



THE HEACHAM NEWSLETTER

March 2017



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Deadline for the next edition is 12 noon, Tuesday 14th March

Heacham History Group

HISTORY

Monday 27th March 2017 7.30pm

Old Friends Hall, Sunnyside Close, Heacham

**Talk by Claire Bradshaw
“The Archaeology of Heacham:
Mediaeval to Modern”**

**Admission £3 (Members £2)
Everyone Welcome**

ART & CRAFTS

At Sunnyside Close, Heacham

16th March 2017 10am to 12noon

Cost £1, includes Tea & Coffee

All Welcome

HISTORY

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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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

A voluntary non-profit publication produced with financial assistance from Heacham Parish Council

letters...



Tadley, Hampshire

Dear Newsletter

Old photos of Southgate Terrace & Collins Lane

Thanks to the very kind help provided by one of your team, I was able to see in a past newsletter, a photograph of the row of cottages in Heacham that my ancestor lived in between 1881 and 1901.

Between 1881 and 1911, certain other ancestors lived in Southgate Terrace and Collins Lane.

I realise that I am pushing my luck but I wonder if any of your readers have pictures of those roads taken around the turn of the century of which they would be prepared to let me have a copy. I would be immensely grateful for any response to this appeal. Thank you and kind regards.

Andy Imms

(Editor's note – if any of our readers are able to help, please contact the Newsletter and we will forward pictures on to Andy Imms).



Heacham

Dear Newsletter

'Alice in Jumbleland'

We are so lucky living in such a talented village – HEACHAM. My friend and I went to see 'Alice in Jumbleland'. The acting and songs were all brilliant, like all past shows.

A big THANK YOU to all the performers and backstage hard workers. Thank you POCAHONTAS PLAYERS, for the joy you bring this village.

Barbara Preston & Margaret Jeacock

News & Events in the Community

Volunteer Pat Dog Needed!

Fridhem Rest Home are looking for a volunteer to bring a friendly dog in once a week to befriend the residents and help us to carry out animal therapy sessions.

Can you help? If interested, please call 01485 571455 and ask for Christian or Sam.

Fridhem Rest Home
79 Station Road, Heacham

Heacham Car Boot Sales

Heacham Car Boots start from Wednesday 19th April on the sports field. Gate opens 6.30am for Booters. Start 7.00am till 12.00noon. Every Wednesday.

HEACHAM SOCIAL BOWLS CLUB

Taster Sessions

Sunday 30th April - 11.00am–3.00pm

Sunday 28th May – 11.00am-3.00pm

Weather permitting

If you have ever wanted to try a game, please come along to the Social Club.

You need flat, smooth soled shoes.

Woods will be provided and members will be there to help and guide.

Come along.

CARPET BOWLS

"The big white blobs the middle, don't hit it"! I swear it moves or has little paws round the edge to catch your hard-bowled bowl as it passes by. On its way to meet jack, or the cock but that's a bit naughty so we won't mention that. The jack, well who is he? A man of lesser importance in card games, a younger man in your life if you turn him in tarot, always bedecked out in splendid colours. Jack turns out to be the little white ball at the other end of the short mat. He's a fidgety little fellow, one minute sitting peacefully on the centre line, the next running for the edge of the mat and if you're unlucky he jumps off, that's 2 points to the other team, opps. Other times you can bash him hard and he just sits there, perhaps he was dosing, sorry old chap. With my playing ability today, perhaps we could add in to the game after I have bowled all my bowls, put him near them, sadly the opposing team disagreed

Come and meet the jack and all the others at Heacham Carpet Bowls Club at the Public Hall on Tues, Wed and Thurs mornings starting at 10.15 and finishing on the dot at midday, at a staggeringly good cost of £2 a session.

PART TIME GARDENER required, to look after reasonable size vegetable garden in Heacham. Experience preferred, flexible hours to suit both parties. Please call Nick on 07881 912775 to discuss.



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Children's Society Charity

Thank you on behalf of the late Jeremy Gullan-Whur, who for many years gave faithful service to the Children's Society, and to everyone who has contributed via the home collecting-box system, plus other donations. The total received thus far relating to 2016, is over £800.

If anyone has a collecting-box which was not opened in late 2016, please contact us (see below) or take it to the Church Office, Church Hall, High Street (open 10.00am-12.00noon Monday to Friday).

Following the sad death of Jeremy, we have taken responsibility for the Society's collecting-boxes in the village. If you would like to be a new donor by having a collecting-box at home or by giving cash or a cheque, please contact Alison and Bryan Hoyle, tel. 01485 570215. If you would like to know about the charitable work of the Children's Society, their website is: www.childrenssociety.org.uk or telephone 0300 303 7000.

Alison & Bryan Hoyle

DOCTOR'S NOTES

Dr Lake Retirement

It was in April 1989 that I came to Heacham as a 30 year old doctor, having recently completed my general practice training in Bury St Edmunds. Along with my wife and our two daughters then aged 4 and 11 months, we moved into a holiday cottage in Snnettisham where we lived for a few months before moving to a flat in York Cottage within the grounds of Sandringham. It took a while to sell our old house and it was October that year before we moved in to our new house in Ingoldisthorpe.

Being a GP in a small community is a life changing experience that demands all of your attention and commitment and challenges you in almost every way possible. It is both demanding and rewarding at the same time. Family life has often had to take second place to my role as a local doctor, so at this point I would like to say thank you to my wife, Sue, who has supported me through both good and bad times and enabled me to be your local doctor.

As I look back over my time here I have to say that I feel a sense of satisfaction and of belonging in a way that I have never felt before in my life. I have been with many of you as patients through some of the most important and difficult times in your lives. Sharing these times matters; it is what has made this job rewarding, what has made it worthwhile. I have had such support from you for which I am grateful. I have tried my best but inevitably have not always got things right for everyone. If you have been one of those then I would say sorry to you.

Much has been written about the doctor-patient relationship. It continues to evolve but increasingly with influence from the wider NHS and from politics. For me it is a special relationship that's based on trust between patient and doctor. Trust built up both ways, over time, through experience. It has had to be won. I thank you for the trust that you have put in me.

Dr Andrew Lake



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Hunstanton Community Players Table Top Sale.

Do you need to raise some funds and are eagerly waiting the open air car boot season? Then there is good news for you.

The Hunstanton Community Players are holding a fund-raising indoor Table Top Sale on Sunday March 5th at Hunstanton Town Hall from 8am – 1pm. Doors open to the public at 9am.

Stall holders will be charged £5.00 per table (supplied) and it is open to all - charities, individuals, groups and anyone wishing to make a bit of cash and still stay warm!

If you are interested, please contact the Secretary to book in advance on 01485 533933. Sorry, no food stalls but everyone else welcome. There are just 23 tables and it will be first come first served!

All booking fees will go towards funding the Players next Production of 'Blithe Spirit' by Noel Coward which will be held in the spring.

No Cold Calling Zone

January 17th saw the first 'No Cold Calling Zone' launched in Heacham.

The area has been designated by the collective voice of the residential community that they no longer wish to accept traders calling at their homes without an appointment. Especially the vulnerable, who are being targeted by unscrupulous doorstep traders, bogus callers and distraction burglaries. The zone is designated by street signs when entering and exiting the area, together with door stickers on every home.

The 'No Cold Calling Zone' was set up by Norfolk County Council Trading Standards, in conjunction with Cllr Robert Pritchard, tailoring a specific scheme for the residents, of whom more than 80% are retired and could be at greater risk of crime through cold calling.

Trading Standards Officers will follow up any reported incidents. This may be limited to discovering why such a declaration by the residents has been ignored.

Every home had a preference pack delivered and each owner had the opportunity to vote for, or against, the zone being set up. The vote was a resounding Yes. For further information, Robert can be contacted via the Heacham Parish office.

Robert
Pritchard



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NORFOLK HOSPICE

Art Exhibition with a twist –
in aid of local Hospice



(Old Hunstanton Beach)

Calling all amateur and professional artists... You are invited to create and donate a postcard-sized work of original art for the first 'Art in the Hut' exhibition, in aid of The Norfolk Hospice, Tapping House.

'Art in the Hut' is a unique charity exhibition and sale of original, postcard-size artworks by established and emerging artists. The exhibition takes place on 29th-30th July 2017 and will be held in the Mencap beach hut on Old Hunstanton beach.

So how does it work? All of the postcards are exhibited anonymously and visitors have the opportunity to purchase the artwork. All postcards will be priced equally, with a minimum recommended donation price. The identity of the artist is revealed only after the work is purchased – so it could be an emerging new talent or a well-known local artist. So not only do you get to enjoy this unique event and support a local charity - you could also go home with an amazing piece of artwork that is more valuable than you first thought!

Artists who would like to donate one or more original postcards to support the valuable work of the Norfolk Hospice are welcome to take part.

Jessica Walker, Community Fundraiser at The Norfolk Hospice said, "We are extremely grateful to the supporters organising this event for us. Events like this really make a difference to the amount and quality of support we can provide to the local community."

For entry details and to register, please email: artinthehut@btinternet.com or for more information please call the fundraising office on 01485 601701.

The deadline for entries is Saturday 1st July 2017.

ANAGRAMS

A few anagrams of Occupations, well sort of, to get the little grey cells stirring.

- 1) Set Rip
- 2) Am Sane
- 3) Rich Sea
- 4) I am Drab (3,4)
- 5) Curb One
- 6) Go Nurse
- 7) A Tart Us No
- 8) Am Hideous (5,4)
- 9) Ace Routine
- 10) Spot Her Lure

Answers on page 28

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CHURCHES TOGETHER IN HEACHAM

Just a thought....

Do you remember a comedy programme on television called “Open All Hours” with Ronnie Barker as Arkwright and David Jason as Granville. Arkwright owned a grocery shop and would spend most of his time chasing Gladys Emmanuel, the district nurse. If you have never seen it (probably too young), it is worth catching a repeat on one of the digital channels.

Anyway, the point I am coming to (and there really is a point) is that at the end of every episode, Arkwright would step out of his shop at the close of day and you would hear him say something like “it’s been a funny old day” and then proceed to summarise the finer points of his life for that day. And it got me to thinking about prayer, and the importance of speaking to God about the day we have had; about the joys and sadness, the difficult and the pleasurable, the mundane and the exciting. There are things which will trouble or concern us that make us toss and turn in bed trying to solve or at least make better, and it is to those things we need to hand to God and ask for his help.

Jesus would so often go into the wilderness or some other place of solitude and talk to his Father about His ministry, or to pray about a particular situation or problem. He did not see any conflict between praying for himself and those he knew needed prayer; in fact the one could not have been sustained without the other. The time Jesus spent in the garden of Gethsemane is one of those intimate moments of prayer we share with Him when he said “Abba Father, for you all things are possible; remove this cup from me; yet not what I want, but you want”. He could not have faced that ordeal he was about to meet without that strength of knowing God was with him every step of the way.

I have found praying to God in the morning about the day ahead is absolutely vital to my life, but it is only in the past few weeks that I have realised the importance of handing that day back to God at the end of the day; to talk with him about those things which I need his help and guiding hand on, and to thank Him for those moments which have brought joy and fun into my day.

It does make a difference knowing that God shoulders our worries while we sleep, and it matters that the relationship we have with Him is a close and personal one where we do not have to be afraid what we say and can be safe in the knowledge that He will never let us down.

So at the end of the day as you turn to God in prayer, perhaps like Arkwright say “You know Lord, it’s been a funny old day”; because the exciting thing is, He will know exactly what you mean.

**Rev'd Steve Oliver
Heacham Methodist Church**



ST MARY'S CHURCH, HEACHAM

Sunday Services in March 2017

10.00am	5th	Holy Communion
4.00pm	5th	Service at Pine Mall
8.00am	12th	BCP Holy Communion
10.00am	12th	Morning Prayer
10.00am	19th	Holy Communion
8.00am	26th	BCP Holy Communion
10.00am	26th	Mothering Sunday Service
10.00am	2nd	April Holy Communion

SPRING LUNCH - Friday 31st March

Our next lunch for people who live on their own will be in the Methodist Church Hall at 12.30pm for 1.00pm. There will be a two-course meal with some entertainment. For more details and to book, please contact Mary Sanders (tel: 01485 570264).

LENT LUNCHES 2017

In Heacham and Snettisham

PRAYING LENT with the Saints



11.30am - 1pm on Thursdays during Lent

9th March - Snettisham Church Hall

16th March - Heacham Church

23rd March - Snettisham Church Hall

30th March - Heacham Church

6th April - Heacham Church

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		

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. There are Valentine cards as well as Easter cards on sale now. There is also a large collection of second-hand Christian books.

HEACHAM METHODIST CHURCH

March 2017

Sunday Services: 10.30am Morning Worship

5th March Philip Batstone

12th March Roland Hamon

19th March. Revd Steve Oliver Holy Communion

26th March Jenny Sparks

26th March Revd Steve Oliver - 4.00pm

Afternoon Meditation Service

Last month Revd Steve Oliver asked the question “Do you ever get angry with God, especially when life doesn’t go as you would like it?” Join us for our next service of meditation and prayer on Sunday 26th March at 4.00pm

Don't forget to Tune in

Radio Heacham on the internet via www.radioheacham.org broadcasts “The Jesus Hour” every Sunday night at 9.00pm with DJ Steve Oliver.

Midweek Communion

The March Midweek Communion will be on Wednesday 8th at 10.30am. All who love the Lord are welcome to attend and join us.

The Fellowship

March sees the return of spring- it also sees the return of the Fellowship. The fortnightly afternoon meeting for both men and women with guest speaker. The first meeting is on Tuesday 14th March – speaker Revd Kim Nally. The next, 28th March, speaker Dan Holland. Meetings start at 2.45pm and all are welcome.

Bible Study

At our new bible study, we will be looking at the 21st chapter of Luke It will be on Thursday 23rd March at 10.30am led by Minister Steve Oliver. Why not take an hour out of your month to join us?

Hands and Needles

A reminder if you are interested in sewing, knitting, embroidery – anything in fact that involves needles. A club meant for you is held every other Tuesday at Heacham Methodist Church Hall. It meets in the evening at 7.00pm. They have space for new members. March meetings will be on the 7th and 21st.

Social Evening Returns

The Methodist Church monthly social evening begins its 2017 programme on Thursday 9th March at 7.30pm (note new time). David Godfrey will be coming with his keyboard to entertain with a selection of musical and Big Band tunes.

Advance Notice

The first coffee morning of the summer will be on Saturday April 8th - 10.00-12noon.

Midweek Activities

Tuesday - Open door weekly 10.00-12noon

7.30 Hands and Needles 7th and 21st

The Fellowship 14th and 28th - 2.45pm

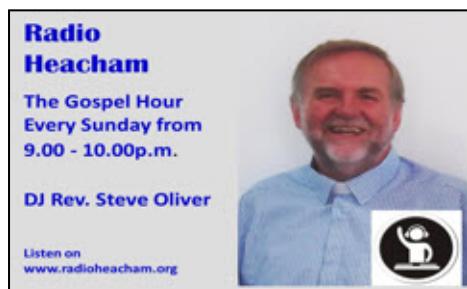
Wednesday - 10.30am Midweek Communion - 8th

Thursday - Bible Study 10.30am – 23rd

Friday - Indoor Bowls (weekly)

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 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.

Steve Oliver (Rev), Heacham Methodist Church



Hunstanton Catholic Parish

This year's Women's World Day of Prayer was held at our Parish Church, Our Lady of Perpetual Succour & St Edmund, Sandringham Road, Hunstanton, on Friday 3rd March. This year it was the women of the Philippines who had prepared the service. The topic of this year's service was 'Am I being unfair to you'. There were refreshments after the service.

Once again, the Stations of the Cross followed by a simple hunger lunch will be held every Friday during Lent starting at 12 noon. The first was held on 3rd March at St Edmunds Anglican church, Hunstanton and on alternating Fridays thereafter at our Parish church, Hunstanton. Anyone is welcome to come; why not take time out and spend it spiritually preparing for Easter.

There will be a fun Quiz for St Patricks Day, 17th March in the Garnet Room of the Parish church, Hunstanton, starting at 7pm. Why not come along and give your brain a work-out? You can make up teams or join with others on the night.

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

Next Messy Church

Saturday 25th March 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!



Old Friends Hall Art Show



Can you believe it, we will be holding our fifth Annual Art Show in the Old Friends Hall Saturday 29th and Sunday 30th April 2017. Last year saw our largest number of items exhibited to date, by both individuals and clubs and we hope, with their continued support, to have a similar number of pieces this year.

If you are a regular exhibiter or just a beginner, this is your chance to show your talents to a wider audience, for all to appreciate. We recognise that some artists have a reticence to display their work and feel it is not worthy of public view. However, we regularly hear from our visitors that this is not the case and people enjoy the variety of works and the artist's interpretations of the subjects on show.

You may enter your pieces of art, which can be any medium such as watercolours, oils, acrylic, textile, collage, ceramic or a sculpture. Unfortunately however, we cannot accept photographs again this year as there will be a purely photographic exhibition later in the summer. Exhibitors have until 17th April to complete a registration form, which is available from the Parish Office or by contacting the telephone number below. Exhibiting is free as is entrance to the show.

The Old Friends Hall is used by a variety of groups and clubs and is available for hire for all sorts of functions and occasions such as meetings, children's parties, exhibitions etc. If you are interested in hiring the Hall or just want to see the facilities, please contact the Parish Office or, again, the number below.

Above is a view of last year's Art Show.

On behalf of the Management Committee we look forward to seeing you all again this year.

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

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Alice in Jumbleland
Presented at the Public Hall by the
Pocahontas Players (20 January 2017) –
Review by Mark Pheasant

The lights dim and the curtain rises on a whirlwind world tour of Jumbleland with the ever enthusiastic Pocahontas Players or PP's as they are affectionately known locally. This being only my second visit to a production by this local group, it is already clear that they have fantastic local and family support, but their reach and charm goes beyond just friends and family and on this second viewing it is clear to see why.

I was raised on local community theatre and my own first performance on stage was a local 'gang show' and this fun production had a very familiar feel of some lovely set pieces and classic 'known' theatre scenes all intertwined with a nice thread of a lost in time story.

The first scene introduced us to an energetic and apparently new dimension for the 'Players', the young dance troupe the 'Youngstarz', and they lived up to this name with some well executed moves to some appropriate choreography from Carla Pooley.

The clear singing voices throughout were nice to hear and it is a small shame that on some of the musical tracks originals rather than backings are used which tend to hide the potential of some clearly talented singers. There were a few sound issues, but on further investigation I would say these were due to the fact that the usual sound operator was unfortunately indisposed. Dave

Curtis who had to operate both lights and sound at short notice deserves special mention for working through superbly well. We meet the very nicely played Alice (Kelsie Hall) straight away and her solid performance throughout allows others to bounce off her nicely, none more so than the flying white rabbit (Joshy Chilvers) who also co-directs. He arrives in a wonderful entrance breaking the fourth wall instantly and cementing his place firmly with the audience; his training for 'Starlight Express' clearly has stayed with him and he' wheelie' works best when matching the energy his skates give him to his fast paced delivery and adlibs!

The shows 'baddie' soon enters (from the right side!) and after a slow start it is clear Juliet Slight warmed throughout the performance to give a great account as the Queen of Hearts, finding that hard balance between villain of the piece and remaining likeable to the audience. A strong performance from clear crowd favourite Gary Pearce as the traditional dame has the audience banking on him for some solid laughs. Also adding to the comedic element was the nicely written role of 'Hump'n'stink' with Ryan Chilvers making the most of every entrance and building a great running gag through to its finale!

Other mentions must go to Elaine Pygall with some lovely cameos throughout, Warren Marshall for some great character work, the three 'shakes' for keeping the chorus energy going, the great double act of Mustapha Look and Mustapha Fortune, played wonderfully by Jimma Race and Simon Boston, for their fast paced and ad-libbing to really engage and involve the audience, and to Dan Jackson and Abbie Marshall for attempting to maintain one of the hardest regional accents for anyone!

Overall though this works best as a team piece and must be acknowledged to its success as an ensemble piece with some fab moments from everyone both on stage and clearly behind the scenes as well. Even the traditional pantomime horse has more personality than should be expected, played nicely by Jemma Greef and Leesa Espley.

It is clear to see that community theatre in Heacham will be alive and well for a few generations to come if this is anything to go by. Great work to all and thank you for a great night to a well written, strongly directed team performance!

Thank you and WELL DONE.

Mark Pheasant



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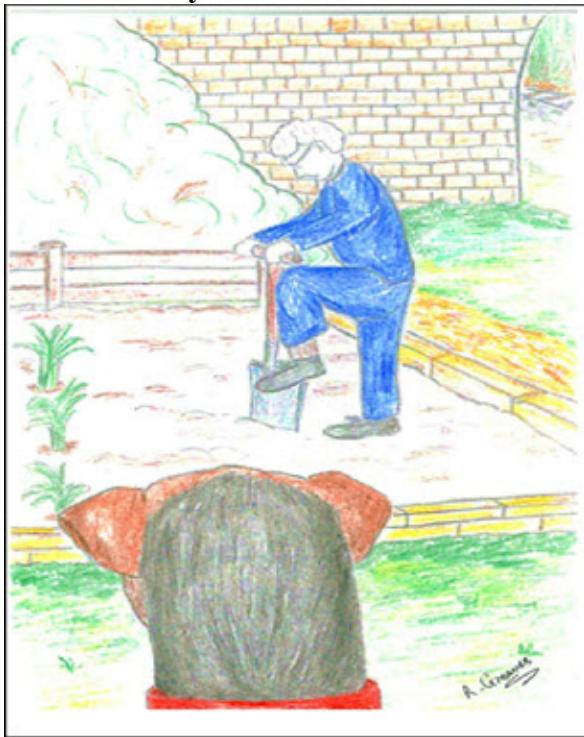
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ROUTE WEL 124 13th/27th	(Mondays) March	ROUTE WEL 123 6th/20th
COLLINGWOOD CLOSE	09.55	ROBIN HILL
SOUTHMOOR DRIVE	10.10	RINGSTEAD ROAD
SANDRINGHAM DRIVE	10.30	NEVILLE Court
FENSHIDE	10.45	NEVILLE ROAD
HEACHAM INFANT SCH	11.00	PINE MALL
WOODSIDE AVE	11.45	SITKA CLOSE
NOURSE DRIVE/Ingleby CL	12.25	SUNNYSIDE
ROLFE CRESCENT	13.55	MEADOW RD
WOODEND ROAD	14.15	POPLAR AVE
	15.25	
GIDNEY DRIVE	14.30	GYMKHANA WAY
BANKSIDE	14.50	JENNINGS CLOSE
MARRAM Way/Norway CL	15.05	COLLEGE DR/Gonville
MARRAM Way/Spruce CL	15.20	
MARRAM Way/Neville RD	15.35	

Ruffle and the Lost Bone

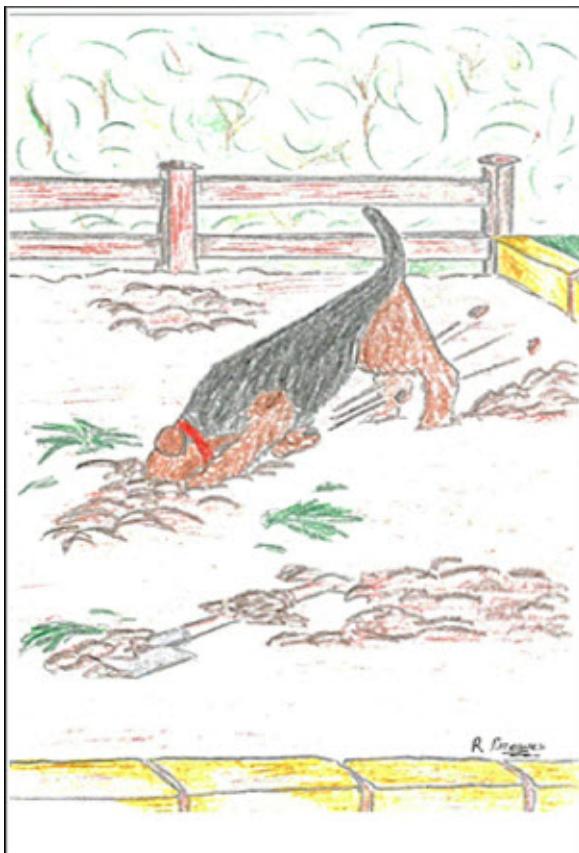
By Rachel Greaves



The station was baking in a warm afternoon, Ruffle was curious – a digging game so soon?
Eric had decided to dig the flowerbed, ‘To plant bulbs for summer blooms’, he said.



‘Had Eric dug up his bone?’ Ruffle feared, So as soon as Eric had disappeared, Ruffle went over to the beds of turned mud, And right in the middle there he stood.



Last year he’d buried a bone somewhere, Now, where had he buried it – there, there...or there...?

Mud did fly as he dug to check, Eric’s hard work and beds were a wreck!

Ruffle jumped out hoping Eric wouldn’t guess, Just who it was that had made all the mess. ‘There’s no use denying it. There’s mud on your toes, And what gives you away is the mud on your nose!’

www.ruffletheraildog.co.uk

Then Eric appeared, gave a cry of dismay, Ruffle stopped digging and looked Eric’s way.

‘What are you doing? Ruffle, get away, Find somewhere else to dig and play!’



THE POCOHONTAS PLAYERS

What a difference the BACKSTAGE CREW makes . . .

Hello from The Pocahontas Players.

We had a very successful run of our latest Pantomime 'Alice in Jumble Land'. We watched a young 14 year old new member, Kelsie Hall, step into Alice's shoes with ease, with Joshy Chilvers being Alice's best friend as the roller skating White Rabbit. We also had young Louise Pearce making her Pocahontas debut (for all our regular followers, Louise is Gary, our Panto Dame's daughter). With her came her friend Lucy Hughes, who both were Indians, New York sight-seeing folk and Arabian market sellers. Nice little roles for them to be eased into the drama group. Mick and Sharon Yates were also first timers to the Pocahontas Players. Mick played the nasty PC Fez (Boooo!!) with Sharon being a New York fire fighter and Arabian by-stander. Who could forget new member Simon Boston with his betrayal of Mustapha Fortune with his side-kick Mustapha Look (Jimma Race); Simon was so good at keeping up with stalwart Jimma as he veered off the script, many times! It was also nice to see Laura Thomas back in the group after 3 years at university, playing The Mad Hatter. These new members made up a cast of 30 plus, who in turn bought Jimma Race's script into life with the concentration of another new member, who sat tucked behind the curtains, with script and little torch, following every word? Yes, the Prompt - Sandra Lester.

It was good to see so many new members arrive on the day of auditions for the Panto but what The Pocahontas Players struggle with, is Backstage Crew. Without Sandra as Prompt; without Dave Curtis and Ria Tipple as Sound and Light' without Barry Shaw as Stage Manager/curtain puller; without Joseph Reumens

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as Stage/Sound crew' without Dave, Jimma and Dan Jackson designing backdrops; without Janice Curtis doing costumes; without Esther Boehm and the cast with their artistic skills with props; without Peter Everingham, Joshy Chilvers and Ryan Chilvers as Director/Musical director, this production of Alice in Jumble land could not have been staged. See what a difference Backstage Crew makes to this scene shown here.



One during rehearsals and the other during dress rehearsal.



Rehearsal Photo by Janice Curtis
Dress rehearsal photo by Ray Sparvel.

If you have Tuesday evenings free and would like to join Backstage Crew, please pop along to The Public Hall on Tuesday evenings from 7.30pm - 10pm. (More rehearsals nearer show date) or phone Dave (Chairman) 01485 570402.

For this production, we were joined by a very young dance troupe - "YOUNGST*RZ" choreographed by Carla Pooley. It was nice to catch up with Carla again, having watched her take on the role of Simba in our very first showing of The Lion King way back in 2011. The troupe - Sophia Collins, Mia Sutherland, Florence Pooley, Freya Collins and Viola Hawkins were sweet and very well behaved girls to have around. Thank you.

We have to thank our well organised Front of House Team - Janet Race, June Critcher, Janet Kendal, Joanne Jackson and



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Anne Gill. With the introduction of separating the Raised seating tickets from the Stalls tickets, it was slightly worrying at times.

Noel Gill came up trumps by videoing the Saturday night performance. Thank you Noel, for doing this at such a short notice.

Thank you to Mr Mick Jennings, the Jutsum family, Peter Oakes and Jenny for your generous donations. These help us to keep improving our production side of things, Head sets, Programmes, Props, Paints etc

As no photography is allowed during performances, Ray Sparvell gave up his relaxing Sunday, to snap away at the Dress Rehearsal and what great photos they are Ray. Even if you had to wrestle with the dreaded 'red light' at times! As they say "Memories are made of this". Thank you Ray.

We are so lucky to have the magnificent Heacham Public Hall as our venue. Twice a year, Alan and Barry Rudd climb up the front of this building and fix our Advertising Banner over the front door and also take it down after the productions. Thank you both so much for your help. This is very much appreciated.

Last but certainly not least, we, The Pocahontas Players, have to mention 'you' the audience. To turn out on, what was, a very cold January afternoon or evening to support us, we cannot thank you enough.

We are well into rehearsal of our May 12th/13th production - 'Who were you with last night?'. (For details of this, see this and next month's Newsletter). The cast has been cast but Backstage Crew are always needed. Also, if you would like to be a sponsor by having an advert in The Programme, please contact our Chairman Dave.

Thank you.

from The Pocahontas Players x



2nd Heacham Rainbows

First week back we got creative. Given only dry spaghetti and mini marshmallows, the girls enjoyed making lots of different structures ranging from stars to spiders. The next week we made a big mess making squishy balls out of balloons, cornflour and water. It got all over the table and the floor and an adult helper Hayley, wasn't impressed with the cornflour in her hair!,

We enjoy getting active too. We dusted off the indoor sports equipment. The girls liked setting up bowling set pins in different patterns and trying to knock them over by rolling, throwing or bouncing the balls down the hall. Standing behind the pins was not a safe place to be! They also had fun getting tangled up in the skipping ropes; turns out they need a bit more practice before they master skipping!

Some weeks the girls like to go through the craft box and go wherever their imagination takes them. Lots of paint, pom-poms and especially glitter! Later, they've decorated some wooden spoons, butterfly cut-outs, girl cut-outs, the table and the floor....! Everything was very, very sparkly (nothing a bit of soap and water couldn't fix).

Kathryn Couzens
Unit Leader



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THE POCAHONTAS PLAYERS

COMING SOON

"Who were you with last night?"

Heacham Pocahontas Players present this Victorian Musical/Drama on May 12th/13th. Set in a high class London home of Lord and Lady Ribchester, it tells the story of their wayward son Reuben and his antics with the lower classes, with a 'twist' at the end.

This drama was originally written by Janice way back in 2000/2001 when the drama group had no sound/lighting systems, as we see and hear it today. As the group have not acted a full two hour serious drama since 2004, we thought this would be an ideal production to put on, especially now that the stage, equipment and seating are much improved. The script has been re-written to suit these improvements.

To think that many of the young talented members were not even born 18 years ago! It's going to be a challenge, but with their dedication and your support, we know we can do it!

If you would like to reserve your tickets, please give us a call on Heacham 01485 570402. We will jot your name and telephone number down ready for when the tickets come available.

Update on rehearsals will be in next month's Newsletter. Ticket details will be found on advertising posters/banners/flyers etc.

Thank you.

from Heacham's Pocahontas Players Drama Group

The Pocahontas Players Next Production

**Who Were
You
With Last
Night?**

Written by
Janice Curtis
2017



May 12th & 13th 2017

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BOROUGH COUNCILLOR NEWS

First of all, congratulations to Heacham Infant and Heacham Junior School for their attendance and presence at the County meeting that discussed removing lollipop crossings. Their co-ordinated chanting and marching was a wonder to behold and their presence in the large meeting room was impressive. All but one County Councillor voted to throw the idea out.

The new roundabout construction continues to annoy and residents took complaints up a notch by getting a good article in the Lynn News on 10th Feb. There is a rumour that construction traffic will have precedence on the island for several years whilst houses are built. Look out for this to be confirmed and, if it is, make appropriate comments.

The Cheney Hill proposals continue to fester. Some of the details are changing. There will likely be another public consultation and the earliest date for the planning committee meeting is now April 3rd. Although current objections are 'taken into account' it is important that they are renewed as a reduction in their number for the new proposals is seen as a move towards acceptance.

Several activities by locals including tree cutting, late operation at sites, extensions to properties, and damage to verges, have managed to annoy and upset people. This could have been avoided if property and land owners, and sometimes contractors, first discussed their proposals with the Parish Council; considered how their activities might upset their neighbours or others in the village; accept that their plans might have to be modified, and talked to their neighbours prior to commencing work and during it. The car damage to grass verges should not occur and seems to happen outside other people's houses. There is a cost implication.

I have pursued each 'upset' and enforcement and nuisance officers have been quietly active in the village. Sometimes this results in little as they can only take action against things which are not permitted, not things which are allowed but may have been done in an offhand manner.

It is important that activities which might result in problems for you or others are brought to the attention of relevant people, including councillors, as soon as possible.

Terry Parish
Borough Councillor Heacham Ward

** STOP PRESS ** CHENEY HILL DEVELOPMENT

The developer has suddenly changed his recent application for 133 houses to 64 houses. DO NOT THINK THIS IS A REDUCTION. THE 64 IS IN ADDITION TO THE 69 AGREED LAST YEAR. $64+69=133$.

The developer has done this to reduce the new Community Infrastructure Levy (CIL) he will have to pay. This came into effect mid-February. On the previous application for 133 houses (which included the old 69), he would have paid CIL on all 133. With this new application for 64, he just pays it on them not the already agreed 69.

It is important that all objectors make a fresh objection to the 64, pointing out that the total on the site will still be 133. The developer obviously thinks we are all simple.

Terry Parish

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Heacham at Night

The less said about the dark skies of February the better. Rain, fog, bits of snow and little seen. I did manage to photograph Venus showing the phase and, if I manage to find it, the image will appear here. I found it.

Anyway, March: Spring starts on the 20th at 10.29am when it

is the Vernal Equinox, the day becomes longer than the night and the Sun rises due east and sets due west. Check your compasses!

**B r i t i s h
S u m m e r**

Half phase of Venus taken beginning of month early evening

Time starts on 26th March. Spring forward and lose an hour.

The planets: Venus is still with us at the beginning of the month but is lost in the setting Sun towards the end and reappears just before sunrise. For a few days before 25th it might be possible to view it at dusk and dawn but you will have to drive from Heacham beaches to somewhere like Cromer cliffs.

From about the 15th, look out for Mercury just above the western horizon; Venus will be above it then but will get quickly lower whilst Mercury rises. The end of the month is the best chance of viewing Mercury this year.

community coffee Morning & More
K's Savories
Mardle (Chat) 8th March 2017
10am-12noon
Young and not so young
Old Friends Hall Sunnyside off Caley Street Heacham
Raffle Quiz

In Support of the Community Building Project

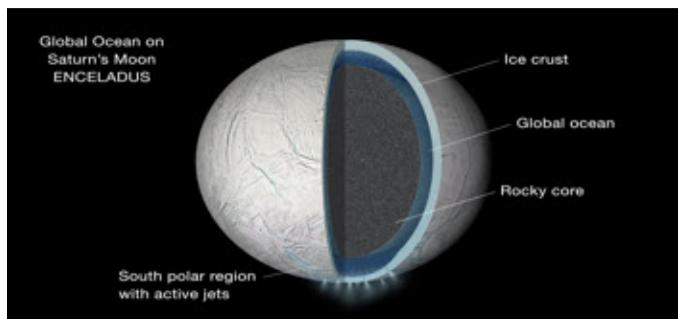
Mars is still about and is around due west; the dim red dot sets at 9.45pm so there a couple of hours to find it. In the first few days of the month, Uranus is still close to Mars and is in a line joining Mars to Venus. Look at about 7pm with a small telescope.



Callisto Europa Io Ganymede

Jupiter rises in the SE at 8.30pm and will be high enough to see easily about an hour later and well up before midnight. Now is the time to refresh your memories about the four Galilean moons, Io, Europa, Ganymede and Callisto which are all easily visible as dots of light in a small telescope. Good binoculars held very firmly should pick up the last two. Try averted vision – look a little off to the side whilst focussing on Jupiter.

Europa has been in the news again because the Hubble telescope has imaged the southern water spouts again. NASA is looking for funding for the mission to dive through them. Europa is the hot spot for extra-terrestrial life in our solar system.



Saturn is visible in the morning sky before dawn. A telescope may pick up Titan, a moon bigger than Mercury, but not Enceladus, another moon with a lot of water which is very small.

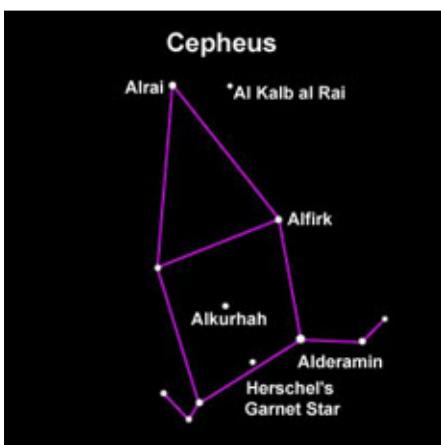
The dwarf planet Ceres is on view through a telescope. This was once classified as the largest asteroid in the asteroid belt between Mars and Jupiter. It was reclassified as a dwarf planet at the same

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Just to confuse you more, up to the mid 19thC Ceres, Vesta and several other asteroids were classified as planets and the solar system was credited with 15 rather than the 8 of today.

Stars and constellations: remember the Earth turns rapidly from west to east so star patterns appear to move across the sky during



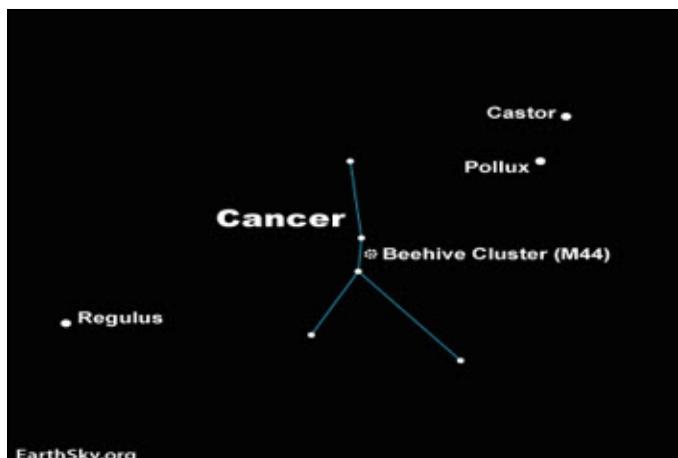
the course of the night. The guidance below is for observations between 10pm and 11pm. For earlier observations look further east, later, further west. Use Stellarium free software to help (it is on the library computers) or Google star maps, or buy Sky at Night magazine.

delta cephei

Look due north about half way between the horizon and Ursa Minor. There is a pattern which looks like the gable end of a

house which is Cepheus. Close to the 'floor' and centre is the Garnet Star. The name gives the colour away. This is a really big star,

Just off the bottom left corner of the gable is the star delta cephei. You won't see this without aids but it has historical interest. It



was the first cepheid variable star to be observed. The brightness of cepheids pulses and their rate of pulsation is directly proportional to how bright they really are. This enables their distance to be measured accurately. Cepheid variables all across the Milky Way have been used to determine the size of the galaxy.

Look due south to find the three armed shape which is Cancer the Crab. Just below this is a fuzzy blob. Binoculars will help you see this. The blob is The Beehive, Praesepe. It is a group of 1000 stars 600 light years away which are all just 600 million years old. Planets have been detected around two of them (so far). They are hot Jupiters – our Jupiter is a distant, cold, gas giant, these are close to their suns and consequently heated by them.

Comet Enke is still a possibility very early in March. It reaches perihelion (closest approach to the Sun) on the 10th but by then will be lost in the haze by the horizon. Look below Venus and Mars with binoculars; a faint, small, green fuzz at the edge of vision will give you something to talk about.

I have had 'phone conversations with three Heachamites interested in pursuing astronomy further. I haven't forgotten and will look at arranging a meeting for them and anyone else in the near future. Watch this space which is a bit easier than peering through the current sleet.

Terry Parish

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1st Heacham Cubs

Only a short term this time but we still managed to cram in loads during the five weeks we met. As

usual our first night back we renewed our Law and Promise and then it was over to Kaa for his games night which the Cubs always seem to enjoy. We had two Beavers come and join us so Welcome to Cubs Harley and Jacob, hope you enjoy your time with us. We also awarded Isaac his year one joining in badge and Zack his third. They show how many years they have been in the Scouting movement and start from Beavers through to Explorer Scouts. For joining us on December 16th 2016 at Castle Rising, Alexis, Dominic, Nathan and Zack received a District Promise Celebration Certificate.

The second evening, we started on the last few weeks of their Team Work badge and Ziggy was in charge of this evening; the badge is done over three months of Team building. Ziggy did an evening of team games and the Cubs played a game involving getting a hula hoop around a circle while they held hands so over the head and then having to step through it without breaking the circle. Then snowballs, which is Ziggy's favourite, so she and the young leaders get to play this game. Finally, they did a blindfolded obstacle course which usually ends up with water all over the floor.

The third evening it was my turn to think of something and in their sixes I gave them a very old type tent with actual metal poles and a canvas, not the ones you get nowadays with fibre glass poles. To make it more interesting, I only gave them a couple of clues on how to put it up. After a lot of huffing and puffing they did all finally work it out which I thought was really good considering they did not have a clue to start off

with. Putting it back in the bag seemed to be a bigger challenge, roll and squeeze just made them laugh or look at me oddly. Kaa finished the night off with a couple of team games, tunnel ball and a non wet obstacle course this time.

Then the last two weeks were run by our young leaders. First off it was Rikki's turn. He had them making structures from spaghetti and marshmallows; in their sixes they made a house, boat and rocket. It was hard for them not to eat the marshmallows but they managed it until the end. Rikki's team game was hockey.

Our last evening was Hathi's turn and she got them to make a structure from newspaper, to roll a marble down to hit another marble a few metres away from the table they were working from. In principle they all had the same idea but the actual making of the tubes was different between each six but not all the marbles would get down the tube, many got stuck. But at the end of the day it was about working as a team and together. Hathi's team game was a mat and ball game when they have to get from one end of the hall to the other on squares of mat to collect a ball as a team and not falling off.

So on our last evening we were able to award the Teamwork badge to Alexis, Alfie, Dominic, Ethan, Isaac, James, Kian, Leo, Matthew and Zack which is one of the main badges towards their Silver Award.

Green six won the sweets for the term for the most points earned.
Happy Scouting to all our Cubs

**Akela (Sam), Ziggy (Julie) & Kaa (Rob)
Young Leaders Hathi (Jemma) & Rikki (Tommy)**

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Flower Festival

Dates for your Diaries –

9/10/11 June

Heacham St. Mary's will be staging a Flower Festival this year, the theme of which will be "Celebration of Marriage", and will require lots of input from Heacham Residents....that's YOU! We would like contact from anyone who was married or who has relatives who were married in the Parish Church.

Would you be willing to share your memories of the day - perhaps you have photographs or other memorabilia that could be put on display? We are hoping that there are some secret hoarders out there who may still have their Wedding gowns, bridesmaid dresses etc. that they would be happy to loan for the Festival.

Also, we would very much like to hear from anyone interested in helping us stage the flower arrangements themselves.

There will be more updates of our progress over the next few months but, in the meantime, if anyone has anything they would like to share, please contact Sue Bird (01485 570150) or Valerie Close (01485 571514).

P.S. Please look out for copies of our Quiz, very cunningly geared to the Flower Festival theme. Price £1. Quiz sheets available from the Church Hall Office in the High Street and the Christian Bookshop

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Heacham Girl Guides



After a great holiday, sipping Pisco sour in Peru, it's good to be home and back to Guides.

Well done to Sophie and Laura who have held the fort while my husband and I were away, helped by Kathryn (Rainbow Leader) and Ruth (Brownie Leader). Thanks to you both for stepping in to help.

We've started this term with each Patrol working on a 'Go for it'. Each Patrol chooses a topic, selects 4 activities on the theme, organises and completes them.

We are working on Cooks badge, have had a climbing session at the leisure centre in King's Lynn. Amy, Chloe, Kirsty and Yasmin made their promise on the climbing wall. Well done to them.

Also this term, we will be having an astronomy session, a self-defence session and a talk from a representative from 'Beat Eating Disorders' charity.

We are walking Heacham to Cromer in small sections to raise funds for this charity.

Bethany, Kate and Leah have nearly completed the Baden Powell Challenge Award. A great achievement. Their final challenge is a weekend away. To help fund this, we are having a Beetle Drive. Please support this on 14th March, 6pm, at the Methodist Church Hall.

Happy Guiding to all.

Sue



Heacham History Group

The January meeting of the group was an informal get together with homemade cakes included. Mavis Windibank gave us a very illuminating talk on Heacham's own composer Paddy Hadley. It was fascinating to find out how well regarded he was in his field – he was often visited in Heacham by famous people such as Vaughan Williams, Margot Fonteyn and Sir Malcolm Sargent. We had two quizzes, one general, and one where we had to identify pictures of Heacham. I am ashamed to say that even with some clues none of us did as well as last year. There was a small display about Mr Bodger, the chemist in the early 1900s whose sign was uncovered during the work being done on the old newsagents. For those who would like to know more, I refer you to the article in February's Heacham Newsletter where 'Xenos' has done a lot more research. It can also be found at www.heachamnewsletter.org.uk.

On display was also an ongoing project with the War Graves Commission to remember those who lost their lives in the two World Wars and are now buried in Heacham Churchyard. Each person has a folder which gives their details and tells their story. If anyone has anything to add to the story of these men we would be grateful if you could get in touch with us.

The next meeting will be on Monday 27th March and by popular request, Claire Bradshaw of the Norfolk Archaeological Unit at Gressenhall will be returning to give her promised Part 2 of 'The Archaeology of Heacham', this time from 'Mediaeval to Modern'.

As usual the talk will be at 7.30pm at the Old Friends Hall, Sunnyside Close, Heacham, PE31 7DX. Everyone is welcome. Admission £3 (members £2).

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Hedgehogs

Immediately after my short article published before Christmas I found a tiny hedgehog huddled under the front doorstep. Serendipity rather than an indication of hedgehog literacy I think. It weighed just 182g. I fed it for a couple of days and then took it to the excellent East Winch RSPCA rescue centre. The latest email from it (13th Feb) says it is now in the 'Outdoor Hedgehog Mews' and is making steady progress.



In January, my wife found another hog wandering up the road in daylight. This was after a mild spell which likely 'woke' the hog up. It weighed 400g, still far short of a safe hibernation weight. East Winch still had several hundred hedgehogs in care so they asked us to keep it. It is doing well and

is now in much superior accommodation with an interested neighbour. Its favourite food proved to be Sainsbury's chunks in jelly for dogs.

An article in a recent edition of the EDP showed stickers being fixed to all West Norfolk BC's strimmers and mowers to warn operators to look out for hedgehogs (at no cost to taxpayers). This is one of the initiatives supported by The British Hedgehog Preservation Society for Hedgehog Awareness Week which runs from April 30th to May 6th.

So, take care amongst your own hedges and shrubs, hedgehogs will still be tucked up on cold nights and hiding out in the day. And BHPS recommends you also follow these actions to encourage and preserve hedgehogs:

- Ensure there is hedgehog access in your garden – a 13cm x 13cm gap in boundary fences and walls.
- Move piles of rubbish to a new site before burning it.
- Ensure netting is kept at a safe height.
- Check compost heaps before digging the fork in.
- Stop or reduce the amount of pesticides and poisons used.
- Cover drains or deep holes.
- Ensure there is an easy route out of ponds and pools.

And, to whom it might apply, elastic bands kill hedgehogs too so don't drop them.

Terry Parish

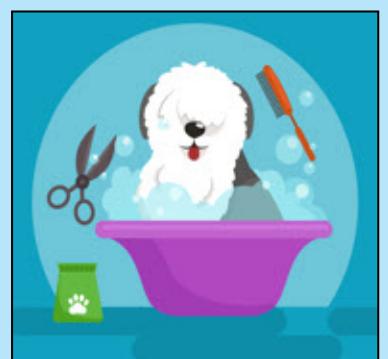
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News from Heacham Fire Station

'Practice Makes Perfect' so the saying goes and practice has always been an important part of life in the fire service. In the early days of the Parish Council Fire Brigade in Heacham, the training sessions were known as 'Fire Practice' and I would imagine it did exactly what it said on the tin! A more familiar name for our weekly learning get-togethers nowadays is 'Drill Night' and, at one time, there was a lot of military style drilling in the 'Drill Yard' which houses the 'Drill Tower'.

When I attended the brigade's training centre for my induction course in 1998, we marched out onto the drill yard and stood up when a Station Officer or above entered the room. Press-ups or a run around the site carrying a length of hose were prizes handed out for performances falling below the required standard! I'm sure I still had it easier in some ways than those that went before me.

It was at that time that there was a major change in the undress uniform. Shirts, ties, tailored jackets and caps were out and polo shirts, sweatshirts and blouson jackets were in. As recruits, we had to decide the level of dress required for the climatic conditions and woe betide anyone who wasn't wearing the same combination of tops as everyone else!

As with many things in life, different styles of training come and go over the years but one constant factor is the ever increasing quantity and complexity of the equipment and techniques we have at our disposal to help us deal with a wider range of incidents than ever before. That may well be the subject of a future article but for now I'll try and confine myself to the topic of training.

Whilst it is true that the probationary or development stage of a firefighter's career sees the most intensive period of training, we all have to attend refresher courses in key subjects such as

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New Winter Opening Hours

Monday to Thursday	3pm – 11pm
Friday and Saturday	12pm – 11pm
Sunday	12pm – 10:30pm

Lunches served 12 – 2pm Friday and Saturday

Sunday Lunches 1 – 3pm (Norfolk time!) – please book if you can

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

Wednesday March 8th – Camera Corner: share knowledge, pick up tips. Novices and experts welcome

Wednesday March 8th and 23rd – Quiz night in Dining Room – £1 entry, all welcome

Saturday March 11th – "Victims of Time" acoustic band

Saturday March 25th – "Our Gracie": Grace Burton is returning to sing to us while raising money for Alzheimer's/Dementia charities

Emergency Response Driving, Trauma Care and Breathing Apparatus in order to keep up our skills. These 'refreshers' make sure a good standard of competency is being maintained and give an opportunity for new techniques to be demonstrated by training school.

In January of this year, two of our crew members attended the Breathing Apparatus Structural Firefighting Refresher, a new course which prompted me to look at training in this month's Newsletter. Two pre-existing refresher courses for breathing apparatus (BA) and Fire Behaviour Training have been combined thanks to the construction of the new Fire Training Structure on the former RAF Coltishall site, north of Norwich.

BA training with real fires has been part of the training programme for at least twenty years but it has mostly concentrated on practising the correct techniques for dealing with fires within compartments. This is still an important part of the course but the new structure enables real fire-fighting and general BA search and rescue procedures to be brought together in a way not previously possible within Norfolk Fire & Rescue Service.

The structure is impressive and contains a number of simulated fire locations including residential, warehouse, retail and ship housed over four levels. It also contains a range of building features that we might encounter at real incidents such as tunnels, shafts, confined spaces and doors that have to be broken open before firefighters can enter. There are also facilities for more general training with different types of ladders and working at height equipment.

In short, the brigade can now provide much more realistic 'real fire' training which can only be a good thing for all of its firefighters.

The refresher course itself takes place over two days and comprises both classroom and practical elements. The classroom side of it would not make a very interesting read in the Newsletter although it is obviously a vital part of our training. The practical demonstrator exercise is, by contrast, an incredible experience which is hard to adequately describe, but I will have a go! A fire is lit at one end of a modified metal shipping container which is about forty feet long. The fire is set on a raised platform so that everyone inside gets a good view of how it develops. The opposite end of the container is open and there is a vent in the roof which is used to help manage the fire conditions and provide the most valuable training experience possible.

The fire which consists of burning timber, grows rapidly meaning the students and instructors who are lined up on their knees on either side of the container soon start to feel a little bit warm. In no time at all, flames extend out from the seat of the fire, above the heads of those inside and with temperatures reaching 800 degrees Celsius, standing up would be a very bad

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idea indeed! The fire kit we have gives us very good protection from the heat but great care must still be taken to avoid injury. Each student moves up to the front in turn (on their knees) and practises the various methods for applying water to control and extinguish this type of fire. There is some science involved in getting this right but in basic terms, use too little water and the fire will win, use too much and vast quantities of steam will be produced which is likely to result in burns to the firefighters.

This is why being able to practise in a training environment is so important. Nobody wants to get it wrong at a real incident where the consequences could be rather permanent.

The other practical elements of the course involve thinking about a lot more procedures, but at least the temperatures are not so severe. Teams of BA wearers (usually two firefighters in a team) have to enter the new structure by various means and deal with whatever they find as if it were a real job. Fires have to be extinguished, searches made and casualties (training dummies) rescued, all under the watchful eyes of the instructors who assess the actions of the candidates. Thermal Image Cameras are used to good effect otherwise nobody would see very much at all!

Providing realism in training is the key aim of this new facility and the sight of fire appliances pumping, masses of hose laid out and smoke issuing from the structure certainly produces a convincing scene.

There is obviously a lot more to the course and training in general than I could or would want to cover in an article like this. What I hope I have achieved is to give readers an insight into an aspect of being a retained firefighter that they might not have thought about before.

So, does 'Practice Make Perfect'? Well, none of us would claim to be that but we will continue to train in order to keep not only ourselves as safe as possible, but also the communities we serve.

Chris Wood Heacham Fire Station
General view of the new Norfolk Fire & Rescue Service (NFRS) Fire Training Structure at the former RAF Coltishall site. The Demonstrator Exercise container with the pitched roof can be



seen in the extreme right. Photo: NFRS
A training exercise in progress with breathing apparatus teams entering at ground floor and third floor levels.
Photo: NFRS

Firefighters practising the techniques



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WHAT'S ON REGULAR EVENTS

PC=Parish Council Office, Pound Lane

MC = Methodist Church Hall, Station Road

SM = St Mary's Church Hall, High Street

OFH = Old Friends Hall, Sunnyside

PRH = Pine Residents Hall, Wilton Rd

SG = Scout & Guide Hut, Sunnyside

HSC = Heacham Social Club

PH = Public Hall

NC = Neville Court

MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room 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 £3.50 Contact Diane 571166 (SM) 1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs) 7 - 9pm Tel: Seb 07477 511116 (SG)

HEACHAM IN BLOOM 3rd Monday Monthly @ 7pm

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 mcaatherineallen1@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 10.15am - 12 noon Tel: 570776 (PH)

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 £3.50 Contact Diane 571166 (PH)

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 (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

CAR BOOT SALES (start 19th April) 7am to 12noon (Gates open 6.30am for Booters) (HSC) Sports Field

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 10.15 – 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 £3.50 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 10.15am - 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 Seymour 570560 (SM)

RAO BUFFALOS 8pm (HSC Top Room)

QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon 3rd Friday of the month Contact 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 3rd March GIG 'Jam with DNA' 8.30pm at Fox & Hounds Station Rd
Tuesday 7th March GIG 'Stone Pony' 8.30pm at Fox & Hounds Station Rd
Wednesday 8th March 'Community Coffee Morning & More' 10am to 12noon at the Old Friends Hall Sunnyside Everybody welcome
Friday 10th March GIG 'Black Dogs' 8.30pm at Fox & Hounds Station Rd
Tuesday 14th March GIG '3 Cornered Wheel' 8.30pm at Fox & Hounds Station Rd
Thursday 16th March 'Art & Crafts' at Sunnyside Close 10am to 12noon £1 includes Tea & Coffee All welcome
Friday 17th March GIG 'Whiskey Twist' 8.30pm at Fox & Hounds Station Rd
Tuesday 21st March GIG 'DNA' 8.30pm at Fox & Hounds Station Rd
Friday 24th March GIG 'Victims of Time' 8.30pm at Fox & Hounds Station Rd
Saturday 25th March 'Messy Church' 10am to 12noon at St Mary's Church For more information Tel: Veronica Wilson 570697 or the Church Office 572539
Monday 27th March Heacham History Group 7.30pm at The Old Friends Hall Sunnyside Talk by Claire Bradshaw 'The

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Tuesday 28th March GIG 'Where's The Dog' 8.30pm at Fox & Hounds Station Rd
Friday 31st March GIG 'Retro Rockets' 8.30pm at Fox & Hounds Station Rd
Monday 3rd April Heacham Group Practice 'PPG Meeting' 7.30pm at Heacham Surgery to include 'QEII updates' 'NHS out-of-hours' and 'West Norfolk Carers'
Saturday 29th & Sunday 30th April 'Spring Art Show' at The Old Friends Hall Sunnyside Event enquires Tel: 572142
Friday 12th & Saturday 13th May The Pocahontas Players present 'Who Were You With Last Night' Further details will be available in due course
Friday 9th to Sunday 11th June 'Flower Festival' at St Mary's Church Heacham Theme will be 'Celebration of Marriage'

TIDE TABLES FOR MARCH & APRIL 2017

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT) BST begins 26th March add 1hr.							
March 2017				April 2017			
Date	Morning	Afternoon	Date	Morning	Afternoon		
1 W	08 01	7.3	20 08	7.8	1 SA	08 54	7.3
2 TH	08 36	7.3	20 47	7.6	2 SU	09 36	6.8
3 F	09 13	7.0	21 28	7.4	3 M	10 27	6.3
4 SA	09 56	6.7	22 15	6.9	4 TU	11 34	5.9
5 SU	10 46	6.2	23 14	6.3	5 W	00 33	5.7
6 M	11 53	5.7			6 TH	02 08	5.7
7 TU	00 35	5.8	13 21	5.6	7 F	03 27	6.1
8 W	02 14	5.7	14 46	5.8	8 SA	04 28	6.5
9 TH	03 37	6.1	15 54	6.3	9 SU	05 15	6.8
10 F	04 43	6.6	16 50	6.8	10 M	05 53	6.9
11 SA	05 34	6.9	17 36	7.2	11 TU	06 27	7.1
12 SU	06 17	7.0	18 19	7.4	12 W	06 59	7.1
13 M	06 54	7.2	18 58	7.4	13 TH	07 30	7.1
14 TU	07 29	7.2	19 35	7.4	14 F	07 55	6.9
15 W	07 59	7.0	20 07	7.3	15 SA	08 20	6.8
16 TH	08 25	6.9	20 36	7.0	16 SU	08 47	6.6
17 F	08 50	6.7	21 04	6.7	17 M	09 20	6.3
18 SA	09 18	6.4	21 35	6.3	18 TU	09 58	5.9
19 SU	09 51	6.1	22 12	5.8	19 W	10 50	5.5
20 M	10 33	5.6	23 03	5.4	20 TH		
21 TU	11 38	5.2			21 F	01 27	5.3
22 W	00 32	5.0	13 15	5.1	22 SA	02 43	5.6
23 TH	02 12	5.1	14 34	5.5	23 SU	03 40	6.1
24 F	03 21	5.6	15 33	6.0	24 M	04 29	6.6
25 SA	04 15	6.1	16 22	6.4	25 TU	05 14	7.1
26 SU	05 00	6.6	17 07	6.9	26 W	05 56	7.3
27 M	05 42	6.9	17 49	7.3	27 TH	06 37	7.5
26 TU	06 22	7.3	18 29	7.6	28 F	07 18	7.7
28 W	07 01	7.4	19 11	7.9	29 SA	07 58	7.5
30 TH	07 39	7.5	19 51	7.9	30 SU	08 38	7.4
31 F	08 15	7.5	20 32	7.8			

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OTHER EVENTS

Sunday 5th March The Hunstanton Community Players 'Table Top Sale' 8am to 1pm (doors open to the public at 9am) at Hunstanton Town Hall Charge for stall holders £5 per table (supplied) To book a space (table) Tel: 533933

Saturday 11th March Hunstanton Concert Band presents 'Music with a Mission' 7pm at the Union Church Hunstanton Free admission Refreshments Donations for the evening to go to Mission Work supported by Union Church

Sunday 12th March 'Quiz' 7.30pm at Hunstanton Conservative Club

Monday 13th March Brancaster Camera Club 'Print Discussion' with King's Lynn CC (away) For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Tuesday 14th March Brancaster Camera Club Digital Competition (1) 'At Rest & (2) 'Own Choice' 7.30pm at Brancaster Staith Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Saturday 18th March Cinema in Syderstone presents 'A Street Cat Named Bob' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50 Tel 578244 or 578171 or email cinema@syderstone.com

** 'St Patrick's Party Night' with 'Replay' 7.30pm at Hunstanton Conservative Club Irish Stew will be served

Monday 20th March Hunstanton U3A meeting 2pm at Hunstanton Community Hall Speaker George Waugh 'Experience of a Butler'

Thursday 23rd March Norfolk Wildlife Trust A talk by Carl Sayer 'Saving Norfolk's Ponds & Pond Species' & AGM 7.30pm at Hunstanton Methodist Church Hall £2 members/£2.50 visitors

Friday 24th March Anmer Village Social Club present 'Hunt for the Wilderpeople' 8pm Tickets £3 For info Tel: 579465 or email films@anmerclub.co.uk

Tuesday 28th March Brancaster Camera Club 'An evening with Ruth Grindrod' 7.30pm at Brancaster Staith Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

Saturday 1st April HDFA 'Craft Fair' 10am to 4pm at Hunstanton Town Hall Free admission Refreshments WANT TO PLAY BRIDGE? Hunstanton Bridge Club welcomes players of all levels and ability. Please call Roger Pearce 01485 572121 for more information

SEGEFORD 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 10am – 12 noon at Hunstanton Community Centre £3.50 Tel: Diane 571166

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

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

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

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

Fridays

BRANCASTER BABY & TODDLER MUSIC GRP Simms Reeve Inst. Hall Brancaster 10–11.30am(term time) 1st & 3rd Friday monthly £1.50 per family (see Tuesday for info details)

HUNSTANTON BRIDGE CLUB 'Beginners Bridge' 1.20pm for 1.30pm at Hunstanton Conservative Club

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

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

Saturdays

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

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

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

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West Norfolk Carers
Support provided to Carers

Queen Elizabeth Hospital Updates

All Patients Welcome
Monday April 3rd at 7 30pm in Heacham Surgery

Chairman Mike Press 579007
ppg@heachamgrouppractice.org

Heacham Table Tennis Club

Heacham TTC had their third Free Table Tennis Taster Session on Monday 13th February in the Public Hall from 6pm to 7pm before the league matches commenced at 7.15pm.

Once again, the session was well supported with over 16 people attending. Most had attended the previous sessions but there were some new faces. They were treated to a high class table tennis demonstration by 14 year old Mollie Patterson and her dad James. Mollie who lives in Brancaster Staith, is currently ranked number 2 in the English cadet rankings.

The final free session will be on Monday 13th March. People who attend will be asked if they would like to attend full coaching sessions to be arranged after the current playing season ends in April. For more details and photos, go to the website at: www.malc-on-line.co.uk/tabletennis/index.htm

Malc Diggins
on behalf of Heacham Table Tennis Club



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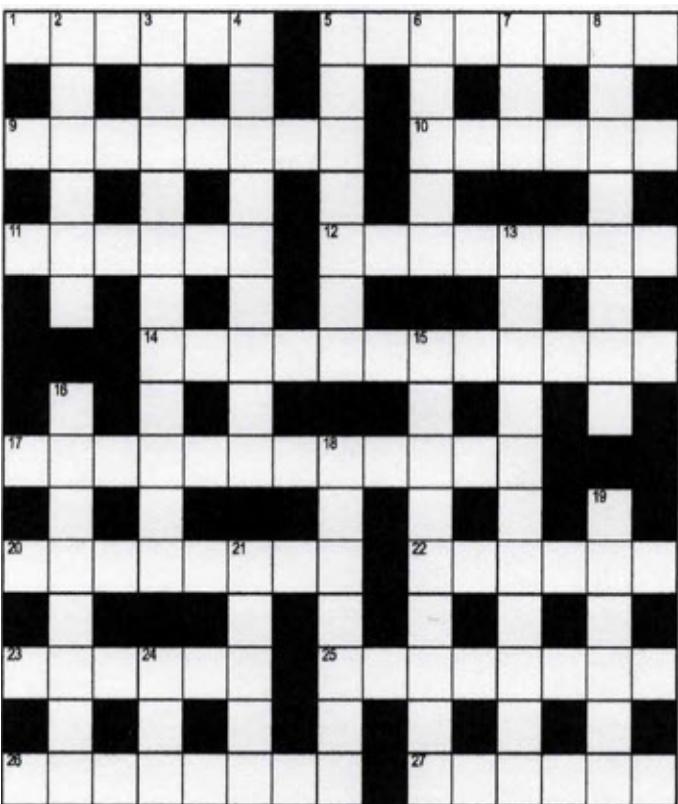
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CROSSWORD CLUES

Across:

1. Upper class filling out applications for meetings (6)
5. Entirely unfashionable to be fair (8)
9. Finish work and take stock (5,3)
10. In agreement with official decision (6)
11. Pest is devoid of subtlety (6)
12. Censured, having demonstrated once more (8)
14. Accepted method to budget within reasonable limits (2, 10)
17. Unhappy due to CD being played at unsociable hour (12)
20. Commodities delivered via expert channels (8)
22. Henry was troubled and called out (6)
23. Ratings attend ball to imbibe (6)
25. Easterner married first, settled down and stuck fast (8)
26. Recommend lawyer (8)
27. Cancel events involving set number (6)

Down:

2. No mum I trained made race (6)
3. A French study of Van Gogh briefly has early doubters remaining sceptical (11)
4. Spin doctor for 2 Down perhaps? (9)
5. Embarrassed after leaving at first excuse provided (7)
6. Destitute model returns to party (5)
7. Being around favourite creates possibilities (3)
8. Prickly character to monopolise support of fund, maybe (8)
13. Light fingered when controlling the strings? (2,3,6)
15. Concerning suppressed pain, is qualified and can be contacted (9)
16. Police officers dressed and undressed (8)
18. Offering nothing before bar opened, location was crude (7)
19. Cut off electricity – that's harsh! (6)
21. Swan and rat almost get snake (5)
24. Person outside will accept less inside (1,1,1)

NEWSLETTER SUDOKU No. 110

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

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

Solution to
Newsletter
SUDOKU
No. 109

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



The West Norfolk Members Group invites you to:

an illustrated talk:-

Saving Norfolk's Ponds & Pond Species*

by Carl Sayer of UCL on

Thursday 23rd March – 7.30pm

*after a brief AGM

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

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HEACHAM SENIORS F.C.

Season so far

Heacham reached semi-final Anglian Combination CS Morley Cup. Also sitting second in the league. Reserve team sitting seventh in NWN Div 1

'A' team sitting comfortably in Div 2. Semi-Final of CS Morley Cup to be played at Heacham against UEA Norwich on Saturday 18th March.

Fixtures for March:

First Team:

4th – Aylsham - away
11th - Wells - at home
18th – UEA - home, Semi-Final
25th – Gayton - at home.

Res Team:

4th – Home to Birchwood
11th – Home to Docking 'A' Team
18th – Home to Bishops
25th – Away to River Lane Rangers

'A' Team:

4th – Home to Birchwood
18th – Away to Snettisham
25th – Away to Hunstanton.

Come along and support your local team.

Dave Page



Keep Heacham a Village

I would like to say 'Keep Heacham a Village'.

Historically a Town, a Tun in Old Norse, was a settlement that couldn't afford or was not allowed to build a walled fortification, only a pallisade or stockade, or becoming a town when a village was granted a Charter to hold a Market or a Fair.

Modern towns derive their name and their living from markets, manufacturing, commerce, public services, rather than a primary industry such as agriculture.

A place's population size is not a reliable determination of its urban character.

We are a dormitory / holiday area, sometimes over-crowded. Short on services, little employment, no manufacturing industry to speak of, what shops and businesses we have seem to be clinging on to survive. At the moment, we are a village. An urban settlement with a fixed envelope surrounded by countryside, do not I say need huge housing estates scattered all over the landscape.

If we become a town, I think we will eventually find ourselves as a suburb of greater King's Lynn or Hunstanton, with no say in our own day to day management.

Robert Pritchard

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Forthcoming gigs For March (8.30pm unless stated)

Friday 3rd - JAM with DNA

Tuesday 7th - Stone Pony

Friday 10th - Black Dogs

Tuesday 14th - 3 Cornered Wheel

Friday 17th - Whiskey Twist

Tuesday 21st - DNA

Friday 24th - Victims of Time

Tuesday 28th - Where's The Dog

Friday 31st - Retro Rockets.

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Saturday 12-2 6-9. Sunday 12-2.**

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



HEACHAM LIBRARY

BOOKS • INFORMATION • TELEPHONE • NEWS • INTERNET

March brings a double helping of Elly Griffiths as Heacham Library's favourite forensic anthropologist Ruth returns in the brand new "Chalk Pit". Griffiths' more recent series set in 1950s Brighton is extended to three books with the publication of "The Blood Card".

Why don't you pop in and have a look at the book clearance table, it offers an eclectic mix of fiction and non fiction, with all proceeds going to the purchase of new titles. The Library also stocks the latest copies of the Heacham Newsletter and Hunstanton Town and Around.

Heacham Library Opening Hours
Monday, Wednesday, Friday – 10.00am-4.00pm
Saturday – 10.00am – Noon

An advertisement for Angelina's Curtains and Blinds. The top half features the company name in a stylized script font with 'CURTAINS AND BLINDS' in a smaller sans-serif font below it. Below the name is a photograph of a bright bedroom. On the left, a double bed is dressed with white linens and blue pillows. To the right, there is a wooden armchair and a small round table. Large windows are covered with different types of window treatments: light-colored roller blinds on the left, vertical blinds in the center, and long blue Venetian blinds on the right. A small blue logo with the word 'Sanderson' is visible at the bottom left of the photo. The bottom half contains descriptive text and contact information.



Heacham in Bloom

Spring (hopefully) is almost here and in the coming weeks we will be round and about the village tidying up our planting areas after the winter.

This year the Wallflowers and Polyanthus we planted in the autumn have not put on much growth (if any), fingers crossed that will change in the coming weeks and we will get some colour by April/May.

Our colour scheme for summer has been confirmed and the plants have been ordered. For 2017 we have decided to go bright and bold; Orange and Pink, which should really stand out.

Do you think you would have some time to help us with our watering in the summer? Even if you are only available once a week or fortnight for an hour or so, it would be a great help to us in keeping our displays watered. If you can help, please email us or call-in at one of our meetings.

Our next meeting is on Monday 20th March at 7pm. With effect from March our meetings will be held in Heacham Library.

Heacham in Bloom Committee
heachaminbloom@btinternet.com

Answers to Anagrams on page 5

- | | | | |
|----|------------|-----|-------------|
| 1) | Priest | 2) | Seaman |
| 3) | Cashier | 4) | Bar Maid |
| 5) | Bouncer | 6) | Surgeon |
| 7) | Astronaut | 8) | House Maid |
| 9) | Auctioneer | 10) | Upholsterer |

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around and about...

ANMER VILLAGE SOCIAL CLUB FILM NIGHT

Friday 24th March 2017 at 8.00pm

'HUNT FOR THE WILDERPEOPLE'

Adventure comedy drama starring Sam Neill, Julian Dennison & Rima Te Wiata in which a national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush.

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:

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Brancaster Camera Club

Monday 13th March 2017

Print Discussion with King's Lynn CC away.

Tuesday 14th March 2017

Digital Competition 1 x 'At rest', 2 x own choice
Judge: Rex Makemson

Tuesday 28th March 2017

An evening with Ruth Grindrod – Award winning landscape photographer.

Ruth was a runner-up in the Scottish Nature Photography Awards and commended in Landscape Photographer of the Year. This should be a very good evening.

Admission is £5 to include refreshments.

Meetings are in Brancaster Staithes Village Hall at 7.30 pm.
Visitors are always welcome at our meetings. Contact: Jim Till on 01485 210013 or Wendy Calow on 01553 674725.



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CLASSICAL MUSIC ROCKS

This not-for-profit organisation, founded last October, is dedicated to bringing live classical music into primary schools throughout NW Norfolk and King's Lynn.

At the end of March, we are sponsoring a superb, young violinist, Joo Yeon Sir, who will be visiting Heacham Junior School to lead an inter-active assembly for all the children.

There will be a question and answer session and the children will be encouraged to respond to different pieces of classical music played by Joo Yeon.

This new community organisation intends to visit all schools on an annual basis, subject to funding.

Heacham residents are invited to support this venture by joining Classical Music Rocks for a fee from £1 pcm.

We also invite the public to attend a free recital in Snettisham Parish Church on 22nd July at midday. Joo Yeon Sir and Laura Snowden (guitarist) will play an attractive programme of classical music for an hour. No tickets required. This concert is sponsored by Classical Music Rocks. The public are invited to make donations to the church funds if they are able to do so.

See below for full details of this organisation:

A not-for-profit community organization, supported by Sir Henry Bellingham, MP and Cllr Avril Wright, Heritage Champion and viola player.

Objectives:

- to enable *all primary school children* in King's Lynn and NW Norfolk to hear live classical music in their school setting.
- to inspire an interest in hearing more classical music or in learning an instrument

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- to provide short concerts suitable for children
- to help build audiences of the future

High quality professional musicians, students from London colleges of music and suitable skilled volunteers will introduce their instruments and play short pieces in inter-active assemblies and smaller groups.

Events so far:

- 200 children at Greyfriars Primary School enjoyed an introduction to the violin in October 2016
- 70 children at Snettisham Primary School benefited on the same day. This session also involved an introduction to the guitar.
- In November, children from St Martha's Primary School participated in a workshop and later performed a short piece at the start of a coffee concert in the Town Hall. The workshop was funded by the Arts Council, King's Lynn Festival and Classical Music Rocks.

These events were all led by Joo Yeon Sir (violinist) and Laura Snowden (guitarist), graduates of the Royal College of Music and now busy professional musicians.

We are now in the process of recruiting more musicians so that we can expand our number of school visits to 12 in 2017. We hope to provide inter-active assemblies, small workshop type events and short concerts appropriate for young children.

Classical Music Rocks - Committee Members:

Chair: Peter Barker (founder)

Vice Chair: Simon Bower (clerk to Snettisham Parish Council)

Treasurer: Adrian Cosker

Secretary: Marian Abramovich

Advisers

Social Media Adviser: Sara Hayward

Music Adviser: Joo Yeon Sir

Biographical details:

Peter Barker is a Cambridge graduate and a qualified social worker, now retired. His career has included 30 years in the Probation Service and 7 years with CAFCAS (Children and Family Court Advisory Service), working with children up to the age of 15. In retirement he has set up a new Child Contact Centre in West Norfolk and led a national campaign to place centres on a statutory basis. He is the author of a book and various articles on private law. (DBS checked).

Joo Yeon Sir is a graduate of the Royal College of Music and has developed a career as a solo violinist. She recently won the Karl Jenkins Award and performed at both the Royal Albert Hall and Royal Festival Hall with the Royal Philharmonic Orchestra. She performs in chamber music and orchestral concerts throughout the UK, this including a complete cycle of

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Beethoven's sonatas for violin and piano. She has also performed on BBC Radio 3.

Joo Yeon came to the UK from South Korea at the age of nine and is a British citizen. She is committed to music education for young people and has run workshops in Lincolnshire schools. Joo Yeon will be a key performer and adviser, identifying suitable musicians for the envisaged extension of this music education project.

Other information:

A copy of the constitution is available on request and on Facebook.

Membership is available for £1pcm. This gives a vote at AGMs, information and a chance to help develop this project.

Sustaining a full programme in King's Lynn and NW Norfolk will require funding in the region of £3,000 pa. All administrative and organisation costs are borne by volunteers. CMR is currently mainly funded by Peter Barker and other private donors. Please help by making a monthly donation, thus enabling us to plan ahead and to expand our activities.

Forthcoming events:

March 2017: further visits to primary schools are planned

Saturday 22nd July: A free one hour concert at midday will be given at Snettisham Parish Church by Joo Yeon and Laura. The aim is to raise the profile of Classical Music Rocks and to gain donations for the maintenance of the church.

Some recent remarks by a leading conductor about the importance of classical music:

Saki Oramo, chief conductor of the BBC Symphony Orchestra, was recently interviewed (2016) by the Daily Telegraph. The newspaper comments:

Oramo is clearly bothered by the way classical music is becoming invisible... "In the schools classical music has become something only done as a footnote. If the schools don't guarantee at least some contact with classical music for every child, where will they have that encounter? Classical music is such a huge world in itself, with so many strands; it makes a system of meaning without words which affects our feelings and thoughts in an incomparably powerful way. Other cultural forms are made from things you can touch, but music affects body and spirit and mind in an immaterial way. That is why I believe it is the most powerful cultural form we have. If we lose touch with it, I think we are in danger of losing touch with who we are."

Contact: classicalmusicrocks@mail.com/ tel: 07972 752343.

Community Cinema in Syderstone Presents:

On Saturday 18th March 2017

A STREET CAT NAMED BOB (12A)

Homeless and recovering from drug addiction, James Bowen has finally got his own bedsit and attempts to build a life and future for himself busking in Covent Garden. Returning home one day, he finds a ginger cat sitting outside his door. At first he ignores the cat, but over the next few days the cat continues to linger. James discovers an infected wound on the animal's leg so he takes the cat to be treated by the RSPCA, and from that point onwards their lives become entwined.

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

Start time: 7.30pm.

Advance Tickets £3.50

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Hunstanton Community Players

The 2017 season of Poetry mornings with the Hunstanton Community Players began on February 15th at the Town Hall Basement. This successful performance group meets every other month and it costs just £2.50 to take part.

The first meeting was along the theme of 'Romance and Heartbreak' as it was the day after Valentine's Day, but other poems could be brought along to read as well.

It is a relaxed and informal event where you can read your own poems, revisit old favourites or just sit and listen in like-minded company. Times are 10.30 – 12 noon and other dates are:-

April 12th - 'New Life'; June 21st – 'Holidays and the Sea'; August 16th – 'Summer Visitors'; October 18th – 'Autumn Colours' and finally December 20th – 'Winter & Celebrations'.

Everyone is welcome and refreshments will be available.
Further information from The Secretary on 01485 533933.

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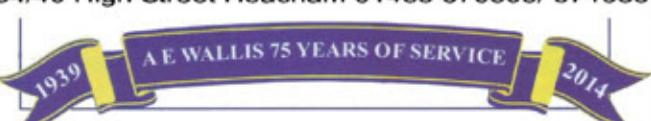
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HUNSTANTON CONSERVATIVE CLUB

ENTERTAINMENT FOR MARCH

- Sunday 12th QUIZ at 7.30 pm
Saturday 18th ST PATRICK'S PARTY NIGHT with REPLAY AT 7.30pm
Irish Stew will be served.

SPORTS COMPETITIONS

- Wednesday 1st SNOOKER – 7.00pm
Monday 6th TABLE BOWLS – 2.30pm
Tuesday 14th TABLE TENNIS – 5.00pm
Thursday 30th POKER – 7.30pm

THURSDAY 30th - PRESENTATION EVENING

All entries at the bar.

Eileen Hamilton Chairman

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EVENTS

March 2017

Hunstanton Library

For further information about events and to book please call 01485 532280.

Regular weekly events:

Baby Bounce & rhyme – every Monday from 2.00-2.30pm

Come along and share rhymes and songs with your pre-school child.

NEW - Just a cuppa – every Friday from 10.30-11.30am

Regular events:

Knit and natter - 2nd Thursday in the month 10.30-12.30pm

Book Club – 3rd Monday of the month - 2.30pm

New members always welcome. Ask staff for details of the books being discussed.

NEW Colour yourself calm – 2nd and 4th Mondays of the month 10.30-12.00

Just bring along your colouring books and pens. Tea and coffee is available.

NEW – Weekly Job Help session

Every Wednesday 3.00-5.00pm (Booking essential)

Want help to update your CV using Universal Jobmatch and searching for jobs online? Then why not book in for a 30- minute session with staff to get you started. Please call 01485 532280 to book!

NEW - Walk and talk group

Tuesday 14th March 2.30pm from the library

Join Mick for a short walk around the town and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina. Date for the spring will be: April 11th.

NEW – Norfolk's Most Wanted – Big Read Launch

Tuesday 21st March from 3pm

Our big read this year is made up of 20 of the most asked for books in Norfolk Libraries in 2016. There's something for everyone so pop in and pick up a good read.

Friends of Hunstanton Library

Wednesday March 22nd 5.30-6.30pm

Could you be part of a group which would...

- develop ideas for events held at the library and promote the library and its services
- plan and hold fundraising activities, library sales, community events or raffles
- act as a link between the library and local community?

For further information please contact Kerry on 01485 532280 or Alison on 01485 540181.

In Good company

Friday 24th March 10.30-12.30pm

Come along and meet with local groups in Hunstanton and find out how you can join them! Refreshments will be available for a small charge.

Family History and Computer volunteers

You can also book one-to-one sessions with our volunteers. Just ask staff for details.

You can also follow library events on Facebook at:

www.facebook.com/LynnLibraries - for Lynn, Dersingham and Hunstanton Libraries.

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Borough Council of King's Lynn & West Norfolk

New packaging labels to make recycling easier

The national On-Pack Recycling Label (OPRL) scheme has changed its guidance for plastic pots, tubs and trays and aluminium foil to suggest that the materials are now 'widely recycled' by councils at the kerbside. In King's Lynn & West Norfolk, all cleaned packaging with the new 'widely recycled' label can be put into the green bin or clear recycling sack.

The change has been warmly welcomed by Councillor Ian Devereux, the Borough Council's Portfolio Holder for the Environment, who said:

"This new labelling will reduce confusion and make it much easier for local people to recognise the additional cleaned foil and plastic pots that can be recycled."

The OPRL scheme has two other new designations of 'Check Locally' and 'Not Yet Recycled'.

The 'Check Locally' label will be extensively used on black plastic trays, which are beneficially recovered locally and should still be cleaned and put in the green bin or clear recycling sack.

The 'Not Yet Recycled' label refers to items that cannot be recycled locally, and which should be put in the black waste bin or black recycling sack.

Councillor Devereux added:

"Most people use the On-Pack Recycling Label to tell them what to recycle. I warmly welcome this new initiative to help retailers to make their packaging more recyclable and I hope they take the opportunity to play their part in reducing waste and improving recycling."

It is also hoped that with Council services and budgets under increasing pressure, the new 'Widely Recycled' label will help to capture valuable materials and avoid unnecessary Landfill tax costs.

A list of items that can be recycled can be found on the Borough Council's website at www.west-norfolk.gov.uk

Hunstanton Concert Band presents Music with a Mission

a concert of music from around the world

7pm

Saturday 11th March 2017

Union Church

Sandringham Road, Hunstanton PE36 5BN

Free admission

Refreshments

Donations for the evening to go to Mission Work supported by Union Church (Baptist, URC and Hope Now)



Further details: Mrs J Brown (Secretary), Union Church (Tel. 01485 532309)

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Rooms available at Rebecca Court care home

We have 2 ensuite rooms available at Rebecca Court care home on Staithe Road in Heacham.



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For more information about the rooms or to arrange a visit, please call our friendly team at the home on **01485 570421** or email rebeccacourt@norsecare.co.uk.

Visit our website: www.norsecare.co.uk



Rebecca Court is a purpose-built two storey care home, situated in large, pleasant grounds on Staithe Road, near the centre of Heacham.

The home provides residential care for up to 36 people. All the rooms are comfortable and are well-equipped with hand basins and a number have an ensuite bathroom. Other facilities include a large dining room, communal living rooms, a hairdressing salon and an enclosed courtyard garden leading to attractive well-maintained grounds. Wi-fi is also available throughout the home.

NorseCare provide the care at the home in a warm and friendly environment and the care team is on hand to help and advise on individual needs. When moving into the home, great care is taken to understand the person's needs and this is discussed at length with the family and friends to ensure that a personalised approach is provided.



Meals are freshly prepared on site and served in a spacious dining room where residents can enjoy their meals. A varied seasonal menu is offered each day and residents are consulted about their preferences regularly. Morning and afternoon refreshments are served between meals and drinks and are always available on request. A selection of sandwiches, cakes, yoghurts and other snacks are also available 24 hours a day.

The care team will always try to provide or facilitate social activities that promote a high quality of life including music therapy, arts and crafts, exercise, games, cooking, animal therapy, reminiscence to promote wellbeing and pamper sessions. The local community are welcomed into the home and are actively engaged to promote awareness and an ongoing relationship with them.

Ensuite rooms are currently available at the home, starting at £699 per week. NorseCare can provide long term or short term respite stays. Please call for more information on 01485 570421.



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LIONS CHARITY GOLF DAY 21st April 2017

Entry Form

Lead Booker Details:

Name/Title:

Address:

Postcode:

Tel No:

Email:

Team Name:

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

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

**Please return the completed form with a £180 cheque made payable to: Hunstanton Lions Club:
c/o Gerry Desroches, 28 Homefields Road, Hunstanton,
Norfolk, PE36 5HL**

Closing date for entries: 14th April 2017
Tee times from 9.28am will be advised from 16th April 2017

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

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LIONS CHARITY GOLF DAY Friday 21st April 2017

The Hunstanton & District Lions Club are delighted to be holding their 6th annual Charity Golf Tournament, with the kind permission of Heacham Manor Hotel, on Friday 21st April 2017.

Format:

- The golf competition will be teams of four playing 18 Hole Stableford (3/4 handicap allowance) with the best three scores on each hole counting, apart from the Seventh, where all four will count.
- Men play from Yellow Tees; Ladies play from Red Tees.
- Nearest the Pin on hole 7 & 17.
- Longest Drive on hole 4.
- Hole in one competition on hole 15 sponsored by Hughes.

Stableford Points Scoring System

One over Par (Bogey)	1 Point
Par	2 Points
One under Par (Birdie)	3 Points
Two under Par (Eagle)	4 Points
Three under Par (Albatross)	5 Points

Itinerary:

8.30am–10.00am - Arrival for bacon roll and coffee in Avocet Bar

9.30am–10.30am - Groups tee off (1st and 13th tee)

2.00pm–3.00pm - 2 course meal in the Conservatory (rolling service as golfers finish.)

4.00pm - Raffle & Prize giving after meal

5.00pm onwards – Depart. Golfers are welcome to retire to the bar area.

If you would like to support this event, please complete the **Entry Form** and/or a **Sponsorship Form** and we look forward to welcoming you at Heacham Manor Hotel.



SPONSOR A HOLE FOR £50

LIONS CHARITY GOLF DAY 21st April 2017

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

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

Please note: your sign/banner needs to be delivered to Mr Edward Howes, Golf Course Manager, The Club House, Searles Country Park, South Beach Road, Hunstanton, by 3.00pm Thursday 20th April 2017 at the latest.

I would like to sponsor a hole on 21st April 2017

Name:

Company Name:

.....

Please specify hole number if preferred:

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

Telephone Number:

Email Address:

Signature:

Date:2017

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

"Small is Beautiful."
Miniature Houses
(Janice and Dave Curtis)

Janice and Dave Curtis, residents of Heacham, have their very own miniature houses collection. I took some interest in Janice's hobby and decided to find out more about it and what it involves.

I visited Janice and Dave to see their miniature houses and ask some important questions that I'd love to know the answers to and share with our readers.

How and why did you start creating miniature Dolls Houses?

"My husband (Dave Curtis) and I (Janice Curtis) attended the Sandringham Craft Fair one weekend in 1996. As we were walking around, there was one stand that was selling dolls house products. I turned around and said to Dave I'd love to have a doll's house, as I'd never had a doll's house as a little girl. In reply he said I'll build you one then! After the craft fair we came home and Dave went off to the DIY shop where he purchased the wood. He asked me how many rooms I wanted in my doll's house and from then on in we started creating miniature houses and making other objects to go inside them. Some of the objects include curtains, clothes, furniture, pictures, canvasses, and other realistic objects for a house".

How many miniature houses do you have currently?

"At the minute we have five. We have:-

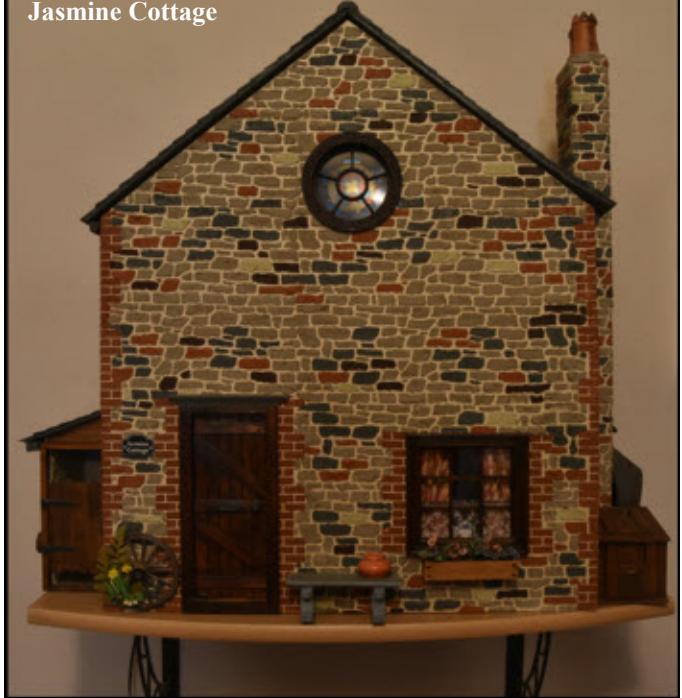


Finchingfield House (1996)

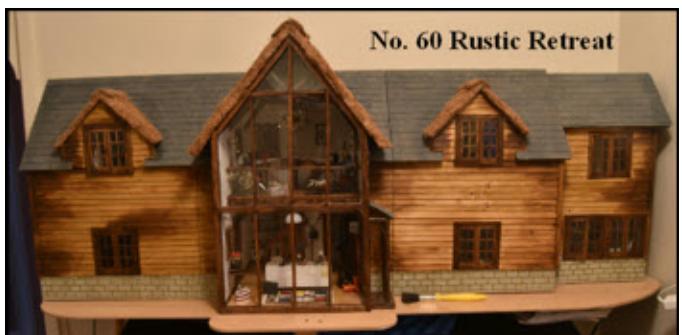


Puddle Duck Tea Rooms (2006)

Jasmine Cottage



Highfields House



No. 60 Rustic Retreat



Race Trim Barber Shop

Which one of these five houses are your favourite?

"My favourite is most definitely Jasmine Cottage."

Do you like to use any colours in particular whilst creating the miniature houses?

"Red is my favourite colour, but I like all the primary colours. I like red, yellow, blue and orange. Although I'm not so keen on beige, that isn't really me."

What makes each miniature house different and unique from one another?

"The first one we did was in 1996 which took ten years to complete, due to the fact we had two teenage girls and this particular hobby is quite expensive. This house was based around how we lived in 1996. Therefore, one of the house's characteristics is flowery curtains, matching sofas, and stripy wallpaper and dado rails. We called this house, 'Finchingfield House' because Finchingfield is a place that Dave and I like to visit and I've kept the house exactly the same as it was when we made it.

"The next one we made in 2006, was named 'Puddle Duck Tea rooms' because we fancied creating a little tearoom with a two storey flat above.

"The third one we created was 'Jasmine Cottage'. This cottage is Victorian, which is modelled on my grandmother's house. This Victorian house contains all Dave's ancestors photographs. Such as his great great grandmother, great grandmother, his grandmother and his mother.

"We named our barber shop, 'Race Trim Barber Shop' because my maiden name was 'Race'.

'Highfields House' has its own little story to tell. This house became a project after being given to us after it was found thrown out in a pile. It was in a horrendous state when we first got it but we did it all up again and it now has some life back into it".

Which house are you currently working on?

"We are currently working on our fourth house 'No.60 Rustic Retreat' being a barn conversion. We named the house this particular name because it was Dave's present to me for my sixtieth birthday and is still currently being worked on. It is an anagram of Curtis and the last part of the name 'Retreat' is where Dave and I go and relax. The project is coming on extremely well and is a modern barn conversion. The main colour of this house is red because it's my favourite colour.

"In the meantime, I have created wall boxes which is just one room, one of which is the conservatory with the Heacham graze pit in the background of the window. When my daughter got

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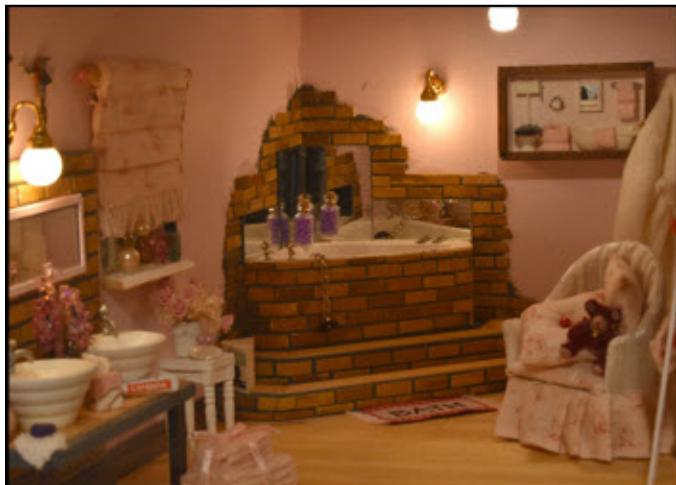
SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS

married I did one similar to this, with the background of St. Mary's church in front of the window and an identical copy of her wedding dress in twelfth scale with a little case, jewellery, shoes and the florist bag as a surprise present for her."

Obviously, each house is much personalised to you both. Do the houses themselves show a change in generations of lifestyles?

"Yes, they definitely do because the barn conversion is like your own house. You can put old things in a modern house. Therefore, the whole house doesn't have to be old, you can just place a few old things inside rather than the whole thing being old. Also, because I'm really into vintage and Retro stuff it is lovely to create and make.

When creating Puddle Duck Tea Rooms, I wanted a Jacuzzi bath, so all I could do was make one. Therefore, I made the bath and it was created from a Muller yogurt pot.



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"In Finchingfield House, there's a dresser with ten miniature photo frames of our ten grandchildren. This house also contains a black and white photo of Dave and I when we were six years old and one of my Mum and Dad on their wedding day. I like all the personalised things you can put into each house."



"Lastly, in the No.60 Rustic Retreat, there are several pieces of quilting that my friends made me, and other little gifts like that made for me to treasure and keep."

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You have quite a lot of miniature houses made to a high standard, what do you and Dave hope to do with them in the future?

"All I know is my favourite miniature house being Jasmine Cottage, is bequeathed to two of our granddaughters and the sisters, although the other houses I'm not too sure what our future plans are going to be for them. We've got grandchildren, some of whom are boys. But what I would really like to do with the houses is for them to be displayed in a museum, if they are worthy of that, because they've all got electric in and they're most definitely not a toy. My grandchildren come along and look in, but they know they can't touch."

Have you won any awards in competitions for any of your miniature houses?

"About four years ago, my three children (Jon, Jemma and Jessica) brought me a flat pack from the doll's house emporium which is one room and from there you can make it into what you like. This was a nationwide competition, so I thought to myself what can I turn this one room into? I knew I didn't want to do anything feminine because I'd done lots of them. So, I decided to turn it into something masculine as a barber's shop. With this project Dave helped me as usual."

"Eventually, we added the finishing touches to the barbers. Such as adding chairs and the big mirrors."

"We took lots of photos of it and sent it off. Then we found out we got third prize of £200. We were really chuffed!"



Have you learnt skills of how to make and create things whilst making your miniature houses?

"Yes, things like how to make the furniture and curtains. When I made some curtains for my first house, Finchingfield House, I just made curtains, but the next set I actually lined. Then the third set of curtains I made into big drapes up the door. This

Showed my progression and that you do get better after making things several times. But I've left all of it how it is because that's how I did it at the time".

How do you display your miniature houses?

"I've always had the two big houses, being Finchingfield and Puddle Duck Tea Rooms, covered in cloth. Then one day Dave said to me, do you know what it looks like? Looks like we are moving house! So, he decided to make me a glass cabinet, where you open the doors to get to the houses. Keeping them in the cabinet also keeps the dust off them, which shows them off lovely."

You have a lot of objects and furniture within these five houses themselves and the barber shop, have you travelled to various places to get dolls house furniture and other objects you need for them?

"Yes we have. Dave and I attend the Birmingham dolls house miniature fair, which is on twice a year in the months of March and November."

This hobby is clearly very expensive, but the main thing is do you enjoy it?

"Yes, it is expensive. Some things are cheaper than others depending on what you're purchasing. I enjoy it very much, I absolutely love doing it."

What is the best part in making and creating your miniature houses?

"Personally, I think the best part is the making of the miniature houses."

What advice would you give to anyone else who is just starting this type of hobby?

"Well, with two of my granddaughters, we got a shoe box and we created a room just made of cardboard. So this is the way I'm trying to introduce them to creating the dolls houses, which is a great idea because they seem to enjoy it!"

Janice would like to add that, without Dave, she couldn't have had any of these houses because he's built them all by hand and made them all for her, which she is extremely grateful for.

THN



Priority Services Register

Ways that your Council can help

Who is UK Power Networks?

We own and maintain electricity cables and lines across London, the South East and East of England making sure the lights stay on – including in your area. We do not generate or sell energy. We have reduced the number and length of power cuts over recent years, though they can still happen occasionally for a range of reasons and we recognise that some customers need extra help in a power cut.

What is the Priority Services Register?

Our register enables us to quickly identify customers who may be vulnerable or need extra help when their electricity is off, as efficiently as possible.

Who is eligible to join?

Generally you can apply to be on the register if you have a disability or health condition, are of retirement age, have a medical dependency on electricity (e.g. nebuliser, ventilator, Careline), or have a child under five. We run more than 20 eligibility categories so call us to find out more.

What are the benefits of signing up?

If you're on the register it doesn't mean your power will be restored quicker than others, but you can access extra help services including:

- A 24 hour priority phone number
- A dedicated team who will contact you to keep you updated during a power cut.
- Tailored support if needed such as home visits, hot meals, advice and keeping your friends and relatives updated.
- In certain scenarios we may also offer a free hotel overnight and transport to the hotel.

What are the benefits to Parish/Town Councils?

By showing people how to sign up, you will be helping protect your most vulnerable residents during a power cut.

Did you know?

Only 1 in 8 people over 80 knew about the register in a recent survey. Help us change that in your community.

How can you sign up?

Complete a registration form; forms are available from the Parish Council Office, Pound Lane, Heacham Library or via the website: www.ukpowernetworks.co.uk
Or contact UK Power Networks free on 0800 169 9970

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- 21. Cobra
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HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

Cheney Hill Development: The Parish Council continues to oppose an expanded development at this location. The revised application is due to come before the Borough Council planning committee soon and the Parish Council would like as many objectors as possible to attend this meeting. Please also register an objection to the increased size of the development with the Borough Council.

School Crossing Patrols: The Council welcomed Norfolk County Council's decision not to make cuts to this service.

Heacham Community Building Project: The Council approved plans for a revamp and extension of the existing building, subject to costings.

World War I beacon: It was agreed that Council would participate in the nationwide initiative to light a beacon at 7pm on 11 November 2018 to commemorate the end of the First World War.

New Councillor: The Council voted to co-opt Mrs Tracy Raby. This brings the Council back to a full complement of 17 Councillors.

Flood defences: The Council rejected the Borough Council's request to consider funding local sea defences by increasing the precept. Heacham Parish Council is to meet with other local councils to address the matter, which has come about as a result of central government cuts to Environment Agency funding for this work.

General Power of Competence: At its April meeting the Council is to consider whether to adopt GPC, as it now meets the necessary criteria.

Tarmac apology: Following complaints from residents in the Blatchford Way area of Heacham about disruptive works late at night, the Parish Council has received an apology from Tarmac. They ask that their apologies be passed on to those residents who were affected by these works which involved the disposal of planings from the Hopkins Homes roundabout site.

The next Full Council meeting will be held on Tuesday 21 March at 7.30pm at the Parish Council.

HEACHAM COMMUNITY BUILDING PROJECT



In response to a general feeling in the village that the old Dairy Crest building on the site be retained, architects have produced drawings of a new Community Building which would incorporate the old building, while adding an exciting new space for the Library and an event hall. This is envisaged as the first stage of the development of the site. It is affordable and work could be started early next year. Initial plans and models are available for viewing at the Parish Council Office and Heacham Library. Please let the Parish Council have your views as there is still time to tweak the design prior to the final plans being drawn up.

NEIGHBOURHOOD PLAN

The Council agreed to consider adopting a Neighbourhood Plan as this could afford protection against future over development of the village and ensure that the Council would benefit from the maximum amount of funding generated by any new building that might be permitted.

STREET LIGHTS

Heacham's street lights are being upgraded. Following public consultation LEDs are replacing the old sodium lamps. The new lights are much more efficient, dimmable and more cost effective.

LORDS LANE PARKING

Parking on verges in the village is a perennial problem. We all know that finding somewhere to park can be difficult, but parking on grass verges causes damage and is annoying to other residents. Lords Lane appears to be particularly badly affected at the moment. Please park considerately.

ANNUAL BEACH MANAGEMENT

The Environment Agency will be moving material from Snettisham Scalp northwards to maintain the sea defence between Hunstanton Boat Ramp and Snettisham. The work will start on 2 March and should be completed by the end of the month.

SKATE PARK GRAFFITI - ART OR VANDALISM?



This graffiti appeared on the Station Road Recreation Ground skate park ramp at the end of last year. Tracey Swann had always wanted some professional graffiti on the ramp, and the Council was looking into this, but has been pre-empted by a lad with a spray can (yes...you were seen). Is it art? Does Heacham have its very own Banksy? Or is it straightforward vandalism? Please let the Parish Council Office know what you think.

Any queries should be addressed to:

Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
Norfolk PE31 7ET
Tel/Fax 01485 572142
heachampc@btinternet.com
www.heachamparishcouncil.co.uk
Open Tuesday - Friday 10.00am–noon

HELP LINES

HEACHAM GROUP PRACTICE

HEACHAM MON TO FRI 08.30 TO 18.30
 SNETTISHAM MON TO WED 08.30 TO 12.30 14.30 TO 18.30
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

OUT OF HOURS DOCTOR

For out of hours service, please call the NHS Helpline

HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

HEACHAM CHEMIST

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

07885 258428

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 3163105

ANGLIAN WATER

0345 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, McColl's, Tesco's, Heacham Fish Bar

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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

WNCT - DIAL-a-BUS Service

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

Tel: 01553 770310

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HEACHAM HALLS

Public Hall	570776
Pine Residents Hall, Wilton Road	579440
Methodist Church Hall, Station Road	570363
St Mary's Church Hall, High Street	572539
Mon, Wed, Fri 10.30 to 12.30	
Old Friends Hall Sunnyside Close	572142
Heacham Scout Hut	572890

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The MOBILE LIBRARY Routes, Dates and Times Information can be found on Page 09