, we felt it was the right thing to do. Thank you to those who supported us in our decision. Tracey was a very active member of our community and will be sadly missed.

The group has an email list which we use to remind members of our talks and meetings and let them know of any last minute changes. If you become a member of the Heacham History Group (£2 a year), you can also be added to our list. We will be rescheduling Claire's talk on Heacham's archaeology in the New Year.

The talk in November will be on Monday 28th and will be by Matthew Champion: "Medieval Graffiti: the Lost Voices of England's Churches". Matthew is the project director of The Norfolk Medieval Graffiti Survey, the first large scale survey of early graffiti in the UK. It is a community archaeology project entirely run by volunteers which is changing the way we look at our medieval church heritage. Today, we associate graffiti with vandalism but looking at medieval church graffiti can give us an insight into the people who do not have a voice in our churches. The peasant ploughing the land didn't have an alabaster tomb, a brass set in the floor or commission a stained glass window. Only the rich and powerful could afford to do this. Graffiti can be, and was, created by all levels of society and can offer a unique and un-studied insight into the people of the medieval parish.

Linda Nudds



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Heacham in Bloom

On Monday 17th October at our A.G.M, the following appointments were confirmed for the coming year: Mary Sheldrick, secretary for the past 5 years becomes Projects Coordinator, Philippa Sewell has taken over as secretary and Helen Vickerstaff to continue as Treasurer.

Many thanks must go to Dave Curtis who once again has come up trumps and has supplied us with new sponsorship signs for our planting beds which should be in place before very soon.

Thank you again Dave for your continued support.



We can report that we have had a response to our appeal in the October Newsletter for a boat to replace the old wooden canoe at the North Beach planting feature. We have not only been given the boat, the owners have also offered to prepare it and assist us with its placement. Thank you very much for your generosity.

Our next meeting is on Monday 21st November, 7pm at the Parish Council Offices. All welcome to attend.

Heacham in Bloom Committee
heachaminbloom@btinternet.com

Brancaster Camera Club

We have two club evenings in November:-

Tuesday, 8th November
Annual Monochrome Competition
Judge: Chris Holt

Tuesday 22nd November
Annual Digital Image Competition
Also judged by Chris Holt

We are coming to the end of our programme for this year. We would be very pleased to see anyone who would like to join us in 2017. Please contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725.

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HEACHAM POCHONTAS PLAYERS DRAMA GROUP

The auditions are done and we now have a cast for 'Alice in Jumble Land' our January 2017 Pantomime. A very difficult task for the casting committee! The first rehearsal went well (see photo). You have heard of the song '3 wheels on my wagon'? Well, here we are running through that song for the very first time. Sorry about the 'nude' Panto horse in the photograph but we still have 'Shergar' to dress?! A huge task ahead for the production team we think?! We hope the audience will enjoy it as much as we are doing?

We were pleased that 5 new members have joined us. One of those members is 14 year old Kelsie Hall who landed the leading role as Alice. Also Simon Boston as a comedic 'Mustapha Fortune' along with Jade, Sharon and Mick who are playing important roles. It was also great to welcome back, after three years off from the group to study at University, Laura Thomas.

For this production two well known young brothers are taking on the directorship - Joshy Chilvers is Co Director and Ryan Chilvers is the Musical Director. Several of us older long term Pocahontas Players are now 70 years plus and late 60s, so it is nice to see the young players putting themselves forward for these important positions.

'Alice in Jumble Land' has been written by the very clever and witty Jimma Race, so we are in for a good laugh! It seems early to ask about tickets but January will soon be upon us once this month is out. Hopefully, if you came to '7 Brides for 7 Brothers', we will have the same seating arrangements, using the very successful raised seating. Tickets for these seats will be £1 extra.

Tickets will be available from the first week in December. If you would like to reserve your tickets just give us a ring. Leave your telephone number. Your name will be listed and we will get back to you as soon as the tickets come hot-footed back from the printers. (Janice 01485 570402 / Jim 01485 571267).

Dates for your new 2017 calendar/diaries are:-

THURS 19th January - 7.30 pm

FRIDAY 20th January - 7.30 pm

SATURDAY 21st January - 2 pm & 7.30 pm.

More news on rehearsals and ticket prices etc will be in the December issue of The Newsletter.

Please keep up with us on our new website - www.pocahontasplayers.co.uk

Also, if you would like to advertise in The Pantomime Programme(?) - give Chairman Dave Curtis a call on Heacham 570402.

Thank you.

Janice Curtis

(on behalf of The Pocahontas Players)



SJP

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Sallywags Parent, Baby & Toddler Group

Lovely to see so many faces, new and returning, keeping Sallywags sunny this Autumn! Thanks for coming along everybody! In September we ate blackberries at snack time and painted with them too, and we ended October with paper plate spiders and paper roll bats! Thanks to Louise Rudd and Janine Murray for bringing those crafty creature ideas to Sallywags! I forecast plenty of glitter ahead for November and December's craft tables!

Many thanks Alison, Cristiana, Kathryn and Liz for all your end of session help and to all the lovely little and big folk for the Tidy up Time! Thank you to Lesley Trebbick for kindly thinking of us and donating garden toys - the wheelbarrow's already been pushed around the garden Lesley as we've made the most of the Autumn sunshine! Many thanks also to Margaret and Ken Nye for your kind support of Sallywags and donations for our craft drawers. And finally, thank you to Rachael Sandle and Wolfy's Photography for our lovely annual photography session at the Scout Hut and to Heacham Infant School for your ongoing support.

What a great community we have and you'll find the Sallywags community every term time Wednesday at the Scout Hut from 9.30-11.00. Do pop along with your little ones for a play!

Sallywags Parent, Baby & Toddler Group - Scout Hut, Sunnyside, Heacham - term time Wednesdays 9.30-11.00am - £2 per family. Please text/call Jo on 07521 447284 for further information.

If you are looking after a family member or a friend because they can't look after themselves, and you are not paid for doing so, then you are a carer. And the chances are you will need some help and support. West Norfolk Carers is here to support unpaid family carers because we understand the stresses and strains you may face. We run Carers Groups in Downham Market, Swaffham, King's Lynn and Hunstanton and we run Young Carers groups (from as young as 7 years old up to 18 years).

We can make home visits to help you deal with your needs and advise on grants, benefits, activities, which organisations you should approach and so on. We're here to give you a friendly shoulder to lean on.

Recently, WNC was awarded funding to run a TRANSFORMING LIVES project targeted at young adult carers 35 years and under. Here, we can offer all the above support plus **free** training to improve your personal wellbeing. The training can help you in areas such as stress management, self-confidence, life and parenting skills, career planning, job ready skills, opportunities to access volunteering and work plus give you the chance to have some time for yourself on something you enjoy, eg cooking tuition, nutrition, relaxation classes, drama, music or activity sessions.

Interested? For an informal chat and to gain more information call West Norfolk Carers on: **01553 768155** or email on info@westnorfolkcarers.org.uk or go to <http://www.westnorfolkcarers.org.uk/>

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The Directors/Trustees would like to thank CITB Bircham Newton, Thurlow Nunn, Fakenham, and Dave Curtis for their kind assistance in arranging for this facility to be available.

The charity shop continues its success and as such have found that we now require further volunteers to assist. If you would like to help, even with just a few hours, please contact Peter Sutton.

Peter Sutton



HEACHAM SOCIAL CLUB

Torrey Cup 2016

A big thank you to everyone who took part in this very successful event. The Finals Day was blessed with good weather and an excellent band and bbq arranged by Tich and Lisa. Thank you.

Congratulations to Heacham Ex-Service teams, who took 1st, 2nd and 3rd places.

A clean sweep. Well done to the winners Nancy, Sam and Geoff.



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Fri 4th Jam Session with DNA

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Tues 15th Dogwood

Tues 22nd Chicago 101

Tues 29th DNA

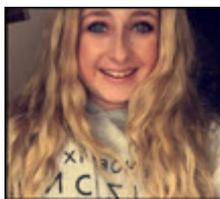
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Paris Larham

Ex-Services Bowls Club, Heacham

A lot of people may not realize, or have never noticed, that there is an Ex-services Bowls Club off the High Street in Heacham. The Bowls Club was first set up in 1921 after WW1 in remembrance of the war and of the soldiers themselves. Although this isn't just any bowls club, there's a lot of history behind it. Mary Hazle, a resident in Heacham, is very interested in history to do with the Heacham village and has a lot of old newspaper cuttings in hand. She found an old cutting from the newspaper discussing a meeting the club had at the residence of the chairman, Colonel J.R. Hill, noting a satisfactory balance at the time of £1.12.10d (Pounds, Shillings & Pence). This was obviously an extremely low balance leading into my next point about the Club. The club isn't a charity and relies on donations to carry on, with no funds. Therefore, it can be a struggle to be able to buy new items, such as lawnmowers, to keep the grass cut short regularly or to fix things if they go wrong. In the next year, the club's goal is to start advertising. The club is all about the leisure of the sport. There are around half a dozen members at the minute and the club is open to anyone in the village to come along and play with the club next year on a Wednesday afternoon 2-4pm for social bowling.



As mentioned earlier about the old newspaper article, there was a low financial balance reported to the meeting and, on the motion of the secretary, it was decided to give the £1 to the special Constables' Welcome Home Fund.



During the year grants had been given to Lynn Hospital, the prisoners of war fund, the "Homestead" wool fund, and to serving club members. Also, at the beginning of the war, the club decided to make a rule that all profits should be given to Charity.

Officers appointed at the meeting were: Mrs Torrey and Miss Susan Torrey - daughter of Mrs Torrey, Dr. Patrick Hadley, a doctor in music, Rev GA Meakin, the village parson/vicar, Walter Johnson who owned Johnson's bakery, A. Hines, H. Lambert, R.O. Warner who had a grocery and antique shop where the present co-op is situated, S. Crisp (Chairman and Treasurer) who had a butchers in the High Street, Mr Fred Flood (Secretary) who had the firm 'Flood removals' along with his brother - W. Flood, Mr W. Johnson (Captain), Mr T Hart (vice-captain), Mr B Dew, a painter and entertainer for parties and social events, A. Harper, R. Williamson, A. Webb, S. Tipper, G. Holland, the village bandmaster, A. Thurston, L. Bowman who worked on the Heacham Railway and Col. Hill (vice chairman) who provided refreshments at the meeting.

The Ex-services Bowls Club in Heacham is located off the High Street on a right hand turning before you get to Pound Lane. The club needs more members and could do with some help regarding items such as replacing gates.

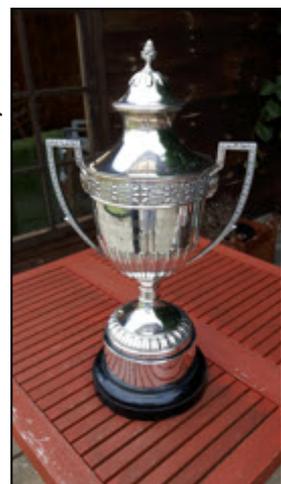
Graham Reader, Parish Councillor, was invited down recently to take photographs of the club. Robert Pritchard, Parish



Councillor, and Jenny Pritchard took him in hand and borrowed Rob's woods and played bowls. Graham spent as much time taking photos as he did bowling woods. He said, "It was a good day, nice and relaxing" which is what he likes about the club. Although there was competition it didn't seem as though it was pressurizing, it was more like a leisurely competition. Graham was quite pleased, as he managed to get more than a couple of woods second and third and that not all the time was he bowling the woods 6-8 feet away from where the jack was! He said it was a "Good pleasant couple of hours." Graham first noticed the club when he was walking around the village a couple of years ago and had never known much about it until a couple of weeks ago when Robert told him. Graham also told me, "It is great that the club in the village centre is still used and maintained and a shame it lacks facilities. I enjoyed my couple of hours there being taught and just having fun. Sports these days are so competitive that it was nice to play for leisure and have a laugh with some friendly villagers."

I visited the bowls club and had a go at bowling some woods. It was a very uplifting experience and a very enjoyable sport to play. Robert and Jenny gave me lots of advice on positioning when bowling, direction, how to hold the wood etc. and it was a perfect way to end the day by getting as close as I could to the jack! I would definitely do it again.

A couple of weeks ago the Bowls Club won the Torrey Cup, shown in a photograph above.



If you have any questions or queries regarding the Ex-services Bowls Club, please don't hesitate to contact Robert Pritchard or Jenny Pritchard.

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JOURNAL FROM A BEACH HUT....

News and stories from Heacham's wonderful beaches.

Raggy Daisy's news and stories from Heacham's wonderful beaches.

Hello to all..... well it's Sunday 16th October and what a beautiful afternoon today's turned into mid-October and it was almost as gorgeous as a mid-summer's day. I was able to sit in FlipFlop with the doors open wide and the sun streaming in as I wrote my journal.

Of course, autumn is well and truly with us and 'hut life' is coming to an end for another year. There have been very few hutters at the beach now for several weeks, just the die-hard few still tinkering around with their huts and getting them ready for the winter.

Life at the beach is still good. Autumn is a great time for walking, the beaches are quiet, especially during the week and often it is just the seagulls and you. It's a time when I love to sit on the sea wall with a mug of drinking chocolate to warm me up as I



contemplate... well, 'as little as possible really' as I gaze out to sea.

Walking past the beach huts you notice more and more huts showing signs of being shut up for the winter and you know that inside they will have been cleared, cleaned and tidied, all signs of summer life packed away until next year. Too soon winter will be upon us again and for a summer beach hippy that's not a welcome thought but, loving the summer aside, there is so much here to enjoy about the winter and very soon we will be privileged to see some of the best of nature's spectacular displays. I have been reading some of my old journals to get myself in a winter frame of mind.....

... January 22nd, 2013 walking along South Beach – black feathers gleaming in the distance, the large group of Oyster Catchers stand at the edge of the tide. Approaching, I could see they were accompanied by a group of smaller grey-shaded waders. Apologies here but despite buying two books now I am no better at identifying the bird names.

Despite taking a large detour around the birds I am still too close for their comfort and the group take off over the sea. Like small aeroplanes becoming airborne via a tiny runway..... black feathers to the right and grey feathers to the left accompanied by the twitter, twitter of their chorus as they depart. Then squawk, squawk, squawk as one Oystercatcher realises it has joined the wrong group. Screech, screech, screech as it changes direction, leaves the group of grey feathers and swoops over the waves to rejoin the black and silver cloud of its own kind as they relocate at the tide's edge further along the beach.

Spotting a man with a huge lens on the promenade I approached to ask what the grey birds are called and he informed me they are Bar Tailed Godwits. But you don't need to know what they are called to enjoy them. Just get out from in front of the fire and enjoy watching them; it's so easy to think 'oh it's too cold today, I'll go tomorrow'. I give myself a kick out of the door by not allowing myself to think about it. I just go and the feeling when you arrive back at your warm fireplace is 'wow, it's good to be alive'.

I am determined to enjoy this winter. I had been pondering how a 'journal from a beach hut' would work in the winter months when it occurred to me that beach life doesn't stop because it's not summer, it just changes. So this winter I plan to embark on 'Raggy's coastal tour'. I'm revving up and raring to go and explore the familiar as well as the new. I'll keep you posted and hopefully motivate a few others who struggle with the winter months too, to leave their warm home and enjoy a couple of hours observing the busy winter life on the seashore.



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Heacham Beach Hut Owners' Association news.....

A few words of advice from our insurance company – Love your Hut - for securing your huts this winter:

- Check around the hut and get rid of anything which could be used to start a fire.
- Remove unnecessary items kept inside your hut.
- Make sure any gas is turned off and preferably removed.
- Dispose of all rubbish inside your hut.
- Ensure you leave some ventilation whilst maintaining the security of your hut.
- Remove fabric items to avoid mildew.
- Box or cover plates and cutlery.
- Place a desiccant water trap in the middle of the hut.
- Make sure doors are shut and bolted correctly to avoid warping.
- Check roof coverings are fixed down with galvanised pins and roof batons.
- When you close your hut for the final time liberally coat the locks with petroleum jelly.
- Wrap locks in clingfilm and tie a plastic bag around padlocks.

New members are always welcome to join us and can contact the Association by email at: dena.hbhoa@yahoo.co.uk

Enjoy the lovely shades of Autumn - from HBHOA!!

'Together we are stronger'



HEACHAM LAWN TENNIS CLUB

Heacham Lawn Tennis Club is aiming to increase its membership and profile in 2017 to ensure that the excellent lawn tennis courts are regularly used again as they were some years ago.

We have set up a Facebook page - "Heacham Lawn Tennis Club" and are keen to hear from new and previous members on how to positively move the club forward.

We are holding an AGM at Heacham Social Club on Monday 7th November at 7.00pm.

All welcome.

Mike Shaw
michael-shaw5@sky.com
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HEACHAM SOCIAL CLUB

Friday 11th November – 9.00pm

JESSIE’S GHOST

All welcome

This year’s Xmas Draw is up and running

£1 a go

A great selection of prizes to be won.

Draw date tbc.

NEW YEAR’S EVE DISCO

in the Public Hall

Tickets available at the Social Club - £6 each

CHRISTMAS PRIZE BINGO

Wednesday 23rd November

Heacham Club

Eyes down 1.30pm

**HEACHAM SOCIAL CLUB
CHRISTMAS MENU**

Starters:

Pâté with toast

Prawn Cocktail

Homemade Vegetable soup (V)

Garlic Mushrooms (V)

Main Course:

Turkey

Beef

Lamb

With all the trimmings

Homemade Mushroom Stroganoff with Rice (V)

Dessert:

Homemade Cointreau Chocolate Orange Roulade

Christmas Pudding

Homemade Raspberry Mousse

Homemade Fresh Fruit Salad

Cheese and Biscuits

Coffee, Mince Pies, Mints

4 x course - £17.95

2 or 3 course available

Deposit required at time of booking

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Tribute to Tracey Swann

An inspiration to the village and beyond

Some of the things that Tracey was involved in:

- Chairman of the Community Activities Committee**
- Heacham Youth Club - Fire Station Campaign**
- Remembrance Sunday - Heacham Carnival**
- Photo Exhibition Old Friend's Hall**
- Art Exhibition Old Friend's Hall - Heacham Surgery**
- Queen's Birthday - Party in the Park**
- St Mary's Church - Smithdon PTA**
- Heacham Infant & Nursery Fund-Raising**
- Queen's Jubilee Street Party - Community Building Project**
- Parish Councillor - Keep Heacham a Village - Beach Party**



Heacham Parish Council

In memory of Tracey Swann – A Tribute

When Tracey became a Parish Councillor in 2007 she had no hesitation in volunteering to sit on several of the committees and became a valued member of the council.

She was an active member of the Old Friends' Hall committee from its inception in 2011, helping whenever possible during events; dressing up at the Santa Grottos, manning the desk or kitchen at our art and photographic exhibitions or wielding a paint brush on work days, splashing the walls and ceilings in her enthusiastic way.

As Chairman of the Community Activities Committee she was instrumental in obtaining, and looking after, play equipment for the Recreation Ground where the fire engine will be the sort of memorial she would have wanted. For the past two years she devoted many hours to making sure that the annual Carnival ran smoothly and successfully - arranging the road closures, booking the bands and organising all the volunteer marshalls so that everyone knew exactly where they would be on the day and what their roles were. She took great delight in donning her Hi-Viz jacket and stopping the traffic. Woe betide anyone who did not have their mobile phone switched on and ready to answer her call to let them know the carnival was approaching.

Although being a working mother, with numerous other commitments, she always found time to help Lynne, the Clerk to the Parish Council, in the office when asked and managed to ease the workload considerably as well as being fun to work with. She also took on the responsibility for managing the Parish Council's social media. She was committed to the village and had a passion for all the projects that had 'The Tracey mark' on them especially saving the Fire Station. There is a saying that "if you want something doing ask a busy person" - this certainly applied to Tracey who always found time somehow to get things done.



Tracey would have wished that the day to day work of the Parish Council continues as before, but it is true to say that it will be very difficult to fill the void she has left and to find someone with as much enthusiasm and determination to see things through to the end as she had.

She will be missed not only by her colleagues on the council but by all those whose lives she touched and helped to make better. We must also not forget that in addition to all the things she was to the parish and its residents, she was a Daughter and Mother and our thoughts go to her mother Margaret and her son Tanner.

Michael Williamson

TRACEY SWANN

Supporter, Campaigner, Friend.

This month there is no 'News from Heacham Fire Station' article. If there was, it would be dominated by one item, the untimely and tragic death of our friend and most ardent supporter, Tracey Swann.

Instead, I would like to look back at the last fifteen months as a tribute to Tracey and all she achieved.

Tracey's involvement with the fire station began in August last year when the crew were told that there was a proposal to close it as part of County Council budget cuts. As soon as Tracey heard about it, she went on Facebook and created the 'Save Heacham Fire Station' page. Her aim she said was to reach maybe a dozen people and let them know what was going on but it grew and grew to have well over 1,000 members.

Tracey was very much a Facebook devotee and she used the page to good effect. Anything connected with the campaign was posted on it including news from the County Council, events at the station, the public consultation and even a light hearted 'guess the location of the banner' quiz! It was through Facebook that some of the press contacted Tracey which led to her becoming a self-proclaimed media tart! She established good relationships with the reporters at the EDP and Your Local Paper in particular which gave us some much needed coverage. Not only was Tracey able to get the message across in print, she was also on the airwaves via KLFM and Radio Norfolk and the television courtesy of Anglia News!

There would sometimes be a little note of protest from Tracey about having to do 'another interview' but I wasn't fooled by this at all..... she absolutely loved it and it really helped let the County know that Heacham Fire Station wasn't about to disappear off the map without a fight.

Not content with her Facebook and media work, Tracey also helped organise various events to promote our cause. One of the first of these was the Public Meeting at the Old 'Friends' Hall which saw Tracey, County and Borough Councillors and the Chief Fire Officer sitting at a table behind a Save Heacham Fire Station banner. A piece of Tracey genius that provided one of the most reproduced press photographs of the campaign.

There was also the winter wonderland of Christmas trees and the visit by Andrew Impey, the young lad with autism who was on a mission to visit every fire station in the land.

Tracey not only had ideas, she had lots of friends and contacts and knew where to get hold of things. She could get a group of people together and make things happen! People like her are few and far between and those skills at organising events will be sorely missed not only by the fire station but by so many other people and groups in the village.

Tracey was also part of taking the campaign to County Hall in Norwich and made the trip, with others, on more than one occasion. There she was at the heart of things, speaking to the press and councillors, proudly holding one of the signs she had got Dave Curtis to make. It was on one of these visits that she did an interview for Anglia News and they replayed part of this on Monday 26th September when they reported her death. Tracey had the first five minutes of their main evening bulletin all to herself and I think she would have been pleased with that.

One of the last acts of the campaign came after the final budget meeting at County Hall on 22nd February, a meeting which nearly saw everybody thrown out when the order was given to clear the public gallery because of heckling. Now the heckling wasn't down to Tracey or any of us but I'm sure she would've had something to say if the order had been carried out! As soon as we got back to Heacham after that successful meeting, Tracey and myself visited all the public banner sites and added the 'SAVED THANK YOU' stickers to them. This might have been the last involvement Tracey had with the station but it was great for us that she wanted to carry on being part of what we want to achieve - a real community based fire station.

'Save Heacham Fire Station' became 'Friends of Heacham Fire Station', we had more press coverage, a visit by Sir Henry Bellingham MP and a fantastic Easter Egg hunt. Even though she was suffering a lot with a bad back, Tracey was still part of the station open day at the end of August. She promoted it, organised raffle prizes and was determined to be there for at least part of the afternoon. The next event at Christmas was already being planned in her head the last time I spoke to her.

So very many people feel such sadness that we have lost someone who did so much for others. She cannot be replaced, there could never be another Tracey. Very little fazed her, anything was possible and if she believed in your cause, she would work tirelessly for it.



Myself and Tracey, both being quite stubborn, didn't always agree about each other's ideas but I think she got her way more than me! There was a lot of mutual respect and, as always when someone close is taken away suddenly, I am left with lots of things I wish I'd said to her.

If we can just take upon ourselves a few of the attributes that made Tracey such a great asset for the fire station and others, we will go some way to ensuring her legacy and memory will live on.

*Thank you Tracey
God Bless.*

**Chris Wood
Heacham Fire Station**



TRACEY SWANN A PTA Legacy

In September 2011, a student called Tanner Swann started at Smithdon High School. His mother, Tracey, decided that the school was lacking – namely a PTA – so she decided to do something about it. It would be fair to say that the then Head Teacher was not keen. It took Tracey the whole of that academic year to 'convince' the Head that she was right and she was finally given permission to start a PTA in September of 2012.

The parents and teachers at the first meeting unanimously voted her to be Chair of this new adventure. The first thing she organised was a competition for the students to design a logo for the PTA. The entries were good and the committee had a difficult time deciding, but with Tracey's 'direction' we chose the one with SPLAT (Smithdon parents, learners and teachers) and, in Tracey's words, became 'the Smithdon SPLATers.'

Her first adventure for us all was a Christmas Fair in December of that year. She organised us all with gusto, and used her huge mental register of 'contacts' to make it a very special and very successful night. We all enjoyed ourselves but none more than Tracey herself – she loved it. The one that was held the following year (when she had more time to organise things) was so big we had to use part of the maths block as well as the hall to fit it all in!

Her next idea was a Prize Bingo night for all the family. As usual it all went very well and a good time was had by all, and we all voted for it to be an annual event at the next meeting. At last year's Bingo she insisted she had a crown to wear (as she had got me out of an embarrassing pickle and rang a contact to get some bingo tickets) so I made her one out of cardboard and buttons which she wore throughout the night having great fun!

In January 2014, Tracey decided that the PTA was well established and stood down from being Chair due to her 'many other commitments', but she remained as a very active committee member and both helped to organise and attended all of our fundraising events.

I took over the Chair and the first fundraiser was a car boot sale (Tracey's idea!). At the first one she rattled a collection bucket with her usual determination, but at the second she took on the role as traffic controller at the entry/exit in

Downs Road. This job was made for her. It gave her the opportunity to show her sense of fun but also gave her a little authority and control (which she did like to have!). She was not put off even when someone tried to run her over when she wouldn't let them exit through the entry gate! She was traffic controller for all but the last car boot sale (she was gutted that her bad back prevented her from doing it) and this year she was 'thrilled' with the big blue hands I got for her to wear with her high viz jacket.

In late August this year, Tracey told me that she would need to resign from being a SPLATER as Tanner had left the school. I made it quite clear that her resignation would not be accepted and at the AGM she would be made an Honourable lifetime member. She looked at me with her cheeky smile and a twinkle in her eye and said 'can I be the Queen of SPLAT?' I told her that to me she was that anyway, but at the AGM we would vote on it and I was confident that all the committee members would agree. Sadly, the tragic event in September means that this accolade will need to be given posthumously.

Smithdon High School PTA is one of many legacies of a determined, tenacious, caring, selfless and fun loving woman that was Tracey Swann. She did what she did to make a difference and at Smithdon High School she did just that. We will all greatly miss not only her cheerful commitment but also her friendship.

R.I.P Tracey Swann – Queen of SPLAT

Doreen Perkins
Chair Smithdon High School PTA

Community Building Project A Tribute to Tracey Swann

Tracey took care of the publicity requirement for the CBPC with great enthusiasm; her commitment to the task was testimony to her willingness to contribute wholeheartedly as a valued team member. Nothing fazed her and if you were ever thinking of 'going to battle' you would certainly want Tracey on your side.

Tracey was a fighter as the passage of time will record. She has left gaps in our community that will be hard to fill. Those who undoubtedly will step forward to fill those gaps will gain a true understanding of just what Tracey was able to achieve.

Terry Clay





Tracey

I was devastated when I heard the dreadful news that Tracey Swann had passed away. It was a massive shock to everyone in the village, and after visiting the village briefly this morning to lay some flowers down in remembrance of Tracey, I could

tell the atmosphere was very grim.

In such a short amount of time, an amazing lady was taken away from us.

The first day I met Tracey was at a local event at Fridhem Rest Home in Heacham. I instantly liked her; she was beautiful inside and out. She explained to me about a building project taking place in Heacham and I got involved from there.

I then attended events like the open day of the building project and then she started to tell me all about the fire station and how it was in danger of closure. Whenever discussing matters to me she explained everything thoroughly, and she always let me know when there were matters arising to do with the fire station, events to do with the Fire Station and meetings regarding the danger it was in.

Tracey knew my future career was to be a journalist and she always thought about ways to contribute towards that and wanted to help to make my dream come true.

One of the first events I attended with Tracey and her son Tanner was at Fridhem Rest Home once again at Christmas time where we dressed up as Christmas Characters and handed out posters which the community could display how they wanted to and explained to them exactly what was going on.

Another event was the Easter Egg Hunt at the Fire Station this year when myself, Tracey and Susan Lamb were running around like headless chickens hiding eggs for the children to find. After a while Tracey became absolutely shattered, as you can imagine after all that running around!

The last event I spent with Tracey was this year's fire station open day where she helped and supported everybody and encouraged people to donate for the big raffle at the end of the day.

We spent a lot of time together saving and campaigning and she got me involved no end, such as saving the Heacham fire station and helping with the Heacham Community Building Project. She spent days and days on end sending letters, posting updates on social media, emailing people, talking to people who could help towards her projects, getting as many people involved as possible, and forever thinking of new ideas.

She always encouraged me to do things and was such a big inspiration to me and many other people in the community.

Tracey was so passionate about everything she ever did and was determined to get the outcome everyone wanted as a village. She always thought of others before herself and made sure that everyone's opinion was valued.

As well as getting involved in Tracey's projects, we had some funny times too and lots of laughs with her and the friends of Heacham Fire Station. She was also member of the Parish Council as the Community Activities Committee Chairman, and Tracey started the Heacham Youth Club, being the chairperson for around nine years and had recently just resigned as chairperson.

Tracey impacted a lot of people's lives in many positive ways. She will truly be missed and this will continue to affect people for quite some time. We owe her an awful lot and my heart goes out to her son, family and all of her friends.

Paris Larham



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

Tracey Swann

It is with great sadness that we learned of the tragic death of Tracey Swann. Tracey has been part of our team since 2003 when she first joined us a receptionist before becoming a Health Care Assistant in 2006. In that role many people in Heacham and Snettisham will have come to know her as she will have taken blood from them, performed an ECG or monitored some part of their ongoing health care as a valued team-member.

Tracey was always concerned for people's well-being. If she knew there was a problem she would share it with the doctors and nurses she worked alongside. Often, people would open up to Tracey before speaking with a doctor or nurse. If a patient didn't come who was expected she would also alert the team. Tracey was always willing to go the extra mile to help someone. Tracey developed her role over the thirteen years she worked with us and had special training to treat leg ulcers, a service she provided working alongside the community nurses. She loved her work.

Tracey was also involved in village life outside of the surgery as a Parish Councillor and as a Youth Worker. She has campaigned for facilities for young people, for keeping the local fire service within Heacham and also for the quality of life within Heacham.

I know that Tracey has left her mark on many people and that many feel a very personal sense of loss at this time. We are thinking particularly of Tracey's family at this very difficult time, especially her son.

We will all miss Tracey.

**Dr Andrew Lake
Senior Partner
Heacham Group Practice**



Heacham Infant and Nursery School

Tribute to Tracey Swann

Tracey helped our school in many, many ways, from when Tanner was at the school through to the present in 2016.

She was a long serving member of the Parents and Teachers Association and raised an enormous amount of money for our children through her fundraising and great ideas. Even though Tracey had officially 'resigned', she never stopped helping us - everyone knew that she could be counted on to bring additional manpower and support.

We talked about her in assembly following the fire as many children knew about it. One child remembered her as "my doctor" through her work at the surgery, another for helping at the carnival and for organising the Lavender Princes and Princesses. Our children would remember visiting the Heacham Parish Council Offices in 2015. Tracey talked then about how the Council made decisions and helped the village and she asked the children for their ideas on their future - as it is their village too. She let them all bang the gavel and shout "Order!"

We will all miss her drive and energy in supporting our school events, this is a just little of what she did for us.

Heacham Infant and Nursery School

TRIBUTE TO TRACEY SWANN BY

HEACHAM YOUTH CLUB

Dear Tracey,
 Thankyou very much for everyming that you have done for the youth club, we will always be eternally grateful to you. You always put so much effort into the youth club and you were always so proud of us and cared for each and everyone of us. We will always miss you, You ~~blaxe~~ had that sort of personality and character that can never be replaced. Your enthusiasm and hard work was most of the reason why we won the Heacham Carnival with ~~our~~ ^{our} Steampunk in 2014/5. That was personally one of my favourite memories of you, when we won it. Your reaction was hilarious.
 Thanks again, Rest in Peace Tracey Swann.

Member of Heacham Youth Club



**Smithdon High School
 PTA
 PRIZE**



'If anyone would like to donate a line, house or raffle prize, please contact the school and we will arrange to collect. Thank you.'

**DEDICATED TO THE MEMORY
 OF TRACEY SWANN
 WEDNESDAY 30 NOVEMBER 2016**

Doors open 6.30pm Eyes down 7pm



Raffle – refreshments – fun

EVERYONE WELCOME

**All proceeds to Tanner Swann &
 Heacham Fire Station**

Enquiries to office@smithdon.norfolk.sch.uk (PTA in subject box) or 01485 534541



Heacham in Bloom

Heacham in Bloom, wish to extend their most sincere sympathies to Margaret and Tanner Swann following the tragic death of Tracey in September. Our thoughts are with you both and

your family and friends.

We, as a group, consider Tracey to have been a true friend and supporter who attended our fund raising events whenever possible.

Tracey, you will be greatly missed by the village and all who knew or new of you.

Heacham in Bloom Committee
heachaminbloom@btinternet.com

WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room
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
FITSTEPS 11am – 12noon To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (PH)
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey 07900 818311 (PH)
ROLLASON STAGE SCHOOL Dance Classes 6yrs+ Ballet/tap/modern 4.15-5.15pm Junior Street 5.15–6pm Tel:579074 (PH)Top Room
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 – 6pm Contact Tel: Kathryn 572138 (MC)
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School Contact Sandee Tel: 01485 570485
LINE DANCING Absolute Beginners/Beginners 6-7pm Improvers 7-9pm £3 Contact Diane 571166 (SM)
1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs) 7 - 9pm Tel: Seb 07477 51116 (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 Contact Sue Scott Tel: 572252 (HSC) Top Room

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)
WEST NORFOLK MIND CARERS SUPPORT GROUP 1-3pm 4 Poplar Avenue Tea Coffee & a chat Joyce Armstrong 07704338775
LINE DANCING 1.30 - 3.30 pm Improver/Intermediate £3 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 & SANDRINGHAM 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

WEDNESDAYS

WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar Ave Heacham 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)
LINE DANCING 7 - 9pm Improver/Intermediate £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 Joyce Armstrong 07704338775
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: 07901977321 or 535256 Kay Drewell (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 Sue Spencer bereavementgroup53@yahoo.com or Tel: 572029 (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: Louise 07411457017 (SM)

SUNDAYS

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

HEACHAM DIARY

Friday 4th November 'Coffee Morning' to raise funds in aid of Marie Curie Cancer Care 9.30am to 1.30pm at The Pine Residents' Hall Wilton Road Cakes Bring & Buy Sweepstake Tombola etc.

** GIG 'Jam Session with DNA' 8.30pm at the Fox & Hounds Station Road

Sunday 6th November GIG 'Jazz' 2.30pm at the Fox & Hounds Station Road

Monday 7th November Heacham Tennis Club 'AGM' 7pm at Heacham Social Club All Welcome

Tuesday 8th November GIG 'Part Time Blues' 8.30pm at the Fox & Hounds Station Road

Friday 11th November GIG 'Retro Rockets' 8.30pm at the Fox & Hounds Station Road

** GIG 'Jessie's Ghost' 9pm at Heacham Social Club

Sunday 13th November 'Village Remembrance Service' 10am at St Mary's Church

Tuesday 15th November GIG 'Dogwood' 8.30pm at the Fox & Hounds Station Road

Friday 18th November GIG 'Black Dogs' 8.30pm at the Fox & Hounds Station Road

Tuesday 22nd November GIG 'Tom and Nick' 8.30pm at the Fox & Hounds Station Road

Wednesday 23rd November 'Christmas Prize Bingo' at Heacham Social Club Eyes down 1.30pm

Friday 25th November 'Charity Quiz Night' in aid of The Breast Cancer Unit Queen Elizabeth Hospital King's Lynn 8pm at the West Norfolk Inn Quiz only £5 Quiz & Tea £9.95 Teams max of 6 persons To book Tel: 570348

** GIG 'Christmas Party with Hush!' 8.30pm at the Fox & Hounds Station Road

Saturday 26th November 'Messy Church' 10am to 12noon at St Mary's Church Heacham

Monday 28th November 'Fridhem Bingo' at Fridhem Rest Home Station Road Eyes down 7pm sharp! Refreshments Come and join us

** Heacham History Group 7.30pm at the Old Friends Hall Sunnyside includes a talk by Matthew Champion 'Medieval Graffiti: the Lost Voices of England's Churches' Admission £3 (Members £2) Everyone Welcome

Tuesday 29th November GIG 'DNA' 8.30pm at the Fox & Hounds Station Road

Friday 2nd December 'Open Air Community Carol Singing' 6pm at Heacham Methodist Church Refreshments available including Mince Pies and Mulled Wine

Tuesday 6th December Heacham Social Club trip to 'Thursford Christmas Spectacular' £42 per person including coach Leaves the Social Club at 4pm Tickets now available behind the Social Club bar

Saturday 10th December 'Christmas Extravaganza!' 2pm to 4pm at Fridhem Rest Home Station Road Heacham Various attractions to include Tombola Raffle Bottle Stall Cake Stall Christmas Goods etc Free Entry

Wednesday 14th December Inaugural 'Community Coffee Morning' 10am to 12noon at the Old Friends Hall Sunnyside off Caley St Everybody Welcome

Saturday 17th December 'A Spectacular Victorian Family Christmas Magic Lantern Show' 6pm at the Old Friends Hall Sunnyside Admission £4 per person Refreshments For more details Tel: 579465 or email Heacham.twinning@anmerclub.co.uk

Saturday 31st December 'New Year's Eve Disco' in the Public Hall Tickets £6 available at the Social Club

Thursday 19th to Saturday 21st January 2017 The Pocahontas Players present 'Alice in Jumble Land' 7.30pm (Thur&Fri) 2.30pm & 7.30pm (Sat) Ticket prices etc. to be published in December

Please turn to the next page for 'Other Events'



MOBILE LIBRARY



ROUTE WEL 124 (Mondays)

ROUTE WEL 123

7th/21st

November

14th/28th

| | | | |
|-------------------------|-------|---------------------|-------|
| 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 | | |



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OTHER EVENTS

Sunday 6th November 'Zozulenka' 4pm at the Union Church Hunstanton

Tuesday 8th November Brancaster Camera Club 7.30pm at Brancaster Staithe Village Hall

Wednesday 9th November 'Getting Crafty for Christmas' in aid of unicef UK 2.30pm at Sedgeford Village Hall Tickets £5 from Gill Burch Tel: 570563

Saturday 12th November 'C.A.L.M. Support Group' meets 11am-1pm at St Edmunds Church Hall Hunstanton More information from Debra Tel: 535320 All Welcome

** Hunstanton Rotary Music Evening 'Purple4Polio' 7pm at Smithdon High School Tickets £5 (£2 Child) on the door or from Cherry Tree Chocolates

** 'The Marham Bluebirds in Concert' 7.30pm at St Nicholas Church Dersingham Tickets £10 on the door or Tel:544561

Monday 14th November Talk by John Shone & Martin Keeley (The designers of the Sensory Garden for Guide Dogs at The Sandringham Flower Show) 2pm at Hunstanton Community Centre Tickets £5 from the Tourist Info Office

Wednesday 16th November HDFA 'Poetry Morning' Entry £2.50 10.30am-12noon at the Town Hall Basement Hunstanton

Friday 18th November Anmer Village Social Club present 'Golden Years' 8pm Tickets £3 For info Tel: 579465

Monday 21st November Hunstanton U3A meeting at 2pm with speaker David Reeve on Sandringham Flower Show

Tuesday 22nd November Brancaster Camera Club 7.30pm at Brancaster Staithe Village Hall

Thursday 24th November Norfolk Wildlife Trust an illustrated talk 'Norfolk through the lens of a Naturalist' 7.30pm at Hunstanton Methodist Church Hall £2members/£2.50visitors

Friday 25th November Dersingham Village Cinema Supper & Film Night 'Cottage Pie & Jungle Book' 6.30pm at St Nicholas Church Hall Tickets £10 (£5 child) Tel: 541450

Saturday 26th November Cinema in Syderstone 'Eddie the Eagle' 7.30pm at Amy Robsart Village Hall Tickets £3.50 (adv)

Monday 28th November to Friday 2nd December Hunstanton Lions 'Turkey & Tinsel Lunches' £7pp to book complete the form contained in this Newsletter

Thursday 1st December 'Ringstead Village Club' 2pm at Ringstead Village Hall with a talk 'Wildlife Video Sketchbook' by Brian Woodford Admission £1

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

SEDFORD PRE-SCHOOL - Toddlers from age 2+ Mon to Fri mornings 8.45-11.45am (with optional 'wraparound' from 11.45am to 12.30pm) and **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@wattstington.com

around and about...

Designing and Building the Sensory Show Garden for Guide Dogs at The Sandringham Flower Show

John Shone and Martin Keeley of Rutland Willows will be giving a fascinating talk and slide show about how they designed and built the sensory show garden for Guide Dogs at the Sandringham Flower Show this year. The garden contained a life size willow model of a person with Guide Dog which will be placed at the National Breeding Centre.

All aspects of the garden were discussed with Guide Dog owners from King's Lynn and district branch and sensory (smell, sound, touch) items were very cleverly included. The overall result was stunning and they were delighted when they won a gold award with it.

Monday, 14th November – 2.00pm

Hunstanton Community Centre

Tickets - £5.00 to include tea/coffee & cake

All proceeds to Guide Dogs.

Tickets available from Hunstanton Tourist Information or Denise Hunt (01485 532850)



The West Norfolk Members Group invites you to:
an illustrated talk

Norfolk through the lens of a Naturalist

Moss Taylor will talk about the birds, dragonflies, butterflies, and wild flowers of the county.

Thursday 24th November – 7.30pm

Venue: Hunstanton Methodist Church Hall, Austin Street.

Cost: £2.00 members / £2.50 visitors.

ANMER VILLAGE SOCIAL CLUB FILM NIGHT

Friday 18th November 2016 at 8.00pm

'GOLDEN YEARS'

Starring Bernard Hill, Simon Callow and Alun Armstrong in a comedy in which fate, the pensions crisis and a steadfast refusal to accept the injustice of old age, have contrived to force law abiding, retired couple, Arthur and Martha Goode into a life of crime.

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

A movie poster for the film 'Golden Years' featuring Bernard Hill, Simon Callow, Alun Armstrong, and a woman. The title 'GOLDEN YEARS' is prominently displayed in the center. Below the poster, text reads: 'ANMER SOCIAL CLUB FRIDAY 15th NOVEMBER 2016 8.00 P.M. Doors open 7.30 P.M. Admission - £3'. Contact information for further details is provided at the bottom.

ANMER SOCIAL CLUB
FRIDAY 15th NOVEMBER 2016
8.00 P.M.
Doors open 7.30 P.M. Admission - £3
For further details email: films@anmerclub.co.uk
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LILY heads out into the Community

The popular LILY (Living Independently in Later Years) initiative has been extended with the addition of Lily Advisors who will attend events and activities in the local community to provide advice and information, and the introduction of dementia-friendly home assessments.

Cllr Adrian Lawrence, borough council cabinet member for Housing and Community, explained: "LILY was designed to make it much easier for older people, their families, friends and carers to access information about services, advice, activities and events that will help them to continue to live safely and independently in their own home for longer."

"When the project began this was through the online directory asklily.org.uk or by calling 01553 616200."

The LILY Online Directory brings together over 1000 services, activities and events – including information and advice on money matters, social activities, health, transport and more, making it easy for people to find the contacts and information they need.

It also includes sections for a local 'What's On' guide, local news page, NHS Choices information and the site can be searched by category, key words, location or via the sites pre-populated quick links.

Cllr Lawrence continued: "Now we have extended the initiative further so that we have advisors who are available to attend events such as luncheon clubs, neighbourhood meetings and social or community group events to talk about the LILY initiative and how it can help. They will have mobile technology so that they can show people how to find their way around the online directory to access the support, advice and information that they need."

The events/locations that the LILY advisers will be attending can be found on the 'News' page of the LILY Online Directory. Another addition to the LILY project is the funding dementia-friendly home assessments. These assessments will recommend minor adjustments or the introduction of certain measures to enable people with dementia to stay safely in their own home for longer.

Measures that could be considered include signage or colour differentiation for those who suffer with memory loss and are visually impaired, installation of a Careline personal alarm, improved lighting arrangements, smoke detectors and easy-to-use taps along with recommendations for other adaptations that may reduce any potential risk to the resident.

To request a Dementia Friendly Home Assessment please call 01553 760671.

For information about LILY visit asklily.org.uk

Answers to Anagrams on page 5

- 1) Firework
- 2) Bonfire
- 3) Sparklers
- 4) Bonfire Toffee
- 5) Hot Dogs
- 6) Roman Candle
- 7) Catherine Wheels
- 8) Firework Displays
- 9) Penny For The Guy
- 10) Gunpowder Plot




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Changes to Bus Services – King's Lynn to Hunstanton

Stagecoach informed Norfolk County Council that it was changing its service provision between King's Lynn and Hunstanton from 2nd October 2016. The timetable alterations remove some direct public transport links to the Queen Elizabeth Hospital. Details as follows:

Stagecoach 10 King's Lynn to Hunstanton:

This service will no longer serve Queen Elizabeth Hospital or Gayton Road and will use the by-pass instead to/from King's Lynn. Amended service 11 will operate via the Hospital instead to compensate for this.

Stagecoach 11 King's Lynn to Hunstanton:

This service will no longer serve Castle Rising village. The bus will still serve the main road and also operate via Queen Elizabeth Hospital and Gayton Road.

In addition, Lynx Bus have also announced a new bus service between King's Lynn and Hunstanton which started on 24th October 2016.

Lynx Bus 34 King's Lynn to Hunstanton:

The new 34 bus will run hourly from Hunstanton, through Heacham village, Snettisham and Dersingham Mountbatten Road to the Queen Elizabeth Hospital, Gaywood for schools, and King's Lynn Bus Station.

As the services change at different times, some areas may not have a direct service to the hospital for a period of 3 weeks. If support is required on a door to door basis, please contact West Norfolk Community Transport on 01553 776971.

Following changes from both operators, Castle Rising will no longer be served by either operator. Norfolk County Council have considered passenger numbers and introduced a dial a bus service from 2nd October 2016, Monday to Friday for local residents. This will be operated by West Norfolk Community Transport and can be accessed by contacting the above telephone number.

The service provision between King's Lynn and Hunstanton will continue to be monitored to see if any further changes are necessary.

Community Cinema in Syderstone

Presents:

On Saturday 26th November 2016

EDDIE THE EAGLE (PG)

This terrific underdog tale is based on the 1980s real life story of Britain's hopeless but courageous ski-jumper, Eddie "The Eagle" Edwards. It has that touch of The Full Monty/Billy Elliot Brit-crafted magic, with dashes of Ealing comedy thrown in. Taron Egerton gives a superb performance in the lead role.

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

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Opening times:

| | |
|---------------------|----------------|
| Monday | 3pm – 11pm |
| Tuesday to Saturday | 12pm – 11pm |
| Sunday | 12pm – 10:30pm |

Lunches served 12 – 2pm Tuesday to Saturday

Sunday Lunches from 13th November – please book until we get the hang of it!

As we are not doing food in the evenings, please feel free to order in a takeaway.

Wednesday November 9th – Camera Corner: share knowledge, pick up tips. Novices and experts welcome – this month we're talking about lenses and sharing photos of Snettisham church. See what you can do!

Saturday November 19th – Reg's birthday Karaoke

Saturday October 29th – Hallowe'en Fancy dress and music - "a bit of a bop"!

Walk on Fire!

Limited Spaces

Thursday 17th November
West Lynn Social Club, Kings Lynn

Come and join us for the shortest, hottest sponsored walk ever!

Take part as a team or individual, build your confidence and gain personal strength.

Contact helen.dingle@break-charity.org

Planning in the Norfolk Coast Area of Outstanding Natural Beauty (AONB)

Confused about planning and how to respond effectively to protect the character of your local community?

There is strong protection for 'natural beauty' within (and close to) the AONB within national and local planning policy and guidance, which might help you. The planning system is one of the most important tools for keeping the Norfolk Coast such a special place.

Information on how to get involved in planning consultations has recently been improved and updated on the Norfolk Coast Partnership website – see:

<http://www.norfolkcoastaonb.org.uk/partnership/get-involved-in-planning/1130>

It includes '10 top tips' for involvement in planning decisions and links to our 'planning and development' section with more detailed information on relevant local and national plans and policies, commenting on plans and proposals, developing a planning application in the AONB and Neighbourhood Plans, plus a link to information about work we are doing to try to keep the night skies in the AONB dark, so everyone can enjoy the constellations, and wildlife is not affected.





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THE NORFOLK HOSPICE

The Hospice invites the community to
Light up a Life this Christmas



Christmas is almost here for another year. It is during this time that friends and family come together to share this special season. However, it is always difficult when we think of those who unfortunately cannot share it with us.

For many years The Norfolk Hospice, Tapping House, has been hosting Light up a Life during December. Light up a Life is a national appeal organised by Hospices across the country to celebrate the memory of loved ones at Christmas time. This year, the appeal is being supported by East of England Co-op Funeral Services. This support means that every penny donated to the appeal goes directly to supporting people living with life-shortening illnesses as well as their carers and bereaved families.

The Norfolk Hospice is inviting the local community to remember their loved ones this Christmas by dedicating a light on the Christmas tree, which will be brightly lit at the Hospice during December.

As part of a Light up a Life dedication, individuals will have:-

- The opportunity to attend a Light up a Life event during December. Guests will be able to light a candle for their loved ones during these events.

- The names of their loved ones entered into the Light up a Life Book of Remembrance, which will be available to view at all of the Light up a Life events and at the Hospice during December.
- Their loved one's names entered into the Light up a Life Order of Service which will be available at the events.

This year the Hospice is hosting four Light up a Life services. The services are open to everyone, not just people who have made a dedication.

- Sunday 4th December at King's Lynn Minster (3pm)
- Monday 5th December at Sandringham Visitor Centre (5pm)
- Thursday 8th December at The Norfolk Hospice, Hillington (5.45pm)
- Sunday 11th December at St Edmunds, Downham Market (3pm)

Louise Clark, Bereavement Co-ordinator at the Hospice, commented, "Christmas can be a poignant time of year if someone close to you has died. We hope our Light up a Life events offer a special way of remembering and reflecting on the lives of those whose memory we treasure. Our Bereavement team will be at all the services to offer support should you wish it."

Andrew Dawes, Head of Specialist Services at the East of England Co-op, said "Christmas is a time of year when people's thoughts turn to those they've lost and those that mean a lot to them. Working with The Norfolk Hospice on this campaign and raising vital funds for families across the region that are affected by life-shortening illnesses is something we feel very passionately about supporting at the East of England Co-op."

Anyone who wishes to make a dedication or would like more information about Light up a Life should call the Hospice fundraising team on 01485 601701 or visit www.norfolkhospice.org.uk



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We are delighted to announce that we are holding our successful Turkey Tinsel Lunches at The United Services Club, Homefields Road, in Hunstanton beginning Monday 28th November 2016. These lunches are open to **all Senior Citizens** in Hunstanton and the surrounding area.

Due to the popularity of this event and to make sure we allow everyone a chance to attend, we can only accept one application per name (eg: if you have attended via a group booking, you cannot then attend again under an individual booking).

The lunches cost **£7.00 per person** (non-refundable unless 48hrs notice is given) for a delicious three course meal, including a free cup of tea/coffee after your meal.

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Number of people in your party:

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

- Monday 28th Nov**
Tuesday 29th Nov
Wednesday 30th Nov
Thursday 1st Dec
Friday 2nd Dec

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

- 12.00pm (NB: You do not need to vacate your table for the 1.00 sitting) or 1.00pm**

Please state any **special dietary** requirements: i.e. vegetarian/vegan/gluten free/other

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Please enclose **£7.00 per person** (cheques made payable to:- **Hunstanton & District Lions Club**) and return this form to:- Mr Chris Holt, 4 Bewick Close, Snettisham, PE31 7PJ. For further enquiries contact Mr Chris Holt on: 01485 541534 or via email: mail@chrisholtphotographic.co.uk **Please enclose a stamped SAE so that written confirmation of your booking can be sent in return of your receipt. Thank you.**

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Searles Seniors Championship

Searles Resort Golf Club held their annual Seniors Championship on 12th September.

In its 9th year, the competition is open to men and ladies but has never been won by the same person twice.

With a competitive field of seniors and good course conditions, high Stableford scores were expected; returning back to the clubhouse the top 5 players all scored 36 points or better. In third on 39 points was John Beck and tied on 40 points were Phillip Duke and Gerard Hargadon. As with all club championships at Searles a tied first place is decided by play off, so Phillip and Gerard headed to the par 3, 9th tee to decide the winner. Gerard's club selection on the tee let him down and resulted in a bogie 4. However, Phillip shot a par 3 and took the victory.

Searles Golf and Country Club is open to all, and caters for groups, societies and individuals with competitions and events for all throughout the year. Golf at Searles is inexpensive with special offers available over the winter and membership for just £165 from 1st October 2016 until the end of March 2017.

To find out more contact Searles Country Club on 01485 536010.

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Owners retain the Searles Ryder Cup

11th September saw Searles Golf and Country Club hold their own version of the Ryder Cup. Now in its 15th year the competition pits those members of Searles Golf Club who live locally (Locals, wearing yellow shirts) against those members that own holiday homes on the Searles Leisure Resort site (Owners, wearing blue shirts). 18 people represented each team in 9 groups. Captain Rob Hills took charge of the Owners with Stuart Fleming leading the Locals. Superb conditions greeted the golfers, with blue skies, light winds and the course playing very well under the control of Head Greenkeeper Trevor Dennis.

With the morning format being Fourball, each player had their own pride at stake. Competition was tight with the teams returning to the Fountain Sports Bar, the points were close but the owners pushed slightly ahead at the half way stage and led 5 ½ points to 3 ½.

With all to play for both teams headed off in the good conditions for the afternoon match of Foursomes. The first afternoon results coming in indicated close matches, with the first two groups halving their matches; the next two groups however went to the Owners giving the Owners only ½ a point required from the following 5 groups to retain the trophy.

A halve for Owners John Wills and Barry Smith meant that they had secured the 9 points required to retain the trophy and, when ladies Teresa Hills and Angela Bissett also gained a point, a clear victory had been sealed by the Owners. The final score was Owners winning 11½ to 6½. The Owners have now won 4 years in a row after the Locals dominated for the 4 years before that.

Searles Golf and Country Club is open to all, and caters for groups, societies and individuals. PGA pro Ray Stocker coaches on Sundays to Thursdays with lessons and golfing breaks available. Golf at Searles is inexpensive with special offers available over the winter and membership for just £165 from 1st October 2016 until the end of March 2017.

To find out more contact Searles Country Club on 01485 536010.

MUSIC EVENING

Hunstanton Rotary invites you to an evening of singing and music to support

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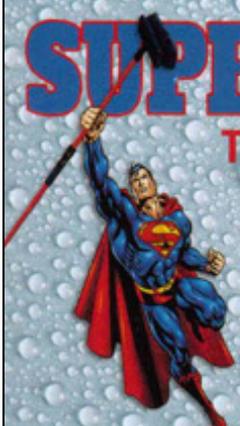
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Juniors dominate in Heacham Manor Club Championships week!

Heacham Manor held a week of Club Championships events in the final week of August with junior members dominating all the results possible!

Monday 22nd August saw the first event of the week with the Junior Championships. Despite only gaining membership to Heacham Manor a week earlier, 9-year-old Chloe Tarbard achieved a Net 70 to tie her for first place with 14-year-old Calum Butress. Under the rules of club championships at Heacham Manor, ties are decided by play off so both juniors headed to the 18th tee to battle it out. A tight contest took place and, despite steady play by both players, a wayward shot to the green by Alfie ended up in the water hazard and difficult shot out cost him the championship with Chloe winning by 2 shots.

The Senior Ladies Club Championship then took place on Wednesday 24th August with only 3 shots between the top 3 competitors, but with a steady net 72 Julie Reeves won, beating Jill Sayer into 2nd with 73. Anne Wells took 3rd place with a net 75.

The bank holiday weekend saw the Club Championships taking place. A gross competition for men played over 36 holes started on Saturday in good sunny conditions but with the risk of thunderstorms through the afternoon. Thankfully all the golfers managed to clear the course before the afternoon's torrential rainfall. The first round results showed some good overall results with the top 26 people all breaking gross 90. However, the top few players were not as low as previous events. Leading were Anthony Stannard and Steve Hipkin tied on Gross 77 and a further 4 players tied on 79 including previous winner Warren Bates.

The final round was played on Sunday with only the top 21 players making the cut for the final, with leaders going out last. New Heacham Manor member David Leavis went through in

21st position; despite being outside the top 21 he had achieved the lowest net score of the 1st day.

As players came off the course the leader in the club house changed a number of times; however, it was in the final few groups that the results were decided. The competitors in the Avocet Bar watched in anticipation. Tim Hoare was the leader in the clubhouse on gross 158 as the 2nd to last group completed their round and Junior Warren Bates posted a one under par gross 71 giving a 150 total score. With one group remaining, eyes were watching Anthony Stannard and Steve Hipkin for indications of their current scores. As the final group shook hands on the 18th green Anthony and Steve indicated that they had not done enough, shooting a 79 and 82 respectively.

By winning, Warren Bates, becomes the first person to have retained the trophy.

Final results were: 1st Warren Bates with 150, 2nd Anthony Stannard 156, 3rd Tim Hoare with 158.

A prize was also awarded to the best net score over the weekend which went to Tim Hoare, with a 134 net.

Anthony Stannard was gracious in defeat and congratulated Warren, saying *"It's a superb 2nd round score and great to see a junior with so much potential winning the championship."*

Heacham Manor lady members also competed in their championship on the Sunday; played over 18 holes with the champion being the best gross score. Jayne Clarke was keen to retain the trophy. However, it was not to be as junior Ella Mason shot a Gross 82, a clear 14 shots clear of the next lady, with the best score ever in history of the Ladies' Club Championships; Tina Cribb took 2nd place with 96 and Jayne Clarke 3rd on 102.

With Juniors Ella Mason, Chloe Tarbard and Warren Bates all achieving victories in Championship events this week, along with Alfie Edgson, all being on county teams and sponsored by Heacham Manor and Searles, as a result of gaining county status and coming through the coaching programme of Searles, the potential for juniors is bright at Heacham Manor.

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Heacham Girl Guides

It's the end of summer and the start of a new term and more adventures.

Camp during the summer was great fun. Our theme was Harry Potter. We, of course, drank Butter beer, ate from cauldrons, played Quidditch and had a 'Guidewizard tournament'. We had magic colours in our campfire and our usual singsong. We also did sensible things like climbing and rafting.

A big thanks to the parents who dried our tents.

Well done to Laura, who has finished the Young Leader Qualification.

Our next big adventure is to walk the coastal path - bit by bit. We've done Heacham to Hunstanton. Next, we plan to walk from Hunny to Thornham finishing that evening at The Lifeboat for hot chocolate.

We also plan to do some badge work this term, to include Music Zone, Finding your Way and the Challenge badges.

So a busy term ahead.

Happy Guiding.

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Junior Open Competition Success at Heacham Manor Golf Club.

Heacham Manor was very proud to stage their second Parent and Junior Open competition on 14th August and Junior Open on August 15th this year.

Both events were generously sponsored by Ben Burgess, who provided superb prizes including Nike Clothing and accessories.

With superb weather on Sunday 14th August for the Parent and Junior Open, a competitive field headed out to play on Heacham Manor's 18 hole course. Playing foursomes format, all family members had to work together in order to achieve good scores.

As the players returned to the golfers' bar in the Avocet Barn, the scores were tight for the top positions. Gary and Sonny Williams from Royal Norwich on 38 points to achieve 3rd position. Beating them into 2nd place on countback, also on 38 points, were Arthur Bates on Searles and his son Warren whose home club is Heacham Manor. The winners much to their surprise and delight were Heacham Manor Members Diddy and Alfie Edgson.

The following day, the Junior Open - now in its 6th year - was met with sunny skies but slightly higher winds. The competition ran in two formats; for the older and more experienced juniors an 18 hole Stableford took place with an additional prize for the best Gross score, and a 12 hole event also took place for the younger golfers with unofficial handicaps.

A superb score of 36 points was achieved by Sam Price from Searles Resort Club in the 12 hole competition securing his victory. The main Stableford event was a much tighter contest with Oliver Underhill-Smith from Barnham Broom pushing Heacham Manor's Alfie Edgson into 3rd place on countback both with 37 points. The event winner with an excellent 41 points was Benjamin Dickens from Ely City who, as well as winning some superb Nike clothing, was also given a year's free membership to Heacham Manor. Heacham Manor's home club member Warren Bates achieved the best gross score of the day shooting a gross 31 points.

In addition to the main competitions a number of other Nearest the pin and Longest Drives were played for.

Heacham Manor Golf Club welcomes players from all ages and offers free membership to the son or daughter (under 18 years old) of any adult members. Adult memberships are now only £199 for full membership until 31st December 2016, making membership more affordable than ever!

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HEACHAM AT NIGHT

November is with us again. The ninth month of the year in the ancient Roman calendar and there is a good chance that it will be as mild as an old September in the changing climate. Hopefully, though, the second half will be bitter cold with sparkly, frosty, clear nights.

All that water vapour really needs to drop out of the sky to see the wash of the Milky Way over your heads and see those harbingers of winter, the star clusters of the Pleiades and Hyades shining in all their glory (through modest binoculars).

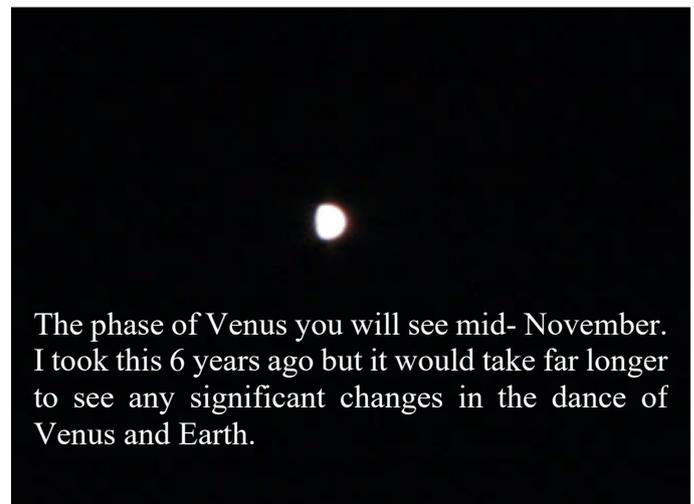
In the search for dark skies I went into the depths of North Norfolk on the 23rd of October and set up a telescope on North Norfolk Astronomy Association's new hardstanding. This has been laid so flat that tripods can be lifted and moved around and the telescopes on them will still accurately track objects. I had good views of Andromeda our nearest major galactic neighbour, the dumbbell nebulae, and several open and globular clusters of stars.

It was useful to move quickly between several different telescopes looking at the same objects to compare their resolution and clarity and to see different objects when the telescopes were slewed. It made a busy evening enjoyed by all including the farm cat and a nearby horse. If anyone fancies a trip out to the site one clear Friday night, then give your contact details to the Newsletter and I will see what can be arranged.

This Newsletter hits the streets on or around the 5th – Remember, remember, the Nov 2015 edition when I wrote this, 'My favourites (*fireworks*) have always been rockets, the bigger and higher flying the better. Hopefully you will see them soar into a clear sky with the Moon and stars above them. Look past the glittering sparkles and the cascades of colour and consider

what you are looking into – deep space. The stars you see are within our galaxy, The Milky Way, and there are between 200 and 400 billion of them. The fuzzy patch of our neighbour, The Andromeda Galaxy, is still visible (due south and roughly straight up) though you will probably need good binoculars. The light from its one trillion stars has taken 2.5 million years to reach us.' Well, all of that is still true so I have plagiarised myself. I then went on to discuss conflicting theories of cosmology, big bang v steady state. Well, the debate continues and esoteric theories of double inflation – a sort of pulsating start to it all – and the notion that local space (a really, really, big space) is not the same as all of the (rest) of space are emerging. The truth is, no-one knows and theories are an attempt to stitch together the ever growing mass of observations and data.

Anyway, back to what you can look for this month. Venus is the planet you shouldn't miss. Find a site with a low horizon such as Heacham beaches. Look SW after sunset but before 6pm. The bright object blazing away is cloud enshrouded Venus. You can check on your observations by watching it over the month; it will move further south and higher in the sky and will be more easily visible. Remember, Venus shows phases which can be seen through small telescopes or show up on photographs taken through a long lens. The phase this month starts almost full and slowly diminishes as Venus moves towards us (relatively). A website, ThePlanetsToday.com has a short video showing the motion of all the planets around the Sun.



The phase of Venus you will see mid- November. I took this 6 years ago but it would take far longer to see any significant changes in the dance of Venus and Earth.

Saturn is still visible at the beginning of the month to the right of Venus but it is very faint and could be lost in the atmospheric murk. Mars is due south, a red dot which should be clear in binoculars, higher in the sky than Venus and setting about 9pm. On the 28th, Mars appears close to a small globular cluster of stars, Messier 75.

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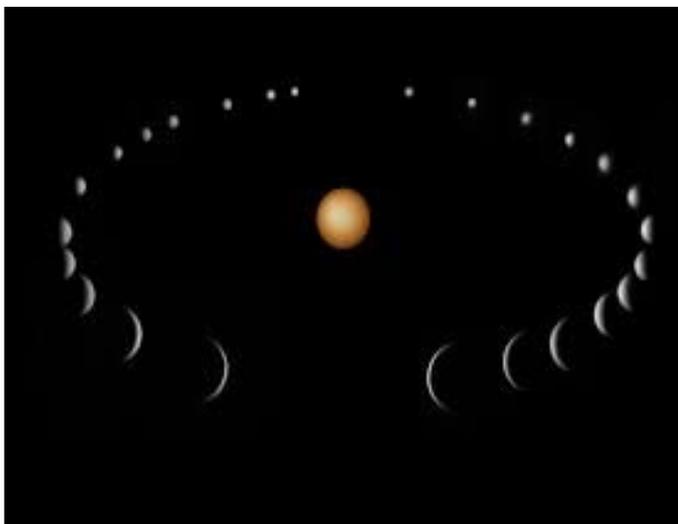
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The phases of Venus. In November the planet is about at 10 o'clock. (Internet diagram)

As described in previous Newsletters, Uranus and Neptune are visible through relatively small telescopes; use Stellarium software or similar to locate them. Those of you with smart 'phones can download apps to do the job for you.

Jupiter is a good early morning object again, rising in the SSE at 3.45am and visible until sunrise when it is in the SE. Look on the 25th from as early as you can until about 7am and you will see Jupiter shining brightly next to a crescent Moon. The bright star below them is Spica. The bright orange one above and somewhat to the left is Arcturus.

Meteors – the Leonids shower reaches a maximum on the night of the 16th/17th but Moonlight will drown out all but the brightest.

Back to the Pleiades and the Hyades: these are star clusters able to be seen as fuzzy patches with my ageing eyes, and as individual stars with younger ones or, better still, through binoculars. The Pleiades will be found east and around half way up the sky well above the rising constellation of Orion. Between them and Orion is a less distinct patch, the Hyades. This is the closest star cluster to us being 153 light years distant. The Pleiades are almost three times further away yet this group looks brighter because it consists of young (100 million years old) hot, bright, blue-white stars. The stars in the Hyades are some 625 million years old, and consist of red stars and dwarf stars of various hues.

Last thing to observe this month: look west and find the three bright stars of Deneb, Vega and Altair (off the following diagram to the lower left). This is the Summer Triangle beginning to fade

from the sky. Look at Deneb and follow the lines of fainter stars below and to the side which form the Northern Cross. The star at the lower tip of the cross is Albireo, the lovely double star I often mention. It is also the head of the constellation of Cygnus, otherwise known as The Swan.



Internet diagram

Terry Parish



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Heacham By-election Result

Borough Councillor for KL&WN Borough Council

Terry Parish has won the by-election which took place on 20th October and becomes a Borough Councillor representing Heacham Ward alongside Colin Manning.

The published turnout was 26.27% and Terry was voted in with a clear margin.

The Heacham Newsletter wish to congratulate Terry, a regular contributor with his Heacham at Night articles, and wish him well in his new endeavour.

THN

Solution to
Newsletter
SUDOKU
No. 106

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

NEWSLETTER SUDOKU No. 107

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

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



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HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

Cheney Hill Development: Thanks to all those residents who responded to the Council's request and made objections to the Borough Council in respect of this expanded development.

Buses: The Council continues to seek clarification from County Councillor Michael Chenery concerning changes to the Stagecoach service 10. It also intends to be involved in any proposed pressure group to influence bus company policy.

Lidl: Lidl's new planning application has been considered by the Council. While it has no objection to Stainsby's Garage being converted into a retail outlet, it is very concerned about traffic management issues and the visual impact of a generic glass box adjacent to the AONB. Until these issues can be satisfactorily addressed it continues to object to the planning application as it currently stands.

Heacham River: The Parish Council Office regularly receives complaints about the overgrown condition of the Heacham River. It has taken this up with the Internal Drainage Board who have confirmed that clearance of the Southern arm of the river will take place by the end of October. However, there are difficulties in accessing the Northern arm and they would need to hire specialist equipment to clear this section.

Lodge Road bus stop: The state of the bus stop by Bray's Pit has long been of concern to residents and the Council alike. It was agreed that the Council should look into sharing the cost of providing hard standing at the bus stop with the County Council under the Parish Partnership Scheme.

Vacancies: Following the loss of Tracey Swann, the Council now has two vacancies for Parish Councillors, which it intends to fill by co-option.

The next Full Council meeting will be held on Tuesday 15 November at 7.30pm at the Parish Council Office.

!!WANTED!!

2 PARISH COUNCILLORS

The loss of Tracey Swann means that the Parish Council now has two vacancies.

If you would be prepared to commit a few hours each week to attend meetings and to get involved with the work of the Council, we would love to hear from you.

If you are interested, please call into the Parish Council Office for an informal chat with the Clerk.

HEACHAM COMMUNITY BUILDING PROJECT

Plans will shortly be unveiled for a possible redevelopment of the site using the existing building. This will mean that parishioners will be able to compare the options of a new build or a refurbishment and decide whether they support using what we already have or would prefer a totally fresh start on the site.

CHALK PIT



Thanks to Ken Hill Farms & Estate for helping to clear brambles from Heacham Chalk Pit. This has opened up views over the Millennium Wood and across the Wash from the site, which is adjacent to the recycling centre off the A149. The Chalk Pit is open to the public and the Parish Council is working on plans to improve parking, as this is very limited at present.

BRAYS PIT

Brays Pit is owned and managed by the Parish Council. Unfortunately, a number of properties that back onto the Pit have taken to using it as a rubbish dump.



This isn't the sort of thing we wish to see in a parish amenity, and it obviously costs the Council money to clear up. The Council is monitoring the situation and action will be taken against those residents who continue to spoil Brays Pit.

REMEMBRANCE SUNDAY

The service of remembrance will take place at Heacham Parish Church on Sunday 13 November. Traffic is advised to avoid Hunstanton Road while tributes are laid at the War Memorial between 10.45am and 11.20am on that day.

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 C. MANNING 07885 258392

Mr T. Parish t.b.a

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 7 days a week (Monday to Sunday)

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

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

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 Bakery, Post Office, Parish Council Office,

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



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Open 10am - 4pm Tuesday - Friday

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LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KINGS LYNN

Stagecoach in Norfolk

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 0902

Service 10 (Sunday)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.
 0808 first bus to King's Lynn, then hourly
 0832 first bus to Hunstanton, then hourly

Service 11 (Mon-Sat)

Via:- Gayton Road (QE Hospital), Sandringham, Dersingham, Ingoldisthorpe, Snettisham and Heacham (A149 only)

0820 first bus to King's Lynn then hourly

1000 first bus to Hunstanton then hourly

Service 11 (Sun)

Via:- Gayton Road (QE Hospital), Sandringham, Dersingham, Ingoldisthorpe, Snettisham and Heacham (A149 only)

0820 first bus to King's Lynn then hourly

1000 first bus to Hunstanton then hourly

Coasthopper (Mon-Sat)

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

0809 first bus to King's Lynn then twice an hour from 0926

0715 first bus to Hunstanton then twice an hour from 0849

Coasthopper (Sunday)

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

0918 first bus to King's Lynn then hourly

0904 first bus to Hunstanton then hourly

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

Smithdon High School Bus

Service NG10

Via:- Lodge Road, Station Road

0751 to Smithdon School

1512 from Smithdon School

lynx (lynxbus)

Service 35 (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd

0705 first bus to King's Lynn then twice an hour from 0835

0654 first bus to Hunstanton then twice an hour from 0758

Service 35 (Sunday)

Via:- Fox & Hounds and Lodge Rd

0905 first bus to King's Lynn then hourly

0829 first bus to Hunstanton then hourly

Service 34 - (Mon-Fri)

Via:- Fox & Hounds and Lodge Rd and QE Hospital

0720 first bus to King's Lynn then hourly from 0919

0847 first bus to Hunstanton then hourly

Service 34 - (Sat)

Via:- Fox & Hounds and Lodge Rd and QE Hospital

0804 first bus to King's Lynn then hourly from 0919

0847 first bus to Hunstanton then hourly

Service 34 - (Sun)

Via:- Fox & Hounds and Lodge Rd and QE Hospital

0934 first bus to King's Lynn then two hourly

0902 first bus to Hunstanton then two hourly

Bus Enquiries

www.stagecoachbus.com

www.lynxbus.co.uk

Tel: 01553 776980

Tel: 01553 611955

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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

The MOBILE LIBRARY Routes, Dates and Times Information can be found on Page 27.