



# THE HEACHAM NEWSLETTER

April 2017



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**Deadline for the next edition is 12 noon, Tuesday 18th April**



**Do Something  
Amazing Today**

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

**Wednesday 19th April 2017 at the Public Hall,  
Station Road. 1.15pm - 4pm and 5pm - 6.30pm.**

Please make an appointment if you can, by calling the Helpline 0300 1232323 or online at [www.blood.co.uk](http://www.blood.co.uk)

**Heacham  
Spring Art Show  
29th - 30th April 2017  
10.00am - 4.30pm  
Showcase of Local Artists' Work  
Free Entry  
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Heacham  
PE31 7DU  
Event Enquiries 01485 572142**

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET  
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Roger Drinkwater - Brian Faulkner - Paris Larham - Kerry Long - Mary Sheldrick - Robby Topliss

**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...

## Old photos of Southgate Terrace & Collins Lane



Folgate Road

Dear Newsletter

### "Small is Beautiful"

Well, when Paris Larham phoned me that day and asked if she could do an article on our miniature hobby for The Heacham Newsletter, we had no idea that we would have such a wonderful write-up.

Paris arrived the following Saturday morning with Robby Topliss behind her. As we sat across the dining room table, Paris with pen and pad, began enthusiastically asking When? Where? Why? questions, whilst Robby took his trusty camera into the miniature house room, to click away at our five projects. Robby, being used to capturing garden birds, found these non-movable subjects very different to photograph. It's all about the angle and perspective. I am in the process of making a professional album of our hobby and hope Robby will not mind me using some of his photos.

After nearly 2 hours the interview and photography was done. Thank you Paris and Robby for giving up your Saturday morning.

I waited patiently for the March edition to be out on the first Saturday of March. Wow!!! What a surprise it was. The clever way in which Paris has written about "Small is Beautiful". It was like reading it from an OK! magazine. I think Paris is going to go far in her journalism career. Very good luck to you Paris.

Above all of this, what about the fabulous new glossy format of the newsletter? It should now be re-named - THE HEACHAM MAGAZINE! The pages are easier to turn. The photos, advertisements and text are much clearer and what's more, I am now taking over from where my mother left off, posting it to all parts of the world. It's more lightweight, making it cheaper to send by Royal Mail.

Thank you Newsletter team - Heacham residents should be very proud of this. I know I am! Keep up your splendid voluntary work.

Janice Curtis

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Heacham

Dear Newsletter

### Sgt. Reginald Thomas FRARY

We are researching the 13 War Graves in Heacham Churchyard and would be interested to hear from any of the relatives of those laid to rest there.

In particular, we would like to have contact with any relatives of Sergeant Reginald Frary who may still be living in the village. Sgt. Frary died, aged 24, on 14 August 1943 whilst serving with the RAF in Northern Ireland. His parents were Reginald C. Frary and Annie Frary of Heacham, and he lived with his wife of 10 weeks, Betty Frary, in Bramley, Leeds.

Frary is not a common name in Britain and seems to be local to this area of Norfolk. We are hoping therefore that some of Sgt. Frary's relatives may still be living in the area. If you can help with either Sgt. Frary or any of the other War Graves, please contact us on 07974 956965 or by email on [bsh@lineone.net](mailto:bsh@lineone.net)

Thank you.

Mavis Windibank

Brian Hillman

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With reference to Mr Imms letter in the March edition of The Newsletter trying to trace photographs of Southgate Terrace and Collins Lane. It seems Southgate Terrace no longer exists in Heacham, although it is mentioned in the 1891, 1901 and the 1911 census.

However, Mr Imms will be pleased to hear that what he is trying to trace is Salisbury Terrace, which is a terrace of Victorian dwellings, which over the years have been modernised, but the Stone plaque clearly visible is 'Salisbury Terrace, 1824'.

17 Collins Lane is one of the oldest houses in the lane. From the Newsletter Archives in October 2002, Lynn Shannon submitted an article to The Newsletter:-

### Buried in the Rubble

What a lot of building work there is going on in Collins Lane. Down at our end the builders moved in at the beginning of October and began work on transforming our dilapidated barn into self-catering accommodation for next summer. They are making good progress. We are waiting in anticipation to take our first booking!!

We were surprised when Carl, the brickie, called us out to witness just what he had found in the cavity between the carrstone and chalk walls. Gradually, piece by piece, he found a stone plaque. When the pieces were put together, we found the carved inscription **DIAMOND VILLA 1897**. Now, we are bemused as to where DIAMOND VILLA was, and wonder if anyone can throw some light on the mystery. It's very odd as the barn must have been built at the same time as the plaque was carved. Was the barn to be called DIAMOND VILLA and someone changed their mind or did the plaque break and so a new one was made? Please feel free to contact us if you know anything about it. It would be great to solve the mystery.

Lynn & Mark Shannon  
17 Collins Lane.

There was no response to this article at all, but perhaps now an 'Old Heachamite' out there will come forward.

THN



### ART & CRAFTS



At Sunnyside Close, Heacham

Thursday, 20th April 2017

10am to 12noon

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Cost £1, includes Tea & Coffee



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Heacham

Dear Newsletter

**Tribute to Dr Andrew Lake**

We bought our bungalow in Heacham in November 1995 and the vendor advised us to register with Dr Lake at The Heacham Group Practice. We did, and in the twenty-one years that he was our GP we found him very caring and competent, in fact the best doctor we ever had. We could rely on his diagnosis and that he would never fail to act promptly if a hospital appointment was necessary.

Other patients obviously found him as good, because as time went on it became more and more difficult to make an appointment with him!

He will be greatly missed, and I am sure everyone will join us in wishing him a very happy and deserved retirement.

**Angela and Arthur Canning**

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Heacham

Dear Newsletter

**Road improvements**

The new Roundabout for junction improvements is now in place at the northern end of Heacham for the Hopkins 266 new homes (Hunstanton) site.

With the ever-increasing developer planning applications, the government housing targets and whatever number of houses eventually get built at Cheney Hill, uses of local roads have to be considered.

The Lavender Fields traffic lights allow safe access across and onto the A149 southwards. How soon will a Roundabout be built at the A149 Lamsey Lane junction, I ask?

If built (okay over 5-6 months and the moans over 5 min waiting direction delays are a lot less than driving in London), this would allow easier access to / from south of Heacham rather than driving through the village Station Road to Lavender Fields. The Lidl site will soon commence and once opened will show new traffic direction. What do other residents think?

**A Heacham Resident**

**(Name & address supplied)**

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Heacham

Dear Newsletter

**Watch Out! Watch Out! There's a New Speed Limit About**

Whilst driving along the newly re-opened Hunstanton Road, I was surprised to encounter a new lower speed limit as I had not heard that this was planned as part of the new roundabout development. The majority of Hunstanton Road now has a limit of 30mph, reduced from the previous limit of 40mph. I say the majority because a short section, which can only be a few hundred yards long, has been left at 40mph which may catch motorists out.

Driving north past St Mary's Church, the signs are unchanged with the limit changing from 30mph to 40mph near to the car park entrance. However, before you know it and indeed before reaching the gate lodge for the old hall, the limit drops back down to 30mph!

At the time of writing, there are no signs advising of the change as have been seen elsewhere and I feel that having this rather odd short section of a higher limit makes very little sense so please take care.

**A Heacham Resident**

**(Name & address supplied)**

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## Market Harborough

Dear Newsletter

### Auction in aid of Breast Cancer Now

I attach a press release I have written concerning a 'piece' that will be coming to auction on 11th April to raise funds for Breast Cancer Now.

To give you bit of background as to why I am sending this to you, it is on behalf of my Mum Barbara Blacoe who retired to Heacham (Marram Way) with my Dad Bob. They still have many friends in the area and felt that the people of Heacham would be interested to know that her largest charity piece was to go to auction.

Mum spent the best part of a decade raising money for Breakthrough Breast Cancer (which has since been merged into Breast Cancer Now) and following their move away from Heacham (to be nearer family as they began to struggle to live independently), this will be her last opportunity to raise much needed funds for the charity.

I hope that you will be able to include something in your next Newsletter (which until recently Mum and Dad continued to receive via a friend) from the attached press release, to let people know of Mum's final fundraising effort.

Many thanks in anticipation of your kind help.

**Hilary (daughter of Barbara Blacoe)**  
**(Name & address supplied)**

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**EX-HEACHAM RESIDENT'S  
WORK IS  
RAISING MUCH NEEDED  
FUNDS FOR**

### BREAST CANCER NOW

A 'Pocketful of Dreams' the work of a textile artist now living in Market Harborough, is to be auctioned at Gildings in Market Harborough on Tuesday 11th April 2017 in aid of Breast Cancer Now, the UK's largest breast cancer charity dedicated to funding research into this devastating disease.

The work was part of a national fundraising campaign in the late 1990s for Breakthrough Breast Cancer which saw the creation of three large hangings containing people's dreams for the future within multi-coloured pockets. Contributors were asked to send Breakthrough a donation, together with their dream and a piece of fabric. The dream and fabric (and in some cases ready-made pockets) were then sent to Barbara who put together the piece. Donations came from as far away as Australia, Greece, Ireland, Italy and Holland from people of all walks of life including contributions from Norma Major, Sir Ranulph Fiennes, Diana Moran, Sian Lloyd, Anna Walker, Gloria Hunniford, Caryn Franklin and Wendy Richard.

Barbara, who retired to Heacham with her husband Bob from Yorkshire spent many happy years at Heacham, leaving only in 2014 once they were no longer able to live independently. She and Bob worshipped regularly at St Mary's Church and it was Barbara who created the beautiful wall hanging that is displayed in the Church.

From the sale of a 'Pocketful of Dreams' Barbara's family are hoping to raise as much money as possible towards Breast Cancer Now's life-saving research. This will be the last chance for Barbara's work to raise funds for the charity that was so close to her heart and for which she raised so much money over nearly

a decade. She now receives full-time care for dementia and this saddens all that know and knew her, as she has lost all the skills she had that she loved so much.

The auction is to be held on Tuesday 11th April 2017 and bids can be made in person, via telephone or online.

Denise Cowling from Gildings is really looking forward to the auction of such a unique piece of embroidery at their Vintage Collectables & Antiques Sale and hopes to raise lots of money for this very worthy cause. Every 10 minutes, a woman is diagnosed with breast cancer and sadly every 45 minutes a woman dies from the disease. Gildings are very happy to be supporting Barbara's family in the sale of her hangings for Breast Cancer Now because the charity believes if we all act now, by 2050 we can stop women dying from breast cancer.

Barbara, who was herself diagnosed with Breast Cancer in 1991, just weeks after the birth of her first grandchild, went on to raise funds for Breakthrough for many years using her love of embroidery. Through this fundraising work she found a focus, something to drive her forward and an outlet for her undoubted creative talents. She wanted to help other people and to give them a chance to survive what was becoming a more and more common cause of death in women. She wanted to use her creativity in whatever way she could to help others.

Lorna Thomas, a Community Engagement Officer at Breast Cancer Now, said: "We wish Gildings and Barbara's family every success for their auction of a 'Pocketful of Dreams' and hope that many people come out in force to support the sale".

"Breast cancer is the most common cancer in the UK, one in eight women will face it in their lifetime - around 1,000 women will die from breast cancer this month in the UK alone. We're determined to put a stop to this, but we'll only reach that point by acting now - which is why we need the tremendous support of people like Barbara".

Breast cancer is the most common cancer in the UK. One in eight women will face it, and nearly 700,000 people living in the UK today have experienced a diagnosis. More women than ever are getting the disease, and it is predicted that 185,000 lives will be lost to breast cancer by 2030.

Breast Cancer Now is bringing together all those affected by the disease to improve the way breast cancer is prevented, detected and treated in order to stop the disease and move from a time when people fear breast cancer to a generation where everybody lives.

For more information, contact Gildings Auctioneers, via email: [sales@gildings.co.uk](mailto:sales@gildings.co.uk) via their website: [www.gildings.co.uk](http://www.gildings.co.uk) or by telephone 01858 410414.

To donate money to Breast Cancer Now visit: <http://breastcancernow.org/get-involved/donate>

To find out more about the cutting-edge research at Breast Cancer Now visit: [www.breastcancernow.org](http://www.breastcancernow.org)

## Brancaster Camera Club

**Tuesday 11th April 2017**  
Print Competition 1 x 'Glass'; 2 x Open  
Club judged

**Tuesday 25th April 2017**  
North Anglian Trophy - A competition with other clubs  
Judge: Jim Hartje ARPS DPAGB APAGB EFIAP

We meet in Brancaster Staithe Village Hall at 7.30pm.  
Visitors are always welcome. Contact: Jim Till on 01485 210013  
or Wendy Calow on 01553 674725 for further details.



Dear Newsletter

Sunnyside Close

‘Casper’

I would like to thank everyone who helped me when my kitten went missing on 5th February.

Shop keepers, businesses’ and the wonderful Heacham people were supportive in looking for him.

A special thanks to Radio Heacham who really put it out there, and my good friend Trisha.

Casper returned after 12 days, none the worse for his adventure. I can’t say the same for me!

Thanks again.

Diana Grace

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Dear Newsletter

Moray, Scotland

**The Bird Family – part 2**

In May of last year, you kindly published a letter in which I enquired if there were any of my relatives still living in the Heacham area.

I am pleased to say that, despite no one from Norfolk coming forward, I have had contact from two cousins who I did not know about. One, Julie, discovered my contact details in the newsletter after searching on the internet for family history information. She is a granddaughter of Edward Bird (born 12/3/1901) and she lives in Sussex. The other, Judy, travelled to the UK from the USA last year and while visiting Heacham and enquiring about her forebears, she spoke to someone who recalled the name and found her a copy of the newsletter. Judy is a granddaughter of Mary Bird (born 1/3/1890) who went to the USA prior to the First World War to be a lady's maid and married there, raised three children, but never returned to Britain or saw any of her family again.

Thanks in part to your help there will be four direct descendants of John and Mary Bird in France for the centenary of their son Alfred's death on 11 April - Alfred's nephew, a great nephew, a great niece and a great great niece.



Finally, I have attached a picture sent from the USA showing the pupils of Heacham School featuring Mary Bird (centre row four from left with dark curly hair). It would be

superb if someone was able to identify the other children as they seem to vary in age and it's possible that there are more Birds in the picture. Unfortunately, I cannot see if the sign being held in the centre has a date on it, but Mary looks like she could be about 10 years old so I think the picture was taken around 1900.

I can be contacted on 01343 870562 or email: derek.bird876@gmail.com

Regards and many thanks.

Derek Bird

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# News & Events in the Community...

## Heacham Group Practice Patients' Participation Group *Surgeries at Heacham and Snettisham*



*Contributing to  
Health Improvement  
in Heacham,  
Snettisham, Fring,  
Sedgeford and  
Ringstead*

**NHS out-of-hours**  
IC24 how they deliver the 111 service

**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](mailto:ppg@heachamgrouppractice.org)

## Snettisham Christian Fellowship



Christ centred  
Bible teaching  
Gospel led

10:45 every Sunday morning  
Memorial Hall Old Church Road Snettisham

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



## CHURCHES TOGETHER IN HEACHAM

Hello I'm Paul...

That's to say I'm... Revd Captain Paul Niemiec C.A. B.Th. the new, part time, Team Vicar in the Heacham and Snettisham Team Ministry.....hence Paul!

30 years ago our children were born at the QE, we lived at Cockley Cley. We've come "Back" via Dorset, Wiltshire, Northants, Peterborough and Rutland, North Devon and Bedfordshire. I've served the Church for over 35 years in various capacities – including being the longest serving Youth Officer in the Church of England (22 years).

We, Helen my wife, and Dibley the vicarage dog, arrived in January from Leighton Buzzard in Beds. I've come to serve both our Churches of St Mary; Friday, Saturday, Sunday and Mondays — that time, in turn is broken 60% Snettisham and 40% Heacham.

It's really great being here to serve everyone in both communities and to work with all the great folk at both Churches, not least Rev Veronica Wilson who remains full time team Rector for both.

The welcome that we have received, from individuals, both Churches and the wider community has been simply wonderful. We're looking forward to getting to know loads of you over the coming years. You're not totally unknown to us, as we've been holidaying in the area for many years.

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Kirsty and Phil speak of **Location, Location, Location** - this is a wonderful Location which has already shared with us **Hospitality, Hospitality, Hospitality**, modelled on the numerous examples of Jesus' warm welcome. It's most certainly what we've found here and are looking forward to sharing with you and many others.

The Church sometimes gets a bad press (sometimes it's the press being bad). We don't tend to shout about the love in action, word and deed that we are so engaged in – I've already seen so many helped and supported in so many ways.

Thank you all for your welcome, hospitality and help - may we all continue to share all three together and with others.

God bless

**Paul**

### CHURCH CONTACTS: (telephone code: 01485)

Methodist Church	Rev'd Stephen Oliver	570232
St Mary's Church	Rev'd Veronica Wilson	570697
	Rev'd Paul Niemiec	541855
St Mary's Church Office	Penny Taylor	572539

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

### ST MARY'S CHURCH, HEACHAM

#### Sunday Services in April 2017

10.00am	2nd	Holy Communion
4.00pm	2nd	Service at Pine Mall
8.00am	9th	BCP Holy Communion
10.00am	9th	Morning Prayer
7.00pm	13th	Maunday Thursday at Methodists

7.00pm	14th	Good Friday Sunset Service on Heacham North Beach
10.00am	16th	Easter Day HC and Baptism
8.00am	23rd	BCP Holy Communion
10.00am	23rd	Morning Prayer
10.30am	30th	Joint Holy Communion Snettisham

### ST. MARY'S CHURCH HALL

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

### 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

#### April 2017

#### Sunday Services: 10.30am Morning Worship

2nd April	Church Fellowship Service
9th April	Sheila Johnson
16th April	Easter Sunday – Joella Nash
23rd April	Rev'd Steve Oliver – Holy Communion
30th April	Church Fellowship Service
7th May	Rev'd Steve Oliver

### APRIL IS EASTER

#### Maunday Thursday – 13th April

7.00pm THE LAST SUPPER  
United Holy Communion

#### Good Friday 14th April

10.30am THE PASSION OF JESUS  
In words and songs

#### **7.00pm SUNSET BEACH SERVICE**

United Service at North Beach

#### EASTER SUNDAY 16th April

10.30am HE IS RISEN  
Worship led by Joella Nash

It is the Methodist's Church turn to hold the united Maunday Thursday Communion service at 7.00pm. Good Friday is different this year; instead of the morning Walk of Witness, we shall be holding a Sunset Beach Service at North Beach, Heacham at 7.00pm when it is hoped that holidaymakers will join the congregations of St Mary's and the Methodist Church as we reflect on Jesus' last hours.

With no United Morning service, we will have a short service of the Passion of Jesus through bible readings and hymns at the Methodist Church at 10.30am.

On Easter Sunday Service in celebration of our risen Saviour will be conducted by Joella Nash at the usual Sunday time of 10.30am.

### Afternoon Meditation Service

A service that is different, based on meditation and prayer, is held on the afternoon of the last Sunday of the month. April's service led by Rev'd Steve Oliver will be on Sunday 30th April at 4.00pm. Come and worship the risen Saviour differently.

### Midweek Communion

The April Midweek Communion will be on Wednesday 12th at 10.30am. As this is Holy Week, if you do not normally attend, why not come and join the regulars on what will be a really special service.

### The Fellowship

The fortnightly afternoon meeting with guest speakers, welcomes Veronica Welham talking on the Leprosy Mission on Tuesday April 11th at 2.45pm and Nolly Elefpheriadef to talk on working in Zimbabwe on Tuesday 25th April at 2.45pm. Come and hear these special speakers.

### Bible Study

The April Bible Study will be on Thursday 27th April at 10.45am. We will continue our study of Luke's gospel led by our minister Steve Oliver. All welcome.

### Social Evening

Take note - Thursday 6th April - 7.30pm. The monthly social evening is early this month because of Easter and special guest speaker will come from the Hunstanton Lifeboat to inform and entertain on the local work of the RNLI. Everybody welcome.

### Coffee Morning

A new season of monthly Saturday coffee mornings begins on Saturday 8th April from 10.00am to 12noon. David Godfrey will play music on his keyboard after 11.00am. There will be a cake stall, bric-a-brac and a book stall. Come and bring a friend.

### MIDWEEK ACTIVITIES

Tuesday - Open door weekly - 10.00-12noon  
Hands and Needles 4th & 18th - 7.30pm  
The Fellowship 11th & 25th - 2.45pm  
Wednesday - Midweek Communion - 12th - 10.30am  
Thursday - Bible Study - 27th - 10.45am  
Social Evening - 6th - 7.30pm  
Friday - Indoor Bowls 7.30pm (weekly) - **NOT 14th**  
Saturday - Coffee morning - 8th - 10.00am - 12.00noon

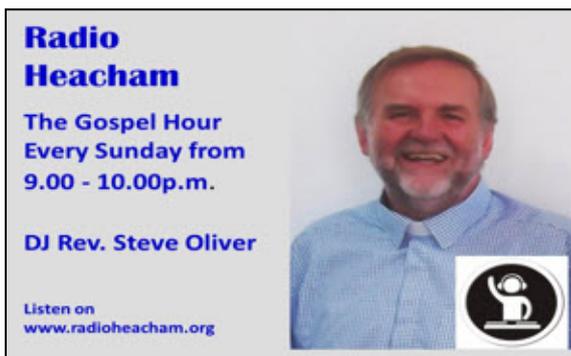
### RADIO HEACHAM GOSPEL HOUR

The Gospel Hour will now be broadcast regularly from 9pm - 10pm. The station can be picked up on the internet via [www.radioheacham.org](http://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](mailto: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



**Radio Heacham**  
The Gospel Hour  
Every Sunday from  
9.00 - 10.00p.m.  
DJ Rev. Steve Oliver  
Listen on  
[www.radioheacham.org](http://www.radioheacham.org)



### **Hunstanton Catholic Parish**

Our first social occasion of the year was the pancake supper on Shrove Tuesday at St Cecilia's church. Thanks go to the helpers and the people who provided delicious pancakes.

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 prepared the service and the topic of this year's service was 'am I being unfair to you?' There were refreshments after the service, which was very well attended. A big thank you to the readers and helpers from all the local churches.

Once again, the Stations of the Cross followed by a simple hunger lunch has been held every Friday during Lent starting at 12 noon. Alternating between St Edmunds Anglican church, Hunstanton and our Catholic Parish church, Sandringham Road, Hunstanton, this is one way to fulfil our Lenten observances and to spiritually prepare for the sacrament of Easter.

*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](mailto:parishpriest763@gmail.com)

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

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



**Next Messy Church**  
Saturday 29th April 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!**

## Borough Councillor News

The new roundabout is open. Those of you who live or travel along roads used as diversions during construction need to report any damage or increased wear and tear. County Highways has promised to carry out remedial repairs.

Many people have sent in letters expressing their opposition to the new proposals for development off Cheney Hill. The next two dates of the planning committee are 3rd April and 8th May. Check the agenda on-line or email me (back page) to find out if Cheney Hill is coming up.

Coastal flood defences have been in the news recently. The Big Idea being touted is that a few Parish Councils via the precept (your money) should make significant contributions. The notion that National Government should pay (from general taxation), via Borough and County, has been lost somewhere. Ask candidates in any forthcoming elections their opinions. Make your own views known to your MP and councillors.

**Terry Parish  
Borough Councillor**

Solution to Newsletter SUDOKU No. 110	5	1	3	4	9	7	8	6	2
	2	8	9	3	5	6	4	7	1
	6	7	4	2	1	8	3	5	9
	9	3	8	5	7	4	2	1	6
	1	5	7	6	8	2	9	3	4
	4	6	2	1	3	9	7	8	5
	8	2	1	7	4	5	6	9	3
	3	9	6	8	2	1	5	4	7
	7	4	5	9	6	3	1	2	8

## NEWSLETTER SUDOKU No. 111

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

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

### 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.



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 10am-12noon  
 Young and not so young  
 K's Savouries  
**Old Friends Hall**  
 Sunnyside off Caley Street  
 Heacham  
 chat  
 Raffle  
 Quiz  
 In Support of the Community Building Project

## Old Friends Hall Art Show



Our smashing Hall, hidden away in Sunnyside off Caley Street, Heacham (PE31 7DU for sat-nav users!) will be holding its Fifth Annual Art Show during the Bank Holiday weekend of Saturday and Sunday 29th-30th April. It is still not too late to enter; exhibitors have until 15th April to complete a registration form, which is available from the Parish Office or by contacting the telephone number below. Already we have had quite a response from local artists and we are looking forward to welcoming previous exhibitors and some new faces. Exhibiting is free as is entrance to the show. Car parking is available – thanks to the Scouts who are allowing us to utilise their facilities once again. In addition, our grateful thanks go to Roz Ball who has been beavering away making table covers, which will be used at all future exhibitions thus saving the organisers oodles of time.

In previous years we have held a bucket collection during the exhibition, the proceeds of which went towards Hall maintenance. This year the collection will be donated to Dean Rawnsley for his appeal to raise funds for the Breast Cancer Unit in Kings Lynn.

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Above is another view of last year's display.

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

### FRIDHEM BINGO

**Monday 24th April 2017**  
**Eyes down 7.00pm sharp!**



Refreshments



Come and join us

Proceeds go into the Residents Entertainment Fund

Fridhem Rest Home  
79 Station Road, Heacham

# Fridhem Rest Home's Easter Fete!



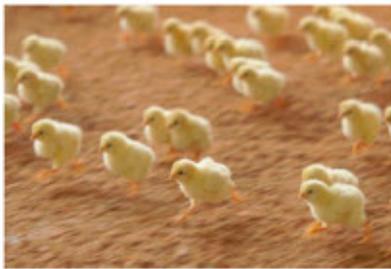
**Saturday 15<sup>th</sup> April 2-4pm**

@ 79 Station Road, Heacham, King's Lynn, PE317AB.

**Featuring:** A Raffle, Tombola, Eggbola, Bottle Stall

Guess the name of the bunny, guess the amount of eggs in the basket, guess the weight of the cake, a cake stall, book stall, teas & coffees,

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## Spiral Word Puzzle

Beginning at 1, complete the grid clockwise with four-letter words from the clues below. The last letter of each word becomes the first of the next. When complete you will find the answer to the puzzle in the shaded boxes. Good luck, let's keep those little grey cells stirring.

1			2			3
	9			10		
	14			15		
8					11	4
			16			
	13			12		
7			6			5

- 1) Leave out
- 2) Body powder
- 3) Shellfish
- 4) Light Fog
- 5) They stop the feet fraying?
- 6) Top Performer
- 7) Spots
- 8) Stringed instrument
- 9) Type of tree
- 10) Italian Volcano
- 11) Said at the end of a prayer
- 12) Want
- 13) An Arranged Fight
- 14) Comes from a volcano
- 15) Captain in Moby Dick
- 16) Initials of an Old British Airline

**Puzzle Word: A Place Name**

**Answers Page 40**

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## Heacham To Become a Town

We have been informed and can hereby announce that Heacham will be re-classified as a town with immediate effect. This historic event became possible owing to the government announcing this week that the **Town Planning Bill 2017** had been successfully passed by Parliament. The main aim of the new Bill it proclaimed was to allow all communities consisting of 4,000 residents or more to be able to claim Town Status.

The benefits attributed to the position of becoming a Town within the governmental hierarchy were given as:

- Being able to elect a Mayor from the Town Council, or the wider populace.
- An ability to “ward” the Town Council area, so that each newly elected Town Councillor would be responsible and accountable to a specific area of the New Town of Heacham.
- That New Towns would be able to raise additional funds via local taxation of residents to provide additional funds for new services and accommodation such as a Town Hall.

In the immediate interim period the following will be put in place until the formal structure and election/co-option processes are undertaken:

- The current Parish Office will be renamed ‘Heacham Town Hall’ and will remain in its current location until the new Town Centre (Old Dairy Site) is re-developed.
- Heacham Parish Councillors will continue meeting as usual as ‘acting Town Councillors’ until the required restructuring has been confirmed. It is expected that our Parish Councillors will, in due course be co-opted onto the new ‘Heacham Town Council’.
- The position of Parish Clerk will be re-titled ‘Town Clerk’ and any subordinate positions will be reclassified accordingly.

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The Business Centre, 43 Lynn Road,  
Snettisham, Norfolk, PE31 7LR

A member of the outgoing Parish Council said that “The announcement was welcome; Heacham deserves to be recognised as a town. It’s a vibrant hub on the main coastal road and with the proposed changes we will be able to attract new jobs and development to the area.” The councillor who at this time didn’t want to be named also said that they saw this as an opportunity for updating the image of the community and that the Parish had long wanted to access funds from the business rates generated in the area for some time. They understood that some of the older members of the Village may be opposed to initial change but insisted that it was time to move into the 21st Century.

The commissioning of a new sign was also mentioned, perhaps moving away from Pocahontas to something more pertaining to today’s inhabitants and suggested tourism or the ducks on Bray’s Pit. What do you think of our suggested design?

As Heacham will now be entitled to have a Town Mayor, mayoral regalia will need to be obtained before the new Town Council can nominate and install its first mayor. Sources close to the council suggest that a design competition will be published in due course (maybe the regalia should be based on the new Town Sign) and also that an appeal for subscriptions to fund the regalia will be set in motion.



**HEACHAM TOWN**  
**anates dominari. in via**

The new mayor will also require mayoral transport and driver to attend civic events and we understand that the council will be wishing to fill this position in due course. Should any of our readers have a ‘limousine’ type car, have time to spare and wish to be considered as the new mayoral chauffeur, we suggest that they contact the town clerk for a copy of the job description and an application form.

These are obviously going to be challenging and difficult times for us all but we as a community will pull through becoming bigger and more influential within West Norfolk.

THN

**BEAVERS – FUN FUN...**

ARE YOU aged between 5½ to 8 years old  
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We meet Friday nights at Heacham Scout Hut, Sunnyside,  
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## HEACHAM HISTORY GROUP

### PATRICK ARTHUR SHELDON HADLEY COMPOSER & PROFESSOR OF THIS PARISH

#### PART 1

Some time ago someone asked the Heacham History Group, what had happened to the blue plaque on the wall of Shallcross House in memory of Patrick Hadley?

I didn't know anything about it or him so I set about finding out who he was and what he did.

Firstly, he was known as Paddy, PASH or Mr. H and these are the names I will use throughout the article.

Patrick Arthur Sheldon Hadley was a composer, Cambridge Professor, founder member of the King's Lynn Festival and a Heacham resident. He was born 5th March 1899 at 26 Barton Road, Cambridge, the second son of Sheldon Hadley who, at the time of Paddy's birth, was an assistant tutor at Pembroke College, Cambridge. His mother was Edith Jane, nee Foster. Just a year after Paddy's birth his father purchased a house in Heacham, just 50 miles from Cambridge. They named their new home Shallcross House and this was Paddy's home for the rest of his life.

Just describing Paddy's parents wedding will give an understanding of Paddy's privileged upbringing. His parents were married in 1894 and the wedding was reported in a 1894 issue of Irish Society. There were over 150 wedding presents, including a grand piano, and the guests included titled nobility, a Surgeon Major, a Surgeon General and a Dean.

#### PATRICK'S FATHER - WILLIAM SHELDON HADLEY

Patrick's father, William Sheldon Hadley (known as Sheldon), was born October 22nd 1859 to a wealthy timber merchant, Isaac

Hadley, in Moseley, near Birmingham. Sheldon's father's ambition was that his sons should receive a university education, seen only as a choice for the wealthy at the time. So, Patrick's father went to Pembroke College Cambridge in 1878 as a student and never left. He became Professor in 1912 ending up as Master until his death. His father, Paddy's grandfather, died when Sheldon was 22; his mother then married an affluent builder and they lived in a stately home near Buxton called Shallcross House.

Paddy's father died suddenly on Christmas Day 1927 aged 68. His death was announced in The Times 27th December 1927 with the funeral at Heacham to follow the next day. In his Obituary in The Times Dec 27th 1927, we see some of the personality traits that we will find in Paddy in later years. He was said to have entertained every pupil at his Barton Road home once a year and any letters to parents were written by him. He did not like attending conferences and avoided university boards and syndicates. He was cynical of the politics of university life but was a man with a kind heart. He was an avid collector and, after his death, the Barton Road house and the Master's Lodge had to be cleared and, as Shallcross at Heacham was fully furnished, there was lots to dispose of. 50 lots of his book collection were sold at Sothebys and the sale of the porcelain took 2 days. Pembroke College, Cambridge houses the Hadley Collection of books on the Napoleonic era of over 1,000 books, many of which are in French and very hard to locate elsewhere. There is a memorial to Sheldon on the west of St Mary's Church, Heacham.

#### EDITH HADLEY nee Foster

Edith was the daughter of the Reverend Robert Foster, chaplain to the Royal Hibernian Military School Dublin. She died in August 1940 and is buried at Heacham. It was from his mother that Patrick probably inherited his love of music; she was described as having gifts as a singer and actress. Edith went to school near Shallcross House, Buxton, as did Sheldon Hadley's sister, and so Edith was invited to musical parties at Shallcross where she met and married Sheldon. Was it a romantic gesture to name their Heacham home Shallcross?

#### PEYTON HADLEY

Paddy's brother Peyton was born in 1895 and he died of pneumonia at the time of the flu pandemic, at Eastbourne, on 25th October 1918, where he was recovering from his war injuries; he is also buried at Heacham.

Peyton was wounded twice in the war and awarded the military cross. He was a pupil at St Ronan's Preparatory School, West Worthing where he excelled at cricket. He was also considered extremely handsome and excelled at his studies. Patrick felt that Peyton was his father's favourite son, something he most probably found difficult to live with. There is also a memorial to Peyton on the west wall of St Mary's Heacham.

#### PATRICK ARTHUR SHELDON HADLEY (Pash)

Patrick was first a day pupil at King's College School, Cambridge from January 1909 but, in October that year, he was transferred to St Ronan's just as Peyton left to go to Charterhouse. Although he played sport he did not excel like Peyton. However, lawn tennis was introduced to the curriculum and he developed a love of the sport and played into middle age, and although his memories of West Worthing were not flattering he did enjoy walking the downs. In 1912 he moved onto Winchester School, and here he began to find his feet as a musician under the tutelage of Dr E T Sweeting. Two of Paddy's compositions were performed at a Sunday recital; they were



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“The Bell-branch and Come to Me, Dreams of Heaven”. Neither piece survives. He gave piano recitals which were well received. In 1917 he left Winchester to join the army; he trained as a Gunner near Preston and then in St John’s Wood which he was pleased about as he was near Queen’s Hall and he could go to concerts. In 1918, 2nd Lieutenant Hadley was serving as a



gunner in the Royal Artillery in France, but he found time to write a fan letter to Henry Wood (of the Proms fame), congratulating him on his decision to stay in the country and not accepting an offer from the Boston Symphony Orchestra, to which he received a very generous response, which Paddy framed.

Just one month before his brother died, Paddy received injuries that necessitated the amputation of his right leg below the knee. This was dreadful for Paddy but it must also have been heart-breaking for his parents. He was determined that with the aid of an artificial limb he would continue his

walking and playing tennis, and he did for many years. Just one year later in May 1919 he entered Pembroke College Cambridge

to study music. Today it is considered unwise for the master’s son to be accepted, perhaps the Hadley’s were trying to protect their surviving son and who could blame them. Against his father’s wishes he was to study music. By June he performs in a male chorus at College Music Society. His first surviving compositions are dated 1920, and he was now accepted as composer, pianist and conductor and he also had his composition “Nightfall” published by Goodwin and Tabb.

For his three years he influenced the college’s music society, and the chorus members grew from 15 to 30 (his chaps as he called them) and the programmes showed his wide taste in music - an indication of his ability to bring people together. It was here that he gained experience in conducting full versions of Gilbert and Sullivan. In June 1921, he graduated with a BA in Music and swiftly moved on and had a B.Mus. by 1922 and an MA in 1925.

It was in 1922 that he went to the Royal College of Music to study composition under the tutelage of Vaughan Williams who became a lifelong friend. For conducting he was just as fortunate to have Adrian Boult as tutor and another lifelong friend. For his last two terms Sir Malcolm Sargent was his tutor.

On finishing his studies at the Royal College of Music he was offered a teaching post at the College as Professor of Composition, a post he held, except for one short break, until he retired at 62. He was also appointed as an Examiner on behalf of the Associated Board.

He had excellent reviews in The Times 1st November 1929 when his work was performed along with that of Constant Lambert and William Walton. He also became the music critic for the Daily Express and it was his music journalism and teaching that took precedence, and he only composed one unpublished piece for string quartet in 1933. His output as a composer was considered very limited and he preferred to write choral work not just musical pieces. Some said it was laziness, others considered he was a man who needed deadlines and had a fear of running out of ideas.

Delius was a good friend and Paddy was a great fan of his work. Paddy was always very good to friends and when Delius died in June 1934 Paddy went to Grez-sur-Loing France to help clear the house, and sort the financial affairs of Delius’ widow Jelka.

*(To be continued).*

**Mavis Windibank**  
**Hon. Secretary Heacham History Group**  
**February 2017**

**Allen Tomas &<sup>co</sup>**  
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**TENNIS COACHING AT  
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CLUB**



**Taster Day for all ages – FREE  
Monday 1st May (Bank Holiday)  
Run by LTA Qualified Coaches**

Heacham Lawn Tennis Club is located at the Sports Ground, Station Road, Heacham and as the new tennis season will soon be upon us we will be running a taster day for all ages. This will be run by LTA accredited coaches who will ensure that the children have fun and enjoy learning new skills. The Social Club will also be open throughout the day for refreshments for parents and children. There will be a number of sessions during the day for each age group, see below for details.

**10.30am – 12.00noon - School Years 1, 2 & 3  
12.30pm – 2.00pm - School Years 4, 5 & 6  
2.30pm – 4.00pm - School Years 7-11 (Secondary School)  
6.00pm – 7.30pm - Adults and Juniors in Years 12 & 13**

**The sessions are FREE and there is no need to book - just turn up on the day. Please wear appropriate sports clothing; rackets will be provided for those that do not have their own.**

We will then be holding weekly sessions every Wednesday from 4pm for all ages throughout the summer, details of times and costs will be available on the day. Information about club membership will also be available on the day for those interested.

Please also complete the attached form and bring it to the first session.

Heacham Lawn Tennis Club hopes to encourage lots of new members this season as it begins its partnership with KES Community Tennis to promote the sport to new and existing players in the local area.

Membership rates have been lowered with recognition that many will want a summer only membership rather than an all year round membership to the club. The new grass court season begins on 1st May. Full details can be found on our Facebook page "Heacham Lawn Tennis Club" or by emailing the committee at [heachamlawntennisclub@gmail.com](mailto:heachamlawntennisclub@gmail.com)

Thank you.



**The Committee**

Name of Child :

.....

Age: ..... School Year: .....

Medical info:

.....

.....

Address:

.....

.....

Email

Address:.....

Emergency Contact No(s):

.....

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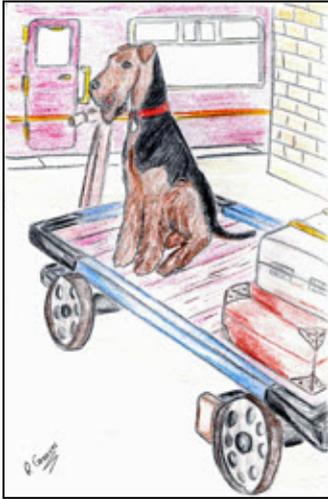
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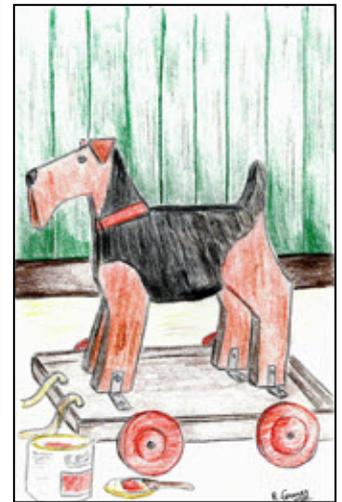
## Ruffle and the Wooden Dog by Rachel Greaves

Ruffle was with Eric who was pacing up and down.  
A present for my grandson, wondered Eric with a frown.  
Then Eric suddenly stopped, looked up and gave a start,  
At Ruffle who was sitting on the big old luggage cart.



‘That’s it! A dog on wheels that can be pushed along,  
Or pulled and stroked or fussed, or even sat upon!’  
Eric gathered up his tools then went over to his shed,  
As the ideas for his toy became clearer in his head.

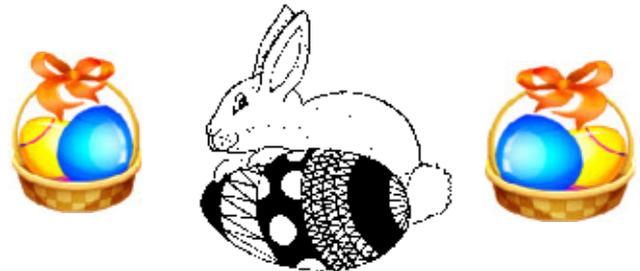
From Eric’s station hut a lot of noises came,  
As he slowly put together the wooden dog frame.  
At the bottom Eric fixed four wooden wheels all red,  
And a long piece of rope so the toy could then be led.



Eric opened some tins of paint:  
Ruffle sniffed them with his nose.  
‘No you don’t!’ cried Eric at once.  
‘Last time you painted your toes!’  
So Ruffle sat and watched as Eric painted in,  
Black and brown and red across the wooden skin.

When all was finally finished, Eric took the toy outside,  
Looked at Ruffle then at the toy – his face full of pride.  
‘An Airedale on wheels – a wooden Ruffle toy.  
My grandson will be pleased – a very happy boy!’

[www.ruffletheraildog.co.uk](http://www.ruffletheraildog.co.uk)



### Heacham Girl Guides

 We had a Beetle Drive on 14th March with lots of fun and was very competitive. Best Beetle was drawn by Evie Richardson and lots of other prizes were won. £30 was raised for the Baden Powell challenge w/e. Thank you to all who gave prizes and joined us.

We have done some badge work and are putting together a display about our coastal walk from Heacham to Cromer, to raise funds for BEAT, a charity that helps sufferers of eating disorders. Please sponsor the girls in this challenge.

We have also got a self-defence, safety awareness evening planned and a bit more first aid.

It will soon be time to plan for summer and camping.

Happy days.

Sue  
Heacham Guides

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## FREEDOM WITH FOOD

or

### *Retraining your brain for new eating habits*

Hello, my name is Catherine Allen and I am a Kinesiologist and EFT Master Practitioner (Emotional Freedom Techniques aka Tapping). In my work as a kinesiologist, I am often asked to run intolerance/allergy testing. I found that once the foods one is allergic/intolerant to have been detected, the hardest part for the client is to control those particular foods. Sometimes it means to eliminate them from their diet completely, whilst other times it can mean just to reduce their intake.

Why do people find it so hard to eliminate those foods from their diet? It is because most of us have developed a relationship and/or attachment to foods which are 'bad' for us.

Some of my clients have chosen to help themselves by learning and applying EFT (Tapping). Thanks to the technique, they have been able to clear their cravings and impulses, improve their food quality significantly and easily, and regain control over that part of their life. Having seen the results, I decided it was time for me to apply this to my own eating habits, using EFT to clear my emotional attachments to certain foods, in particular potatoes and bread.

Within a couple of weeks, I had 'ditched' the excessive amount of potatoes and bread which I formerly loved so much. I had no compulsion or craving to eat them, and the transition was totally painless. As a bonus, within a couple of months I had lost a few pounds!

EFT gives me the freedom to choose what I want to eat, and when I eat it.

I did not count calories, I just changed the way I looked at food and became aware that we eat in order to keep our body healthy. Therefore, the quantity and quality of food we ingest should be in relation to our lifestyle.

Most of us know what we should (or should not) be eating, but good intentions are sabotaged time and again.

As I mentioned, I lost weight!! This was not my aim, but I was pleasantly surprised. Over one year, I went from weighing 73kgs to 57kgs, which is a loss of approximately 2 and a half stone. I feel much lighter, healthier and happier. I still eat chocolate, chips, drink wine with my meals etc...

As I want to share with you these wonderful changes in my eating habits and in my life, I have decided to run a workshop based on my experience so that you too can regain 'Freedom with Food' by retraining your brain to new eating habits. The workshop will be held on 29th April 2017 at the Pine Residents' Hall, Wilton Road, Heacham. Please note that this workshop is not designed for people who are underweight or those with diagnosed eating disorders.

So, is it time for you to regain control of your eating habits? Of what you put in your body? If you think you are ready to make a change, then join us on 29th April in Heacham.

For more information on the workshop or on EFT, please call Catherine on 01485-571936, or email [mcatherineallen1@gmail.com](mailto:mcatherineallen1@gmail.com)

Like me, you too can regain control of your eating habits and live a healthier and happier life!

**Catherine Allen**

The advertisement is a collage of images showcasing interior design work. At the top, three dark blue boxes with white text read 'KITCHENS', 'BATHROOMS', and 'INTERIORS'. Below these are four photographs: a modern bathroom with a white sink, toilet, and bathtub; a kitchen with wooden cabinets and a white countertop; a dining area with a wooden table and chairs; and a bathroom with a white bathtub and shower. A large blue diamond shape with white text 'THURLOW CREATIONS' is overlaid on the center. At the bottom, a dark blue banner with white text reads 'for a FREE no obligation quote please call Mark on 01485 572929 or 07710 802 796'.



## HEACHAM POCAHONTAS PLAYERS - Rehearsals going well . .

Rehearsals are going well for our next production "Who were you with last night?" As this is our first serious drama since 2004 the cast are doing extremely well. Pantomimes are somewhat easier because you can ad-lib if lines are forgotten, but with a Drama it has to be word perfect. Sandra Lester is proving to be a superb prompt as she learns of the slowness or speed of each cast member's deliverance of their lines.



We have our Stage Manager Barry Shaw who is moving stage furniture on, off, on, off, throughout the rehearsals. Please, if anyone would, he could do with some help behind the scenes.

We did have to search around for 3 dancers. Can we just thank Lisa Belverstone, Wendy Nudds and Bridget for stepping in at the deep end to make up this brilliant dance troupe (two of which had never been on the

stage before).

The Musical/Drama is on Friday May 12th at 7.30pm. With two performances on Saturday 13th May at 2pm and 7.30pm. For ticket details see poster within this newsletter.

Photo - Shows Leading lady (Laura Thomas) as Filly the Parlour Maid and Leading Man (Joshy Chilvers) as Reuben the son of Lord and Lady Ribchester, having what looks like fun, during rehearsals.

Remember, every cast member is individually fitted with a radio microphone to enhance the sound and the raised seating has been added to enhance the stage view.

As they say, "Life is a Drama" but for the Pocahontas Players life is 'Good'.

**Janice Curtis**  
on behalf of The Pocahontas Players

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**The Pocahontas Players**  
**Who Were you With Last Night ?**

**Heacham Public Hall**  
Station Road  
PE31 7HG

**Written by**  
**Janice Curtis**  
2017

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 / light 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.

**Friday May 12th 7.30 pm**  
**Saturday May 13th 2.00 and 7.30pm**

Stalls £8.00 Raised Seating £9.00

Tickets from Janice on 01485 570402  
Jim on 01485 571267  
or Hunstanton Tourist Information Centre  
01485 532610

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## ' In Celebration of Marriage'

### Dates for your Diaries - 9th/10th/11th June

Festival update No. 3. We hope you have obtained your copy of our Marriage Lines' quiz, just a foretaste for the Festival proper but good fun. Quiz sheets are available in the Christian Bookshop and Church Hall office.

We are still looking for anyone who may still have their Wedding Gowns, Bridesmaids dresses, Grooms outfits, etc. We would like to borrow them to put on display in the Parish Church during the Festival. You do not have to have been married in St. Mary's. We will take the greatest care of your belongings.

We will also require a number of Tailors Dummies for the Festival, so if anyone out there has one they are happy to lend, do please get in touch with us.

We should also be very grateful if anyone out there knows where we might borrow 2 milk churns please.

Last but not least, we are warmly inviting anyone who would like to take part in the Flower Festival itself, helping to decorate the Church, flower arranging, watering up etc.

Do get in touch soon if you can help with any of the above. Thank you.

Any enquiries regarding the above, please direct them to Penny in the Church Hall Office, every morning from 10.00-12.00 noon. Tel: 01485 572539 or email on [heacham.church@googlegmail.com](mailto:heacham.church@googlegmail.com)



## Heacham Group Practice - GP Changes

You may be aware that at the end of March 2017 Dr Andrew Lake retired.

We have been fortunate to replace him with 2 new doctors who will both be working three quarter time:

- Dr Hannah Terry who started work here in August 2016 and will be joining the Practice Partnership from April 2017.
- We also welcome back from May 2017 Dr Lata Motwani who was previously at the practice during 2008- 2010 as a GP trainee and she joins the practice as a partner.

The other major change is that Dr Jes Russell will be reducing his hours to half time from April 2017.

Dr Sartaj Tyabji and Dr Nic Bohlender will continue to work full time and Dr Adrian Clifton continues as a half time partner.

These changes will mean that there will be significant reallocation of patients' "named" GP from Dr Lake and Dr Russell to the newer doctors to ensure an even workload and clinical responsibility between the doctors.

We will be writing to all the patients who are allocated to a new named GP over the next couple of months.

Please be assured you may continue to book to see any GP within the practice.

We will be managing GP list sizes fairly based on the sessions worked by each GP. Thank you.

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## Heacham's Millennium Wood



**Paris Larham**

I met with Philippa Sewell and John McIntyre (Chairman of the Natural Environment Committee) to discuss the Millennium Wood in Heacham. I was not aware of the Millennium Wood in Heacham until I went clay pigeon shooting last year, but was intrigued to find out more about it.

The idea of the wood was never supposed to be for a 'Millennium Wood' it was just for a wood. This was a suggestion from 'Freda England' who was a Heacham Parish Councillor and Parish Councillor Chairman (1995-97).

In 1997, as Chairman of the Parish Council, Freda suggested that a wood be planted in the village because it would be a nice thing to do for the village and the community. This idea was mainly prompted because, at the time, there had been a lot of development in the village resulting in a major loss of fields and woodland.

The problem of Freda's idea at the time was finding a location to grow the wood; at the same time as this was going on, the chalk pit in Heacham was used as a landfill site and was overcrowded with rubbish. Therefore, during 1997, no one had thought about planting trees on this land.

Even after the problem arose about creating a woodland, the Parish Council still made the decision of using this idea to mark the millennium. One of the ways to mark the millennium was to use a flagpole and the other was to plant the wood which was seen as an environmental suggestion. This environmental suggestion was better than the other ideas because it would, hopefully, last for years after the millennium.

Whilst discussing the possible creations of the future woodland, it was discovered that the chalk pits would be the only suitable location for a wood.

Before the wood was built, the chalk pits were extremely overgrown, there were large mounds of earth and it most definitely wasn't as smooth as it is today. The Parish Council gradually began to work alongside the Heacham Wildfowlers in order to clear all the earth mounds by pushing them to the side, making more space on the site.

Paul Cobb, the committee chairman of the Heacham Estates Committee, as it was known, held a discussion with Norfolk County Council about the plans for the woodland. Norfolk County Council then agreed to supply some small saplings of various varieties of native British tree species only. (Ancient woodland trees)

Once the small saplings were supplied, the parish councillors and the wildfowlers started to plant the majority of



saplings that had been provided by Norfolk County Council. Throughout this process, the two groups thought it would be a good idea to invite the public to plant their very own dedicated trees if they wanted to. This was not only a good way to increase the size of the wood, but also to help community investment in the project.

The public planted dedicated trees for various reasons. Some being to celebrate people's lives, celebrating births and even planting a family tree. The wildfowlers also planted a number of trees for long standing members and one tree for the wildfowlers themselves.

Once someone had purchased a tree they were presented with a certificate showing the name of the person who had ordered the tree, what type of tree it was and the dedication of the tree.

The tree planting was carried out in a number of phases over five years in total. A lot of the work done at the Millennium Wood was supervised by Mike Jennings (Marshall of the Millennium Wood)

The wood consists of a selection of copper beech, hazel, lime, English oak, field maple, hornbeam, sweet chestnut, dog wood, rowan, spindle, bird cherry and wild cherry; although the dedicated trees



consist of a much smaller selection which is beech, oak, sweet chestnut, rowan and bird cherry.

The Parish Council made a path in the Millennium Wood, consisting of copper beech trees which was dedicated to the memory of Ted Owen who had done a lot of work in previous years preserving and establishing rights of way in Heacham.

Today at the Millennium Wood there is a large block of carrstone with a plaque, confirming that planting at the wood started on the 5th of March 2000 to commemorate the start of the second millennium. It also remembers Freda's inspiration to create the Wood in the first place.

Some trees have survived over the years and are growing well and others have been replanted. There are currently around 64 dedicated trees in the Millennium Wood.

There is a bench situated at the top of the Millennium Wood where you can see a wonderful view of the village of Heacham. A number of children's sports activities also take place at the Wood throughout the year.

John would like to share this message with the public: "The Millennium Wood is open to the public and there is now a car park. Please respect the area whilst visiting and take your litter home with you."

**THN**

## Heacham at Night

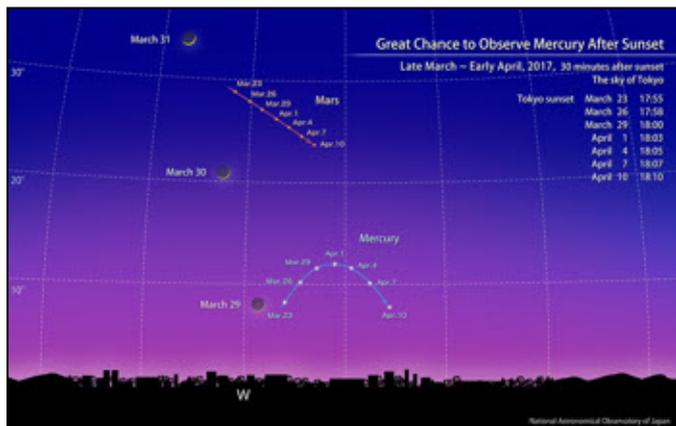
Half of March gone and I still haven't seen much sky, though a tad more than in February. I managed to observe the thin crescent of Venus produced when its orbit places it between the Earth and the Sun. I did take a picture but water in the atmosphere made it fuzzy.

It was fascinating to see our thin crescent Moon not far away from the bright spot of Venus and then seeing the planet emulate that in the telescope. The same mechanics causes the phases so no surprise, it just looked good.

Whilst looking at Venus I also found Mars and Uranus which were all in the same area of sky; Herschel's planet is almost 21 Astronomical Units away from us at the moment and now lost in the glare of the setting Sun. Nice to see the blueish light reflected from something almost 2 billion miles away.

I asked you to look for Mercury at the end of March. If you missed it then early April is still good. On the 1st there is a crescent Moon; drop a line in the sky from it at 45 degrees towards the west. Half way down you should see the red dot of Mars; three quarters down, the spark of Mercury. 8pm until 8.45pm is the window of opportunity; earlier and the Sun's glare gets in the way, later and Mercury is below the horizon.

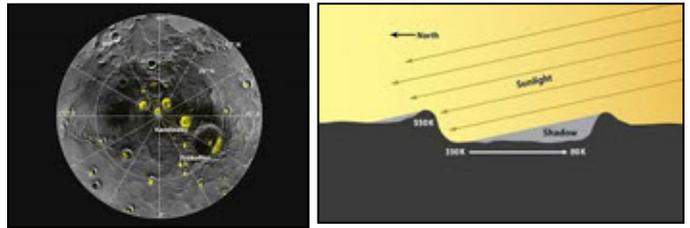
The diagram below showing changing positions over time was posted by the National Observatory of Japan. Timings are a little different in Heacham.



This is the best time to find Mercury as its elliptical orbit has taken it as far east of the Sun as it gets and the Earth is placed well to see it too. When you see the spark in your eye or through binoculars (do not use until Sun has set) you are looking at a small, dense, planet on which temperatures range from 427°C in the day to minus 180°C at night.

Water has been detected in craters at the poles. The image below shows where Messenger mapped water. The diagram which

follows explains the temperature difference in the craters. (NASA credit).



Jupiter is at opposition on April 7th. This means it is as close as it will get to Earth and is also presented as a full disc – like a full moon. Consequently, it as bright as it will get this year and decent binoculars will let you see the four Galilean moons mentioned last week and in earlier newsletters. A spotting 'scope or a small telescope should reveal some surface banding. Look SE at 9pm, S at midnight, SW into the early hours.

The NASA Juno mission has been operating around Jupiter for about 7 months and there are some stunning images on the NASA website. The public have been asked to select photographic opportunities during flybys and amateurs are involved in some image processing – it is another way of tackling the vast amount of data which is collected.

Below is an image of part of Jupiter's atmosphere showing one of the 'white pearls; a chain of storms. This was processed by an amateur. (NASA)



Talking of full moons, there is one on April 11th. North American Indians apparently called this the Pink Moon (after flowers); the Sprouting Grass Moon, and the Fish Moon

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(depending upon what their interests were). This full moon is also the Christian Paschal Moon. It is the first full moon after the Spring Equinox (March 21st) and the first Sunday after the Paschal Moon is Easter Sunday. Paschal effectively translates as Passover.

A meteor shower! Look out for the Lyrids between the 16th and the 25th, peaking on 22nd/23rd, around midnight or after. These streaky meteors are dust from comet Thatcher. They will appear to radiate from Lyra which a little to the left of east and about half way up the sky. The bright star Vega is part of it. Meteor trails can appear anywhere though, usually in the opposite direction to which you are looking. Lie on a lounge and look up.

The Earth passes through the debris left behind by Halley's Comet between 19th April and 28th May. This creates the Eta Aquarids meteor shower which peaks on May 6th/7th so look out for that in the SE after midnight.

April 29th is International Astronomy Day. Look on the web site for activities. It was Star Gazing Live at the end of March but, as they presented it from Australia, I think it missed the point.

Anyway, spring advances, nights get lighter and no doubt clearer, meaning late nights for observing. Roll on winter; it has to be colder than the last two. Bring on the frosty nights. The hedgehogs could do with some cold autumns too to reduce the late litters they have been having. My hedgehog toddler fattened up at East Winch and I collected it, fed it some more, and provided a nice home under the hedge. The call of the wild was obviously strong because the hog legged it.

Terry Parish

## Marenne Dance

**Are you bored with just exercising?  
Not confident (but always wanted)  
to try a dance class?**

**Why not try**

## Fit 'n' dancin'

**A part-exercise part-dance class.**

**After half an hour of warming up and exercising the various muscle groups and joints, we then tackle dance! A different dance style done each month, learning the steps and sequences. So work your brain and body – fun and laughter guaranteed**

*Dance styles vary from ballet to ballroom and everything in between.*

## NEW CLASS

**Thursday**

**09.30am – 10.30am**

**at the Methodist Church Hall,  
Heacham**

**Being taught by Margaret Quick:**  
Fellow & Examiner UKA Dance Ltd.

**More details from 01485 541162 or  
07930 556675 or just turn up!**

## Fit 'n' dancin'

Introducing fit 'n' dancin', a part-exercise/part-dance class. This idea is simple – you want to exercise but get bored, you want to dance but don't think you can, so I have combined the two and start the class with half an hour of exercises to get joints lubricated and muscles stretched, then we spend the second half of the class learning a dance. Now, because I am qualified in lots of different dance styles, it could be anything from Ballet to Bolly to Ballroom – but don't worry, it's not one dance each week but one style for the month. The dance is broken down into manageable bits and taught in such a manner that you can learn the individual steps and combinations at a pace that suits you – by the end of the month you will be dancing!

So a little about me. I started dancing aged 4 and aged 5 announced to my Mum that "I want to be Miss Russell when I grow up" - Miss Russell was my dance teacher (Russell Leite Theatre School, Manchester). Several years later I qualified as a dance teacher and have taught ever since, adding to my subjects so that I now have qualifications in ballet, tap, modern, ballroom, Latin, hip hop, cheer, drama and many other related subjects. I am also an Examiner for UKA Dance Ltd, which is the dance society I belong to.

I moved to Norfolk three years ago, having left a thriving dance school in the hands of two former pupils I had helped qualify as teachers and am now teaching all subjects again in various classes and locations.

Fit 'n' dancin' is open to anyone available on a Thursday (see advert for all details). There is no age limit (upper or lower) and you don't have to be "perfect" - I teach lots of people with, for example, arthritis, asthma and hip replacements – of course, if you are "perfect" you are more than welcome.

Why not give me a ring for more details or simply come along on Thursday mornings at the Methodist Church Hall.



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## JOURNAL FROM A BEACH HUT....

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

Hello everyone....

I am back a little earlier than expected as I need to write about a subject I have avoided since I started my 'Journal from a beach hut'. I like and want my journals to be full of beach life, sunshine and positivity and they will be again this season, BUT the dreaded subject must now be broached as it is getting worse and will not improve until proper action is taken – and that is .....

'Dog owners' – and can I be clear on that? – that is 'dog owners' - not 'dogs'. AS usual it is the few who are spoiling it for the majority. We have been suffering an increasing problem with dog owners who do not properly control and monitor their dogs for a few years now, sadly, the problem is beginning to reach epidemic proportions at North Beach.

This week (w/e 12th March) one of our members was injured whilst attempting maintenance work on his beach hut by a pack of three dogs. The dogs were just being dogs and playing boisterously when they banged against the beach hut owner's step ladders knocking him off. The dogs' owner, a woman, ran over calling her dogs - she did not stop to check if the injured man was ok but simply ran around trying to round up her out of control dogs. Our member was found by fellow beach hutters lying on the ground with a cut elbow and in a considerable state of shock.

Beach hut owners and regular visitors to our beaches are aware of an increasing problem with dog owners who visit the beach and just let their dogs run around on the beach and around the huts. Dogs being dogs chase around and can be rowdy as they play fight each other and, of course, poo all over the place. Many dog owners aren't watching their dogs, they are too busy chatting or are engrossed with their smartphones, and then catastrophe ensues as it did for our member this week.

This situation is going to get far, far worse as the summer season approaches. We know that people are travelling to Heacham precisely because of the lax dog control laws here. This is further exacerbated by the fact that most of them don't bring one dog but 4 or 5 with little or no interest in controlling any of them. In any case, how does one person control so many dogs without using a leash?!! Surely common sense tells someone that if you have numerous dogs in a public place they must be on a lead.

This is a serious incident 'waiting to happen' – indeed it already did with our member last week who is hopefully suffering nothing worse than severe bruising, as painful as that is..... but we don't know for sure yet.

**The Heacham Beach Hut Owners' Association** will be meeting to discuss ways to deal with this scourge which is beginning to spoil the beaches for everyone. The last thing we need is yet another law, but if we cannot rely on people's basic common sense to put a dog on the lead and if they cannot monitor its behaviour and if we cannot rely on them having good old fashioned concern for the comfort and safety of others, then we will have to fight for a law to protect the rest of us. A law that together we will need to ensure is upheld by all who use our beaches.

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

Our Spring newsletter will be distributed to members in early April. Please look out for it as it will contain our Spring meeting details.

WE look forward to seeing you at the meeting for the start of a wonderful season at the beach.

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

**'Together we are stronger'**



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**Forthcoming gigs For April ( 8.30pm unless stated )**

**Tues 4th - Dave Thomas Band**

**Fri 7th - Jam Session with DNA**

**Tues 11th - Keno Kings**

**Easter Beer Festival-**

**Fri 14th - Hypnovibes**

**Sun 16th - Reckless Jivin**

**Plus many beers and ciders to choose from.**

**Fri 21st - Crossing the Tracks**

**Tues 25th - Part Time Blues**

**Fri 28th - Split Whiskers**

**Also special menu for Mothering Sunday Lunch served 12 - 3**

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**Food Available Monday, Tuesday, Thursday, Friday,**

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

**Welcome to dine in the bar or restaurant area.**



**Follow us on Facebook @foxandhoundsheacham**

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



**Dates & Deadlines!  
A NEW TAX YEAR  
Supplied by Kathryn  
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**APRIL 2017**

**2 March 2017 INCOME TAX:** 5% penalty imposed on 2015/16 income tax, CGT and Class 4 NIC not paid by today. The penalty can be avoided if a time to pay arrangement is agreed in advance.

**31 March 2017 COMPANY TAX:** final date for reclaim of tax paid by a close company on a loan to a participator if loan repaid during the financial year ended 31 March 2013.

**CORPORATION TAX:** returns for accounting periods ended 31 March 2016 should be submitted by today.

**COMPANY ACCOUNTS:** private companies with 30 June 2016 year-ends should file their accounts at Companies House.

**5 April 2017 LAST DAY OF THE 2016/17 TAX YEAR:** deadline for various tax claims and elections; including the following:

**Personal Tax:** final date for 2012/13 claims which have a limit of four years from the end of the tax year. These include claims for: personal allowances; the remittance basis; overlap relief, terminal loss relief; overpayment relief (formerly called error or mistake relief); the carry-forward of trading losses and capital losses.

**Personal Tax:** deadline for electing to transfer (part of) the married couple's allowance from husband to wife, or withdraw such an election, for 2017/18.

**CGT:** last day to make disposals to use the 2016/17 CGT exemption.

**CGT:** deadline to claim that an asset became of negligible value or a loan to a trader became irrecoverable in 2014/15.

**IHT:** deadline for utilising IHT exemptions for 2016/17 (and any excess from 2015/16)

**NIC:** deadline to pay voluntary Class 2 or Class 3 NIC for 2010/11.

**NIC:** deadline for claiming exception from Class 4 NIC for 2017/18 where the same earnings are subject to Class 1 NIC.

**NIC:** deadline to reclaim Class 1 NIC mistakenly paid in 2015/16 on earnings which should have been categorised as self-employed.

**Pensions:** deadline to make a contribution to qualify for tax relief in 2016/17 and to utilise any unused relief from 2013/14.

**6 April 2017 FIRST DAY OF THE 2017/18 TAX YEAR:** a number of tax changes take place on this date.

**Income Tax:** standard personal allowance for 2017/18 is £11,500.

**N.B.** Personal Allowance is steadily reduced for those earning over £100k. Those earning in excess of £123,000 lose the Personal Allowance in entirety.

**Income Tax:** basic rate limit for 2017/18 tax year is £33,500 (hence Higher Rate tax is payable on gross income in excess of £45k).

**Inheritance Tax:** new IHT Residence Nil Rate Band will apply for deaths on or after 6 April 2017. The initial level will be £100,000 for 2017/18, increasing by £25k until it reaches £175k in April 2020.

**ISA:** The new lifetime ISA for those aged 18 to 40 is introduced. Main ISA Allowance will be £20,000 from 6 April 2017.

**Landlords:** for Landlords of residential properties, the finance cost restriction takes effect from this date. The full effect being phased in over 4 years.

**Small Levels of Trading or Property Income:** for those with small levels of trading or property income, two new £1,000 Income Tax Allowances will apply.

**Pensions Annual Allowance:** the annual allowance of £40k is tapered for high earners with income of in excess of £150k, down to a minimum of £10k

**19 April 2017 EMPLOYERS:** deadline to make 2016/17 final payroll report using either a full payment submission (FPS) or employer payment summary (EPS). After this date an earlier year update (EYU) must be made.

**Kathryn  
Gigg**

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- capital gains tax advice and inheritance tax planning
- free initial consultation and fees agreed in advance

For an appointment please contact: Mrs K H Gigg FCA

THE OFFICE, 20 KING'S LYNN ROAD, HUNSTANTON, NORFOLK PE36 5HP

T: 01485 534800/535100 F: 01485 534900 e: kate@kathryngigg.co.uk

Regulated for a range of investment business activities by  
The Institute of Chartered Accountants in England and Wales.

**30 April 2017 INCOME TAX:** further late filing penalties apply to outstanding 2015/16 Self Assessment tax returns. For returns filed online after today, automatic £10 daily penalties apply. For returns filed on paper, the further penalty is the greater of £300 or 5% of the tax outstanding on 31 October 2016.

**ANNUAL TAX ON ENVELOPED DWELLINGS:** deadline to submit returns for the annual tax on enveloped dwellings (ATED) and pay the tax for the year 1 April 2017 to 31 March 2018; deadline to amend returns and pay any outstanding tax for the year 1 April 2016 to 31 March 2017.

**CORPORATION TAX:** returns for accounting periods ended 30 April 2016 should reach HMRC.

**COMPANY ACCOUNTS:** private companies with 31 July 2016 year-ends should file their accounts at Companies House.

**1 May 2017 INCOME TAX:** second £300/5% penalty for outstanding 2015/16 paper self-assessment Returns. Daily penalties (£10 per day for 90 days) for outstanding 2015/16 online self-assessment Returns.

**5 May 2017 TAX CREDITS:** last day to make a tax credits claim for 2017/18 and have it backdated to the start of the tax year.

**31 May 2017 CORPORATION TAX:** returns for accounting periods ended 31 May 2016 should be submitted to HMRC.

**COMPANY ACCOUNTS:** private companies with 31 August 2016 year ends should file their accounts at Companies House.

**PAYE:** last day for giving a Form P60 for 2016/17 to each relevant person employed on 5 April 2017.

**Mrs K H Gigg FCA**

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

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## 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 at  
Heacham Parish Library

INDOOR BOWLS CLUB 7pm (MC)

LINE DANCING 7-9pm £3.50 Yvonne Tel:532317 (PH)

WEST NORFOLK TAPPING CIRCLE meet 3rd Monday  
Monthly 7-9pm For more information Tel:571936 Catherine  
or email mcatherineallen1@gmail.com. (PRH)

HEACHAM WIVES GROUP – 2nd Monday of most months at  
7.30pm Contact Sue Scott Tel: 572252 (HSC) Top Room

### TUESDAYS

OVER 60? Enjoy improving your health and bone density with  
Active for Life Exercise Classes at Heacham Surgery  
Classroom 10.15-11-15am Tel: Pat 298429

CARPET BOWLS 10.15am - 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 PLAYGROUPO 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 2nd Wednesday  
monthly at 7pm 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

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 Seymour570560 (SM)

RAO BUFFALOS 8pm (HSC Top Room)

QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

### FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon  
3rd Friday of the month Contact Sue Spencer

bereavementgroup53@yahoo.com or Tel: 572029 (SM)

COFFEE AFTERNOON Fridhem Rest Home Station Rd Last  
Friday of the month at 2pm

1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to  
8 years Term time 6 - 7.15pm Tel : Barry 570767 (SG)

TAI CHI & KUNG FU 6-7pm Beginners Tai Chi

7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu

Tel: Derek 01553 674779 (PRH)

INDOOR BOWLS CLUB (Carpet) 7pm (MC) CASH  
BINGO 7.30pm (PH)

WILDFOWLERS CLUB 1st Friday monthly 7.30pm (HSC  
Top Room)

### SATURDAYS

HEACHAM YOUTH CLUB Term Time School years 6-11  
Tel: Louise 07411457017 (SM)

### SUNDAYS

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

### HEACHAM DIARY

**Monday 3rd April** Heacham Group Practice 'PPG Meeting'  
7.30pm at Heacham Surgery to include 'QEH updates' 'NHS  
out-of-hours' and 'West Norfolk Carers'

**Tuesday 4th April** GIG 'Dave Thomas Band' 8.30pm at Fox  
& Hounds Station Rd

**Friday 7th April** GIG 'Jam Session with DNA' 8.30pm at Fox  
& Hounds Station Rd

**Saturday 8th April** 'Coffee Morning' at Heacham Methodist  
Church 10am – 12noon Cake Books & Bric'a'Brac stalls  
Live music from 'Dave Godfrey' after 11am

**Monday 10th April** 'Bingo at the West Norfolk' Eyes down  
at 7pm

**Tuesday 11th April** GIG 'Keno Kings' 8.30pm at Fox &  
Hounds Station Rd

**Wednesday 12th April** 'Community Coffee Morning & More'  
10am to 12noon at the Old Friends Hall Sunnyside Everybody  
welcome

**Friday 14th April** 'Quiz Night at the West Norfolk' 8.30pm  
£5 per person (max 6 members per team)

**Friday 14th to Sunday 16th April** Easter Beer Festival at the  
Fox & Hounds Station Rd - GIG's on Friday 14th 'Hypnovibes'

& Sunday 16th 'Reckless Jivin' Plus many beers and ciders to  
choose from

**Saturday 15th April** 'Easter Fete' at Fridhem Rest Home 2 to  
4pm Various stalls Raffle Tombola Eggbola Guess the  
name of the bunny etc. Teas & Coffees

**Wednesday 19th April** 'Blood Donation Session' at Heacham  
Public Hall 1.15 – 4pm & 5 – 6.30pm To book an  
appointment Tel: 0300123 2323 or online at [www.blood.co.uk](http://www.blood.co.uk)

**Thursday 20th April** 'Art & Crafts' at Sunnyside Close  
10am to 12noon £1 includes Tea & Coffee All welcome

**Friday 21st April** GIG 'Crossing the Tracks' 8.30pm at Fox  
& Hounds Station Rd

**Monday 24th April** 'Bingo' at Fridhem Rest Home Eyes  
down at 7pm All welcome

**Tuesday 25th April** GIG 'Part Time Blues' 8.30pm at Fox &  
Hounds Station Rd

**Friday 28th April** GIG 'Split Whiskers' 8.30pm at Fox &  
Hounds Station Rd

**Saturday 29th April** 'Messy Church' 10am to 12noon at St  
Mary's Church For more information Tel: Veronica Wilson  
570697 or the Church Office 572539

**Saturday 29th & Sunday 30th April** 'Spring Art Show' at  
The Old Friends Hall Sunnyside 10am to 4.30pm Free entry  
Event enquires Tel:572142

**Sunday 30th April** 'Taster Session' at Heacham Social Bowls  
Club (weather permitting) 11am to 3pm Please wear/bring  
a pair of flat, smooth soled shoes

**Friday 12th & Saturday 13th May** The Pocahontas Players  
present 'Who Were You With Last Night?' 7.30pm (Fri) and  
2pm & 7.30pm (Sat) Tickets (£8 Stalls £9 Raised Seating)  
available from Janice Tel: 570402 Jim Tel: 571267 or from  
Hunstanton Tourist Information Centre

**Friday 9th to Sunday 11th June** 'Flower Festival' at St Mary's  
Church Heacham Theme will be 'Celebration of Marriage'

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## OTHER EVENTS

**Saturday 1st April** HDFA 'Craft Fair' 10am to 4pm at Hunstanton Town Hall Free admission Refreshments

**Tuesday 11th April** Brancaster Camera Club 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

**Saturday 15th April** Hunstanton Lions Club 'Easter Egg Hunt' 10am to 2pm at The Spinney Hunstanton £2 per child (up to 10 years) Bouncy Castle Norfolk Owls Display

\*\* HDFA 'Craft Fair' 10am to 4pm at Hunstanton Town Hall Free admission Refreshments

\*\* Entertainment with great singer 'Lesley' at Hunstanton Conservative Club

**Sunday 16th & Monday 17th April** Open Day at R.A.F. Bircham Newton Heritage Centre 10am – 4pm Admission & Parking free More info at [www.rafbnmp.org.uk](http://www.rafbnmp.org.uk)

**Wednesday 19th April** Princess Players 'Poetry Morning' 10.30am-12noon Town Hall Basement Hunstanton Entry £2.50

**Friday 21st April** Anmer Village Social Club present 'A Street Cat Named Bob' 8pm Tickets £3 For info Tel: 579465 or email [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk)

**Saturday 22nd April** 'St George's Dinner' with music by 'Rowena Burke' at Hunstanton Conservative Club

**Monday 24th April** Hunstanton U3A meeting 2pm at Hunstanton Community Hall Speaker - Stephen Church 'King John'

**Tuesday 25th April** Brancaster Camera Club 7.30pm at Brancaster Staithe Village Hall Entrance £3 inc's refreshments For info Tel Jim Till 210013 or Wendy Callow 01553 674725

**Thursday 27th April** Norfolk Wildlife Trust A talk by Geof Lee 'Wildlife on the Isle of Purbeck' 7.30pm at Hunstanton Methodist Church Hall £2 members/£2.50 visitors

**Saturday 29th April** Hunstanton Rotary 'Blossom Day' at Hunstanton Community Centre

\*\*\*'Quiz Night' 7.30pm at the Restaurant Sandringham Visitor Centre in aid of 'dentaid'

\*\* 'Entertainment with The Delta Pilots' at Hunstanton Conservative Club

**Sunday 30th April & Monday 1st May** Open Day at R.A.F. Bircham Newton Heritage Centre 10am – 4pm Admission & Parking free More info at [www.rafbnmp.org.uk](http://www.rafbnmp.org.uk)

**Wednesday 3rd May** 'Prize Bingo' at Smithdon High School Doors open 6.30pm Eyes Down 7pm Everyone welcome WANT TO PLAY BRIDGE? Hunstanton Bridge Club welcomes players of all levels and ability. Please call Roger Pearce 01485 572121 for more information

SEDGEFORD PRE-SCHOOL - Toddlers from age 2+ Mon to Fri mornings 8.45-11.45am (with optional 'wraparound' from 11.45am to 12.30pm) and **Mon, Tues & Thurs** afternoons 12.30-3.30pm (term time) Sedgeford Primary School Ringstead Rd Sedgeford – Tel: Jane 01485 579489

### Mondays

FITSTEPS 6.30 – 7.30pm at Ingoldisthorpe Village Hall To book Tel:Jaime 571395 or 07765433100 or email [jaimefitsteps@gmail.com](mailto: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](mailto: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](http://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](mailto:bookings@wattsington.com)



## Sallywags Parent, Baby & Toddler Group

Wolfy's Photography brightened our February with a generous donation to Sallywags. Thank you so much Maureen and Ivan, and we look forward to your annual visit this October. Thank you to our ever ultra-organised Rachael Sandle for arranging these lovely sessions! A huge thank you also to Ruth Wilson, Freddie & Ieuan who brightened the play room with a donation of a very smart toy kitchen and all sorts of pretend ingredients for budding baby bake-offers! And another huge thank you to Kyra Cruise of The Cloud Cabin in Heacham who cooked us up some amazing play doughs enriched with therapeutic lavender and orange oils. They are gorgeous and the children will have to remind me to let someone else have a turn at the play dough table! Thanks for coming along Kyra and sharing so many wonderful ideas and aromatherapy advice for ourselves and our children.

Welcome signs and sounds of Spring abound now as I write - new life - lovely to meet new faces at Sallywags in recent weeks too, including very new little ones Halle, Jaxon and Mason! Thanks for coming along everybody, little ones and big ones' help, and making Sallywags such a happy place! Alison, Cristiana and Liz - thank you so much for your end of session help.

Wishing you a sunshiney and chocolatey Easter. Sallywags returns on Wednesday April 19th and I really need to cut that grass - slides 'n' swings time in the Sallywags garden surely?!

Sallywags Parent Baby & Toddler Group meet every term time Wednesday 9.30-11.00 at the Scout Hut in Sunnyside. We ask £2 per family to cover rent, resources and refreshments - pop by when you can for a play!

Please text/call Jo on 07521 447284 for further info.

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

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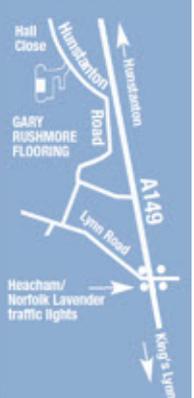
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HOW TO FIND US



# around and about...



## HUNSTANTON & DISTRICT ROTARY CLUB

Rotary is an International Organisation of men and women that provides humanitarian services, encourages high ethical standards and helps build goodwill and peace in the world.

At Hunstanton & District Rotary Club we have over 30 members and through our fundraising raise £25,000 annually for charities and good causes.

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We're for supporting the poorest

We're eradicating polio We're developing friendship

We're for making the world a better place

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Find out more at [www.hunstanton-rotary.org.uk](http://www.hunstanton-rotary.org.uk) or call Peter Atterbury on 01485 534820

**Rotary Hunstanton & District**  
Help us to help others

**HUNSTANTON ROTARY CLUB**

**FUND RAISING EVENTS SUMMER 2017**

- POETRY EVENING** - ST EDMUNDS CHURCH HALL WEDNESDAY 26TH APRIL
- BLOSSOM DAY** - HUNSTANTON COMMUNITY CENTRE SATURDAY 29TH APRIL
- HUNSTANTON CARNIVAL** - HUNSTANTON GREEN SUNDAY 25TH JUNE
- NORTON HILL** - HALL FARM SHETTISHAM JULY 29TH & 30TH
- KITE FESTIVAL** - SMITHDON SCHOOL SUNDAY 20TH AUGUST
- MUSIC EVENING** - SMITHDON SCHOOL SATURDAY 18TH NOVEMBER

FURTHER INFORMATION AVAILABLE ON: [WWW.HUNSTANTON-ROTARY.ORG.UK](http://WWW.HUNSTANTON-ROTARY.ORG.UK)

### CARPET BOWLS

'Hard lines', that's a good line. Ah drawing today then, a straight line then, wrong again, must admit to 'hard lines'. It's a Northumbrian expression pet, meaning good shot, looked brilliant, but you missed. Well, manners prevents one from adding that last bit, but you get the idea. Good line, now look here bowl. All you have to do is just follow that imaginary line down that mat to meet the jack. What do you mean you can't see it! It's obvious, past that blasted thing in the middle, round that other bowl sitting in the way, between those of the opposing team and yes, right there, easy isn't it. Off you go then. Now, how did you manage to go straight, you're not supposed to do that, as the calls of good line fade away. Oh well, maybe glory tomorrow, one can always dream, hear the applause.

Come and meet us at Heacham Public Hall on Tues, Wed and Thurs mornings, starting at 10.15 and finishing on the dot at midday. All this and more for just £2 a session.

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Eat, drink, relax - and occasionally party! Dogs welcome - but please keep your owners under control.

**Back-to-normal Opening Hours**

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

Lunches served 12 - 2pm Tuesday to Saturday  
*Sunday Lunches 1 - 3pm (Norfolk time!) - please book if you can*

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

**Wednesday April 5<sup>th</sup> and 19<sup>th</sup>** - Quiz night in Dining Room - £1 entry, all welcome

**Wednesday April 12<sup>th</sup>** - Camera Corner: share knowledge, pick up tips. Novices and experts welcome

**Saturday April 16<sup>th</sup>** - Karaoke

**Saturday April 22<sup>nd</sup>** - St Georges' Day "Eve" so we're having a Cockney night! Fancy Dress optional (theme of England, London, St George etc) - sing-a-long, sea food stall - **Pie 'n' Mash SOLD OUT**

## New Senior Instructor at Snettisham Beach Sailing Club

Snettisham Beach Sailing Club welcomes new full time Senior Sailing Instructor James Trim to their instructor team in April 2017. James is joining from the Northshore Chandlery shop & Sail Craft Sea School at Brancaster Staithe where he was teaching and instructing students in sailing. After James's seven years at Brancaster Staithe, Northshore has closed due to the owner Jamie Borthwick's retirement.

James is making a full career out of his love of outdoor pursuits; after leaving Springwood High School, King's Lynn in 2009 he took the College of West Anglia's Higher Outdoors Activities Course and completed it in 2010.

He took his Senior Sailing Instructor course in March 2016 at Bradwell Outdoors Centre in Essex on the Blackwater River. That is a packed 5 days of being taught to teach, management of groups, management of staff, first aid and safety and managing fleets of sailing dinghies under instruction.

Besides sailing, James is into white water canoeing, hiking and cycling. He swims a mile a week and goes to the gym just to keep fit. He also recently acquired a Wayfarer dinghy from Northshore that he sails with fellow sailing instructor Nick Williams and which he keeps at Brancaster Staithe.

If you want to try sailing then have a look at the opportunities on the Club's website at: [www.snetbeach.co.uk](http://www.snetbeach.co.uk) and 'speak' to Jane Leet, Chief Dinghy & Power Instructor.

Email: [c\\_instructor@snetbeach.co.uk](mailto:c_instructor@snetbeach.co.uk)  
Tel: 07938 190846 or 01485 779027 .



Photo courtesy of SBSC Publicity.



## MOBILE LIBRARY



ROUTE WEL 124 10th/24th	(Mondays) April	ROUTE WEL 123 3rd	
COLLINGWOOD CLOSE	09.55	ROBIN HILL	10.40
SOUTHMOOR DRIVE	10.10	RINGSTEAD ROAD	11.00
SANDRINGHAM DRIVE	10.30	NEVILLE Court	11.45
FENSIDE	10.45	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.00	PINE MALL	12.30
WOODSIDE AVE	11.45	SITKA CLOSE	12.50
NOURSE DRIVE/Ingleby CL	12.25	SUNNYSIDE	14.15
ROLFE CRESCENT	13.55	MEADOW RD	14.40
WOODEND ROAD	14.15	POPLAR AVE	15.25
GIDNEY DRIVE	14.30	GYMKHANA WAY	15.45
BANKSIDE	14.50	JENNINGS CLOSE	16.10
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f t

### Search for a Furry-Tail Romance

How did you meet the love of your life and are they furry with four legs? Did you rescue your dog, or did it rescue you? Local dog holiday service providers, Barking Mad (North West Norfolk) are used to hearing their customers' emotional beginnings and are searching for the most inspirational and heart-warming story to celebrate this unique bond between human and canine.

As usual, February was a month of boy meets girl, roses and champagne...all a bit monotonous, isn't it? If you would rather think about the love you have for your four-legged friend instead, research shows you're not alone. A staggering one in five pet owners was reported to prefer their pet to their partner, in a study carried out to celebrate National Pet Month 2016 by Panasonic Home Smart!

Scientific research has shown that when a dog gazes at its owner, the hormone oxytocin rises in both human and canine brains, suggesting that a true love is felt. Oxytocin is the hormone known to trigger strong feelings of unconditional love and protection when parents and their children look into each other's eyes.

Barking Mad Tania Stowe, tells of her husband who had never had a dog in his life until their little Whippet pup, Annie, took up residence in not only their home but Henry's heart. Henry was a reluctant participant in Project First Pet, but within days was allowing puppy Annie to lie and sleep on his chest all evening watching television, letting her cuddle up on his lap in the pub so she wouldn't get cold on the floor, mopping up puddles left on the floor when she greeted him with uncontrolled excitement every evening when he got home...you get the idea I think. He adored her from the off and very quickly came to understand the unconditional love of a dog people had described.

The concept for Barking Mad Dog Care, the original dog home boarding company, was born out of Managing Director Lee Dancy's own love for her Dalmatian puppy, Bronte, back in 2000. She was unwilling to leave her beloved dog in kennels and set about creating a whole new concept in dog care. Lee enthuses:

"I am who I am, because of how much I loved my dog Bronte! We love to hear other stories of how the bond between humans and dogs has changed lives!"

If you would like to share your canine love story, it's really easy to get involved!

Just email [tania.stowe@barkingmad.uk.com](mailto:tania.stowe@barkingmad.uk.com) with a basic outline of your story and contact details, including a phone number. Don't worry if your writing skills are a little rusty, it's the story that is important! We will share your stories on our facebook page and send a beautiful Barking Mad calendar to everyone who sends in their love story.

Dogs benefit the lives of humans in so many ways from the dramatic to the everyday; the warmth, love and comfort they bring is unique. This is a benefit that Barking Mad (North West Norfolk) witnesses first hand on a daily basis. Their unique, complete dog holiday service offers the opportunity for people to join their Host Community and enjoy caring for visiting dogs, whose owners are away on holiday.

If you feel like you are lacking the unconditional love and companionship of a dog in your life, or need care for your own special canine, call Tania Stowe on 01485 205 715 or look us up via our website [www.barkingmad.uk.com/franchisees/north-west-norfolk](http://www.barkingmad.uk.com/franchisees/north-west-norfolk) to find out more.

**Smithdon High School**  
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**PRIZE**  
**BINGO**  
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Doors open 6.30pm  
👁️ Eyes down 7pm

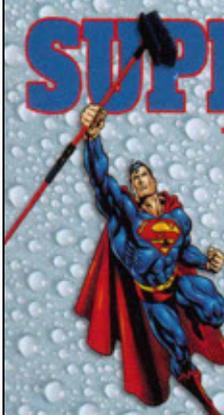
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**WEST NORFOLK LIBRARIES  
EVENTS  
April 2017**

**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.

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

**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!

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

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

**Special events:**

**Aliens love underpants – Monday 3rd April 10.30-12.00noon**

Come along for a story and some amazing alien crafts – including making flying saucers, an alien model, and an underpants washing line! Suitable for children aged 5 and over. Tickets are £3 per child payable in advance. Please book by calling 01485 532280.

**NEW Library Coders – Wednesday 12th April 10.30-11.15am OR 11.15am-12.00noon**

Come along and try out some simple Scratch programming: make animations, games, electronic instruments and more, and find out how you could join our new Coding Club. This event is suitable for children 8+ years old and their parents. Booking is essential. Please call 01485 532280.

**Planned changes to the Bus Routes Serving Heacham Village**

With effect from Sunday 2nd April 2017



We at the Newsletter wish to advise our readers that Stagecoach Norfolk will be changing the routes for Bus Nos. 10 & 11 back to the pre roundabout roadwork routes. These changes will take effect from Sunday 2nd April 2017.

**Route 10** will now serve the Queen Elizabeth Hospital and will no longer enter King's Lynn via South Wootton.

**Route 11** will now serve Castle Rising and will no longer serve Gayton Road for the Queen Elizabeth Hospital. Access to this service for Heacham villagers will continue to be via the bus stops on the A149 as this service does not enter the village.

Up to date information on routes, timetables and service updates can be accessed via:

www.stagecoachbus.com  
www.lynxbus.co.uk

THN

**Monthly events:**

**Knit and natter – Thursday 13th April 10.30-12.30pm**

**Book Club – Monday 10th April - 2.30pm**

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

**Walk and talk group - Tuesday 11th April 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.

**Norfolk's Most Wanted – continued throughout April**

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 May 17th 5.30-6.30pm**

Could you help...

- 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 Lauren on 01485 532280 or Alison on 01485 540181.

**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](http://www.facebook.com/LynnLibraries) - for Lynn, Dersingham and Hunstanton Libraries.

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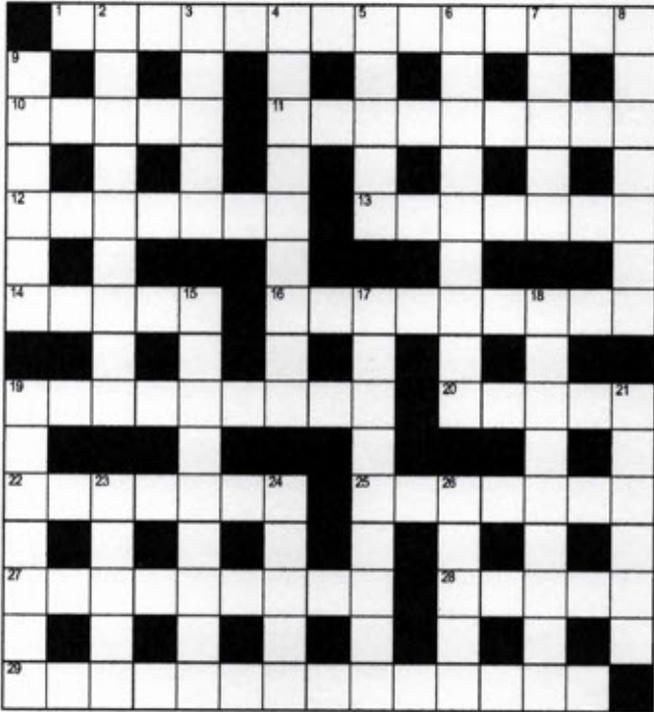
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**CROSSWORD CLUES**

**Across:**

- 1. Excited he's tuned Bess in to where it all happens (3,8,3)
- 10. Track north for material (5)
- 11. United Nations backing mother abroad with gold creates an element of division (9)
- 12. Groups of people join finally near Number Ten to air opposing views (7)
- 13. Being possessed by doubts initially, I wallow in an air of contempt (7)
- 14. Nothing interrupts short tribunal (5)
- 16. Support and guide horse with strength (9)
- 19. Organizes timetables (9)
- 20. Runner-up left with problem not even started (5)
- 22. Following Spanish agreement, I am backing the French comparisons (7)
- 25. Concise conical shape (7)
- 27. A large bee is busy, but amiable (9)
- 28. First factor in division isn't right (5)
- 29. Almost make a score during the short break in clubhouse bar (10,4)

**Down:**

- 2. Be resolved and suspend bully (4,5)
- 3. Takes suburban journey clutching instrument (5)
- 4. Go astray over bogus trails to find lefty (9)
- 5. Traveller and mother in agreement (5)
- 6. Demanding emphasis on power source lacking energy (9)
- 7. Another one within text range (5)
- 8. Disturb grenade? Seriously! (7)
- 9. Almost hang on in charge of conference (6)
- 15. Has the smallest drunk the most? (9)
- 17. When broke it's fashionable to work things out using books (9)
- 18. Indignant at gift packed with both ends missing (9)
- 19. Support America in a spot (7)
- 21. European Council included in ceremony, so to speak (6)
- 23. Mope about Romeo? Idiot! (5)
- 24. In the essence of Black Friday *black* manifests itself (5)
- 26. Frame expression of pain after first cut (5)

Answers Page 40



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

**Wildlife on the Isle of Purbeck**

by Geof Lee on

**Thursday 27th April – 7.30pm**

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

**TIDE TABLES FOR  
APRIL & MAY 2017**

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST									
April 2017					May 2017				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SA	08 54	7.3	21 16	7.4	1 M	09 22	6.9	21 59	6.8
2 SU	09 36	6.8	22 04	6.8	2 TU	10 13	6.5	23 03	6.2
3 M	10 27	6.3	23 08	6.2	3 W	11 18	6.0		
4 TU	11 34	5.9			4 TH	00 26	5.9	12 40	5.7
5 W	00 33	5.7	13 01	5.8	5 F	01 47	5.7	13 57	5.9
6 TH	02 08	5.7	14 25	5.9	6 SA	02 59	6.0	15 03	6.1
7 F	03 27	6.1	15 34	6.2	7 SU	03 58	6.3	15 58	6.5
8 SA	04 28	6.5	16 27	6.7	8 M	04 44	6.6	16 46	6.7
9 SU	05 15	6.8	17 14	6.9	9 TU	05 22	6.7	17 28	6.8
10 M	05 53	6.9	17 55	7.2	10 W	05 57	6.8	18 08	6.9
11 TU	06 27	7.1	18 34	7.2	11 TH	06 29	6.9	18 44	6.9
12 W	06 59	7.1	19 10	7.2	12 F	07 00	6.9	19 19	6.8
13 TH	07 30	7.1	19 42	7.1	13 SA	07 30	6.9	19 50	6.7
14 F	07 55	6.9	20 11	6.9	14 SU	07 58	6.8	20 21	6.6
15 SA	08 20	6.8	20 40	6.7	15 M	08 27	6.7	20 54	6.3
16 SU	08 47	6.6	21 11	6.3	16 TU	08 58	6.5	21 31	6.0
17 M	09 20	6.3	21 48	5.9	17 W	09 34	6.1	22 14	5.7
18 TU	09 58	5.9	22 32	5.5	18 TH	10 22	5.9	23 14	5.5
19 W	10 50	5.5	23 45	5.1	19 F	11 26	5.6		
20 TH			12 14	5.3	20 SA	00 38	5.4	12 48	5.6
21 F	01 27	5.3	13 45	5.5	21 SU	01 58	5.6	14 03	6.0
22 SA	02 43	5.6	14 51	5.9	22 M	03 01	6.1	15 04	6.5
23 SU	03 40	6.1	15 44	6.5	23 TU	03 54	6.6	16 00	6.9
24 M	04 29	6.6	16 33	6.9	24 W	04 44	6.9	16 52	7.3
25 TU	05 14	7.1	17 19	7.3	25 TH	05 30	7.3	17 43	7.5
26 W	05 56	7.3	18 05	7.7	26 F	06 16	7.5	18 35	7.8
27 TH	06 37	7.5	18 50	7.9	27 SA	07 00	7.7	19 25	7.8
28 F	07 18	7.7	19 35	7.9	28 SU	07 43	7.7	20 12	7.7
29 SA	07 58	7.5	20 20	7.8	29 M	08 20	7.4	21 01	7.3
30 SU	08 38	7.4	21 07	7.3	30 TU	09 11	7.2	21 54	6.8
					31 W	10 00	6.7	22 55	6.3

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## Searles Resort Golf Club AGM donates £4,400 to NARS

The Searles Resort Golf Club AGM took place on Friday 22nd February to elect new Captains for 2017. However, the first order of the evening was to present the NARS (Norfolk Accident Rescue Services), Searles 2016 Captain's Charity, with a cheque for £4,400. The superb amount was raised from Captain's Day, Gala Day in late May, Captain's Chaos and Dave Cox's Friday Quiz nights, as well as other events that took place in 2016.

This donation has enabled NARS to buy a portable ultrasound machine.

The machine will help NARS paramedics look inside patients' bodies and, for example, identify internal bleeding.

Ryan Warwick, a critical care paramedic with NARS, said: "Ultrasound has been used in hospitals for years, but it's only recently that the technology has made it truly portable. NARS is one of the first voluntary immediate care organisations to deploy this advanced treatment."

Rob Hill, outgoing captain of Searles Golf Club, said: "We all feel we have really helped to make a difference."

Searles Golf Manager Edward Howes was pleased to announce that David Cox was elected Men's Captain and Mike Trebbick as Seniors Captain for 2017. The captains announced that NARS would continue to be the 2017 Captain's Charity.

Searles Resort Golf and Country Club hold monthly competitions as well as numerous other events and social competitions.

Membership is now available starting on 1st April. However, by joining early, March will be included FREE. Full annual membership costs £380 and summer membership £280 with no joining fee.

Visit [www.searles.co.uk](http://www.searles.co.uk) or call 01485 536010 for more information.

## Sandringham Explorers



Sandringham Explorers wish Flynn Geraghty all the best for the future.

Monday: when they finally returned to the Hut, they came back to a buffet and chatted about Flynn's life and the experiences that Flynn has done in his scouting life, from when he was a Beaver Scout working his way through Cubs and then Scouts and, finally, when he was 14, joined Sandringham Explorers. He has achieved his Diamond and Platinum Awards, 3 Jamborees, many camps, hikes, cook-outs and achieved many awards.

The Sandringham Explorers is for both boys and girls aged between 14-18 years old. If you wish to get involved, please contact 'Little Bird' aka Mark on 07947 808351.

Get ready; Get challenged and have lots of fun.

Pictured above is Flynn with Corinne when they were both in Explorers, the early years, now grown up and at university.



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HEACHAM MANOR HOTEL, HUNSTANTON ROAD, HEACHAM, NORFOLK PE31 7JX

## Heacham Manor Golf Club purchase Hydrotilt recliner for the QE Hospital's Gayton Ward

Heacham Manor Golf Club AGM took place on Friday 3rd March in the Avocet Bar to elect new Captains for 2017. The first item was to thank the past Captains, Aaron Daly and Rachel Hodgkinson for their hard work over the past two years and present a cheque to the QE Hospital's Excel Appeal for £1882.63. The amount was raised from fundraising via, Captains Day, Ladies Invitational Day, raffle at the Seniors Open, general fines and donations.



Left to right - Rachel Hodgkinson, Laurence Morlaàs and Aaron Daly.

Laurence Morlaàs, the QE Hospitals Fundraising Executive, was absolutely delighted with the donation and stated that the money would be used for directly purchasing a specialist, adjustable Hydrotilt recliner chair to be placed on the Gayton Ward. The chairs are used for administering physiotherapy, providing pressure care and management, giving relief, comfort and relaxation.

Heacham Manor Golf Manager Edward Howes was pleased to announce that Simon King was elected Men's Captain for 2017.



The day following the AGM, Simon King commenced his captaincy in style with a hole in one on the 7th hole in the Saturday Medal! Heacham Manor member Keith Price also managed a hole in one on the 17th in the same competition.

Heacham Manor is now offering a two-month trial Membership for just £80, with this cost being removed from the cost of full membership when joining in May.

Visit [www.heacham-manor.co.uk](http://www.heacham-manor.co.uk) or call 01485 536030 for more information.

**Simon King.**




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# Hunstanton Lions Club

## 100 Easter Egg Hunt

Saturday 15th April 10am-2pm

## The "Spinney" Hunstanton

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Norfolk Owls Display  
Face Painting

Local author and illustrator Rachel Greaves who has created a series of charming children's stories about an Airedale Terrier called Ruffle and his adventures on a steam railway.





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Children up to 10 years of age

All children must be accompanied by an adult

find us on [facebook](#) **Hunstanton Lions Club**



Hunstanton & District Lions  
Chartered 5<sup>th</sup> December 1980  
President Jane Scott  
Registered Charity No. 38976

2017 marks 100 years of Lions International, founded on 7<sup>th</sup> June 1917 in Chicago USA. As one of the 46,000 clubs worldwide, Hunstanton Lions will be hosting a fundraising event to commemorate this milestone in their organisations history. Money raised at this event will go to the MacMillan Cancer & Treatment Centre at the Queen Elizabeth Hospital in Kings Lynn to purchase additional desperately needed Alaris Fusion pumps. These pumps deliver fluids, medication, blood and blood products to adult, paediatric and neonatal patients.

Details of the event are as follows:

Venue - Le Strange Arms Hotel, Golf Course Rd, Hunstanton, Norfolk PE36 6LL

Date - 10<sup>th</sup> June 2017.

Time - 6:30pm for 7:00pm - Carriages at Midnight.

Entertainment by "The B Sides", three piece Rock 'N' Roll band.

Charity Auction (Items include Red Arrows VIP visit for 2 and BMW Track Day).

Dress - Smart Casual.

Ticket price - £35.00.

Please make cheques payable to Hunstanton & District Lions Club. Send payment together with Menu choices (attached) to Lion Jane Scott, c/o Le Strange Arms Hotel, Golf Course Rd, Hunstanton Norfolk PE36 6LL by 1<sup>st</sup> May 2017. Should you require any further details of the event please contact Lion President Jane Scott on 07748052765 or by email [janescott717@btinternet.com](mailto:janescott717@btinternet.com)



Alaris Pump Appeal  
Queen Elizabeth Hospital  
Cancer Care & Treatment  
Centre

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April 14th : Easter Race Night.

8pm £1 entry in aid of The Norfolk Accident Rescue Service

April 15th : Live Music with Steve Moyse 8.30pm onwards

April 16th : Easter Sunday Carvery Lunch with a visit from the Easter Bunny with treats!

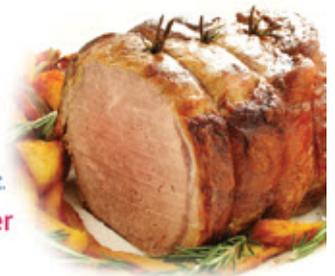
1 course £9.95 2 course £13.95 3 course £16.95 Please pre-book to avoid disappointment.

Themed Menu Nights from March 31st throughout the Summer

Wed > Steak Night, Thurs > Pizza/Pasta Night, Fri > Curry Night,

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Traditional menu's will also be available nightly.



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I have been a Dental Nurse for almost 4 years now and have jumped at the opportunity to volunteer with Dentaid after seeing the amazing work that they do around the World.

Dental care should be available for everyone around the world, and this trip will see me helping more disadvantaged communities in Uganda and providing chair-side assistance as well as oral health education. This will be a life-changing adventure for the patients that we see and for myself also. This is something that I feel incredibly passionate about - would love your support to help so many people.

I will be volunteering as a Dental Nurse with Dentaid in Uganda this September along with a fellow colleague and a group of 9 other dentists, hygienists, nurses and therapists. We will be helping provide basic pain relief dentistry, fissure sealant treatments and oral health education. These pain relief clinics are held in schools, churches, health centres and sometimes prisons and clinics and can be set up virtually anywhere due to all of the kit we transport from place to place.

We will run teeth brushing programmes and oral health lessons in nurseries, schools and community buildings - from sugar awareness to combating infant oral mutilation and helping provide safe oral care for all.

This will be a very challenging but rewarding adventure and your support would mean everything to us as well as all the people that we will be able to help.

I am looking for sponsorship to help me get to Uganda and to provide dental equipment and materials to Dentaid too. In total I need to raise £2,100 for the trip and equipment.

To donate or sponsor please visit:  
<https://mydonate.bt.com/fundraisers/amii-rosesteward2>  
or email me: [amiisteward@gmail.com](mailto:amiisteward@gmail.com) for more information.

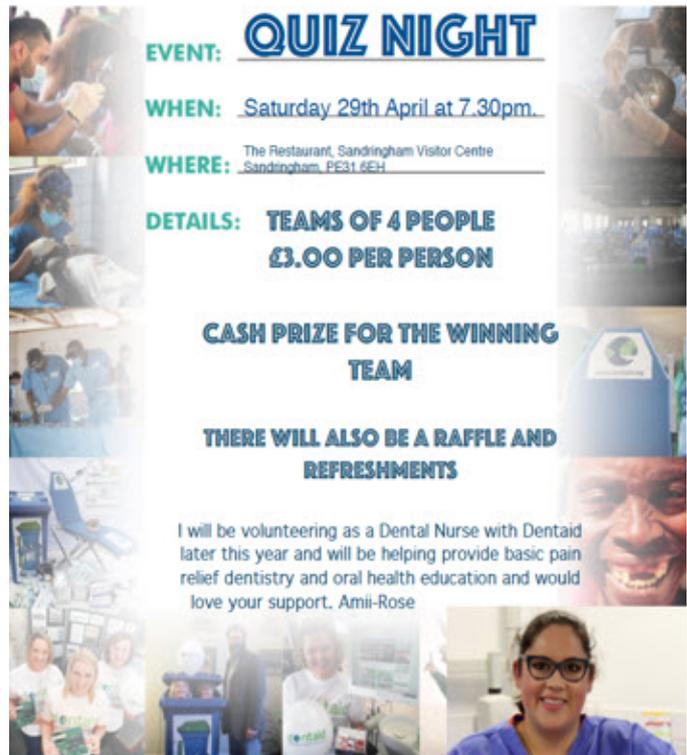
You can find out more about Dentaid at [www.dentaid.org](http://www.dentaid.org)

**HUNSTANTON CONSERVATIVE CLUB**

**ENTERTAINMENT FOR APRIL**

- Saturday 15th Entertainment with great singer **LESLEY**
- Saturday 22nd **ST GEORGE'S DINNER** -  
Music by **Rowena Burke**
- Saturday 29th Entertainment with -  
**THE DELTA PILOTS**

**Eileen Hamilton** Chairman



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**EVENT: QUIZ NIGHT**

**WHEN: Saturday 29th April at 7.30pm.**

**WHERE: The Restaurant, Sandringham Visitor Centre Sandringham, PE31 6EH**

**DETAILS: TEAMS OF 4 PEOPLE  
£3.00 PER PERSON**

**CASH PRIZE FOR THE WINNING TEAM**

**THERE WILL ALSO BE A RAFFLE AND REFRESHMENTS**

I will be volunteering as a Dental Nurse with Dentaid later this year and will be helping provide basic pain relief dentistry and oral health education and would love your support. Amii-Rose

[www.dentaid.org](http://www.dentaid.org) | Registered Charity 1075826

5

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[www.extrahandshomecarenorfolk.co.uk](http://www.extrahandshomecarenorfolk.co.uk)

Extra Hands is regulated by the CQC to provide care and meet all of the CQC National Standards.

### Hunstanton Croquet Club

We all feel that Spring is just around the corner, which means that Hunstanton Croquet Club will be starting its 2017 season on April 3rd.

We hope that if you feel you would like to try playing the game, you will come and join us. The only equipment required are flat shoes. Instruction will be given and you will be most welcome to join us.

Monday April 3rd is our first meeting at 1:30pm, then every Monday and Wednesday. The croquet lawns are situated behind the children's play area on the main sport's field off Lynn Road. The entrance is via the main sports field entrance.

If you would like to learn more, please contact Terry – 01485 5533859 or Pat – 01485 570889.

We look forward to seeing you and all our regular members.

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**Extra Hands**  
Providers of Home Care in Norfolk

Extra Hands is delighted to announce that for the third time in four years we have won an award at the prestigious 'Norfolk Care Awards'. The awards are held to demonstrate a wealth of dedication, inspiration and innovation in the care sector and this year were held at Sprowston Manor on Thursday 23rd February, hosted by celebrity Debra Stephenson. Among those who attended were North Norfolk MP Norman Lamb who said "It really is important to celebrate the brilliant care, and the commitment and dedication you all show." BBC Radio Norfolk's Nick Conrad, Catherine Underwood Director of Commissioning Community Health and Social Care NHS Norfolk/Norfolk County Council and James Bullion, Executive Director of Adult Social Services at Norfolk County Council were also in attendance.

We are incredibly proud to have won the award for 'Delivering Excellence Through Learning and Development'. In addition to this we were highly commended in the 'Promoting Dignity and Respect In Everyday Life' category. Hazel and David Evans, owners and directors of Extra Hands said: "As a company we place great importance in the high level of continual training we provide our staff with, this award is recognition of our commitment to maintain the excellent levels of training provided. Our Training Officer Justin Mayes is a very worthy winner of this award as his dedication to his role is second to none. As the company celebrates 24 years of providing care across Norfolk this year, we are understandably very proud of all the staff that work at Extra Hands, especially the care staff who promote dignity and respect every day in the workplace. As a company we are always striving to raise the status of home care to show the world that social care is a wonderful profession to be in"

The award is presented to an organisation who is committed to supporting their workers to deliver excellent care and support and who are able to demonstrate that they understand the key role that learning and development plays in preparing workers to deliver excellence.

We are currently recruiting for new members to join our award winning team. If you are interested and wish to find out more about working in this very fulfilling role as a Social Carer with Extra Hands, then please either call us on 01485 570611 or visit our website at [www.extrahandshomecarenorfolk.co.uk](http://www.extrahandshomecarenorfolk.co.uk)



*From left: Debra Stephenson, Justin Mayes, Jo Tier, Hazel Evans, Anita Walter, Nina Tye, Tanya Wilson, Lynda Hilliard, Sue Frammingham, Nina Stephen*

## Machame Gate to Camp (Dean and Trekking Penguin)

Well my friends WE DID IT!!

On the morning of Thursday February 23rd 2017 at 06:15, Dean and I reached the summit of Kilimanjaro, the roof of Africa.

What an awesome and awe inspiring adventure. There is so much to tell you all, it would take all the room in this issue to detail the trek, so I'll spread it out over the next few issues.

We left King's Lynn on Thursday 16th Feb and arrived at Heathrow where we met the rest of the group. These were the people we would live with for the next 10 days. There was a wide age range and from all over the country. We also met our British guide also called Dean! As if one wasn't enough!! We then flew to Addis Ababa in Ethiopia then after a 5-hour wait caught the connecting flight to Kilimanjaro Airport arriving on the afternoon of Friday 17th Feb and transported to our overnight accommodation at Weru Weru Lodge, near the town of Moshi. Here we had a briefing session and got to know each other a little better over dinner.



### The Group

12 Intrepid climbers

1 British Guide

Support Team: -

A total of 40 made

up of Guides,

Tent Porters

Kit Porters

Toilet Porter

Water Porter

Cook

Kitchen Staff



These guys were magnificent. They carry everything from camp to camp and set it all up ready for our arrival, then take it all down and take to the next site. They were the real heroes of the mountain. More as the tale progresses.

The Trek...

### Day 1 - Machame Gate to Machame Camp (11 kilometres 5 hours)

Saturday morning, we drove about an hour from the lodge to the start of the Machame trail. We could see the mountain in the distance. The Machame Gate is 1800 metres above sea level which is 500 metres above the summit of Ben Nevis. We passed through the Machame Gate the entrance to the mountain. Here we met our Tanzanian guides and some of the porters. Every camp has a starting gate with information about the trail and distance to the next camp. After some more photos, we were off on the trail.

The guides in Tanzania have a saying Poli Poli which means slowly slowly. The idea is to save as much of your energy as possible for the final attempt and avoid altitude sickness.



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The first two hours passed quickly as we began our ascent through the jungle in hot humid conditions. The mountain creates its own weather system and after lunch it began to rain. Well, rain is an understatement, it was a tropical rain storm!! The thunder rattled all around us the rain fell so hard it hurt, it was difficult to see the person in front.

Despite waterproofs we were all soaked through to the skin. This went on for nearly 3 hours as we climbed to our overnight camp at 2980 metres. Sadly, the rain had made the camp a mud bath

but at least the rain had stopped. Still at least the tents were dry inside, a chance to get out of wet clothes and socks.

Once the cloud cleared we could see the green vegetation and were rewarded with a magnificent sunset.

So, after a meal in the mess tent it was an early night to rest ready for the next day starting at 05:45 wake up. More in next issue.

You can see more pictures on our Facebook page Dean and Trekking Penguin.

Until next time friends take care.



Trekking Penguin and Dean

## HEACHAM SOCIAL BOWLS CLUB

GREEN OPENS Saturday 15th April  
Membership due then.

NON-MEMBERS EVENTS  
Taster Sessions

Sunday 30th April - 11.00am-3.00pm

Sunday 28th May - 11.00am-3.00pm

Weather permitting

Come along to the Green if you wish to have a go at playing bowls.

You will need flat, smooth soled shoes.

Woods will be provided and members will be there to help and guide. There will be no charge.

ALSO ...

Sunday 7th May at 2.00pm

Bowls Club v. Social Club

## ANMER VILLAGE SOCIAL CLUB FILM NIGHT

Friday 21st April 2017 at 8.00pm

‘A STREET CAT NAMED BOB’

Based on the international best-selling book. The true feel good story of how James Bowen, a busker and recovering drug addict, had his life transformed when he met a stray ginger cat. Starring Luke Treadaway, Bob the Cat & Ruta Gedmintas

Venue – Anmer Village Social Club

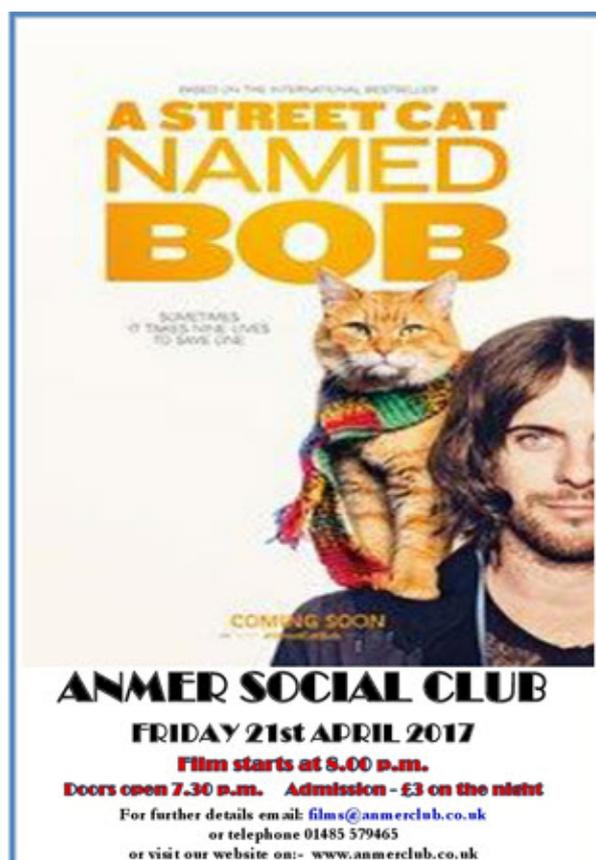
Admission by ticket - £3 at the door

Doors and bar open 7.30pm

Email: [films@anmerclub.co.uk](mailto: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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### Across

1. The business end
10. Linen
11. Numerator
12. Nations
13. Disdain
14. Court
16. Reinforce
19. Schedules
20. Loser
22. Similes
25. Laconic
27. Agreeable
28. Unfit
29. Nineteenth hole

### Down

2. Hang tough
3. Banjo
4. Sinistral
5. Nomad
6. Stressful
7. Extra
8. Derange
9. Clinic
15. Tiddliest
17. Insolvent
18. Resentful
19. Sustain
21. Recite
23. Moron
24. Sable
26. Couch

## Green and Pleasant

Spring has definitely sprung and your garden soil will be in need of a bit of TLC after a wet winter has washed away nutrients. So now the weather's warming up it's time to get the soil up to scratch so that it can nurture your plants as they're starting their growth cycle.

Feed beds and borders with any good general fertiliser like blood, fish and bone. Sprinkle it all over the soil, making sure that you get it right underneath shrubs and around the base of climbers, perennials and clumps of bulbs. Don't forget to trickle fertiliser along the base of your hedges, they'll be feeling hungry after a long winter and spring is the perfect time to feed them so that they'll grow greener and stronger.

After that it's time to get planting, try and plant either in the early morning or evening to minimise stress from the midday heat and it lets plants take up water from the soil when it's more likely to be rich in moisture.

Come and visit us at Green & Pleasant Garden Nursery where we grow a wide range of perennials, grasses, shrubs and trees that will transform your outside space into a spectacular garden. Whether you want a blooming extravaganza or a tranquil haven we've got just the right thing for you at Green & Pleasant and we love talking plants and gardens so we're always on hand with tips and advice for growing, planting and design.

Here are just two of our favourite perennials which will give your borders late spring and early summer colour and texture.

*Bergenia cordifolia* features large pale pink or white flowers on red stems that rise above glossy green leaves which look outstanding all year long taking on a magnificent reddish-bronze hue in the Autumn. Check out our mature *Bergenia* in 3 litre pots which will look right at home in an established border.

Our best-selling *Primula vialii* is a regular show off at Chelsea with its rosettes of large puckered leaves and startling spikes of small brilliant purple flowers.

There are two award winning restaurants at Drove Orchards not to mention the Farm Shop and lifestyle shopping and there's plenty of parking in the new rear car park behind Eric's Fish & Chips.

Once parked in the rear car park you'll find yourself right next to the beautiful East Anglian Heritage Orchard where you'll find Green & Pleasant Garden Nursery.

### Answers to Spiral Word Puzzle

- |          |              |
|----------|--------------|
| 1) Omit  | 2) Talc      |
| 3) Clam  | 4) Mist      |
| 5) Toes  | 6) Star      |
| 7) Rash  | 8) Harp      |
| 9) Pine  | 10) Etna     |
| 11) Amen | 12) Need     |
| 13) Duel | 14) Lava     |
| 15) Ahab | 16) B.O.A.C. |

Puzzle Word: Heacham



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### Why?

Quite simply, there are too many of them and if they are fed regularly the numbers will increase even more.

The Parish Council has been working for many years to maintain a natural balance in the duck population, as we want them to be considered an asset to

the village, to be enjoyed by all residents and visitors.

### In the right place.....in the right numbers

Bray's Pit - the village pond - is a natural home for Heacham's ducks, and they do look lovely swimming on the water there, but this area can support only a limited number of ducks, and overpopulation has serious consequences, including:

- Pollution of the pond water, making it muddy, smelly and potentially an environmental hazard.
- Destruction of the plants the birds feed on, and of other pond life.

The ducks therefore have to look elsewhere for food, and start to wander around the village. They are often fed and nest in private gardens, but this too has consequences:

- The ducks will often eat and damage garden plants and vegetables.
- They spread into neighbouring gardens and can cause problems there.
- Many ducks are killed crossing roads.
- A ready supply of food extends the breeding season, so ducklings are born at times of the year when they are less likely to survive.
- Leftover food attracts vermin, such as mice, rats and seagulls.

So feeding the ducks, whether at Bray's Pit or in your gardens, is not a good idea; it's bad for the ducks, and it's bad for the village.

### How can you help?

There are several things you can do to help the Parish Council to achieve and maintain a healthy duck population in Heacham.

- Please do not feed ducks anywhere within the village.
- Please encourage visitors not to feed the ducks.
- If you find ducks nesting in your garden you must not remove or interfere with the eggs yourself. Please inform the Parish Council and we can then send someone to treat\* the eggs.

### Thank you for your co-operation.

\*Mallards and their nests are protected by the Wildlife & Countryside Act 1981, which makes it an offence to intentionally kill, injure or take any wild bird, or to take, damage or destroy its nest, eggs or young. The treatment on eggs carried out by the Parish Council is carried out under an annual licence issued by DEFRA.

### Heacham Parish Council

Jubilee Clinic Pound Lane Heacham  
 King's Lynn Norfolk PE31 7ET  
 Tel/fax : 01485 572142  
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**THURSDAY 11 MAY**

**COFFEE MORNING 10am-12 noon**  
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**QUIZ EVENING from 7.30pm**  
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## Royal Air Force History at Bircham Newton



The Heritage Centre at Bircham Newton has a unique collection of memorabilia from the former Royal Air Force station's past service, which spanned more than 44 years, including two world wars and the Cold War. On display are photographs and personal memories of servicemen who served there and other related items from its fascinating history. The Centre is manned and run entirely by volunteers, many of whom are ex-servicemen or children of service personnel. Close by there are two stone memorials to remember those who served at Bircham Newton and its main satellite airfield near Docketing. This year's schedule of Heritage Centre openings is included below:

- Easter Sunday - 16th & Monday 17th April**
- Early May Bank Holiday - Sunday 30th April & Monday 1st May**
- Spring Bank Holiday - Sunday 28th & Monday 29th May**
- Last Sunday in June - 25th June**
- Last Sunday in July - 30th July**
- August Bank Holiday - Sunday 27th & Monday 28th August**
- Last Sunday in September - 24th September.**

Opening times are from 10am to 4pm. Entrance is FREE. Disabled access and toilet facilities are also provided. More details can be obtained from the Heritage Centre website: [www.rafbnmp.org.uk](http://www.rafbnmp.org.uk)

Venue: The National Construction College, Bircham Newton, Norfolk. PE31 6RB  
NCC is signposted off the A148 and B1454.  
Contact: David Jacklin Tel. 01379 741884 e-mail: [david.jacklin@outlook.com](mailto:david.jacklin@outlook.com) or Avril MacArthur Tel. 01362 860139 e-mail: [avril.macarthur1@btinternet.com](mailto:avril.macarthur1@btinternet.com)

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## News from Heacham Fire Station

The deadline for articles to be submitted for the March newsletter was the 14th February around a week prior to a significant date for the fire station.

The 22nd February was the first anniversary of the date when the station was officially saved from closure and for myself and others, it will always be a date that triggers a whole range of emotions.

As I write this on the 14th March, we are still two weeks or so away from the end of the Brigade year (31st March) and so I can't give any final statistics for 2016/17 until a future newsletter. What I can say is that sadly, it has been a year during which we have attended two local calls where people have died as a result of fires in their homes. Thankfully, such deaths are not common but that makes it no less tragic when they do happen.

Fires in the home can be caused by many things including unattended cooking, poorly positioned candles, overloaded electrical sockets and discarded smoking materials.

Most people these days are aware of the importance of having a working smoke alarm/alarms in their home and many of you will also be aware of the need to plan your escape route so that, in the event of a fire, all members of the household know exactly how to find their way to safety.

Norfolk Fire & Rescue Service has lots of really good information about how to stay safe in your home on its website which can be found at [www.norfolkfireservice.gov.uk](http://www.norfolkfireservice.gov.uk)

This includes an excellent video which highlights the risks in your home room by room and gives advice on how to make it safer.

The Brigade also carries out Home Fire Risk checks in Norfolk following an assessment of need. A visit normally lasts around 30 minutes and covers useful safety guidance, the importance of fitting working smoke alarms on each floor of your home and advice to support you making an escape plan. The check is free to those people whom the Brigade considers to be most at risk.

To find out if you qualify, please call Norfolk Fire & Rescue Service on 0300 123 1669 and select option two. Alternatively, there is a short form to fill in on the website which will allow the Brigade to assess your needs. It can be found with the other information I have mentioned under the heading of 'Your Safety' on the homepage.

Please note there is a waiting list for the Home Fire Risk checks which can be six weeks or longer depending upon the workload the Brigade has at the time.

Please take some time to think about fire safety in your home. Do you sometimes get distracted whilst cooking and burn your food?

Do you leave electrical devices charging whilst you are asleep or not at home? Are your escape routes kept clear of clutter and are your keys kept in a place where you could easily find them if you couldn't see anything?

Do you have a working smoke alarm on each floor of your property and do you test it regularly?

We could all be safer than we are by making a few simple changes.

**Don't become a statistic - Make your home safer today!**

**Chris Wood  
Heacham Fire Station**



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West Norfolk Mind, Poplar Avenue, Heacham

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We currently have spaces in all sections for young people aged between 6-14. We believe in helping our members fulfil their potential by working in teams, learning by doing and thinking for themselves. We give people of every background the chance to stretch themselves, learn new skills and make life-long friends.

We are also recruiting for adult volunteers. Why not take the 4 week challenge? Volunteer for four weeks, support young people, supercharge your CV and have some brilliant fun along the way!

Want to know more? Get in contact with our Group Scout Leader by calling 01485 572890 or emailing julian.geraghty@sky.com

Borough Council of  
**King’s Lynn &  
West Norfolk**



**Call for voters to register in time for  
May elections**

With local elections taking place in just a few weeks, voters in King's Lynn & West Norfolk are being urged to make sure they are registered to vote and are able to take part on polling day, Thursday 4 May.

The call for voters to sign up comes as the Electoral Commission launches a national voter registration campaign to encourage as many people as possible to register ahead of elections taking place this year across the country.

The Borough Council of King's Lynn & West Norfolk are now also reminding voters in the borough that they need to register by the deadline of Thursday 13 April otherwise they won't be able to take part in the county council elections.

Ray Harding, Electoral Registration Officer for the Borough Council of King's Lynn & West Norfolk, said:

“Time is running out to make sure you can take part in elections this May, so I'd encourage everyone in West Norfolk to take action now if they're not already registered to vote. It's quick and easy to register, but after the deadline of 13 April, it will be too late”.

Emma Hartley, Head of Campaigns at the Electoral Commission said:

“Our research shows that young people, students and recent home movers are particularly less likely to be registered to vote. So, if you have moved house recently, then make sure you're registered correctly. If you're not registered, you won't be able to have your say on issues that directly affect your day-to-day life in West Norfolk”.

To register to vote, visit [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote) before Thursday 13 April.

**For further information please contact: Stephanie Lewis, Communications Assistant on 01553 616506.**

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 @SimplyCookit



## Services for the Deaf and Hard of Hearing people in West Norfolk

West Norfolk Deaf Association (Wnda) is a local charity supporting deaf and hard of hearing people in West Norfolk. Established in 1997, we provide a range of services for people with all levels of hearing loss and for all ages, children to adults.

Learning to cope with hearing loss and adjusting to life with hearing aids can be difficult. There are an estimated one in six people in the UK with hearing loss; in Norfolk, because of a higher than average number of older people, this is likely to be one in five.

The Hearing Support Service is the largest service we provide, and we strive to offer a service in a location most convenient for NHS hearing aid users. Our staff and volunteers hold clinics at twenty GP practices and at a large number of residential homes; we also make home visits for those who are unable to get out due to ill health or disability.

The Hearing Support Service provides thorough aftercare services for NHS hearing aid users in West Norfolk. Working alongside the Queen Elizabeth Hospital Audiology team, we provide practical support and advice, hearing aid servicing and minor repairs and provide batteries.

Hearing aids need regular servicing, cleaning and re-tubing to maintain their effectiveness. If you have noticed that your hearing aid has become less effective, or if it has been more than four to six months since your hearing aid was serviced and re-tubed, then we would like to see you.

This service is funded by West Norfolk Clinical Commissioning Group. We are unable to provide batteries for private hearing aids or service hearing aids issued by private dispensers. You will be asked for your book or card as issued by Audiology.

Heacham Surgery hosts our Hearing Support Clinics on the first Thursday of every month 9.00-12.00 and Snettisham Surgery on the first Monday of every month 2.30-5.00. The clinics run on a drop-in basis, no appointment is needed; however, please inform reception staff that you are waiting to be seen.

You do not have to be a patient of Heacham Surgery or Snettisham Surgery to attend the clinic.

Hearing Support Clinics with a daily drop-in service are located at the following:

Wnda, The Deaf Centre, Railway Road, King's Lynn PE30 1NF. Monday to Friday from 9.30am to 1.30pm.

The Old Bookshop, No. 8 High Street, Downham Market, PE38 9DB. Monday to Saturday from 9.30am to 4pm

## Other Services provided by Wnda:

- Advocacy for Deaf British Sign Language Users
- Break-out holiday club for Deaf children
- Deaf Awareness and British Sign Language courses
- Social and learning activities for Deaf community
- Advice about assistive equipment and demo range
- Information about Tinnitus and a demo range of equipment
- Room Hire

Our Bookshop and Charity Shop in Downham Market are always in need of donations of books, clothes, jewellery and bric-a-brac. Please bear us in mind when you have a clear-out.

As a small local charity, we rely on the support of volunteers to enable us to run our services. We are looking to recruit the following:

- Hearing Support volunteers – full training is given and expenses paid
- Charity shop volunteers – varied roles based in Downham Market
- Cleaner for the King's Lynn Office

If you would like to join our small, friendly team, we would love to hear from you.

For more information about our services or volunteering opportunities please contact us at:

West Norfolk Deaf Association  
The Deaf Centre  
32b Railway Road  
King's Lynn  
Norfolk PE30 1NF  
Telephone: 01553 773399  
Email: [info@wnda.org.uk](mailto:info@wnda.org.uk)

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Paris Larham

## New to the village of Heacham? Interested in the village's history?

With Heacham in the 2011 census serving the needs of around 4,750 residents, the population of this village has grown rapidly over the years and has been a seaside resort for over a century and a half.

The village of Heacham obtained its name from its 12th century overlord 'Geoffrey De Hecham' and its river 'The Hitch'. Over the years, the word and spelling of the village's name has become Heacham. 'Heacham' meaning "The Home In The Thicket."

Due to the fact that Heacham is expanding all the time and more people are coming to live in the village and the surrounding area, I thought it would be a good idea to remind the public about the history of Heacham, perhaps expand your knowledge or even alert you to the facts which you may not have yet discovered being a new resident to the area.

We all know that Heacham is a coastal village in West Norfolk and is located between King's Lynn and Hunstanton. Heacham is approximately 14 miles away to the south of the Hanseatic town of King's Lynn and around 3 miles to the north of the Victorian Seaside town of Hunstanton. Heacham is also a very popular Norfolk coastal holiday resort.

There are many beautiful sights to see in Heacham, but two of the most popular sights to see are Heacham's very own poppy fields and lavender fields in full bloom. There is no way you can fail to see the poppy fields as you drive past the outskirts of the village nor the major tourist attraction of the Lavender Fields situated on the A149.

According to research, the first settlers arrived in Heacham around 3000 BC. These settlers were attracted to the area by the river which provided fresh water, the sea (providing fish) and the surrounding woodland for animals such as deer. There has been evidence to show that Heacham has existed as a settlement before the Romans, and even passing centuries as far back as the stone age! Artefacts from the Stone Age and Romans have been found over the years.

The oldest building in the village of Heacham is The Church of St. Mary the Virgin, built during the 13th century. The church lies at the heart of the village and therefore shows a true reflection and a key part of the village's history. St. Mary's is still standing after a grand total of eight hundred years. Some people are surprised by this because buildings designed like this church with a central tower built on the crossing are very rare due to the fact that buildings being designed in this manner needed to have a strong foundation base using strong building stone in order to prevent it collapsing. Usually, buildings of this design tend to collapse because of the poor quality of the stone or were reduced in height.

In 1862, the railway line was opened between King's Lynn and Hunstanton and the Heacham to Wells Branch Line opened in 1866. Heacham railway station was part of the Lynn and Hunstanton Railway and the Great Eastern Railway. The Heacham railway station was built to cater for the seaside village and its consistent population increase.

The trains ran beside the seashore to Heacham and gave a scenic view to the passengers on board the train. By the 1930s Heacham had become extremely popular and the pub, which is currently still standing next to the train station, was built (known at the time as the West Norfolk Hotel). This hotel was originally built for the holiday trade, but is now a Public House. Heacham Station continued to improve to deal with the increase

in the number of passengers boarding at the station until its closure. Eventually, after the two branch lines had been running for many years, the Heacham to Wells branch line closed in 1964 and the King's Lynn to Hunstanton line closed in 1969.

Heacham is also very well known for its beaches and sunsets. Many years ago, the beach was only visited by local residents who had to cross the Heacham River by a wooden footbridge to gain access. For more than one hundred years cocklers, shrimpers and local fishermen have harvested at Heacham Beach.

In 1887, as a result of over-subscriptions from parishioners and in celebration of Queen Victoria's Golden Jubilee, a new bridge was built. The new bridge marked the beginning of the development of the beaches in Heacham and a recreation and holiday area. The area in front of the bridge became the centre of the beach. As you face the sea, the stretch of beach to the right was designated to North Beach and to the left, South Beach. Ever since, Heacham Beach has successfully attracted fans of kites, jet skis, kitesurfing, windsurfing and may other water based and outdoor activities.



The sunsets created by our skies in Heacham are spectacular. The North and South Beaches of Heacham both face west, looking across a huge bay which is twenty miles wide, although this is shallow, sheltered water not open sea. This is often compared to a millpond with just the off-shore breeze through the water. Most people say that this factor gives the beaches a sheltered, safe feeling and provides an essential ingredient for the gorgeous sunsets we witness at the beaches of Heacham.

There are so many different colours in these sunsets, ranging from deep indigo to silver blue, not to forget crimson. These colours appear in the sunset when the tide is low and there is a stretch of shimmery rippled sand with a light covering of water. So - tides also play a big part in creating these stunning sunsets.

Today, Heacham is a thriving village community.

### Do you have any photos of Heacham you would like to share with the newsletter?

I am going to create a pull-out booklet of photos of Heacham (new or old). If you have any pictures of the village that you would like to be included, please send them by email to: [parislarhamreporter@outlook.com](mailto:parislarhamreporter@outlook.com)

Please include your name and address with any items you send.

THN

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## HEACHAM PARISH COUNCIL NOTICEBOARD

### PARISH COUNCIL MEETINGS IN BRIEF

**Cheney Hill Development:** The Parish Council wish to thank all those who have registered an objection to an expanded development at this location. It is expected that the revised application will come before the Borough Council planning committee shortly.

**World War I beacon:** It was agreed that a beacon be lit at the Chalk Pit on 11 November 2018 to commemorate the end of the First World War.

**Resignation:** It was with regret that the Council accepted the resignation of Mrs Pam Harrod. Her work for the Council, particularly on the Natural Environment Committee, was greatly appreciated. This leaves a vacancy on the Parish Council.

**General Power of Competence:** The Council considered the pros and cons of adopting GPC and decided against it.

**Donations:** The Council approved donations of £100 to Heacham in Bloom and £50 to Classical Music Rocks.

**Tracey Swann:** Tracey is to receive a posthumous award at the Mayor's Civic Awards in acknowledgement of all the work that she did on behalf of the village. The Council is delighted at this well earned recognition.

**Hopkins Homes Roundabout:** The Council continues to lobby NCC's Highways over issues related to the Hopkins Homes roundabout and the new Hunstanton Road junction.

**Grass verges:** The Parish Office continues to receive numerous complaints about the churning up of grass verges in the village. Cllr Terry Parish has taken the matter up with NCC Highways.

**Ringstead Road dog bin:** This bin was a victim of Storm Doris. The Council agreed that a replacement bin be purchased.

**Safer Neighbourhood Action Panel:** The Panel considered damage to the road and mud on Church Lane, parking on the pavement outside Beeken's garage on Station Road, speeding in the village and car tyre slashing on High Street.

**The next Full Council meeting will be held on Tuesday 18 April at 7.30pm at the Parish Council Office.**

### NEW COUNCILLOR TRACY RABY



I moved to Heacham with my husband Mick three years ago when he retired. Having had a caravan here for a number of years we had grown very attached to the village.

I took early retirement last year after a 27 year career in local government management, firstly with Cambridgeshire County Council and then Cambridgeshire Fire and Rescue Service. During my career, I worked closely with Parish, District and County Councillors which gave me a strong understanding of, and interest in, local government politics. Now I have the opportunity to become involved in it.

I am an advocate for change but want to make sure Heacham develops in a measured and sustainable way, meeting not just the needs of those who live here now but also those who come after us.

I look forward to working with, and for you, in achieving this.

### SKATE PARK GRAFFITI - ART OR VANDALISM?

Thank you to everyone who provided feedback on this. All of it was positive, so the 'Heacham 2016' will remain. The Committee responsible for the skate park would like the artist to get in touch to discuss the possibility of some more!

### Heacham Carnival Parade and Fete 2017

There has been quite a correspondence on social media about this year's Pocahontas theme. Just to clarify, the Carnival will be led by Pocahontas and John Rolfe rather than a Carnival Princess. Other Pocahontas themed floats would be very welcome, but feel free to enter floats on any theme that inspires you!

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](http://www.heachamparishcouncil.co.uk)  
Open Tuesday - Friday 10.00am-noon

### PUBLIC NOTICE

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

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

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

*Heacham Parish Council*

### LODGE ROAD BUS STOP

The Council's bid for funding for hard standing at the Lodge Road bus stop adjacent to Brays Pit has been approved. Norfolk County Council will contribute £620, matched by £620 from the Parish Council. The work will be carried out in the 2017/18 financial year.

## HELP LINES

### HEACHAM GROUP PRACTICE 01485 572769

**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 111

For out of hours service, please call the NHS Helpline

### HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

### HEACHAM CHEMIST 570297

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

Between 13.00-14.00 prescriptions and certain other products only available if the Pharmacist is in attendance

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

### HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

### STREET LIGHT FAULT REPORT 572142

### BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

Mr C. MANNING 07885 258392

Mr T. Parish 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

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WED. 10.00 TO 19.00

THUR and SAT 10.00 TO 13.00

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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.**

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#### Service 10 (Mon-Sat)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road. (Calls at QE Hospital King's Lynn)

0707 first bus to King's Lynn then twice an hour from 0838  
 0644 first bus to Hunstanton then twice an hour from 0908

#### Service 10 (Sunday)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road. (Calls at QE Hospital King's Lynn)

0809 first bus to King's Lynn, then hourly

0838 first bus to Hunstanton, then hourly

#### Service 11 (Mon-Sat)

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

0930 first bus to King's Lynn then hourly from 1045

1025 first bus to Hunstanton then hourly

#### Service 11 (Sun)

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

0945 first bus to King's Lynn then hourly

1024 first bus to Hunstanton then hourly

#### Coasthopper (Mon-Sat)

Via:- Heacham, Snettisham and Dersingham

0924 first bus to King's Lynn then twice an hour

0749 first bus to Hunstanton then twice an hour

#### Coasthopper (Sunday)

Via:- Heacham, Snettisham and Dersingham

0939 first bus to King's Lynn then twice an hour

0859 first bus to Hunstanton then twice an hour from 1034

**Coasthopper Service to Cromer**, 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**

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### WNCT - DIAL-a-BUS Service

Heacham to King's Lynn via Snettisham, Ingoldisthorpe, Dersingham, Sandringham, & Castle Rising Every Tuesday, Wednesday & Friday

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### HEACHAM HALLS

Public Hall 570776

Pine Residents Hall, Wilton Road Mrs Crisp 579440

Methodist Church Hall, Station Road Mike Careless 570363

St Mary's Church Hall, High Street Mon, Wed, Fri 10.30 to 12.30 572539

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890

The MOBILE LIBRARY Routes, Dates and Times Information  
 can be found on Page 29