



THE HEACHAM NEWSLETTER

June 2018



This newsletter reflects the views of its contributors, not necessarily those of the editors, any sponsoring body or advertiser. When contacting one of the advertisers please mention you saw their advert here first. Thank you.



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

HEACHAM
OPEN GARDENS 

Saturday 23rd June
From 12 noon

Enjoy an afternoon wandering around some private gardens in Heacham
 Stalls, raffle, refreshments

Entrance £3 Children free

Further info tel: 01485 572252

Follow signs
 Proceeds in aid of Heacham & Criteuil-la-Magdeleine Twinning Association  

13th June 2018
 10am-12noon

Tea
 Raffle
 Cakes

Community
Coffee Morning & More

Coffee
 K's Savouries
 Quiz
 All Ages Welcome
 Chat

Old Friends Hall
 Marble
 Sunnyside off Caley Street
 Heacham - PE31 7DU

In Support of the Community Building Project

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET
 E-MAIL: theheachamnewsletter@yahoo.co.uk www.heachamnewsletter.org.uk
 ADVERTISING: Robby Topliss ☎ 01485 579313 Adverts cost £15, £30 or £60 per month
 THE NEWSLETTER VOLUNTEER TEAM: George Bradley - Michelle Carter - Jackie Davis - 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

your letters..



Folgate Road

Dear Newsletter

Vintage Tea Party

We just wanted to share our poster with you all, with the hope that it catches your attention?

Heacham is in for a very special afternoon on Sunday July 15th in The Public Hall. 15 tables (of up to 10 settings on each) will be clothed up with dainty Vintage embroidered table cloths, cake stands, pots of strawberry jam and whipped cream and homemade cakes including Vegan and Gluten free, plus sausage rolls for the folk with the lesser sweet tooth!

Each 'named' table will have their own personal Waiter/Waitress service. After you have enjoyed your tea/coffee and cakes, you will be entertained by a show of real Retro Fashions, modelled by Ladies AND Gentlemen.

Who can remember the 1960s mini dress? The war time 'make do and mend' 1940s fashions? The gents 1970s suit with the tight jacket but with enormous bottomed trousers? The demure 1920s low waist dress? The 1980s jump suit with the permed hair? These fashions will have many of you saying "Oh, I remember wearing that!" "Did I really wear my dresses THAT short?" "I got married in a suit like that".....

Before the Vintage fashions start and the models parade around your table, your Compere for the afternoon, Mr Dave Curtis, will introduce a couple of vintage related duets. Perhaps you could all join in? (Nothing like a good ol' Sing-Song!).

We have great Retro Tea-time related Raffle Prizes to finish off this rather special afternoon of nostalgia, chat and fun. Raising funds for the R.S.P.C.A Eau Brink Re-homing Centre, King's Lynn.

Thank you so-so much to our friends and family who have already added their names to one of our many lists, with offers to donate their home baked cakes.

The Vintage Tea Party is £10 each. Please phone us to order your ticket for your reserved Table. We have used our friends Jeannie Tooley and Val Minns as our poster models BUT they are dressed especially for the camera and to eat cake!! - No need for you to dress up! Just come as you are and enjoy the Great Atmosphere (Dress up-optional).

Phone us on 01485 570402 - we can only hold 150 in the Public Hall. If you are interested, please don't leave it too late to purchase your ticket. Thank you very much.

Janice and Dave Curtis



Heacham

Dear Newsletter

Seats at Bus Stops

Can someone tell me why only one suitable seat is by a bus stop in Heacham? That particular seat is courtesy of the defunct W.I. many years ago.

It can't be lack of funds as we bid for Heacham Hall grounds. Just benches would suffice – preferable to the possibility of collapsing.

From a Heacham bus passenger
(Name & address supplied)



Heacham

Dear Newsletter

Re: 'Dog Hooks' letter in May's Newsletter

I'm shocked that a dog owner thinks it's acceptable to leave a dog outside a shop unattended whilst the owner goes shopping. I wouldn't leave either of my dogs unattended for five seconds let alone the time it takes to do some shopping. There are always stories on social media of dogs being taken, for what purpose I'd rather not think about.

I know Heacham seems a sleepy village at times, but we do have our fair share of crime, so is it really worth the risk of losing your pet?

Pete Vickerstaff



Heacham

Dear Newsletter

Classic Car Service

My Baby Benz has always been serviced by a MB Main Dealer mainly in London NW9 since it was purchased new in October 1999. I was fortunate to have a bus service from home to the dealership some 6 miles away so that I could leave / collect the car. A local Tube stop was nearby and handy for the commute to work.

When I fully moved to Heacham in 2014, I did not wish to use the Mercedes Benz franchise in King's Lynn 15 miles away and did not want to service the car myself, as I had done so with previous cars I had owned, although I had fitted myself some suspension parts in 2012 with new brake discs and pads all round in 2015.

Being somewhat fussy and having undertaken some local research, I decided to use STATION ROAD GARAGE after they welded one of the exhaust brackets which had come away. I became aware that the owners and employees own and run classic cars themselves, so my car was in good hands.

The Major service was undertaken in 2016 and recent Interim service in 2018 with change of antifreeze and brake fluid. (It always amazes me how a car stops shorter with the change of brake fluid, recommended every 2 years).

Station Road Garage used genuine Mercedes parts and Mobil Oil which I specified at time of booking. They were extremely polite, customer focused and very helpful. My gratitude to them and the unnamed technician who undertook the service. See you next at the MOT time.

Steve

(Full name & address supplied)



Hunstanton

Dear Newsletter

Fires on Dersingham Fen

I was very interested in your letter from Chris Wood about the wildfire on Dersingham Fen in April 2011 and the remains of trees still there.

In the 1940s and 1950s, we had many fires on the fen, the main reason being that the King's Lynn to Hunstanton railway line ran along the western edge of the fen. All the trains were steam trains until about 1960 when the diesel trains took over. The cause of the fires were the cinders and sparks from the engines; also, the village rubbish dump that was in the middle of the fen would get alight and the fire would spread to the fen.

Sometimes the fires would spread right up to the two commons, then there was a track made from Dersingham sandpit right across the fen to Wolferton cutting. This meant the fire engines could get onto the fen to fight the fire instead of fighting it from the road.

Other places that were set alight by the steam trains were Lifelane Wood between Dersingham and Ingoldisthorpe. and the grass slopes leading up to Ken Hill Wood, Snettisham. The track on Dersingham Fen still serves a purpose as a nature trail for bird watchers.

**Dick Melton
Sunny Hunny**

Station Road Garage

**DID YOU KNOW WE PURCHASE
CARS AS WELL AS SELL
THEM?**

**Do you have an unused car in your
household that you no longer
require? Are you looking to get a
new model?**



**We purchase good quality second
hand cars, can assist you with your
paperwork. Instant payment is also
available.**

**For a hassle free sale phone
Graham on 01485 570259**

www.stationroadgarageheacham.co.uk

Station Road Garage

33 Station Road, Heacham

Norfolk PE31 7EX

☎: 01485 570259

- ✓ **Mechanical Repairs**
 - ✓ **Servicing**
 - ✓ **Welding**
- ✓ **Tyres and Exhausts**
 - ✓ **Clutches**
 - ✓ **Diagnostics**
- ✓ **Collection & Delivery**
- ✓ **Accessory Shop**
 - ✓ **Car Sales**
- ✓ **Air Con Repair & Service**
- ✓ **State of the Art MOT bay**
 - ✓ **MOT Repairs**

**Friendly, family run garage.
All Makes and Models Accepted**



Vehicle Testing
Station

www.stationroadgarageheacham.co.uk

news & events in the community ...

Live Music at Heacham Public Hall



Saturday 9th June 2018

7pm to 11pm – Licensed Bar

Sandy 01485 518419 / 07704803983

Heacham Social Club 01485 570776

Hunstanton Library 01485 532280

Hunstanton Tourist Info Centre 01485
532610

nikkiandvinniehastie@outlook.com

In Support of
WNDIS and
Hunstanton
Library Friends

2+One



Performing all the best Rock/Pop
Party classics from 1960's to the present
day!

**in
good
company**



**Tickets £7.50 in Advance from
the contacts above or £8.50 on
the Door on the night!!!!**

Opening Day at Heacham's new Lidl Store



On arriving at Lidl's for the opening on Thursday 24th May at 8.00am, I found the car park already full and a large queue of customers awaiting entry to the new store.



Speaking to many of the people waiting, it seems that this store is going to be very popular with the villagers from Heacham and surrounding areas.

The opening cutting of the ribbon was performed by the children of Heacham Infant and Nursery School together with

Heacham Junior School and Sedgeford Primary School, supervised by the Mayor of King's Lynn & West Norfolk, Councillor Nick Daubney.

John Adiotomre, the Area Manager, said he only passed this way recently on his way to the Sealife centre, so when he was told he would be here for the opening, he knew where



to come. Nick Culverwell the Regional Manager and Scott Hudson the Store Manager said, it was a great start to the new store and thought it would be a great asset to Heacham and surrounding villages.

THN

LIFE IS A JOURNEY THAT STARTS AND ENDS WITH FAMILY

We are a firm of Independent Financial Advisers based at St Nicholas Court in Dersingham with ample car parking for clients, specialising in:

- Trustee & Attorney Investments
- Long Term Care Planning
- Inheritance Tax Planning
- Savings & Investments
- Retirement Planning
- Financial Protection

Tel: 01485 541998

Email: info@allentomasfinancial.co.uk

Web: www.allentomasfinancial.co.uk

Allen Tomas & co
FINANCIAL MANAGEMENT





Heacham Neighbourhood Plan Update

Heacham Neighbourhood Planning Group are developing a Neighbourhood Plan for the village. The Neighbourhood Plan is a community led plan to help guide development, regeneration and conservation in the village.

The Neighbourhood Planning Group is currently focusing on housing numbers in the Neighbourhood Plan.

The indicated number of houses allocated to Heacham in the developing local plan is similar to that originally sought for allocation within the Site Allocations and Development Management Plan (around 60-65 mark), although the government is currently consulting on a revised version of the National Planning Policy Framework (NPPF). This looks to introduce a standardised methodology for calculating housing need, so this number could be subject to change. The revised version of the NPPF is currently anticipated to be introduced in the summer, most likely towards the end of July.

Meanwhile, the Neighbourhood Planning Group have been looking through the sites which were put forward in response to Borough Council of King's Lynn and West Norfolk call sites. They have come to some tentative conclusions, which the Planning group will put out for public consultation during the early part of June.

The outcome of this particular consultation will help the Neighbourhood Planning Group decide which sites would be preferred to accommodate future housing growth in the village.

The group are advised by the Borough Council of King's Lynn and West Norfolk that any dwellings which are proposed within the Neighbourhood Plan should demonstrate their viability and deliverability. Ideally, they should be delivered or at least start delivering at some point within the plan period.

If you are interested in volunteering for the working group, just becoming involved, or just want further information, contact:

enquiries@heachamplan.co.uk

Visit the website: <http://www.heachamplan.co.uk/>

Keep up to date with the Facebook page: <https://www.facebook.com/heachamplan/>



Paris Larham

THN



HEACHAM PARISH COUNCIL
Jubilee Clinic, Pound Lane,
Heacham,
Norfolk,
PE33 7ET
Telephone/Fax 01485 572142
www.heacham.norfolk.gov.uk

HEACHAM CARNIVAL



NEEDS YOU

THIS YEAR'S ANNUAL CARNIVAL WILL TAKE PLACE
ON SUNDAY 5TH AUGUST
STARTING AT 1.00 p.m.

A PRIZE OF £100 FOR THE BEST FLOAT

OTHER PRIZES INCLUDE

- Best Family Float
- Best Group Float
- Best Youth Group Float
- Best Individual

FOR FURTHER DETAILS AND A FLOAT ENTRY FORM
PLEASE CONTACT THE PARISH OFFICE

Hedgehog News

Since the last Newsletter a hedgehog, or perhaps two hogs, have been seen in my garden and others; hedgehog poo is in evidence, and, unfortunately, squashed hedgehogs are appearing on our roads. I managed to drive round a living one in Sedgford.

Now some have managed to come through the winter it is important they get a chance to fatten up and breed. Provide water in shallow containers during dry weather. Frequent visitors can be provided with moist cat or dog food or hedgehog food (Moulam and Horn), not milk and bread.

Remember to leave a gap of five or so inches under fences so hedgehogs can move around the village and, if you want to encourage them to stay in your garden, several 'rough areas' near a hedge or large shrub might help.



Thinking of 'rough areas': Encouragement of such, including wild flower areas, around the village would help bees, butterflies, other insects and hedgehogs too – providing cover and food. Visit plantlife.love-wildflowers.org.uk

Also, Google 'The British Hedgehog Preservation Society' or 'Hedgehog Street' to join their campaign to stop the introduction of rat traps which were, in fact, designed to trap hedgehogs in New Zealand where they are not a native species.

Whilst looking for hedgehogs, look up occasionally – there might be stars.

Terry Parish

Mr & Mrs DIY
For all your DIY needs
Kitchens, Bathrooms, Tiling
Painting, Decorating, Wallpapering
Fencing, Patios, Gardening, Flooring
House Maintenance, Flat-pack Furniture
No job too small

Mark: 07843 145246
Mandy: 07759 225192
Email: mandywes@hotmail.com
Facebook: [mrandmrsdiyheacham](https://www.facebook.com/mrandmrsdiyheacham)
Based in Heacham





CHURCHES TOGETHER IN HEACHAM

A Fool vents all their feelings. The wise quietly hold them back. Proverbs 29 v 11

You know that moment in a conversation when you are faced with a choice...do I say what I am thinking or do I keep quiet? We are often told to 'tell it how it is' or that 'being real' is good for our relationships but, on the other hand, if we say everything we think we'd be in trouble...just because we think something, doesn't necessarily mean it's true...maybe the better question to ask ourselves as we are faced with that choice in a conversation is 'is what I am thinking hurtful or helpful?'

What a gift it would be if we always knew what to say and always said it at the right time...or maybe a greater gift is knowing when not to speak!

In the Bible, Paul says in his letter to the Ephesians 'Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up...that it may be of benefit to those who listen'.

Let us try this month to do this to think before we speak, to try to say things that build others up not put them down; if we do, I suspect our homes, our schools, our churches, our communities, our workplaces would be better places and our relationships improved.

With my prayers and best wishes.

**Veronica Wilson
Team Rector**

Western Shore Team (Heacham and Snettisham)

Next Messy Church

Saturday 23rd June 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!



Sunday Services at St Mary's - June 2018

- 3rd 10am - Holy Communion
 4pm - Pine Mall Service
 6pm - Evening Service
- 10th 8am - Holy Communion
 10am - Morning Prayer
 6pm - Evening Service
- 17th 10am - Morning Prayer and Baptism
 6pm - Evening Service
- 23rd 10-12noon - Messy Church
- 24th 8am - Holy Communion
 10am - Morning Prayer
 3pm - Evening Service

St Mary's Christian Bookshop Heacham

Please come and visit our bookshop which is opposite the Methodist Church in Station Road, Heacham. During the next few weeks we will be open from 10am-4pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays 10am-4pm.

CHURCH CONTACTS: (telephone code: 01485)

Methodist Church	Rev'd Stephen Oliver	570232
St Mary's Church	Rev'd Veronica Wilson	570697
	Rev'd Capt Paul Niemiec	541855
St Mary's Church Office		572539
email: heacham.church@gmail.com		

**HEACHAM METHODIST CHURCH
June 2018**

- 3rd June Peter Worrell
- 10th June Heather Brown
- 17th June Rev Steve Oliver Holy Communion
- 24th June John Houghton
- 24th June Beach Service at 3.00pm

Midweek Communion
The June Midweek Communion service will be on Wednesday 13th June at 10.30am in the church Hall led by Rev Steve Oliver. All welcome.

Why not spend summer on the Beach?
June is the first month of summer when thousands of visitors will visit Heacham at the weekend, for all the caravan sites will be full. Our response to this is to present a service on North Beach. On the last Sunday of the month, Rev. Steve Oliver will lead a service at North Beach at 3.00pm giving opportunity for the holidaymakers to join Heacham Christians in open air worship. Why not join us on June 24th at 3.00pm and then on July 29th and August 26th.

Bible Study
We shall continue our journey through Revelations guided by Steve Oliver at 10.40am on Thursday mornings of the 14th and 28th June. You can join this small group who have an hour of lively discussions and learning. Holidaymakers welcome.

Prayer Meeting
In March, we started a new Prayer Meeting every other Thursday starting at 10.00am. The meeting lasts half an hour to 10.30am. A number of people have said "I would come but I couldn't pray for half an hour". Well you don't have to. For some, ten minutes is long enough to present their prayers to the Lord. Then come for ten minutes, come at 10.00 and leave at 10.10am or come at

10.20 and leave at 10.30. The time slot is when the church is open. How long you are there, whether you speak out loud or pray in silence is up to you but do come and thank the Lord for all his blessings and share all your worries and concerns. This month's dates are June 14th and 28th.

The Fellowship

The ever popular fellowship for men and women on Tuesday afternoons with interesting guest speakers will meet on June 12th and 26th at 2.45pm. Don't miss it and if you've got a friend or relative staying with you bring them along. We promise that you will enjoy it. The speaker on June 12th will be the Rev Catherine Dixon on "Women of the Bible" and on the 26th the speaker will be a representative of Tapping House..

Coffee Morning

The monthly coffee morning will be on Saturday 16th June 10-12noon. Cakes, books and bric-a-brac will be on sale. David Godfrey will provide the music from 11am. Come for a chat and bring a friend.

Open Door

A reminder that the church is open every Tuesday morning from 10am-12.00 noon just for you – there's no meeting or service on, but if you would like to come and pray or talk to minister Steve Oliver or one of the stewards, then pop in. We might even find a cup of tea or coffee for you.

MIDWEEK ACTIVITIES

Tuesday	10am-12 noon - Open Door - weekly 7.30pm - Hands and Needles – 12th & 26th 2.45pm - The Fellowship – 12th & 26th
Wednesday	10.30am - Midweek Communion - 13th
Thursday	10.00am - Prayer meeting on 14th & 28th 10.40am - Bible Study on 14th & 28th
Friday	7.00pm - Indoor short mat bowls - weekly
Saturday	10am-12 noon - Coffee Morning on the 16th

Holidaymakers and visitors most welcome to all Sunday services and midweek activities.

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

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

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

Steve Oliver (Rev), Heacham Methodist Church



Gospel Hour from 9.00-10.00p.m.,
every Sunday with DJ Rev. Steve Oliver
Listen on www.radioheacham.org.uk



Hunstanton Catholic Parish

Over 70 people, including a contingent from Leicester, congregated at the ruins of St Edmunds Chapel on the very cold and windy cliff top at Hunstanton on Sunday 29th April at 3pm to recite the Rosary as part of the national prayer initiative 'Rosary on the coast' for Faith, Life and Peace being held at the same time all around the coast of Britain. These powerful prayers were said for a renewal of faith, respect for human life and for peace, through the powerful intercession of Our Lady of the Rosary. The V. Rev Canon Peter Rollings led the prayers and Hymns.

There is a coffee morning at 11am on Saturday 9th June at the Garnet Room, Hunstanton.

Our parish patronal feast day is Wednesday 27th June; there will be a Mass starting at 12 noon followed by a shared lunch in the Garnet Room.

Saturday 30th June is the very popular Strawberry Fair at St Cecilia's from 2 till 4pm. We'll have all the usual stalls and goodies so please come along and have fun.

The recent Ladies Lunch Raffle raised £144 for the Alzheimers Society, and the 'Bring & Buy' raised £141 towards a new fence to keep out the rabbits at Sr. Myriam's Convent at Cerdon, France. A very entertaining talk by Lorna Hutchinson was enjoyed by all. The support of the Hunstanton ladies is especially appreciated, but thanks are due to all the fifty-four who attended.

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. Please support this very worthwhile cause by buying fair traded goods to support families abroad trying to earn a living. For more information please contact Caroline Brooks on 01553 673069.

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

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. Everyone will be most welcome.

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

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

Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org

Borough Council News

An update: My meeting with a BC officer about litter bins will now take place before the Annual Parish Meeting. Thank you to those residents who have supplied photographs highlighting problems. The warning flags on the beach promised last month are, at the time of writing, still somewhere in the supply chain.

There has still been no call in for papers relating to the Cheney Hill planning appeal. Such appeals seem to increasingly being dealt with through submission of documents rather than through a public hearing. The latter is better as it is easier to confront the appellant's case as matters arise. Those of you who objected to this second application for housing, doubling the numbers already agreed, will have your original submissions put in the pot but, if you can, it is important for you to submit new or sharper arguments when the appeal process begins in earnest.

Though appeals should be dealt with on their own merits, an unfortunate precedent may have been set. An inspector at a recent Downham Market appeal agreed to a doubling to 300 houses of an application there. This was contrary to any democratic process as public, councils and planning committee all objected. Sometimes I wonder where we live. Feel free to ask your MP.

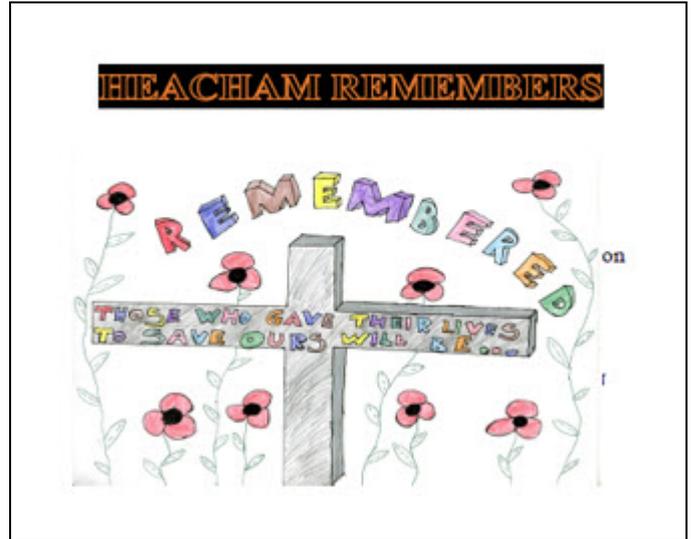
At the time of writing, the reserved matters application for the 69 approved houses at Cheney Hill is still open. The proposed layout of the site differs from the original indicative plan. I suggest any outstanding concerns are submitted to planning asap.

The Lidl roadworks proceed at night to minimise hold-ups. There are substantiated rumours that NCC Highways are back-tracking and realising the error of their ways – they will monitor the traffic situation when the store opens, as the implications related to them by the Parish Council, both your Borough Councillors and even the Planning Committee (first application) might be true.

Terry Parish
Borough Councillor (Independent)

'HEACHAM REMEMBERS'

Have **you** bought your commemorative postcard yet? Please don't forget



Drawn by **Olivia Raines**

Winner of Heacham Parish Council School Competition to Commemorate the end of WW1

Postcards 50 pence each or 3 for £1.00

Available from

THE PARISH COUNCIL OFFICE, HEACHAM LIBRARY
THE CHRISTIAN YOUTH & COMMUNITY TRUST
CHARITY SHOP, HEACHAM JUNIOR SCHOOL

In support of the Charity 'HELP for HEROES'

G BRADLEY JOINERY LTD



**DOORS, FLOORS,
SKIRTING, SHELVING,
BOOKCASES, GATES,
DECKING ETC.**



**FOR A FREE QUOTE, CALL
GARY ON**



**07717 820 357
01485 534914**



Mobility Assist, Heacham Sales & Servicing
Buy with confidence. Used lightweight scooters, new batteries
+ warranty from £250 + Power/wheel chairs Walkers & more.
Call Alan on 07747601096/Viv on 07906056019
email: mobilityassist@yahoo.co.uk

**Snettisham
Christian
Fellowship**



**Christ centred
Bible teaching
Gospel led**

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

www.scfonline.org.uk

Heacham Infant
and Nursery School

SUMMER FETE

SCHOOL ROAD
HEACHAM

TOMBOLA, STALLS, BBQ,
BOUNCY CASTLE, GAMES,
RAFFLE, REFRESHMENTS &
SNAIL RACING!



SATURDAY 14th JULY 2018



11am – 3pm



FUN FOR ALL THE FAMILY!



Do Something Amazing Today

Save a Life

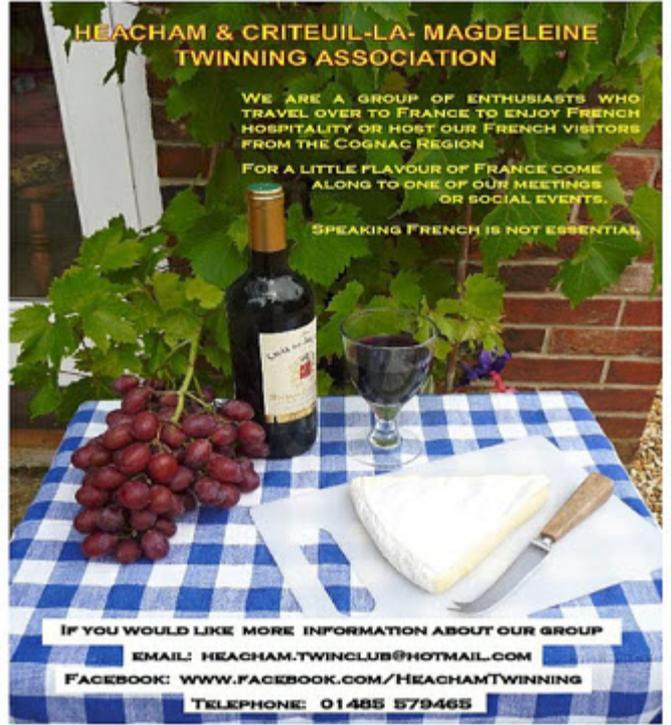
78 people attended the blood donor session at the Public Hall on 9th May 2018 and 66 units were collected. Thank you all. Please note that the next visit to Heacham is on **Wednesday 22nd August 2018**. To make an appointment ring the Helpline 0300 123 23 23 or online at National Blood Service information www.blood.co.uk

HEACHAM & CRITEUIL-LA-MAGDELEINE TWINNING ASSOCIATION

WE ARE A GROUP OF ENTHUSIASTS WHO TRAVEL OVER TO FRANCE TO ENJOY FRENCH HOSPITALITY OR HOST OUR FRENCH VISITORS FROM THE COGNAC REGION

FOR A LITTLE FLAVOUR OF FRANCE COME ALONG TO ONE OF OUR MEETINGS OR SOCIAL EVENTS.

SPEAKING FRENCH IS NOT ESSENTIAL



IF YOU WOULD LIKE MORE INFORMATION ABOUT OUR GROUP

EMAIL: HEACHAM.TWINCLUB@HOTMAIL.COM

FACEBOOK: WWW.FACEBOOK.COM/HEACHAMTWINNING

TELEPHONE: 01485 579465



Norfolk
Country Cottages



Sharing Norfolk and its holiday properties for more than 25 years

Please contact me if you have a special holiday cottage in Norfolk and are interested in adding it to our hand-picked portfolio

Amanda Howarth
01263 889311 | 07827 232504
a.howarth@norfolkcottages.co.uk
norfolkcottages.co.uk

The Schoolmaster's Tale. Norman Albert Pearmain Spencer.

(Part 2)



Mr Spencer's reign was short, but judging by the School Log, pretty hectic. There were several advisory visits and inspections in the weeks running up to his takeover. The County Needlework Organiser was followed by the County Physical Education Organiser and on 8th February Mr M K Parker, His Majesty's Inspector, was in for the whole day and on the 8th February R S Read Esq. another Inspector visited. It can only be assumed that these officials had given the school a

clean bill of health and that Norman would be expected to maintain and even raise the standard.



South Creake School

A previous entry in the Log "Ran out of columns in the Register just before Whitsun, so obtained authority from the Office to

draw two extra columns on the back page" reflects the subservient and rather petty relationship between the teachers

and the Local Education Authority at that time. In the previous September, sixty-two evacuees were billeted in the village and they were still using the classrooms as well as the Oddfellows Hall when Norman arrived. The children were taught in two shifts, morning, afternoon and again on Saturday morning. Then on the 6th February, Woodwork classes were started for the senior boys from North and South Creake plus the evacuees, in groups of nine, under two more teachers. Benches, tools and timber were supplied by the Evacuees Home Education Authority.

On Tuesday 20th February, less than a fortnight before Norman took over, the Report on the Inspection of Religious Education in South Creake School on 7th July 1939 arrived. It read: "Despite the loss of a very competent Infant Teacher, the school still presents a picture of a very happy place with Religious Teaching a pleasure to both teacher and scholar alike. Though an unusually large number of the scholars are well below the mental standard usually found in such a school, the fact does not worry the Headmaster (nor in fact his predecessor) due to the success of the Religious Teaching. This was particularly noted in hymn singing with an excellent variety and good taste in words and music." Signed: R. Chilty. Diocesan Inspector. There were more inspections and visits scheduled for the coming weeks and, bearing in mind that this was Norman's first headship, he would have felt considerable pressure.

The Log continues:-

Thursday 29th February: I, Arthur Jones terminate my duties as Temporary Headmaster of the School. Friday 1st March: I, Norman A P Spencer commenced duties as Headmaster. Miss Whisker, a School Manager, visited the School with Mr Fox (Village Vermin Controller) regarding the rats coming from the Beck. (The small stream running alongside the playground.)

Tuesday 5th March: Mr J Griggs, Chairman and Correspondent of the Managers, visited with Miss Griggs





...The Store to your Door

GUARANTEED
TO BEAT
ANY
GENUINE
LIKE FOR
LIKE QUOTE

**THE BEST DEALS FOR
ALL YOUR FLOORING NEEDS**

- **FREE** Estimates and planning
- **Full service** from measuring to fitting
- **Competitive pricing** to suit all tastes & budgets
- **Overwhelming** choice of carpet, Vinyl, Karndean, safety flooring, LVT's, Real Wood & Laminate samples brought directly to you

- **10 years** experience, expert advice & knowledge
- **Additional Services** available, including moving furniture, uplift & disposal of previous flooring and door trimming
- **Domestic or Commercial** work carried out

NOW SUPPLIERS OF 

Tel: 01485 601360 Mob: 07872 558163

Email: ian@iperrinflooring.co.uk Web: www.iperrinflooring.co.uk

I Perrin Flooring Ltd, Registered Office 15 Stebbings Close, Grimston, King's Lynn, Norfolk PE32 1DJ

Registered No: 8956560. Vat No: 171416230

Thursday 7th March: Notified County Chief Medical Officer and District Medical Officer concerning the case of Kathleen Edge. Her parents state that she has German Measles but this has not been verified by the local Doctor. Monday 11th March: Notified the CMO and DMO concerning Mary Felgate with suspected German Measles. This was his last entry. He died the following morning but life, as always, carried on. The Log continues:-

Tuesday 12th March: Owing to the sudden death of Mr N A P Spencer, I, Mr S M Seaman took charge for the day. Wednesday 13th March: I, Mr Albert J Boddy took charge. Mr J Griggs visited and promised a cartload of manure for the school garden. Thursday 14th March: The manure from Mr Griggs arrived. The School Nurse visited to assess the German measles outbreak. Two new cases, Gladys Hayton and Geoffrey Tuddenham. Mr Boddy was replaced on the 9th September 1940 by Mr Henry McKnight, son of a Colonial Officer from India, who many will remember well into the 1950s.

The Managers met three times that week and recorded in their Minute Book that Mr Spencer, who had taken up his duties on 1st March, had been found dead on 12th March. The correspondent wrote to Mrs Spencer expressing the Managers' great regret at losing a man who had looked like making a very efficient Head.

After the inquest, The Eastern Daily Press provided a more detailed account of the tragedy, but the reason for Norman's mental condition was still not conclusively explained. It stated that Mr Spencer, aged 34, had only taken the post a fortnight previously and that he had been found hanging in the dairy at Sly's Farm, North Creake. A verdict of 'Suicide whilst the balance of the mind was disturbed' was recorded by Mr W J Barton, Coroner for Dereham District. Mr Spencer's widow said that he had been talking about his work and had seemed worried about it. He had got up at about 5.30am and she had risen at 8.00am. She had called him but receiving no reply, searched and found him hanging. She cut him down, ran into the road and called a man in. Dr E Sharp said that Spencer was dead when he arrived. P C Blakey said that he had arrived at 8.10am and applied artificial respiration until the Doctor arrived. Sgt Page represented the Police.

(To be continued).

David Wickens

Photographic Exhibition

Heacham

25th-26th August 2018

10.00-4.00pm

Free entry

The Old Friends Hall,
Off Caley Street,
Sunnyside, Heacham.

PE31 7DU

Heacham Parish Council
Enquiries: Tel 01485 572142

COVERING THE WHOLE OF NORFOLK WITH 30 YEARS EXPERIENCE

We specialise in UPVC
window and door repairs

We repair or replace:

MISTED OR BROKEN DOUBLE GLAZED
UNITS | STICKING/JAMMED WINDOWS
AND DOORS | LOCKS | HANDLES
HINGES | LETTERBOXES | DOG AND CAT FLAPS



Ring us on 01485 501236 or 07775 832545



Proud members of
Checkatrade.com
Where reputation matters

The Window Repair Man

www.thewindowrepairman.com

E: jcthewindowrepairman@gmail.com

T: 01485 501236 M: 07775 832545



www.ajdautorepairs.com

AJD auto repairs

Motor Vehicle Engineers

MOT  CENTRE

- CARS ● LIGHT COMMERCIALS ●
- MOTOR CYCLES ●
- AIR CON SERVICE & REPAIR ●

5 BANK ROAD, DERSINGHAM
KING'S LYNN,
NORFOLK PE31 6HW

TELEPHONE

(01485) 540039

email: info@ajdautorepairs.com



Ruffle's Walks – Crayon Rubbings

by Rachel Greaves

Ruffle walked towards the station. He could see Eric sitting on one of the green benches on the station platform with blank sheets of papers on his knees and some on the floor.

Eric had volunteered to organise an activity for the children's party that weekend – where the children and grandchildren of the people who worked on the railway came for a day of fun. But try as he might, Eric just couldn't think of something interesting and unusual for the children to do.

Ruffle trotted over to Eric, stepping on one of the sheets of paper lying on the floor.

"Ruffle!" exclaimed Eric. "Look what you've done. You've made a perfect dirty pawprint right in the middle of the sheet... Wait a minute!"

Eric suddenly jumped up. "That's it! A quiz for the children based on identifying objects from rubbings. Thank you Ruffle!"

Ruffle wagged his tail. He wasn't sure what he'd done to please Eric, but whatever it was – Eric liked it!

Eric quickly got to work, rubbing crayon over plain sheets that he placed on all sorts of surfaces around the station: the bricks on the station wall, the wooden bench, the footplate of the green engine, the bark on one of the large trees near the bridge. Ruffle



patiently followed Eric around the station as he collected a variety of rubbings.

"That's the last one done! I will number each one and the children will have to guess what the things/places are from the rubbings," explained Eric. "And the last one for them to identify... will be your pawprint, Ruffle!"

Ruffle wagged his tail again at Eric. It sounded as though the activity day would be just fine!

Why not organise your own crayon rubbings quiz? See what unusual objects you could take rubbings of to test your friends and family – perhaps you might even find a paw...!

www.ruffletheraildog.co.uk

CHRISTYANA FABRICS & BLINDS

- Free Quotation and Fitting Service
- Making Up Service Available
- Contract Work Undertaken

Open 10am - 4pm Tuesday - Friday
10am - 2pm - Saturday.

Paula Bloom
18, Lynn Road, Dersingham, Kings Lynn PE31 6JZ
Tel: 01485 541111 / 07917 695069

DEER SAFARI & BBQ

in aid of the RNLI

Wednesday 20 June
from 6pm

- Deer Safari by tractor and trailer
- Lamb BBQ with salads and desserts
- Music by "Baroness and the Bear"
- Bar

by kind permission of Edward and Mary Stanton & Trevor and Colleen Walters



£20 per person

Advanced booking required
for booking form contact
Angie Coker: 01485 572886
angiecoker1@yahoo.co.uk



Lifeboats



Introduction to Clay Modelling from 19 June

Esther's hands-on art space
55 High Street, Heacham

book a place

adventureintocreativity.com
esther@adventureintocreativity.com
01485 57 05 06 | 07538 986235



1



2



3

4 ? up to
you ...



Chanter's Jigge

Songs, ayres, jigs and jollies
from around Europe and across the centuries
performed on ancient, traditional
and modern instruments



ST NICHOLAS CHURCH DERSINGHAM

SATURDAY 2nd. JUNE 2018 7.00p.m.

TICKETS £6 Family Tickets £16 available from
Pauline Marlin Tel. 01485 544561 or at the door



www.chantersjigge.co.uk







**RED HAT SOCIETY –
Heavenly Harlots of Heacham**

What on earth is this ‘Red Hat Society’ all about?

A letter published in a recent blog describes one lady’s experience:-

“On my fiftieth birthday, I was given a book about the Red Hat Society. I didn’t read much of it and remember thinking how silly it was running around in Purple and Red clothes with big Red Hats.

I was 65 when I received the worst call a mother can ever receive. Our phone rang and I was told my son and his wife were both killed in an accident. My heart was broken. I was so depressed I couldn’t leave my house alone for two years. I spent most of my day sitting in a chair by the window.

Eventually, I had to leave the house and, on a visit to a department store by myself, I saw a woman dressed in a lovely purple outfit and she had on a beautiful red hat. I finally got the nerve to ask, “Excuse me, are you a Red Hatter?” She very proudly said “YES, I am. I’m dressed like this because I went to a luncheon and had to shop afterwards.”

I asked her what it was all about. She said “Girls just want to have fun!” She asked me for my number and said she would call me. I gave her my number thinking that she would never call. She was so elegant.

This is how my Red Hat story began. Barbara called me and picked me up for a luncheon. She even brought me a red hat to wear. I felt silly but when we arrived, all her group were so warm and made me feel so welcome. I didn’t feel like a stranger at all. They were a large group of Sisters. They had me laughing until I thought I would wet my pants! It felt so good to let go and laugh. I found out later Barbara had told them about my experience. I was given so much love that day and invited to join their group.

I found friendship and Sisters. I love Red Hatting and have happily learned that “Girls do just want to have fun”. I have now been a Member for nine years. I’m 77 and plan on playing for many more years.”

The Heavenly Harlots of Heacham

<https://tracyraby61.wixsite.com/heachamredhatters>



Stephen Gibson
Heating and Plumbing
Engineer



**Gas Safe Registered
Natural Gas and LPG
Central Heating Service, Repair & Installation
General Plumbing
Bathroom Installation
Residential Park Homes & Caravans
Landlord Gas Safety Certificates**

Tel: 07786365139 or 01485 543377
Email: stephen@gibsonheatingandplumbing.co.uk



JENNINGS STORES

SOUTH BEACH ROAD

TEL: 01485 571265

WELCOME TO OUR NEW STORE

Open 7 Days a Week 6.30am - 10pm



Mobile Top-Up, Gas, Electricity & Water Payments.
Utility Payment Schemes.
Bottled Gas, Beach Goods.
National Lottery & Scratch Cards. The Health Lottery.



In Store Bakery.

Hot Bread / Rolls, Hot Sausage Rolls & Pasties.

New DVD Supplier - Over 500 Titles To Choose from - £3.00 per Night.

Wide Range of Groceries, Frozen & Chilled.
Foods, Spirits plus Chilled Wines & Beers.
Newspapers, Magazines, Toys, etc.
Wide Range of Medication.

In Store Laundry Available. Bring your Quilts.
Free Delivery of Groceries Purchased.
We Offer Cash Back.






Golden Years Norfolk
“We do not remember days, we remember moments.”

Paul Forster is self-employed and moved to the village of Heacham in 1977. He runs the business of Golden Years Norfolk and has now been established for three years. Paul is

DBS checked and experienced in working within the care industry.

Golden Years Norfolk provides reassurance and practical support for older people who are struggling to maintain their independence and quality of life.

Now, with the season of summer approaching, Paul would like to reiterate his services to the residents of our local area.

Golden Years offers the following: companionship, outings, medical/hospital appointment support, and dementia conversation and reminiscence. Paul also has recommendations available on request.

Companionship with Golden Years is all about offering respite to relatives in need. Outings include reminiscence trips, supported by shopping trips, coffee and chat. Medical/hospital appointments provide practical support and a reassuring presence. (King’s Lynn, Norwich, Peterborough, Papworth and Addenbrookes). Dementia conversation and reminiscence is to provide mental stimulation, support and encouragement to enjoy physical activity and to enhance wellbeing and fitness.

Most importantly, Golden Years recognises that so many people are on their own, terribly lonely or their loved ones live far away. Families and friends can reference to Paul through social media for reassurance and contact information.

The image for this article is of Paul and Trevor, a dementia client who loves football and other sports. Paul works closely with

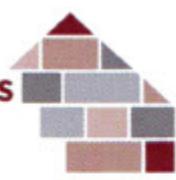


Trevor to support his wellbeing and to carry on enjoying his life. Trevor has regular trips from his residential home where he now lives and this adds a very different dimension to his life. This is just one example of the work from Golden Years.

To find out more information, visit Golden Years Norfolk website: <http://goldenyearsnorfolk.co.uk/>

OR call: 07899 878912.

THN



SMART BRICKWORK SERVICES

For all your brickwork requirements

Andy Larham

Advanced City & Guilds Bricklayer

For a no obligation quote
 Phone 07810 191051
 Email - smartbrickworkservices@outlook.com



**WE DO NOT REMEMBER DAYS,
 WE REMEMBER MOMENTS**

Golden Years Norfolk

"Reassurance & Support"

- **Companionship** - offering respite for relatives.
- **Outings** - Reminiscence trips, supported shopping trips, coffee & chat.
- **Medical / Hospital Appointments** - practical support & reassuring presence.
- **Dementia** - Conversation & reminiscence to provide mental stimulation and support and encouragement to enjoy physical activity to enhance wellbeing and fitness.

Recommendations & Enhanced DBS available to view on request.

Call Paul on 07899 878912
www.goldenyearsnorfolk.co.uk

Old Friends Hall Art Show

The Old Friends Hall, Sunnyside off Caley Street, held its sixth annual art show over the very warm May Bank Holiday.

As normal at our exhibitions, we asked visitors to select their favourite three pieces of work, from the 150 on show. This was not an easy task, as



our local talented artists had provided a wonderful range of exhibits to choose from. However, our hard-working visitors managed to select their favourite pieces, which this year were all created by the same person, Wendy Shuardson.



Her pastel depictions of cows, owl and rabbit were a great hit with the majority of people that crossed our threshold. A copy of one of her works is shown, though the photograph does not do the original picture justice.

This year our bucket collection was made on behalf of the 'Help for Heroes' charity. Thanks to the generosity of visitors and artists, we were able to donate £127.52.

So now we move on to the next show, which will be the Photographic Exhibition held over the Bank Holiday 25th-26th August. Registration forms will be available shortly from the Parish Office so, if you are a budding photographer or member of a club or other group, you have the opportunity of sharing your work with an appreciative audience.

Finally, just a reminder that the Old Friends Hall is available for hire with rates starting at £30 for 4 hours. For further details please contact the Parish Office.

Roger Drinkwater (Tel 01485 571659)
Old Friends Hall Committee

KEITH KENDALL

Professional Window Cleaning

Using The Pure Water Pole System
or Traditional Cleaning

CONSERVATORIES • FASCIAS • GUTTERS • SOFFITTS

Cleaned & Cleared
Patios Pressure Washed

Tel: 01485 572145

Mobile: 07811 610233

Email: keith517kendall@btinternet.com






**PLUMMER
& ASSOCIATES**
WEALTH MANAGEMENT
CONSULTANTS

Mastermind your financial future

We provide an experienced wealth management service
and offer specialist advice in a wide range of areas including:

- Investment planning
- Retirement planning
- Inheritance Tax planning

For further details contact Jeremy Plummer on:

Tel: 01485 500025

Email: jeremy.plummer@sjpp.co.uk
Website: www.plummerandassociates.co.uk
The Business Centre, 43 Lynn Road,
Snettisham, Norfolk, PE31 7LR

MOJO UPHOLSTERY

32. STATION ROAD, HEACHAM

07591 194411

CARAVANS

PUBS / CLUBS

DINING CHAIRS

HEADBOARDS / BEDS

RE-UPHOLSTERY

ONE - OFF DESIGNS

NEW SEAT FOAMS




CARAVANS - NEW COVERS /
NEW FOAMS TO COMPLETE
RE - FURBS AVAILABLE
FOAM CUSHIONS CUT TO ORDER
FREE QUOTES
ALL FABRICS £15.00 PER METRE
30 YEARS EXPRIENCE



News from Heacham Fire Station

In the June 2017 Newsletter, I reported on the 2016-17 Brigade year and provided some statistics about the type and number of incidents we had attended. It was the first time I'd looked at our calls in such detail and, as I found it an interesting exercise, I have decided to repeat it this year!

The 2017-18 year which ended on the 31st March, saw a significant fall in the number of incidents Norfolk Fire & Rescue Service were called to attend compared to the previous year. We should probably not read too much into this as the 2016-17 year had seen an equally significant increase on the year before with many large incidents receiving multiple attendances. The year which has just ended saw fewer of these notable shouts and we were not required to travel the long distances of last year.

From 1st April 2017 to 31st March 2018 we were called out 102 times. This was a fall of 33 on the previous year which I think it's fair to say was mostly a reflection of the fact that it was a quieter year for the Brigade generally. That said, we had a big increase in the number of calls we were unable to attend with somewhere in excess of 45 being missed, almost entirely because of insufficient crew.

This is a horrible statistic to report and one that I may have chosen to keep to myself. I believe, however, that by sharing it with you, I'm giving a more accurate picture of the level of demand for the station and I also hope that either directly or indirectly, more people will be encouraged to come forward and join us so that we can bring the missed call number down to zero!

Of the calls we did attend, those to fires was once again the largest grouping with 37, of which 11 involved properties, either residential or commercial.

Calls to Road Traffic Collisions were noticeably down, (even allowing for the ones we couldn't attend) which is good to see.

The coming months will show if this is a trend or just a statistical blip. It was probably the most significant difference between the last 2 years as, generally, there were only small changes up and down across the board.

Calls to Carbon Monoxide alarms are one type of call that is increasing and we have just been issued with a Carbon Monoxide Monitor which will allow us to accurately identify whether or not this silent killer associated with faulty boilers and solid fuel heaters, is present at an incident.

In summary, I would say that your fire station is performing as well as can be expected given the shortage of crew. Our availability at the time of writing is the highest it's been for some time at over 90% and so there is a growing feeling of optimism within the crew that things are looking up!

Until next time - take care, stay safe and enjoy the summer!

Chris Wood Heacham Fire Station

R'N'R FENCING
& Landscapes

- BRICK WEAVE DRIVEWAYS • DECKING
- PERGOLAS • PATIOS • TURFING
- RECLAIMED SLEEPERS

ALL ASPECTS OF LANDSCAPING
FREE QUOTES • PUBLIC LIABILITY INSURED

07881 947506 / 01485 572107

Prided on Quality & Reliability

www.rnrfencing.co.uk

SJP
SOLICITORS

Staveley Johnson & Procter

Formerly Hawkins of Hunstanton and Beloe & Staveley

Contact Us
Staveley, Johnson &
Procter Solicitors
Waverley House, 37 Greevegate
Hunstanton
Norfolk PE36 6AB

Telephone: 01485 532662
Fax: 01485 534802
DX: 95250 Hunstanton

info@sjpsolicitors.co.uk

Solicitors acting in the North
Norfolk area, including Kings
Lynn and Norwich



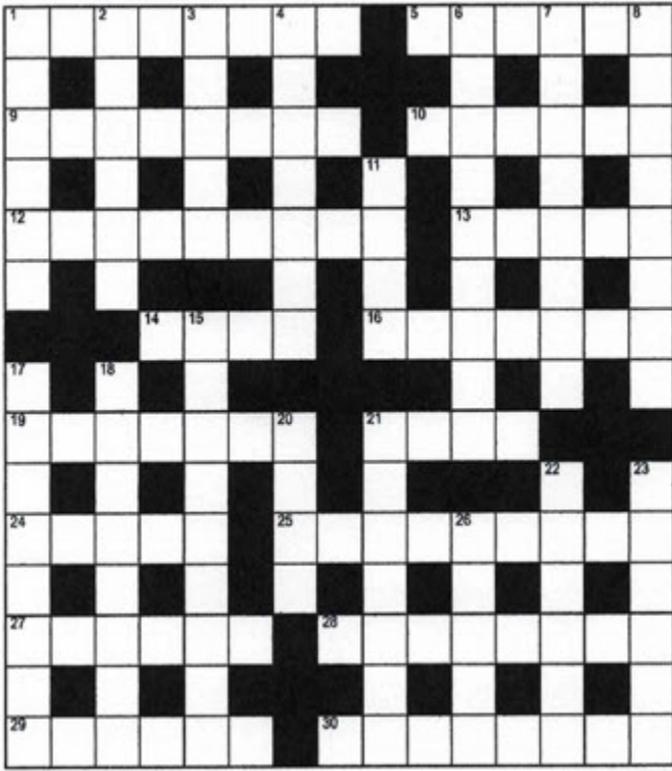
We are a local firm of solicitors
that cover and are experienced in;

Conveyancing, family, residential and
commercial lease, debt recovery, litigation, wills and
probate, and personal injury, contract and
professional negligence and dispute matters.

We can often offer fixed fees so you know
where you stand on costs and an
introductory ½ hour free of charge.

www.sjpsolicitors.co.uk





JUNE CROSSWORD

CLUES:

Across:

1. Face part of drop near edge (5,3)
5. Give bananas back to boy and get different fruit (6)
9. Spin too much of a line? How dreary! (8)
10. I get back to being in charge and show relief (6)
12. Get less than agreed – that's tough! (9)
13. Police communicate with characters like this (5)
14. Devoid of energy after save (4)
16. Will she rue name change? (7)
19. Weapon provokes anger in homestead (7)
21. A noble effort in front of the queen (4)
24. I feel down not having pupil to inspire (5)
25. I'm there with my organised activity for tiny tots (9)
27. Wrap some elastic around handle – it's hard! (6)
28. Act more crazily to confuse (8)
29. Hustle bogus investigator (6)
30. Was very angry about royal broadcast (8)

Down:

1. Research to improve (4,2)
2. Widely seen as easy to handle (6)
3. Hotshot held by rights in fast car (5)
4. Fashionable stock might be found here (2-5)
6. Slam converted residence as poor place to live (9)
7. Stretch, following compressed position in field (5,3)
8. Settling down by building a home around lake (8)
11. Headgear for novice sporting fringe (4)
15. Shaming of a foundation meant losing centre (9)
17. Executives are in charge during sales (8)
18. Game to make fun of bishop stuck in lift? (8)
20. It's only a lake! (4)
21. Reward for many involved with favourite (7)
22. Prudence, having whisky, is at party with Mike (6)
23. Grasp chestnut, only to lose it (3,3)
26. Ban the Spanish backing on English team (5)

Solution on page 41

Paul Skinner & Sons

Composite Doors
From £750.00

Back Doors
From £495.00

French/Patio Doors
From £895.00

Based in Hunstanton

<small>The Ardshire</small>	<small>The Ardross</small>	<small>The Ardrosswood</small>	<small>The Ardross</small>
<small>The Ardrosswood</small>	<small>The Ardrosswood</small>	<small>The Ardrosswood</small>	<small>The Ardross</small>
<small>The Ardrosswood</small>	<small>The Ardrosswood</small>	<small>The Ardrosswood</small>	<small>The Ardross</small>

Call your local tradesman T: 01485 535 247 M: 07834 697 719
E: kerryanneskinner75@hotmail.co.uk

Paul Skinner & Sons

Double Glazing Services

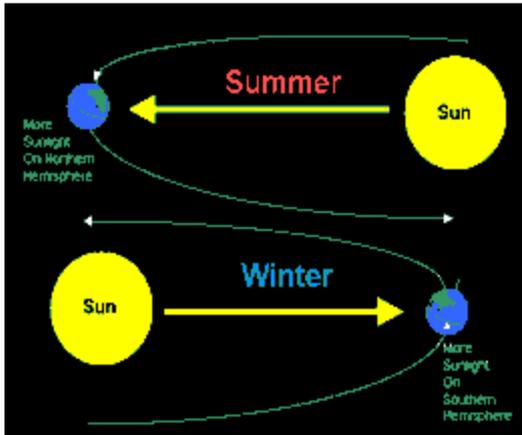
- Window / Door Repairs
- Double Glazing Repairs and Adjustments
- Hinges
- Handles
- Misted / Broken Glass

Call your local tradesman T: 01485 535 247 M: 07834 697 719
E: kerryanneskinner75@hotmail.co.uk

Heacham at Night

Recently there has been a lot of debate about what 'time' is and whether it runs at different speeds in different patches of the universe. Well, I don't know about that but I do know time goes faster when you look up, or is it just that I am getting older and everything downhill is quicker?

The reason for this musing is not just to pad out the article, it has been brought on by the realisation that June 21st is the Summer Solstice when the Sun reaches its highest point in the sky and makes it the longest day. From the 22nd the nights start drawing in again and people (some) dust off the Christmas decorations.



Internet

Our seasons are caused by the tilt of the Earth's poles which causes the northern or southern hemisphere to be better presented towards the Sun as the Earth orbits

it. So, the first day of summer for us is the first day of winter in, say, Australia. Any planet which has a polar tilt has seasons. Mars, still visible in the morning, has seasons similar to but longer than ours, but neither Venus or Jupiter, visible in the evening, have seasons – their polar axes inclinations are too small.



Peddars Way Travel
Taxi Service

1st Class Service Comes as Standard

Ford Journey, Wheelchair Friendly Taxi
Seating for up to 4 Adults or 2 Adults and a Wheelchair.
Air conditioning.
Power points.

Air/Sea Ports.
Bus/Train Stations,
Holiday Destinations.
Excursions,
Sight Seeing.
Hospital Appointments.
No distance too short or too long.



Chip & Pin Welcome

For a **NO OBLIGATION** quote please get in touch

Tel: 01485 572234
Mob: 07540 236656
Email peddarswaytravel@btinternet.com



Anyway, the sky in June: Venus shines brightly in the west and can be seen as soon as the Sun has set, and Jupiter is visible from about 9pm all through the night from SE to SW. Several people have stopped me in the street to confirm their sightings or to ask where they have to look from their windows. And a man from Old Hunstanton sent in pictures of the night sky from there. All good stuff.

Mars is still visible in the morning but early sunrise means you will have to look due south from about 3am. Low down to the left is the unmistakable red dot of Mars, to the right is the more mysterious, dim, yellow Saturn. A little to the right of the ringed planet will be Vesta a member of the asteroid belt and designated a minor planet. You won't see it without a telescope and luck.

Saturn is at opposition (closest to us) on the 27th June and so will present a full face and will be as bright as it gets this year. It will be visible all night which, of course, is pretty short around the time of the Summer Solstice.

Around the middle of the month Saturn will be visible low down in the SSE at 11pm and Jupiter will be higher just west of south. As the Earth turns, Saturn will follow the ecliptic, rise higher and move west. The best time to observe Saturn will be 2am when it will be around due south and as high as it gets. Mars will then have risen in the SSE whilst Jupiter will have moved to the SW. At 4am Saturn will be SW and Mars almost due south. Three planets for the price of one and don't forget Vesta which will always be to the west of Saturn.

Everyone wants to see the rings of Saturn but you need a decent telescope to do that. If the nights are clear I hope to be up and observing. Contact me in the day and I can tell you if there is a chance of taking a look. If you have large, fixed, binoculars or a decent birding scope turn them on Saturn and you might see the bulge the rings make either side of the disc. Look to the right or left of the planet and there is a good chance you will discern a spark of light which is Saturn's largest moon, Titan.



An over exposed image of Saturn taken by me several years ago. Several moons are revealed. The large dot to the lower right is Titan

Titan is bigger than the planet Mercury and has a dense atmosphere consisting mainly of a nitrogen smog with methane and ethane. Methane lakes form on it in a methane cycle analogous to Earth's water cycle. Titan's body is made of water ice and rocky material. This moon was discovered by Huygens in 1655 after the Galilean Moons of Jupiter were identified in 1610 - discussed last month.

Mercury pops up again this month and is worth looking for as it poses a challenge and a test of your eyesight. You need a very good W, NW horizon so the beaches call. And the Sun needs to be just out of the way - 9pmish. Mercury will be to the right and below the elevation of Venus, a spark of light. It will move

further west and further from the position the Sun sets in as the month progresses so, looking in late June, very early July, may give you better chances to see it. However, the murk over Lincolnshire is the real enemy and you need to look as many evenings as you can to catch a clear patch of sky in the right place.



ESA. Bepi Colombo unloading at Kourou

Europe's first mission to Mercury is getting ready; the

good spaceship Bepi Colombo has been packed in a 'plane and flown to French Guiana prior to its launch by ESA sometime in October or November this year. It won't arrive at Mercury until 2025 due to complex manoeuvres which will see 9 flybys of Earth, Venus and Mercury. I hope I will be able to report its success.

For those of you who have just got eyes and want to see something a bit special up there look for clouds. Not just any clouds, noctilucent clouds. These are very high up, around 50 miles, and are made of tiny, very reflective, ice crystals. They are so high that the Sun illuminates them even when it has gone down, past our horizon. They shimmer a bit like Northern Lights but have nothing to do with those ethereal, electric bodies. Noctilucent clouds are simple, they reflect light from the Sun but the Sun has gone (to our eyes). Look NW – N - NE from late evening into the early morning.

King's Lynn & District Astronomy Society
 PRESENTS.....
"GAIA"
 The Billion Star Surveyor
 On: Friday 12th September 2014
 Talk Given by: **Prof. Gerard Gilmore**
 At: The King's Lynn Academy
 Queen Mary Road,
 King's Lynn
 PE30 4QG
 Starts: 7.30 p.m.
 For Further Details and Ticket Enquiries
 Please Contact:
 Mr John Craythorne
 07871 181254
 Or E-Mail: j.c.craythorne@btinternet.com

Warning, this was 2014

The Sky at Night just came on TV and it is reporting about Gaia the ESA spacecraft which has been recording the position and movement of millions of stars over the last several years and has now made its trillionth observation. It is bringing in a new

SJP SOLICITORS
 Protect your Family for the Future and have your wishes carried out
MAKE A WILL TODAY
 For Confidential Professional Advice at our Office
 Or at your Home
 Call 01485 532662
 Or
 Email: info@sjsolicitors.co.uk
 Wills from £100 plus VAT
 SJP Solicitors
 37 Greevegate, Hunstanton PE36 6AB

age of Galactic Astronomy and the twin detectors were made in England. The accuracy of measurement they attain is likened to measuring the thickness of a human hair from 1000km or identifying a coin on the surface of the Moon.

The latest data release has enabled the creation of a 3D map of our galaxy, charting with great precision the positions of nearly 1.7 billion stars. The data also shows real movements of 1.3 million stars and can show where they will be and where they moved from. I have included this piece about Gaia because King's Lynn was in at the start of the mission – the King's Lynn and District Astronomy Society invited Professor Gerry Gilmore, the principal investigator in the UK, to give a public talk. He accepted, flew in, gave it and flew out (he was between visits to other data sites at the time).



Internet

A summer constellation to admire – Hercules. This upside-down figure could be mistaken for a diminished Orion who has drunk too much pop. You will find it due South and almost overhead so there is less atmosphere to look through and the main stars should be visible. Hercules' head (he appears to be standing on it) is the star Ras Algehi (Arabic for 'head of the kneeler'). This is another multiple star system being a binary, one of which is also a binary, making three stars in all. The main star has been re-designated Alpha Herculis. It is a massive red giant some 400 times as big as the Sun and near the end of its life. Its brightness varies over a few months. The companion star Alpha 2 Herculis, is a yellow giant and its companion a yellow-white dwarf.

Turn a telescope to the right-hand edge of the 'Keystone' and you will find Messier 13. It will look like a fuzzy blob, a comet, which is why Messier catalogued it - he was looking for real comets. This globular cluster consists of 300,000 or so stars with many very old red giants amongst them. The stars are 'closely' packed and sometimes collide producing new blue ones. The cluster is about 22,000 light years away so the radio message sent to it in 1974, telling civilisations there about us, will arrive in around 21,956 years. They will probably take it to a committee for a few years and then reply. I don't think I will be reporting in 44,000 years but maybe, by then, we will have gone to find out what the delay is.

I told you time is different when you are looking up. The far distant past shines into your eyes and the future has already happened, you just have to wonder what it was.

Darker nights are on their way. Merry Christmas.

Terry Parish



Fully insured, friendly and experienced cleaners available to meet all of your cleaning requirements.
 Regular domestic appointments. One off deep cleans.
 End of tenancy cleans, holiday lets and much more.
 Key holding option available
 £9.50 an hour Call us today!
 Kelly Ranger 07825 278088
 Laundry Services Available
 To meet all of your cleaning requirements
 Kelly@ktscleaners.com

Goldilocks
 Your friendly and Professional Salon

Stylists specialising in all aspects of hairdressing
 Corrective & Creative Colour Work
 Fashion Cuts, Bridal Hair,
 Perming, Up-do's
 Individual Consultation & Advice
 Gift Vouchers

State Registered Hairdressers
 Level 3 Stylists and Assessors

20 Austin Street
 Hunstanton
 01485 532001

www.goldilocks.co.uk



Heacham Guides

I had hoped that one of the girls would write this report, but they have been so busy. We did get to write some long overdue thank-you letters to people who have helped us over the term.

This term we have thought about Votes for Women and what the suffragettes went through. We then discussed what changes we would like to see in the future.

We've looked at the stereotyping and perceived perfect image of girls today and discussed the importance of being ourselves.

We've learnt a little about the history of Guiding and had a day out to visit our Archive Centre near Norwich, had a picnic lunch and then went to 'Gravity' in Norwich for some well-earned fun. And it was super fun.

The last two weeks have been learning about camp, how to pitch a tent, the games we want to play and what we want to eat. I'm really looking forward to camp. Best fun ever. Hope we get some sunshine.

That's all for now. Tell you about camp next month.

Sue, Guide Leader

Hunstanton Conservative Club

Entertainment for June

2 June	Entertainment by Mark Jordan
9 June	Dancing to Johnny O'Sullivan
16 June	Entertainment by Mikki Jon's
23 June	Dancing to Rowena Toledo
30 June	Entertainment by Sarah Probert

FOX & HOUNDS

AWARD WINNING FOX BREWERY

Station Road, Heacham. Tel: 01485 570345

Up to 8 handpulls serving our own & guest real ales

Forthcoming gigs For June 2018 (8.30pm unless stated)

Friday 1st - Red Zebra

Friday 8th - Tea

Friday 15th - Whiskey Twist

Friday 22nd - Melodybeats

Friday 29th - Tony Edwards

Tuesday 5th - Chicago One Zero

Tuesday 12th - Keno Kings

Tuesday 19th Part Time Blues

Tuesday 26th - After Hours Blues

Winter Warmer Specials Lunch Menu is back on at £5.95.

Served Monday, Tuesday, Thursday and Friday lunch times 12-2.

Food times are Mon, Tues, Thurs, Fri,

Sat 12-2 6-8:45. Sun 12-2. Sunday lunch menu £8.50.

Thursday night curry menu from £9.50 including a free starter.

Bar open every day from Noon.



Follow us on Facebook @foxandhoundsheacham

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

TIDE TABLES FOR JUNE & JULY 2018

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST									
June 2018				July 2018					
Date	Morning		Afternoon		Date	Afternoon			
	Time	m	Time	m	Time	m	m		
1 F	07 40	7.0	20 06	6.6	1 SU	07 53	6.9	20 23	6.4
2 SA	08 09	6.8	20 38	6.4	2 M	08 25	6.6	20 57	6.3
3 SU	08 40	6.6	21 13	6.1	3 TU	08 58	6.6	21 32	6.1
4 M	09 13	6.4	21 52	5.8	4 W	09 32	6.4	22 12	5.9
5 TU	09 53	6.0	22 41	5.6	5 TH	10 13	6.2	22 59	5.7
6 W	10 44	5.7	23 44	5.4	6 F	11 02	6.0	23 58	5.6
7 TH	11 52	5.6			7 SA			12 04	5.9
8 F	00 55	5.4	13 03	5.7	8 SU	01 07	5.7	13 14	6.0
9 SA	02 03	5.7	14 08	5.9	9 M	02 16	5.9	14 28	6.2
10 SU	03 02	6.0	15 07	6.3	10 TU	03 20	6.2	15 33	6.5
11 M	03 54	6.4	16 01	6.7	11 W	04 17	6.6	16 35	6.9
12 TU	04 42	6.8	16 54	7.0	12 TH	05 08	7.0	17 33	7.2
13 W	05 29	7.1	17 45	7.3	13 F	05 58	7.3	18 29	7.4
14 TH	06 14	7.3	18 36	7.5	14 SA	06 48	7.6	19 23	7.6
15 F	06 59	7.5	19 27	7.6	15 SU	07 33	7.7	20 12	7.6
16 SA	07 43	7.5	20 16	7.5	16 M	08 18	7.7	20 59	7.4
17 SU	08 27	7.4	21 05	7.2	17 TU	09 02	7.5	21 46	7.1
18 M	09 13	7.2	22 00	6.9	18 W	09 48	7.2	22 37	6.7
19 TU	10 04	6.9	23 00	6.5	19 TH	10 40	6.8	23 30	6.3
20 W	11 04	6.5			20 W	11 37	6.4		
21 TH	00 06	6.2	12 11	6.3	21 SA	00 27	5.9	12 40	6.0
22 F	01 10	6.0	13 18	6.1	22 SU	01 26	5.7	13 49	5.8
23 SA	02 13	6.0	14 25	6.1	23 M	02 29	5.8	14 57	5.8
24 SU	03 13	6.1	15 26	6.3	24 TU	03 28	6.0	16 00	6.0
25 M	04 05	6.3	16 22	6.4	25 W	04 20	6.2	16 55	6.2
26 TU	04 49	6.5	17 11	6.5	26 TH	05 05	6.5	17 41	6.4
27 W	05 31	6.7	17 56	6.6	27 F	05 46	6.8	18 21	6.5
28 TH	06 09	6.8	18 37	6.6	28 SA	06 24	6.9	18 58	6.6
29 F	06 46	6.9	19 16	6.6	29 SU	07 00	7.0	19 31	6.6
30 SA	07 20	7.0	19 50	6.5	30 M	07 35	7.0	20 04	6.6
					31 M	08 07	7.0	20 36	6.6

© Crown Copyright. Reproduced by permission of the Controller of Her Majesty's Stationery Office and the UK Hydrographic Office (www.ukho.gov.uk).



Scallywags Parent, Baby & Toddler Group

The sun had his hat on of a Wednesday morning in May and we were lucky enough to spend lots of time out in the garden at the Scout Hut swinging 'n' sliding! Hunstanton Lions kindly provided the swings and slides for us a few years ago now; they've been enjoyed by lots and lots of little Scallywags over that time! Actually, some of those little Scallywags are getting pretty big now!

The water table and magnifying glasses, new purchases recently bought for us by Heacham Youth & Community Trust also came out into the garden in May and have been very popular - thanks again to the HY&CT committee! Thanks also to Charlotte Wood for some super toys for our baby boxes, and to Wolfy's Photography for their ongoing support and recent donation to Scallywags.

Scallywags Parent Baby & Toddler Group meet every term time Wednesday 9.30-11am at the Scout Hut off Caley Street. Inside we have lots of toys, puzzles, books, paint, playdoh (with my favourite barber's chair where you can grow and snip off long playdoh tresses (always fancied one of those in my childhood and now a few decades later am quite chuffed about having one at Scallywags ... I digress ...)) and not forgetting our lovely space outside which we are very lucky to have use of. We have a sit-down snack for the little ones at about 10.00 and cuppas all round for us big ones - tidy up time is a bit before 11.00 and we round off with some nursery rhymes and 'percussion' and if that doesn't wake you up then nothing will!

Please do drop by for a play, we'd love to see you and your little ones; lots of lovely parents, grandparents, childminders and usually around 20 to 25 children for you to meet! We currently ask £2 per family to cover rent, refreshments and resources. We're back after the half term break on Wednesday 6th June - see you there - hopefully with the doors to the garden open too! If you'd like any more info, please text/call Jo on 07521 447284.

NEWSLETTER SUDOKU 120

Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution Page 41.

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

Extra Hands

Providers of Home Care in Norfolk

Established 1993

Norfolk Care Awards 2018 Winners

We are a local award winning independent Home Care Specialist, providing carers trained to the highest standards including Dementia Care. We offer a wide range of services within the home setting which are tailored to suit individual needs from personal care to shopping and companionship.

If you or anyone you know may be interested in our services please do not hesitate to contact us on the number below or call in to our office at Heacham for further advice and information.

**Thinking of a career in Social Care?
Why not join our award winning team**

- Good rates of pay
- Various hours available
- Enhanced holiday entitlement
- Paid mileage
- Free DBS check and uniforms
- Free Mobile Phone

Extra Hands, Unit 13 Heacham Hall Ind. Est.
Hall Close, Hunstanton Road, Heacham,
Norfolk. PE31 7JT

Tel: 01485 570611

www.extrahandshomecarenorfolk.co.uk

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

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
YOGA for healthy living 9.30-10.30am For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)
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)
HATHA YOGA 11am-12noon For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey 07900 818311 (PH)
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 – 6pm Contact Kathryn Tel:572138 (MC)
FOOTBALL Under 10's 'Magpies' 5-6.30pm Contact Debbie 07506887545 U12's 6.30-8pm Contact Jason 07867527706 (HSC) playing fields
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)
HEACHAM IN BLOOM 3rd Monday Monthly 7pm at Heacham Parish Library
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
HEACHAM SOCIAL BOWLS CLUB 1pm until dark, £4 non members payable at the bar in the Social Club

TUESDAYS

WEST NORFOLK MIND support for those suffering or caring for those with mental health issues. 1-3pm, 4 Poplar Avenue, call Lynda on 01485 532024
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)
HEACHAM CARERS SUPPORT GROUP meets 1st & 3rd Tuesday monthly 1-3pm at A Piece of Mind 4 Poplar Avenue Tea Coffee & a chat For more info Tel: 572707
LINE DANCING 1.30 - 3.30 pm Improver/Intermediate £3.50 Contact Diane 571166 (PH)
THE FELLOWSHIP 2.45pm Every other Tuesday (MC)
1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen 07833747059 or just come along (MC)
1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs) 6 – 7.30pm Tel: Alison 07737642828 (SG)
WEIGHT WATCHERS 5.30pm and 6.45pm (OFH)
ZUMBA 7-8pm £4 per class or £7 for both Tuesday & Wednesday classes Tel: Michelle 07585002124 (SG)
PARISH COUNCIL MTG 3rd Tuesday monthly 7pm (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
POCAHONTAS PLAYERS Drama Group 7.30 – 9.30 pm Tel: 570402 (PH)

LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds
HEACHAM SOCIAL BOWLS CLUB 1pm until dark, £4 non members payable at the bar in the Social Club

WEDNESDAYS

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
MIDWEEK COMMUNION 2nd Wednesday of the month 10.30am (MC)
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 9's 6-7pm Contact Sam 07803790402 (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)
HEACHAM SOCIAL BOWLS CLUB 1-3pm, beginners and improvers training. (£4 non members) Frazer 07771434659/Alan 078709721031. Open 7 days a week from 1pm until dark for casual bowlers
CAR BOOT SALES 7am – 12noon (Gates open 6.30am for Booters) Weather permitting (HSC) Sports Field

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 (PRH)
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for over 60's) Tel: 570492
FOOTBALL Under 8's (5yrs up) 4.30-5.30pm U12's 5.45-7pm Contact Jason 07867527706 (HSC) playing fields
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC) 5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)
1st HEACHAM CUBS ages 8 – 10yrs Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
HATHA YOGA at Heacham Infant School 7.45 – 8.45pm. £5 per person (limited spaces) Call Alison: 01485 571062

CHILDREN'S YOGA 7 to 11yrs 4 – 5pm (limited spaces) To book call Alison: 01485 571062 (SG)
 SOCIAL EVENING 2nd Thursday monthly 7.30pm (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
 HEACHAM SOCIAL BOWLS CLUB 1pm until dark, £4 non members payable at the bar in the Social Club

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

FOOTBALL Under 10's 'Minors' 5-6.30pm Contact Jay 07711779415 (HSC) playing fields

1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to 8yrs Term time 6 - 7.15pm Tel:572890 Julian Geraghty (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 7pm (PH)

WILDFOWLERS CLUB 1st Friday monthly 7.30pm (HSC Top Room)
 HEACHAM SOCIAL BOWLS CLUB 1pm until dark, £4 non members payable at the bar in the Social Club

SATURDAYS

FOOTBALL U13's 10-11.30am Contact Mike 07804927764 (HSC Sports Field)

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

HEACHAM SOCIAL BOWLS CLUB 1pm until dark, £4 non members payable at the bar in the Social Club

SUNDAYS

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

HATHA YOGA 7.30-8.30pm For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)

HEACHAM SOCIAL BOWLS CLUB 1pm until dark, £4 non members payable at the bar in the Social Club

SUNDAY SCHOOL Heacham 10.30am at Methodist Church, 4 – 11 years. Open to all. Rev.Steve Oliver 01485 57232 or email buzzard177@msn.com

HEACHAM DIARY

Saturday 2nd June 'Medium Evening' at The Social Club

Tuesday 5th June GIG 'Chicago One Zero' 8.30pm at The Fox and Hounds, Station Rd

Friday 8th June GIG 'Tea' 8.30pm at The Fox and Hound, Station Rd

Saturday 9th June 'Live Music Rock/Pop Classics from the 60's to Present Day' at Heacham Public Hall 7pm-11pm. Advance tickets £7.50 or £8.50 on the door. Sandy 01485 518419/07704803983

*** '2+1 Group' in Hall 7pm – 11.15pm at The Social Club

Sunday 10th June '2+1 Group' in Club' 5pm-8pm at The Social Club

Tuesday 12th June GIG 'Keno Kings' 8.30pm at The Fox and Hounds, Station Rd

Wednesday 13th June 'Coffee Morning & More' Old Friend's Hall (off Caley St) Sunnyside, 10am-12noon.

Friday 15th June GIG ' Whiskey Twist' 8.30pm at the Fox and Hounds, Station Rd

Sunday 16th June 'Rick Hallam' in Club 8pm-11pm at the Social Club

Wednesday 20th June 'Lorraine's Prize Bingo' 1.30pm at The Social Club

Friday 22nd June GIG 'Melodybeats' 8.30pm at The Fox and Hounds, Station Rd

Saturday 23rd June Heacham Open Gardens' from 12 noon. Follow the signs. Entrance £3, children free. 01485 572252. Hosted by the Twinning Association

*** 'Bootleggers' in Hall 7pm at The Social Club

***'Messy Church' 10am – 12noon at Heacham St.Mary's Church. Call Veronica on 570697 or Church Office 572539

Tuesday 26th June GIG 'After Hours' 8.30pm at The Fox and Hounds, Station Rd

Friday 29th June GIG 'Tony Edwards' 8.30pm at The Fox and Hounds, Station Rd

JULY

Saturday 14th July 'Summer Fete' at Heacham Infant and Nursery School, 11am – 3pm. Stalls, tombola, refreshments, snail racing!

Sunday 15th July 'Vintage Tea Party' at Heacham Public Hall. Retro fashion show plus live music. Opens 1.30pm for 2pm start. Tickets £10, Janice 01485 570402

FENSA
Reg No 13383

SANDRINGHAM WINDOWS

WINDOWS - DOORS - CONSERVATORIES
 SPECIAL DISCOUNTS FOR O.A.P.'s
 Tel: 01485 544488

Want to grow and protect your pensions?

Speak to **Katie**, a Chartered Financial Planner, who can help you build a secure financial future

07739 339 663

ktrendell@barnsher.co.uk
 Barnes & Sherwood Professional Advisers
 Kings Lynn Innovation Centre, Innovation Drive,
 Kings Lynn, Norfolk. PE30 5BY

Chartered Financial Planner

Barnes & Sherwood
 Independent Financial Advisers
 Barnes & Sherwood Professional Advisers are authorised and regulated by the Financial Conduct Authority 547997

OTHER EVENTS

Saturday 2nd June Syderstone Village Cinema presents 'The Post (12a)' at Amy Robsart Village Hall PE31 8SD. Starts 7.30pm. Advance tickets £3.50, 01485 578171/578244

*** 'Chanter's Jigge' at St.Nicholas Church Dersingham. 7pm start, tickets £6 or family ticket £16. 01485 544561

Saturday 9th June 'Music on the Spinney' Hunstanton & District Festival of Arts. Free, open air performance 1pm – 3pm end of Hunstanton High Street

Wednesday 13th June HCP Hunstanton Community Players host 'Poetry Morning' 10.30am – 12noon. Town Hall basement (with lift), £2.50 each includes refreshments. Further information from 01485 533933

Friday 15th June Anmer Village Social Club presents 'The Greatest Showman' at Anmer Village Social Club 7.30pm. £3 on the door. All welcome. 01485 579465

Saturday 16th June 'Nelson's Shantymen' at St.Edmund's Church, Hunstanton. £5 on the door includes refreshments

*** 'Car Boot Sale' at Smithdon High School, Hunstanton. Hosted by PTA, from 8am – 1pm. £5 car, £10 large vans/cars with trailers. Pay on entry

Monday 18th June 'U3A Meeting' at Community Hall, Hunstanton, 2pm speaker Hilary Farrell on The Ridgeway National Trail

Tuesday 19th June Brancaster Camera Club presents 'Mono Print Competition – Trees' 1 plus 2 own choice at Brancaster Staithe Village Hall 7.30pm. Jim 01485 210013 or Wendy 01553 674725

Wednesday 20th June The Village Cinema presents 'Film Stars Don't Die in Liverpool' 7pm start. Doors and bar 6.30pm at The Memorial Hall Snettisham. Tickets on the door £5

*** 'Deer Safari & BBQ' at Snettisham Farm from 6pm. £20 per person, advance booking only. Call Angie 01485 572866

Sunday 24th June 'Words, Music & Afternoon Tea with strawberries' at St.Mary's Church Snettisham. 3pm start, tickets from The Grapes Gallery £5 each

*** 'Ringstead open Gardens' 11am – 5pm. £5 each admits to all gardens. Delicious lunch (£10 a head) 12noon-2pm. Call 07770262555546 to book lunches

*** 'Summer Craft Fair' at Hunstanton Town Hall from 10am-4pm. Stall enquiries lorraine@thebeadqueen.co.uk

*** 'Open Day' Royal Air Force History hosted by the Heritage Centre 10am – 4pm. Free admission. At the National Construction College, Bircham Newton, PE31 6RB. Contact David Jacklin on 01379 741884

Tuesday 26th June Dersingham Village Cinema presents 'The Man Who Knew Infinity' 7.30pm start. £5 each includes tea or coffee

*** Brancaster Camera Club presents 'Ten Thousand Miles of Ocean by Sarah Kelman' wildlife photographer, 7.30pm at Brancaster Staithe Village Hall. Jim 01485 210013 or Wendy 01553 673725

Saturday 30th June Syderstone Village Cinema presents 'Darkest Hour (PG)' at Amy Robsart Village Hall PE31 8SD. Starts 7.30pm. Advance tickets 01485 578171/578244

*** 'Summer Craft Fair' at Hunstanton Town Hall from 10am-4pm. Stall enquiries lorraine@thebeadqueen.co.uk

JULY

Saturday 14th July 'Sedgeford Village Hall & School Fete' plus dog show and car boot at Playing Field, Jarvie Close (off Ringstead Rd) 2pm-4pm. Car Boot 1pm (cars arrive 12.30pm)

Mondays

HUNSTANTON BRIDGE CLUB 'Duplicate Bridge' 6.50pm for 7pm at Hunstanton Conservative Club
FITSTEPS 6.30 – 7.30pm at Snettisham Memorial Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

Tuesdays

BRANCASTER BABY & TODDLER GROUP Simms Reeve Inst.Hall Brancaster 9.30-11.30am(term time) £2 per family For info email: brancasterbabyandtoddlergroup@yahoo.co.uk

COASTAL STROKE & SUPPORT GRP 10.30am – 12.30pm at Hunstanton Methodist Church Austin St

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

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 : 07710 066145

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

Thursdays

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

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

FITSTEPS 6 – 7pm at Snettisham Memorial Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

YOGA 7.45-8.45pm at Snettisham Memorial Hall For info Tel: Alison 571062 or email - medullayoga@gmail.com

KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY meet in Kings Lynn 4th Thursday monthly at 4.30pm Methodist Church Hall, Kings Lynn. Pat 01485 572271

Fridays

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

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon

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

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

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

Sandringham IRONCRAFT

HIGH QUALITY ORNAMENTAL IRONWORK
AND STEEL FABRICATION

Unit 4, Cheney Crescent, Heacham
Tel: 571129

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS



Paris Larham

AE Wallis' Penny-farthing

AE Wallis in Heacham High Street, currently has a spectacular item available in the bicycle shop.

This Penny-farthing is a direct drive and has a large 36 inch front wheel, a brake on the 12 inch back wheel and is 140cm high.

When the Penny-farthings first became available, they were called 'the ordinary' because the other farthings with two small wheels were called 'safety bicycles'. The reason they were named 'safety bicycles' is due to the fact they were a lot safer than 'the ordinary'.



John Wallis, commented, "I think this Penny-farthing is out of the ordinary, and I like out of the ordinary items."

AE Wallis is inviting the public to come and have a go on this Penny-farthing before it's gone! It's a good size for most people to ride. A tip from John is that it's quite easy to ride as long as you put your feet on both pedals at the same time, but it takes a while to get used to.



This shows how you should keep some items like this as they often come back into fashion again.

Look out for another unusual bike coming soon to AE Wallis

THN

GARY KITE
Computer Services
 Sales, Upgrades, Repairs,
 Home Call for Tuition,
 Broadband Installations
 & General Maintenance
Satellite Broadband
Available now - call for details!
 Tel: 01485 544 606 Mobile: 07775 512 485
 • Personal Service • Professional Technician



G&M Fencing & Landscaping
 Fencing • Decking • Timber-work
 Paths • Patios • Driveways
 Drainage & Guttering
 Hedge, Tree & Grass Cutting
 Rubbish Clearance
30 Years in Construction Industry
 Call for a Free No Obligation Quote
 01485 298 963 / 07917 725 015

 **MULBERRY RESTAURANT**
 AT HEACHAM MANOR

 **MULBERRY SPA**
 AT HEACHAM MANOR



SUMMER SPECIAL OFFER

Afternoon Tea on the Terrace with Pimms.

Enjoy a leisurely afternoon tea served alfresco with views across the hotel's gardens and golf course. Served with the quintessential British summer drink - a glass of Pimms.

only **£15.95** per person
Available throughout the summer

PLEASE PRE-BOOK AT LEAST 24 HOURS IN ADVANCE BY CALLING 01485 536030

www.heacham-manor.co.uk



SCRUB-A-DUB-DUB TIME FOR A RUB!

Get your body ready for summer at the Mulberry Spa. Enjoy 1 hour in our thermal suite followed by our exfoliating body scrub and finish off with a refreshing glass of sparkling wine.

Available daily throughout June
Monday - Friday £50.00
Saturday & Sunday £60.00

FOR DETAILS CALL: 01485 536030
www.heacham-manor.co.uk/spa



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

Dog Show and Family Fun Day - in aid of Wells Community Hospital Trust

Sunday 8th July – 10am-4pm

We are happy to announce our fabulous fun filled day for all the family ... two and four-legged ... at Wells Town Football Ground, Beach Road, Wells-next-the-Sea NR23 1DR from 10am to 4pm on Sunday 8th July. Free parking courtesy of Holkham Estates via Wells Town, Freeman Street car park, NR23 1FD.

Entry £4 per person and children under 12 go free!

Gates open and registration from 10am, with classes from 11am – 4pm. Lots of fun classes for your dog to enter together with a huge array of children's activities as well as over 40 craft stalls, trade stands and food outlets including refreshments at Wells Town Football Club House.

Guest of Honour will be Norman Lamb, Member of Parliament for North Norfolk.

Extra Lights, Sockets, Showers, Storage Heaters, TV & BT, Cookers Connected

T.M. electrical
I don't charge the earth

Small Jobs a Speciality **01485 540333**
Tony Morgan **07884 454480**

Fuseboards Replaced, Electrical Inspection Certificates, Rewires
17th Edition • Qualified to Test and Inspect C&G 2391 • Part P Registered

 **ELECSA**
Mob 07884454480

Email: TMElectrical2010@btinternet.com

Royal British Legion

Unfortunately, February's meeting didn't generate enough people to form a Committee.

I now plan to visit each and every one of you in May / June for a general chat and to get signatures should there be an interest in available Committee positions.

I also need to start recruiting again to get the numbers up to replace the expected Christmas and New Year drop off. So, if you know anyone interested please point them in my direction.

On a sad note, John Crisford, the Hunstanton Chairman has passed away.

Colin Toule

Angelina's
CURTAINS AND BLINDS

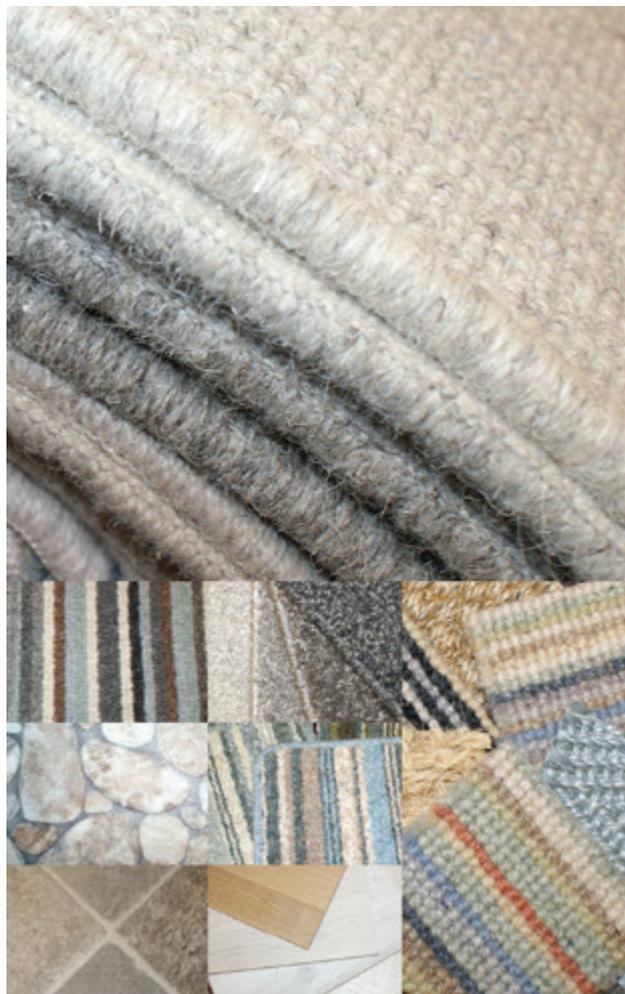
Curtains • Roman Blinds • Wallpaper
Everything your windows need, professionally measured and fitted

Roller Blinds Venetian Blinds
Vertical Blinds Woodslat Blinds



Unit 1 Heacham Hall Industrial Units, Heacham, Norfolk PE31 7JT
Open Mon - Fri 10am - 4pm, other times by appointment.
Call us on 01485 571 147

www.angelinascurtainsandblinds.co.uk email:angelinasinteriors@gmail.com



GARY RUSHMORE FLOORING

- free measuring and estimates with no obligation
- superb range of carpet, vinyl and laminate samples
- exceptional service, including uplifting and disposing of old flooring and moving furniture
- a family-run business, with over 30 years of experience
- home selection service available

Unit 6, Heacham Hall Industrial Units, Hall Close, Hunstanton Road, Heacham, King's Lynn, Norfolk PE31 7JT

OPEN: Monday, Tuesday, Wednesday, Friday 9.30am-4pm
Saturday: 10am-2pm (CLOSED: all day Thursday)

t: 01485 572202 email: rushmoreflooring@btconnect.com

www.garyrushmoreflooring.co.uk

around & about...

Nelson's Shantymen
at
St. Edmund's Church, Hunstanton
Saturday, 16th June 2018 at 7.00pm

Based at Burnham Thorpe, birth place of England's greatest seaman, Lord Horatio Nelson, Nelson's Shantymen are a diverse group of enthusiasts, driven in equal measure by a love of singing and a desire to keep the tradition of the sea-shanty alive. True to the original spirit of the shanty, a major emphasis is placed on the voice and while musical accompaniment, in the form of accordion, banjo, bodhran, guitar and harmonica, is often an integral part of performance, it is never to the detriment of the close vocal harmonies that the group achieves.



Since their formation in March 2010, Nelson's Shantymen have performed to acclaim in a wide range of venues throughout Norfolk and, as a non-profit-making group, have raised a substantial sum of money for a variety of charities, while fulfilling their wish to entertain the public with authentic songs of the sea.

On Saturday, 16th June 2018 at 7.00pm at St. Edmund's Church they will be helping to raise much needed funds for the restoration of the church building and the installation of a new kitchen in the Flower Room at the back of the church.

Why not come along and enjoy an evening of traditional sea-shanties, sung and performed by Nelson's Shantymen. Entry: £5.00 at the door – Refreshments included.

Saturday, 16th June 2018
at 7.00pm



Nelson's Shantymen



at
St. Edmund's Church, Hunstanton

Entry: £5.00 at the door
Refreshments included

Proceeds in aid of the restoration of the church building and the installation of a new kitchen in the Flower Room at the back of St. Edmund's Church

Difficulty Hearing?

Then call the experts **NOW** to find out how we can help to put a smile back on your face.
'We are passionate about helping you to hear better.'

- ◆ **FREE** Hearing Tests - no lengthy waiting times
- ◆ **FREE** Hearing aid trial - try before you buy
- ◆ Impartial advice from a long established, local **INDEPENDENT** family business
- ◆ The latest digital hearing aid technology
- ◆ Repairs & Service to all makes & models
- ◆ Always seen by a fully qualified Hearing Aid Audiologist & not by an assistant
- ◆ Hear better in background noise
- ◆ **TINNITUS** assessment & management
- ◆ **HOME VISITS** available
- ◆ Shooting & noise protection
- ◆ **FREE** aftercare service
- ◆ Dedicated **100%** to **JUST** Hearing Care
- ◆ **WAX REMOVAL** service



Go Local. Go Independent. Be Happy!

NEW **INVISIBLE** hearing aids, **SPECTACLE** hearing aids plus **RECHARGEABLE** hearing aids (no more fiddly batteries)

Sound Advice
Hearing Centres
for all your hearing needs
www.soundadvicehearing.co.uk

5 year warranty & 5 year **FREE** batteries*

Call the experts & book an appointment **NOW** on:

01553 760250

101 High Street, King's Lynn PE30 1BW (easy parking behind)
Day centre also at Downham Market

WEST NORFOLK LIBRARIES EVENTS HUNSTANTON LIBRARY

June 2018



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

Regular weekly events:

Chess Club – Every Saturday 10.30am–12.30pm.

Board Gamers – every Tuesday 3.30–4.30pm. Come and enjoy some card and board games. Refreshments provided.

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!

Just a cuppa – every Friday from 10.30–11.30am. Come along to this vibrant group for a cuppa and a chat.

The Library Lads – every Friday 2.00–3.00pm. Relax, make friends, enjoy some card and board games, discuss a hobby or just stop by for a chat and a cuppa.

More Old Stuff – Thursday 7th June - 10.00am–12.30pm
Come and take a trip down memory lane with lots of interesting memorabilia. Bring your own old treasures to share!!

Walk and talk group - Tuesday 12th June 2.30pm from the library. 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.

Knit and Natter - Thursday 14th June 10.30–12.30pm

Colour yourself calm – Monday 11th & 25th June 10.30am–12.00

Book Club – Monday 18th June 2.30pm
New members always welcome. Ask staff for details of the books being discussed.

Sci-Fi/Fantasy book group - Thursday 21st June
All welcome. 10.30–11.30am. The book up for discussion will be the Game of Thrones; pick up your copy at the meeting.

Need help with your computer or tablet?
Why not book a one-to-one session with library staff? Charges apply. Please ask staff for details.

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

Special Events:

Saturday 9th June
Dance to Live Music (or just sing along!!!) at Heacham Public Hall, 7–11pm, licensed bar.

Organised by Hunstanton Library Friends it will be another fantastic evening of all the old hits from the 60s to present day. Lots of laughter and fun, a chance to meet new friends and just have a good time. Tickets from the Library at just £7.50 or £8.50 on the door.

Breathe Easy Information Day – Thursday 21st June - 10am – 1.00pm. Come and find out more about this local support group for anyone with a lung condition, including carers, friends and family

Volunteers needed! Please contact the library on 01485 532280 if you'd like to find out more.

- Could you help inspire the next generation of computer coders? We want to run an after-school **Coding Club at the Library**, using projects from the Code Club website.
- Could you spare some time to help during **Job Help** supporting people writing a CV, job searching and using universal jobmatch?
- Could you help develop ideas for events held at the library as a **Library Friend** and promote the library and its services within the local community?
- Could you help motivate under 5s by hosting **Mini Movers**, keeping kids active with some activities and rhymes? Or be a **Saturday Storyteller**, reading stories to a small group?
- Could you help support people learning to read? Enquire about becoming a **Reading Pathways Coach**.

You can also follow library events on Facebook at: www.facebook.com/LynnLibraries - for Lynn, Dersingham and Hunstanton Libraries.

Brancaster Camera Club

Tuesday 19th June 2018

Mono Print Competition 'Trees' 1 plus 2 own choice
Judge Malcolm English ARPS

Tuesday 26th June 2018

Sarah Kelman ARPS DPAGB
'Ten Thousand Miles of Ocean'.

Sarah has some stunning wildlife photography on her website and we are looking forward to seeing her new images.

Visitors are always welcome to our club. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725 for more information. Meetings are held in Brancaster Staithe Village Hall 7.30pm.

Leisure Club

Burn off those winter pounds on our BRAND NEW equipment!

Warm up and rejuvenate

Swim, relax and unwind

Pop in to discover these great facilities and activities available.

NOW OFFERING 10% Discount to Military and Emergency Services Personnel (ID will be required as proof)

- > Up to 2 months free membership*
- > Free parking
- > No joining fees
- > No contracts
- > Packages from £25.00
- > Direct debits available
- > Bring your guests**

*Terms & Conditions apply
**Only £3 guest adult, £2 guest child

Contact Us
For further details visit:
www.searles.co.uk/facilities/indoor/fitness-studio
call: 01485 536029

Visit: Searles Leisure Club,
South Beach Road, Hunstanton, Norfolk PE36 5BB

part of SEARLES LEISURE GROUP



**HOME COOKED MEALS
DELIVERED TO YOUR DOOR**

Home cooked, high quality frozen meals delivered to your door.

Made with fresh, local ingredients (where possible) With no artificial colourings or preservatives. Fresh is best.

Made by local chef Kat Asker in Snettisham.

Cooked in a 5* hygiene rated kitchen.

Free local delivery (minimum order of 4 meals per delivery)

To place an order or see a full menu please contact me 07767753413

email: simplycookit.kat@gmail.com

Find menus and full details on

www.facebook.com/simplycookitnorfolk

@SimplyCookKit

Ringstead Open Gardens

Sunday 24th June 2018 sees Ringstead Open Gardens enter its fifth decade of fundraising for their village church with a blaze of colour, cakes and community spirit!



Visitors can make a day of it with a number of gardens opening specially to the public from 11am to 5pm and a walk through the Ringstead

Downs Chalk Pit. A delicious lunch (£10 a head) will be served at Ringstead Bury between 12noon-2.00pm and Teas will be served at Westgate House along with the traditional cake and produce stall, tombola, raffle, craft stalls and plant stall.

St Andrew's Church plays host to a Flower Festival of *The Life of St Andrew*, throughout the weekend and Monday.



With a guided tour of nearby Courtyard Farm by Lord Melchett and an Art Exhibition in the Village Hall also on the menu, it has all the makings of a great day out!

£5 admits to all gardens. Call 07770 262546 to book lunches. More information on Facebook @ringsteadpengardens

MSH Window & Door Repairs



- Door/Window Repair & Adjustment
- Lock Repair/Service/Replacement
- Hinge/Fitting Adjustments
- Misted/Failed Sealed Unit Replacement
- Re-Seal and Re-Trim
- Security Upgrades
- Lawful Entry in the event of a Lockout
- Panels Replaced
- Cat Flaps Fitted/Removed
- No Call-Out Charges. 16 Yrs. Exp.

Call Matthew: 01485 579067 or 07444 58 09 58

www.mshdoors.co.uk





J.C.Hammond

Carpenter/Joiner

From Flooring to Roofing and Everything In Between!

Local, Reliable Service - Competitive Rates

Snettisham (01485) 541220

07944 281960

www.snettishamcarpentry.co.uk

No job too big or too small - All work Guaranteed and Insured

Luke Graham

All external works undertaken including Decking, Patios, Driveways, Gutters, Windows and Winter Treatment.

External Caravan Cleaning Specialists

lgtiling13@hotmail.com 44 Poplar Avenue
Heacham
Norfolk PE31 7EA.

07393687394

Summer Craft Fairs at Hunstanton Town Hall

The popular Craft Fairs held at Hunstanton Town Hall sponsored by the Hunstanton & District Festival of Arts began again in May.

These events are carefully monitored to make sure that everything is hand made by the exhibitors. This makes for an original and creative display from the various artists concerned. On show will be a wide selection of local crafts such as patchwork and quilting, unusual lighting and paintings as well as intricate wood turning and beautiful handmade jewellery.

There is always something new and original to see as well as a fine display of homemade refreshments to eat in or take away.

The Craft Shows are free entry to the public and are open from 10am - 4pm.

Other dates this season are Sunday 24th June (Carnival Day) and Saturday 30th June. Please see the website www.hdfa.org.uk or Facebook pages for further details and later dates.

These Craft Fairs are organised by Lorraine and you can reach her on: lorraine@thebeadqueen.co.uk

These events are part of the 'Festival 3 by the Sea' Arts Festival 2018.

SMITHDON HIGH SCHOOL

PTA



2018 DATES

SATURDAY 16 JUNE

SUNDAY 15 JULY

No Booking required
 £5 cars
 £10 large vans/cars with trailers
PAY ON ENTRY
 No Caterers or Games of Chance

From 8am till 1pm
 Pitch holders on site from 7am
 Refreshments available
 Plenty of free parking
 Contact email:
 c.pike@smithdonhigh.org.uk

Stall holders are reminded to please take all unsold goods and rubbish away with them!

Bonny Dogs

Professional Dog Grooming
 With over 25 years experience
Tel Helen at Hunstanton
Mob 07775 479107
 11 Westgate, Hunstanton (Next to Library)
 PE36 5AL
www.bonnydogsgrooming.co.uk

www.griffinshaws.co.uk

OPENING HOURS
 MON – THUR
 9.00 – 16.30
 FRI 9.00 – 16.00
 SAT BY
 APPOINTMENT

KITCHENS • BEDROOMS • BATHROOMS
 FAMILY BUSINESS EST. 1988

Kitchens, bedrooms and bathrooms available with full design service and installation

Contact Pam: 01485 571367 or Email: pam@griffinshaws.co.uk

GRIFFINSHAWS (formerly Top of the Shop) your local independent retailer at 42 Station Road, Heacham - next to Boots the chemist

**Words Music
and Afternoon Tea
with strawberries
at
St Mary's Church Snettisham
Sunday June 24th at 3pm**

Tickets from The Grapes Gallery Snettisham
£5.00 each

Heather Wells (soprano) Grace Ng (piano)
David Young (clarinet)
Marian Abramovich (piano)




**The Friends of St Mary's,
Snettisham**

On Sunday June 24th, Midsummer's Day, we shall be celebrating with an afternoon recital at 3pm in church. Heather Wells (soprano) and Grace Ng will be performing some songs and David Young (clarinet) and Marian Abramovich (piano) will play music for a summer's afternoon. Afternoon tea with strawberries will be served after the recital. Tickets are £5.00 each and are available from The Grapes Gallery, Snettisham.

The film on June 20th at The Memorial Hall will be 'Film Stars don't die in Liverpool' starring Annette Benning, James Bell and Julie Walters. Screening is at 7pm with doors and bar open from 6.30pm. Tickets available on the door are £5.00 each.

Lots to enjoy during the coming months in Snettisham.

More information on our new website
www.thefriendsofstmarys.co.uk

QUALIFIED ELECTRICIAN

Available for Extra Sockets,

Lighting & BT Points

No Job too small

Free Estimates

No call out charges

Tel:01485 572726 or 07813 173 446

ACADEMY AWARD NOMINEE **ANNETTE BENING** BAFTA WINNER **JAMIE BELL** BAFTA WINNER **JULIE WALTERS**



**FILM STARS
DON'T DIE IN LIVERPOOL**

**The Village Cinema
at The Memorial Hall Snettisham
Wednesday June 20th at 7pm**

Doors and Bar open at 6.30pm
Tickets on door £5.00

HEACHAM SPORTS & SOCIAL CLUB

13 STATION ROAD, HEACHAM
PE31 7HG TEL: 01485 570776
OPENING TIMES 11AM TO 11PM
Members & Non-Members Welcome

FOR HIRE PUBLIC HALL WITH BAR,
MEETING ROOMS AVAILABLE FOR
WEDDINGS, PARTIES, FUNCTIONS,
WAKES, CHRISTENINGS & MUCH MORE

WHAT'S ON IN JUNE

Friday	1st June	Poker Night in Club	7.30pm
Saturday	2nd June	Medium Evening	
Saturday	9th June	2+1 Group in Hall	7pm - 11.15pm
Sunday	10th June	2+1 Group in Club	5pm - 8pm
Saturday	16th June	Rick Hallam in Club	8pm-11pm
Wednesday	20th June	Lorraine's Prize Bingo	1.30pm
Saturday	23rd June	Bootleggers in Hall	7pm
Every Wednesday		Car Boot 'weather permitting'	
Every Friday		Bingo in the Hall	7pm...All Welcome

BOX OFFICE EVENTS, SNOOKER, POOL, DARTS, DOMINOES,
CRIB, POKER, PRIZE BINGO, MEAT DRAW, FOOTBALL,
TENNIS, MEMBERS BENEFITS, CHILDRENS PLAY AREA,

Alternative Therapies

I was invited to a focus group on 'Evaluation of the five-year antimicrobial resistance strategy 2013-2018'. In other words, how the nasty bugs and beasties are getting the better of our antibiotics. I was fed, watered and paid in vouchers for this pleasure, which brought my first question; do they really need to bribe us to go to a meeting which will have an impact on our healthy lives in the future or not if the beasties win? It was a fascinating meeting, but never once was it mentioned by the Policy Panel about PREVENTION of infection or curing infection by alternative means. The main suggestion was more drug research. Now, it strikes me that if beasties and bugs are clever enough to become resistant to our current drugs, then they are clever 'enuff' to beat any future drug too. So, in a few years we will be back to square one, albeit with even stronger beasties and richer drug companies. And it doesn't take an Einstein to work that one out. The session was recorded, so they could transcribe it later, and I noticed that when alternatives were mentioned the recording was stopped, not that I'm paranoid or anything, but it makes you wonder. Another daft suggestion was that GPs be paid not to prescribe antibiotics, or translated as the practice gets more funding if the antibiotic usage drops. Ok, so what are they going to do instead then?

Now the alternative therapists have a whole range of treatments that can easily treat infection, and which are aimed at you and how the infection is showing in your body e.g. red hot and bursting swellings have one remedy and wet, soggy, smelly swellings have another. So locally we usually have to wait up to 3 weeks for a GP appointment and you have got yourself, say, an infected cut that's going nasty round the edges. First step, local pure honey on the wound, slap it on and wrap it up. You will notice an effect straight away, normally the wound gets no worse, and then it heals itself. Homeopathic Belladonna for red hot swellings, Apis for puffy swellings which you can push in, Hepar Sulph for the grotty ones you don't want to look at. Silicea

is good for pushing splinters out (not if you have any new hips/implants etc, it will move those too!).

Essential oil of Tea Tree is a general anti anything, so no more than 6 drops in a bath or footbath, twice a day. Or if you're used to the oils, then neat on the base of your foot is what I do, or a few drops on a hanky by the bed.

Herbal tincture Echinacea will boost your immune system, 20 drops in half glass warm water, 2 x day for 2 weeks. Then stop for two weeks and start again. And, of course, the best one is Garlic, the smellier the better. Garlic is so helpful for us and I could ramble on for hours about it, but I will contain myself to suggesting that you take it daily. And we free up the GP appointments as we have become empowered and cured ourselves.

For further information or advice, please email me at alison.shaman.healer@gmail.com

Alison Bowyer, MNCHN

GardenScapes

Fencing & Landscapes

* SPECIALISING IN ALL TYPES OF FENCING *

* DECKING * PATIOS / PAVING *

* TURFING * RAISED BEDS * SHEDS *

* STONE GARDENS * PONDS *

PHONE : 07555126913

EMAIL : Gardenscapes1@hotmail.com

Open every evening to all!

T: 01485 536 010

The Fountain 
Eat • Drink • Watch Sports Bar

The Fountain Sports Bar, Hunstanton

Situated at Searles Country Park, simply drive onto Searles Leisure Resort. Don't let the barrier stop you!

If the barrier is down, simply press the intercom button for entry. Follow the road through the park to discover this charming restaurant and bar set within an area of natural outstanding beauty. Enjoy alfresco dining on our veranda with lakeside and golf course views - perfect for warm summer days and evenings. All welcome.

Open 7 days a week from 11.30am to 8.45pm,
for great food, or just a drink!



Like us on Facebook for information about upcoming events, live music and quiz nights!

<https://www.facebook.com/FountainSportsBar/>

10% OFF

Your first food bill for a meal for up to 6 people

Please show this voucher. Does not include the cost of any drinks.



T's & C's: Voucher cannot be used in conjunction with any other offer or discount.

Speciality Menu Nights

Selected days from now until the end of Summer.



Live Music

2nd June from 8.30pm

SharLeRay

With her vocal inspirations artists such as Beyonce, Amy Winehouse, Billie Holiday, Nina Simone and many more. Come and see SharLeRay pay tribute to Whitney Houston and Diana Ross with some great Motown classics. SharLeRay is sure to get you up and dancing!



Follow us on Facebook for more Live Music dates.



@FountainSportsBar

The Fountain Sports Bar & Restaurant, Searles Country Park, South Beach Road, Hunstanton, Norfolk PE36 6BB T: 01485 536 010



Free information and advice for older people in King's Lynn

Age UK Norfolk's new 'Furniture and More' store on the Hardwick Industrial Estate in King's Lynn is set to launch free information and advice sessions for older people this July.

The Furniture and More store which launched on 9th April, stocks second-hand items including furniture, white goods and electricals and, as of July, they will also run face-to-face information and advice drop in sessions with an Age UK Norfolk adviser.



Year-on-year, increasing numbers of older people turn to Age UK Norfolk for help. In 2016-2017 the charity handled 14,856 calls to their information and advice help line (an increase of 25% from the previous year). A survey they commissioned in 2017

into Age Friendly Communities, revealed that 65% of respondents said improved availability of information and advice about the support older people are entitled to would make a real difference and help older people engage in their local communities.

Linda Mathews, Information, Advice and Advocacy Manager at Age UK Norfolk, said, "I am delighted that we will be able to offer face to face advice in our shop in King's Lynn. We know from talking to the older people that we support that they place

a high priority on the availability of information and advice, and that information about support which is available would make a substantial difference to their lives."

The King's Lynn store is the third in the Age UK Norfolk retail



portfolio which follows the 'Furniture and More' approach following the success of their flagship store in Dereham.

Jackie Crowson, Manager of the new store, said "The launch of our new King's Lynn store has been a great success so far. We've had lots of

visitors to the store and it's been great to meet so many local people. We believe our store can help the local community afford good, quality items at an affordable price, also knowing that the money they spend with us will benefit older people in Norfolk. Our information and advice service will be a welcome addition to the store and we look forward to promoting additional community events in store in the near future."

#The information and advice sessions will begin at the store in July; people can drop in or book appointments in store. If you would like information and advice but are unable to visit the store, you can call the Age UK Norfolk Advice Line on 0300 500 1217 (open Monday-Friday 10am to 4pm).

#The new King's Lynn Furniture and More Store is located on units 9 and 11, Paxman Road, Hardwick Industrial Estate, King's Lynn, PE30 4LJ. Opening hours are Monday – Saturday 9am to 5pm and Sundays 10am to 4pm. Free collections are available for large items donated to the store by calling 01603 785 207.

WGA
Ward Gethin Archer
 SOLICITORS AND NOTARIES

Ward Gethin Archer offer a friendly and efficient service for all your legal requirements

Wills, Probate & Trusts
Personal Injury Claims
Property
Family
Company Commercial
Employment

Heacham: (01485) 571366
King's Lynn: (01553) 660033

Offices also in Dereham, Ely, Swaffham and Watton

www.wardgethinarcher.co.uk

Helping To Keep Your Independence

HOUSE WORK All domestic duties within the home
GROCERY SHOPPING Collection of pensions, prescriptions
LAUNDRY Washing & ironing within the clients home
COMPANIONSHIP All helpers are very carefully employed and references are always asked for & confirmed, our helpers are all mature, dependable nature.

We provide an honest & reliable home help service at extremely competitive rates, covering Hunstanton & Surrounding villages.

K.H.HOMECARE

For any further information please contact
Mrs K Carr 01485 570179

Established 1997
 Accredited by Norfolk Trusted Trader Scheme



SUCCESS AND SUCCESSION – PART II

by Kathryn Gigg
Chartered Accountants,
Hunstanton

In Part I we looked at the succession process where a family business is passed on to the next generation. Where this is either not possible, or desirable, an external sale will need to be considered.

In some circumstances the business will have come to its natural end, perhaps because of changing marketplaces, or technology, or even because of time limited external factors, such as the expiry of a lease where geographical location is key. Where this is the case, the key issue is to run the business down in a controlled way, disposing of assets at the best price so as to make the eventual cessation as clean and painless as possible.

In other cases, there may be no direct family successors to the business or the potential successors may wish to have no involvement in the business. Where the business is a valuable asset, the owners will look for an external sale. This article will examine the steps to be taken before and during the sale process so that the proceeds can be maximised and the sale can proceed smoothly.

The first step is probably to ensure that the business is in fact saleable. Many family businesses are heavily dependent on the involvement of the proprietor or a small family team and without them the business may be little more than a bundle of second hand assets and a phone list. It must make sense for this to change as soon as possible, and certainly well before a sale is contemplated – even if there is no intention to sell, there is always a risk when everything is centred on one or two individuals, especially if they are ‘not as young as they were’. Steps to be taken could include:

Setting up formal control systems to track and manage the business finances, processes, and stock. Professional accounting support might be advisable to establish management accounting reporting on a regular basis;

Recruiting staff who can operate on their own initiative in running the business in accordance with the owner’s wishes. Ideally the business should be capable of operating independently of the owners, at least on a day to day basis. If the owner feels he/she can never take a holiday, then the business is virtually unsaleable.

Making sure everything is recorded somewhere. This includes basic contact details for customers and suppliers, employee records, stock records, fixed asset listings, warranties and guarantees, leases, deeds, copyrights, share registers, loans and hire purchase agreements. It is surprising how often such documents are held in locations known only to the owner, or even simply ‘in their head’.



Having established that the business has become a living transferrable entity rather than a bundle of loosely linked assets, the next step is to ensure it is shown at its best. This does not mean artificial window dressing (which may be illegal and will certainly put off a purchaser who discovers as part of his due diligence investigation that all is not what it seems). However, some simple steps can legitimately enhance value and simplify a sale. For example:

Make sure recent financial accounts are accurate, available, and that any anomalies are identified and can be explained;

Ensure that income streams are maximised and expenses reviewed. For example, if rents receivable or contract income prices have not been increased for some time, it would make sense to do so well before a sale. Similarly, expenses should be gone through with a toothcomb and unnecessary costs eliminated so that the accounts show a proper recurring profit which will be available to a potential purchaser. Ideally this should be done a couple of years before a sale is contemplated so that a good picture is shown in more than one set of accounts;

Investigate, recover or write off any bad debts. A buyer will not pay for them, but a high level of bad or doubtful debt will set alarm bells ringing in the buyer’s mind – if debt control is so poor, what else might be wrong?

Make sure stocks are reviewed and shown at the correct value. No purchaser is going to want to buy obsolete stock, but equally, if regular stocktakes have not been held in the past there is a temptation to use round figure values, particularly for large numbers of small items, and this may work to the vendor’s disadvantage;

Look at capital structures and tax planning. It may be sensible to buy out minority shareholders now or at least to bind them into a sale agreement so that they cannot subsequently hold up a sale. Also take advice as to potential tax consequences of the sale and ensure that all necessary planning is done. There are

CHARTERED ACCOUNTANTS | BUSINESS ADVISERS | TAX CONSULTANTS

Offering a comprehensive range of services for both business and personal clients

- annual accounts, business and company taxation
- business start up advice and incorporation
- SAGE installation and training
- payroll, VAT and bookkeeping services
- auto enrolment administration
- small business specialists
- personal tax returns and self assessment advice
- capital gains tax advice and inheritance tax planning
- tax planning and accounting services for private property investors

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.

valuable tax reliefs for retiring owners, but it is important to make sure that all the conditions for these reliefs have been met; Start thinking about the value of the business and the exit route. If the vendor has not made full pension provisions, these may be a tax effective way of indirectly utilising some of the value of the business, but this may take a little time to implement.

Finally, once proper systems are in place and everything is clean and tidy, look for a buyer. Of course, it sometimes happens that once the business has been put in the position that it can run itself with minimal input from the owner, the easiest course of action is to continue owning it, now that it is less of a day to day worry, and indeed even to contemplate passing it on to the next generation in the knowledge that it has a sound management team and the involvement of the owners is now required at a strategic level only.

Alternatively, the business might now be sold to some of the senior staff – this will have some advantages, in that they will know what they are buying, and it will be the least disruptive outcome for staff, customers and suppliers. Such arrangements are also most likely to favour a phased withdrawal with the new team buying out the former owner over a number of years.

If neither of these options are appropriate, an external buyer will be needed. Sometimes one will already be “in the wings” having expressed interest in the past but, at the very least, an independent view of the business value should be obtained before entering into negotiations and, unless the potential buyer is prepared to pay a premium to secure the business, it would probably be best to invite alternative offers from a wider market. Referral can be made to specialist Corporate Transactions advisers who will be happy to help in this process, often obtaining expressions of interest on a confidential basis (without disclosing the identity of the business which is being offered for sale), before binding the potential purchasers into a confidentiality agreement. Such a process might identify interest from outside the geographical region or even from abroad.

Eventually, once a potential buyer has been identified, he/she will instruct his/her own staff or accountants to conduct a “due diligence” investigation to ensure that what he/she is buying is genuine and there are no hidden problems. Many sales can fail at this stage, so this is where the pre-preparation pays off. If all goes well matters will move into the final stage. There will be a key issue here, in that some buyers will look for a purchase of assets (leaving the old company with a substantial cash sum, which will then need to be extracted by the vendor) or a purchase of shares where the vendor simply sells his shares to the acquirer. Generally, buyers prefer the first option and sellers the second. There are tax consequences here, so the exact structure of the sale will become part of the price negotiation.

The process of selling a family business is rarely easy, but thorough preparation and planning will normally both reduce the stress and improve the price. To quote Benjamin Franklin, “By failing to prepare, you are preparing to fail”.

Please contact Kate or her assistant Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk if we can assist in any way.

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.
© Kathryn Gigg 2018



DAVID PEARCE
ROOFING SERVICES
SLATING TILING LEADWORK GUTTERS
FREE ADVICE & QUOTATIONS
TWO YEAR GUARANTEE
WORK CARRIED OUT BY
TIME SERVED TRADESMAN
CITB REGISTERED ROOFING ASSESSOR
TEL: 01485 544279 MOBILE 07825415040
E MAIL davepearcenol@aol.com
www.davidpearcerooftingservices.com



Heacham Foot Health Clinic

- ▶ professional foot care service
- ▶ clinics held at Heacham and Hunstanton
- ▶ HOME VISITS AVAILABLE

Tel: 01485 570512
 Mobile: 07767 733838
JANET PITKIN DipCFHP, MPSpract
 West Norfolk Mind, Poplar Avenue, Heacham

Parking Disabled Access

WEST NORFOLK

STEAK NIGHT - EVERY THURSDAY

Thursday evening is our special steak and grill night which offers fantastic value for money!

4oz Fillet Steak	£11.95
6oz Sirloin Steak	£11.95
8oz Rib Eye Steak	£14.95
6oz Rump Steak	£9.95
Pork Loin Steak	£9.95
Lamb Leg Steak	£10.50
Chicken Fillet	£8.95

Served With Grilled Tomato, Mushroom, Chips, Peas and Onion Rings.

Add a Sauce for £1.95
Stilton or Peppercorn.

Add a Starter for £3.99
BBQ Chicken Wings - Soup of the Day - Chicken Liver Pate.

Add a Dessert for £3.99
Sticky Toffee Pudding - Ice Cream Selection - Chocolate Fudge Cake.

91 Station Road | Heacham | Norfolk | PE31 7AW
 Tel: 01485 570345 W: www.westnorfolkpub.co.uk drinkaware.co.uk

**ANMER VILLAGE SOCIAL CLUB
FILM NIGHT**

Friday 15th June 2018 at 8.00 pm

‘THE GREATEST SHOWMAN’

The highly acclaimed cinema box office success starring Hugh Jackman, Michelle Williams, Zac Efron in the true story of P.T Barnum. A Celebration of the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Venue – Anmer Village Social Club
Admission by ticket - £3 at the door
Doors and bar open 7.30pm
New members welcome

Email: films@anmerclub.co.uk or telephone 01485 579465.
For details of this and other forthcoming events, including trailers of future films, visit our website at:
www.anmerclub.co.uk



ANMER SOCIAL CLUB
FRIDAY 15th JUNE 2018
8.00 p.m.
Doors open 7.30 p.m. Admission - £3

For further details email: films@anmerclub.co.uk
or telephone 01485 579465
or visit our website on:- www.anmerclub.co.uk



**P.G. PLUMBING
& BUILDING**

24 Hour Emergency Service

**Plumbing - Heating - Tiling
Bathroom Installations**

Disabled Adaptation Specialists



54 Marram Way Heacham.
Freephone 0800 2343044 Mobile 07836 506379
(Est 1985)
Payment accepted using Mastercard, Visa & Maestro Cards



Tax Return
Online Services Ltd
for all your accounting needs

Services offered:

- Preparation & filing of Accounts for Self Employed and Limited Companies
- Tax Returns for individuals and businesses
- Payroll Services including Auto Enrolment for pensions
- Rental & Partnership Accounts
- VAT Returns • CIS Returns
- Book-keeping Services

Tel: 01485 601499 Mob: 07766 40 78 99
Fax: 01485 205499
E-mail: karen@taxreturnonlineservices.co.uk
www.taxreturnonlineservices.co.uk

ACCA  

Fullers Body Repair Centre



Unit 10
Cheney Crescent
Heacham
Norfolk
PE31 7BT
T: 01485 570799
M: 07799 118503

Established 1973
E: beautifulbodies@hotmail.co.uk

**Free Estimates • Resprays • Accident Repairs
Corrosion Repairs • Insurance Approved**

Syderstone Village Cinema

with the support of Creative Arts East
Presents:

On Saturday 2nd June 2018

THE POST (12A)

Oscar winners Steven Spielberg, Meryl Streep, and Tom Hanks team up for the first time in this thrilling film based on a true story concerning the Pentagon Papers, top secret documents relating to the Vietnam War. Determined to uphold the nation's civil liberties, Katharine Graham (Streep), publisher of *The Washington Post*, and hard-nosed editor Ben Bradlee (Hanks) join forces to expose a decades-long cover-up. But the two must risk their careers - and their freedom - to bring truth to light in this powerful film.

On Saturday 30th June 2018

DARKEST HOUR (PG)

Within days of becoming Prime Minister, Winston Churchill faced one of his most turbulent and defining trials: to negotiate a peace treaty with Hitler, or stand firm to fight for the ideals, liberty and freedom of a nation. As the Nazi forces rolled across Western Europe and the threat of invasion is imminent, Churchill must withstand his darkest hour, rally a nation, and attempt to change the course of world history. Starring Gary Oldman and Kristin Scott Thomas.

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

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578171 / 01485 578244

Email: cinema@syderstone.com

**WE ARE
MACMILLAN.
CANCER SUPPORT**

militarywives
Choirs
Marham



Marham

Military Wives

Choir

&

Springwood High School's

Big Band

Concert

St. Nicholas Chapel, King's Lynn

8th June 2018

Doors open: 7.00pm for 7.30pm

Interval drinks available

Tickets: £15 Concessions £13

On the door or from

Howard Moore - 01553 675407

Ron Jackson - 01553 670738

Dorothy Pulsford-Harris - 01553 631349

Organized in aid of Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and Isle of Man (804). Also operating in Northern Ireland.



**PIONEER
HOLIDAY PARK**

Pioneer Holiday Park have a small hire fleet with all you need to make your stay with us relaxing and comfortable.

Please call for a quote and availability.

...a family run company looking after you and your family

Pioneer Holiday Park, South Beach Road
Heacham, Norfolk PE31 7BB
t. 01485 570372 • www.pioneerholidaypark.co.uk

H DFA FESTIVAL 3 BY THE SEA Summer Programme

The Hunstanton & District Festival of Arts are delighted to announce the Summer programme for 2018.

There is a wide selection to choose from including lots of live music 'At the Spinney'; Poetry Mornings; a live outdoor theatre performance and a week of one act plays at the Princess Theatre in July.

On Saturday 9th June you will find 'Decades', an acoustic trio playing live on the Spinney at the end of the High Street. 'Autumn Roots', Classic Rock & Country, are on July 7th and Katie Mercer sings solo on August 22nd. Performances start at 1pm and are free.

The Hunstanton Poetry Mornings are now at the Town Hall Chambers on June 12th. 'The Sea' is at 10.30am. Entry is free with refreshments available.

The latest Ceramic Tile project, with tiles designed by the public to be later displayed at the sea front, will be launched in conjunction with Paint Me Ceramics on Sunday 24th June at Hunstanton's Carnival on the Green.

The Hunstanton Drama Festival of One Act Plays is at the Princess Theatre and runs from Thursday to Sunday July 5th-8th with two matinees on the Saturday and Sunday at 2.30pm. Here

is a chance to see the best amateur drama groups from all over the Eastern Area performing under one roof. The final 'Red Carpet Night' includes performances from the winning entries from the Youth Dance Festival held in May. Tickets £9.00 from the theatre on 01485 532252 or www.princesstickets.co.uk.

On Friday 3rd of August at 7.30pm, Heartbreak Productions present 'Pride & Prejudice' (their way) in the grounds of Thornham Village Hall. Tickets cost £12.00 or £10.00 and are available from Hunstanton Tourist Information Office 01485 532610. Please bring warm clothing, food and a chair.

The Annual 'Picnic on the Green' with the Town Concert Band will take place on Sunday August 26th from 2-4pm. This year there's a 1940s theme, so dress up and bring a hamper and some seating and enjoy this free treat. There will be sideshows and games as well.

Further information can be found in the latest Festival 3 brochure now available in shops or via the website at www.hdfa.org.uk

Ringstead Village Club

Ringstead Village Club meet once a month (except August) on the first Thursday of the month, at 2pm, in the Village Hall, High Street (next to the Gin Trap Inn). You don't have to live in the village to come along to our meetings, everyone is welcome. We invite a variety of speakers throughout the year to come and give talks on a wide variety of subjects; there will be something to interest everyone.

The speaker for our meeting on **7th June** is Elaine Calvert, who will give a talk on her time as a prison officer.

The meeting on **5th July** will be a strawberry tea.



S & J Partyka Ltd (plumbing & heating)

a family owned local business with over 30 years experience
"you can count on us for a professional service"

01485 570688 - 07831 776881
partyka.plumbing@gmail.com

all plumbing and heating work undertaken

- from a new tap washer to a full bathroom installation
- from a new radiator valve to a full heating system
- new gas boilers fitted
- boiler servicing
- central heating power flushing

water - gas - oil - air source



"all work fully guaranteed"



Scrappy Cat Crafts

Art & Craft Supplies

Classes in Card Making
Personalised Cards Made to Order

5 Old Church Rd., Snettisham, PE31 7LX

Open 10-4 Tuesday, Thursday, Friday
(Closed for Lunch 12 -1.30)
10-1.30 Wednesday 10- 2 Saturday

www.scrappycatcrafts.co.uk | 01485 298017

The complete printing solution
clanpress
www.clanpress.co.uk

Visit our
NEW website

- Digital Asset Management
- Web to Print
- Bespoke Online Ordering
- Long Run Litho Printing
- Short Run Digital Printing
- Large Format Poster Printing
- Roller Banners and X Banners
- Outdoor & Indoor Signage
- Exhibition Displays
- Flyers & Postcards
- Brochures, Leaflets and Folders
- Business Stationery
- Parish Newsletters
- In-House Binding & Finishing

t: 01553 772737
e: info@clanpress.co.uk
w: www.clanpress.co.uk

1 Dundee Court Hamburg Way
King's Lynn, Norfolk PE30 2ND

Burnham Market Craft Fair

Burnham Market Craft Fair (which is now its 43rd year) will be held on Saturday 18th August.

This popular event is entirely run by volunteers, with stallholders donating a small percentage of their day's takings to the fundraiser. The funds raised are then distributed to local good causes, who support the local community or promote community interaction through services, facilities, clubs or societies.

This year's craftspeople have been selected from nearly 200 applications and have been hand-picked for quality and variety. Traditional, local and regional crafts will be displayed alongside items by local artists, designers and artisans on over 100 stalls in the centre of the village, on the greens, from 10.00am to 5.00pm.

Stalls include original art, jewellery, plants, textiles, ceramics, cards, woodwork, pottery, basketwork, sculpture, furniture, glassware, photography, aromatherapy, leather-craft, metalwork and more.

There will be a traditional Hog Roast; face-painting and a Punch and Judy Show will entertain children throughout the day. There are several refreshment stands, plus tea and cakes at St Mary's Church, Westgate and, of course, the permanent good eateries and specialist shops that make up this charming and attractive village.

Ample parking is available in the new North Street car park, on the Creak Road Playing Field, or why not come into the village on the Coastliner bus?

(Enquiries regarding the Craft Fair to; Lucinda Reddyhoff. Email: lucinda@theburnhammarketcraftfair.co.uk or Tel: 01485 529282).



**Burnham Market
Craft Fair**

Sat 18th August
10am - 5pm

Over 100 stalls with hand-crafted goods.

- * Original Art * Jewellery * Textiles * Ceramics * Cards & Gifts
- * Woodwork * Pottery * Basketwork * Ropework * Sculpture
- * Glassware * Aromatherapy * Leather-Craft * Metalwork



PLUS

- Hog Roast Stall, Ice Creams, Refreshments, and more!
- Punch & Judy and Face-painting to entertain children throughout the day.

PLENTY OF PARKING
ON THE PLAYING FIELD NEAR THE NELSON PUB OFF CREAK ROAD

www.theburnhammarketcraftfair.co.uk

BURNHAM PROPERTY MAINTENANCE

For all your property repairs & maintenance

Incl. Total Renovations & Refurbishments

All Brickwork - Woodwork - Plumbing

Electrics - Plastering - Decorating

Fencing & Patios

**YOUR ONE-STOP REPAIR
& MAINTENANCE SHOP**

**Free Quotations & Prompt Service
NO JOB TOO SMALL**

Call Brian on
Mob: 07903 138251



**CHRIS
PALMER**

Plumbing-heating-gas services

Boiler servicing-repairs-breakdowns
and replacements

Bathroom and shower room installs

Gas Safe registered

Fully insured



ATAG
HEATING TECHNOLOGY



**MITSUBISHI
ELECTRIC**
DOMESTIC HEATING SYSTEMS

07798 635 860 01485 571 363
chrispalmer333@gmail.com

The King's Lynn Samaritans benefits from Heacham Manor Captains Day

Heacham Manor Annual Captains Day took place on 21st April to welcome in the captains and raise money for the King's Lynn Samaritans.

The day was sunny and warm despite the ever present Norfolk coast wind which increased through the day. 44 golfers competed in an enjoyable social day.

The main event format was a combined team event with the best 3 scores out of 4 on each hole counting. An individual stableford competition was also held in conjunction with the team event. 11 teams competed with Nick Searle (Men's Captain), Sophie De Winton (Ladies Captain), Paul Sykes (Seniors Captain) and Chloe Tarbard (Junior Captain) off first with solid drives in-front of the spectating members.

A. E. WALLIS
Television and Cycle Retailer

EUROSONICS

We are members of Europe's biggest independent electrical buying group

Dealership of Quality

TV's, Video's and DVD's,
Washing Machines and Tumble Dryers,
Cookers, Built in models and so much more.

Cycle Sales
Cycle Spares
Cycle Repairs
Cycle Hire

34/40 High Street Heacham 01485 570303/ 571683

1939 A E WALLIS 75 YEARS OF SERVICE 2014



Searles Golf Club



Summer Twilight Special

Summer twilight deals NOW available
Discounted Golf after 3pm 7 Days a week

9 Holes for only £12.00 or
Purchase a book of 10 Rounds
for £80

The perfect way to unwind
after a hard day at work!

call: 01485 536010

www.searles.co.uk/golf



Searles Golf & Country Park,
South Beach, Hunstanton PE36 5BB

part of SEARLES LEISURE GROUP

The eventual team winners were last year's Captain Simon King, Searles Director Paul Searle, with member John Shackloth and senior Dennis Snell with 118 points. The runners up, just 3 behind on 115, were Giles Debenham, Christine Hughes, Graham Dark and Ben King

The individual tournament was won by Jon Gibson with an amazing 44 stableford point, Robert Dicks took the runners up place on 39 points. Ladies Captain, Sophie De Winton, took the win in the ladies with an excellent 42 points, beating junior Captain Chloe Tarbard into 2nd on 32 points.

A raffle with a superb prize table along with golfing fines, purchased mulligans and entry fees, helped raise nearly £725. The charity auction with items such as Golf at Thetford, Royal Norwich, Sheringham and Hunstanton Golf Clubs amongst others, helped raise a further £560. The total amount raised for the Samaritans Charity was £1,285.

L to R -
Captains Drive
in: Nick Searle,
Sophie De
Winton, Paul
Sykes, Chloe
Tarbard.



SILVER SANDS PUB NORTH BEACH

Take a stroll down to the promenade and drink with the stars.

We are now open daily throughout the summer from 12 till late.

We provide meals being served from 12 till 9pm: Thursday Steak Night Special, Friday Night Curry Night Special, Sunday Traditional Family Roast.

Entertainment every Saturday from 9pm, our acts this month are:

June	2nd	Carol-Anne
June	9th	Harriet Marie
June	16th	Shaun Hotson
June	23rd	Bondi
June	30th	Matt Pierce

You can follow us on Facebook at – Silversands or for more info ring Tel: 07779011937. We are a family run establishment and welcome all customers old & new.

Junior Golf Rocks at Searles

Searles Resort Golf Club were pleased to hold two free golf days over the Easter School holidays with great success.

On April 9th we welcomed boys and girls for free coaching, golf and buckets of balls on the range. PGA Professional Ray Stocker ran lessons in the morning with 33 children of all ages taking part, some with experience and others trying the game for the first time.



The fun day started with tuition on the driving range and moved out onto the putting green where all the children entered a putting competition. All the children received a goody bag, certificate and had a great day.

On April 15th, the England Golf initiative, Girls Golf Rocks came to Searles, with 16 girls taking part in a 2 hour FREE Coaching session introducing them to the game in a relaxed and friendly atmosphere. Lots of fun was had by all the girls and 11 signed up there and then to a 5 week follow-on course. Proving at Searles, Girls Golf Does ROCK!

Thanks must go to all involved in both sessions, including PGA Professional Ray Stocker, Golf Assistant Karen Callow and special thanks to Junior Ambassador Chloe Tarbard who checked all juniors in on both days and assisted in coaching, showing the new golfers what can be achieved with regular coaching.

Ray Stocker runs junior golf classes every Sunday morning at 10am for just £4. If potential junior golfers have not attended the two days above, they are welcome to come along and join in!



Groups of Junior golfers enjoying their first taste of golf!

United Services Club Homefields Road, Hunstanton

Entertainment for the month of June 2018

- Fri June 1st – 8.30pm: Country night with 'Country Mile'
- Sat June 2nd – 8.30pm: Dancing to 'Take Two'
- Fri June 8th – 8.30pm: Dancing to 'Chandler Green'
- Sat June 9th – 8.30pm: Dancing to 'Shane Gould'
- Fri June 15th – 8.00pm: Quiz Night with food £3 per person.
- Sat June 16th – 8.30pm: Dancing to 'Hi Definition'
- Fri June 22nd – 8.30pm: Jimmy Jermain as 'Cliff Richard'
- Sat June 23rd – 8.30pm: Dancing to 'Mark Steel'
- Fri June 29th – 8.30pm: Dancing to 'Corey Lewis'
- Sat June 30th – 8.30pm: Dancing to the 'Lawrie Haley duo'

Dick Melton Sunny Hunny

CROSSWORD SOLUTION

Across

1. Lower lip
5. Damson
9. Overcast
10. Emboss
12. Underdone
13. Hotel
14. Bare
16. Maureen
19. Firearm
21. Peer
24. Imbue
25. Rhymetime
27. Enamel
28. Bewilder
29. Sleuth
30. Streamed

Down

1. Look up
2. Wieldy
3. Racer
4. In-store
6. Almshouse
7. Short leg
8. Nestling
11. Helm
15. Abasement
17. Officers
18. Cribbage
20. Mere
21. Payment
22. Wisdom
23. See red
26. Exile

Solution to
120
SUDOKU

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

Serenity

natural healing centre

Offering a wide range of holistic treatments to help you

Relax, Balance & Heal



Crystal Cave

Earth's gifts and natural products

Large selection of crystals, fossils, aromatherapy products, holistic and spiritual gifts.

Pop in for helpful advice and friendly service or call to make an appointment: 01485 535 321

Open 7 days a week

34 Westgate Hunstanton
(opposite the Library & Bus Station)

www.crystalcaveandserenity.co.uk

Searles Golf Club Captains Day raised over £500 for NARS

On Saturday 14th April, the Annual Searles Captains 'Drive In' took place at Searles Golf Course with members welcoming Searles Lodge owner David Cox as Men's Captain for his 2nd year, new Ladies' Captain Samantha Gooderson and Peter Wills as new Seniors' Captain.

The weather was ideal with no wind and warmer weather despite prior poor weather. A great time was had by all 45 competitors, with local members as well as owners mixing together and creating a great atmosphere on the Searles Resort Course and in the Fountain Sports Bar.

A fun but competitive team event took place with the best two stableford scores out of a team of three counting on each hole and all 3 scores on the par threes; the team event was won by Keith Whiting, Ali Fleming and Tony Holt with 44 points. Additional prizes had been provided by Ladies' Captain Samantha Gooderson for the best ladies score on the day. With Sue Fleming, Angela Bissett and Junior Rebecca Chesterman all on stableford 18 points, they shared the prizes provided. Warren Bates also won the Captains Prize for the most Birdies on the day with two.

Along with a putting competition and raffle all in aid of charity, all competitors cheered on their horses with a Grand National sweepstake in a packed-out Fountain Sports Bar.

A total of £514 was raised for NARS the Norfolk Accident Rescue Service, the 2018 Searles Captains Charity.

Getting involved in this welcoming community of golfers is easy. Searles PGA Professional Ray Stocker is available to introduce you to the basics of the game and membership costs just £399 for a full year's golf. Call 01485 536010 or visit www.searles.co.uk/golf for more information.



Photo (left to right): Captains Drive: Peter Wills, Samantha Gooderson, David Cox.



Competition winners: Samantha Gooderson, Angela Bissett, Rebecca Chesterman, Sue Fleming, Keith Whiting, Ali Fleming, Tony Holt and David Cox.



Phone: 01553 606555

Mobile: 07447 748356

Chris Barney.

www.cjb-computing.com

For all your computing needs,
Tuition, Networking, Broadband,
New and Reconditioned Computers,
Repairs, Upgrades, Servicing, Inspection
Virus and Malware Removal.



HOTEL RESTAURANT GOLF
HEACHAM MANOR

"Norfolk's Most Exciting New Club"
English Club Golfer issue 59 March 2014




- Open to all golfers • Superb greens
- Challenging 18 hole golf course
- Membership available • Societies Welcome

**Twilight Golf Pass only £125
for UNLIMITED golf after 3pm**

7 days a week between 1st June & 31st August.

Twilight Specials June to August.
18 holes after 3pm from just £18.00pp
or two people with a buggy from just £23.00pp

Heacham Manor Hotel
Tel: 01485 536 030 www.heacham-manor.co.uk
Hunstanton Rd, Heacham, West Norfolk PE31 7JX

CARPET CLEANING OVEN CLEANING

Sofas & curtains cleaned

Quality, regular, reliable service

**Conservatory Cleaning,
Window Cleaning,
Patio Cleaning,
Gutter & Facia Cleaning
& Wheelie Bin Cleaning**

Proud members of
Checkatrade.com
Where reputation matters



Cleantech
Professional Clearing

(Cash, card & cheque payments accepted)

Call Mike on 01485 609223
daily 7am - 10pm • 7 days a week

PARISH COUNCIL MEETINGS IN BRIEF

The meeting on 15th May was the Annual Parish Council Meeting, which dealt with the election of the Chairman and the re-establishment of Committees. It is traditional for the Chairman and Vice-Chairman to serve for two years; Mr Terry Clay has been appointed as Chairman for his second year and Mr Chris Moore as Vice-Chairman.

The following Committees were re-established en bloc; Finance & General Purposes, Community Building Project, Lighting & Watching, Natural Environment, Old Friends Hall Management and Community Activities. Committees will elect Chairmen at their first meetings.

Vacancy: There is currently one vacancy for a Parish Councillor. A number of people have expressed an interest in standing, so co-option will be an agenda item for the June meeting.

Grass cutting: The Parish Council continues to receive complaints about the standard and frequency of the Borough Council's grass cutting in the village. The Council urges residents to make the Borough Council aware of any grass cutting issues by contacting them on 0800 253 2687 or cleanup@west-norfolk.gov.uk. The Parish Council are only responsible for the grass cutting at the Recreation Ground, Brays Pit, the Head of Common and a section of Woodside Close. These are cut by Contractors not the Borough Council.

The next Full Council meeting will be held on Tuesday 19th June at 7.00 pm at the Parish Council Office.

!!WANTED!!

PARISH COUNCILLORS

The Parish Council has one vacancy, which needs to be filled before it is back to full strength with 17 members.

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



HEACHAM COMMUNITY BUILDING PROJECT

Heacham Parish Council & Heacham Youth and Community Trust would like to thank all those who returned the voting slips regarding the Dairy Building.

The votes were counted on Saturday 28th April with the Clerk recording, with Mr Clay and Mr Jennings to witness the count.

The voting was as follows:

Number of votes cast 593

Number of votes for the retention of the building 388

Number of votes for the demolition of the building 193

Number of spoilt papers 7

Number of duplicated papers 2

NEW PARISH COUNCILLOR SAMANTHA PRATT



I moved with my husband and daughter to Heacham on a very cold Thursday in January 2017. One of the best things I've ever done.

We had been looking to move here for 3½ years but with one thing or another it just wasn't happening. However, thankfully it all came together at last and here we are.

My aim on moving to Heacham was to learn more about the village and become involved in the local community. So last year I helped set up a Charity to raise money to buy Defibrillators for Heacham. In January I got a job working in the village and now I've joined the Parish Council. I love living here and I hope that by being involved as I am I can help the village to stay the wonderful place that we've chosen to live in.



Heacham Carnival Parade and Fete 2018

SUNDAY 5th AUGUST

***** DON'T FORGET TO REGISTER YOUR FLOAT *****

Application forms available from the Parish Council office,
the Library and the Social Club

The carnival collection for this year has been
awarded to Heacham Minors.

Any queries should be addressed to:
Heacham Parish Council Office

Jubilee Clinic Pound Lane Heacham
Norfolk PE31 7ET

Tel/Fax 01485 572142

Email: heachampe@btinternet.com

Website: heacham.norfolkparishes.gov.uk

Open Tuesday - Friday 10.00am-12 noon.

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

OPEN MON - 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 07920 286638

PARISH LIBRARY 571928

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

HEACHAM POST OFFICE 570330

OPEN MON - FRI 08.30 TO 17.30 SAT 09.00 TO 13.00

EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

NHS Helpline 111

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

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

POLICE 101

SAMARITANS 01553 761616

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRIC 0800 3163105

ANGLIAN WATER 0345 7145145

GAS ESCAPE 0800 111999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280

OPEN MON TUE & FRI 10.00 TO 17.00 WED 10.00 TO 19.00
 THUR and SAT 10.00 TO 13.00

HEACHAM CHALK PIT RECYCLING CENTRE

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

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

HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

HEACHAM HALLS

Public Hall 570776

Pine Residents Hall, Wilton Road Pat Toppin 779208

Methodist Church Hall, Station Road Mike Careless 570363

St Mary's Church Hall, High Street Mon - Fri 10am to 12noon 572539

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

Lynx Coastliner No.36

(Please follow old Coasthopper signs for the new Lynx service)

Lynx (lynxbus 34 & 35) & Coastliner (36)

Service 34, 35 & 36 (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd

0654 & 0709 first buses to King's Lynn then 4 an hour from 0729 0704, 0808, 0843 first buses to Hunstanton then hourly from 0908

Service 34 - (Mon-Sat)

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

0709, 0759 first buses to King's Lynn then twice hourly from 0829

0722 first bus to Hunstanton then twice hourly from 0828

Services 34 & 35 (Sundays)

A shared twice hourly service.

0914, 1004 first buses to King's Lynn then 4 mins past the hour

0843 first bus to Hunstanton then hourly from 0933

Smithdon High School Bus

Service 10

Via:- Lodge Road, Station Road

0755 to Smithdon School

1512 from Smithdon School

Service 34 & 36

0758 to Smithdon School

1515 from Smithdon School

Bus Enquiries

www.lynxbus.co.uk

Tel: 01553 611955

WNCT - DIAL-a-BUS Service

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

For more information, Cost of Fares, a Membership form or to book

Tel: 01553 770310

Main pick up points for The Heacham Newsletter.

First Saturday of each month except January.

Jennings, Ridouts Bakery, Post Office, Parish Council Office, Church, McColl's, Tesco's, Heacham Fish Bar

MOBILE LIBRARY

ROUTE WEL 124 4th/18th	(Mondays) June	ROUTE WEL 123 11th/25th
---------------------------	-------------------	----------------------------

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
ROLFE CRESCENT	13.55	SUNNYSIDE	14.15
WOODEND ROAD	14.15	MEADOW RD	14.40
GIDNEY DRIVE	14.30	POPLAR AVE	15.25
BANKSIDE	14.50	GYMKHANA WAY	15.45
MARRAM Way/Norway CL	15.05	JENNINGS CLOSE	16.10
MARRAM Way/Spruce CL	15.20	COLLEGE DR/Gonville	16.45
MARRAM Way/Neville RD	15.35		

Top 2 Tail Dog Grooming.

Debbie Smith

**43 York Avenue,
Hunstanton,
PE36 6BU.**

**01485 532626
07539 608500**

enquiries@top2tail-hunstanton.co.uk





Do you suffer with back pain?

Reflexology is a non intrusive treatment to ease the pain and support the healing process.



Call Mark for more information or to book your first session on 07568145151

Mark Williamson MFHT

Email is: mark@thewellbeingpeople.co.uk

Website: www.thewellbeingpeople.co.uk

