



# THE HEACHAM NEWSLETTER

## November 2019

This newsletter reflects the views of its contributors, not necessarily those of the editors, sponsoring body or advertiser.



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



### SERVICE OF REMEMBRANCE



This year's Service of Remembrance and Wreath Laying Ceremony will be on Sunday 10th November 2019 starting at 9.45am at St Mary's Church with the Wreath Laying Ceremony following on at 10.45. Please note that the section of road between St Mary's car park and the junction of St Mary's Close/Hunstanton Road will be closed between 10.45am and 11.20am to ensure the safety of attendees.

### Autumn Arts and Crafts Fair

Sunday 17th November  
2.00pm – 4.00pm.

At Pine Residents Hall, Wilton Road, Heacham.  
Proceeds to PRH funds.

Tea, coffee and home-made cakes  
Many handcrafted items for sale

FREE ENTRY

Stalls available at £5

Please contact Pat Toppin on 01485 779208 for details.

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET  
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# your letters..



Blatchford Way

Dear Newsletter

## Fundraising

I often replenish stocks of Snake Plants at Bliss Hair & Beauty here in Heacham. I am very pleased they are proving to be popular and enabling us to raise funds for **Macmillan Nurses**. I have also left a supply of small gift tags for the plants as I understand people are buying them for gifts. One lady said it was an ideal gift for her child to give to her teacher. As long as there is a demand, I plan to keep growing them.

Also, a reminder re: **Used Postage Stamps please:**

If you don't already save your used postage stamps please consider saving them for the **Leprosy Mission**. Funds raised from the stamps help to provide education, medical supplies and treatment etc. We do not get so many stamps nowadays; it is a shame to throw them away when they could help some people have an improved way of life.

Please leave at least ¼ inch/7mm of paper around stamps to avoid damage to perforations.

Stamps can be left at:

The Christian Bookshop Heacham (closed on Thursdays)  
'Bliss Hair & Beauty', High Street, Heacham  
The Community Charity shop, High Street, Heacham

A Big thank you to all those people who already save them for me, it is very much appreciated.

**Doreen Reed**

\*\*\*\*\*



Heacham

Dear Newsletter

## Community & Heritage Building Project

I am disappointed to see that alternative plans for the new building are yet again being touted around. These were rejected by the village long ago, after a vote (open to all residents, with papers delivered door to door by the parish) which was 65% against. Many villagers did not like the idea of a completely new building, while others - myself included - felt that the Parish Council's design made better use of the space.

Some land previously offered for the site will now be withheld by the Youth & Community Trust unless their own design goes ahead. There were unpleasant exchanges at the exhibition for the new building plans, and the exhibition was confusing because they had been given space to show their ideas as well. A leaflet has been widely circulated, and I hear there are calls for a public meeting and a new vote.

The Parish Council are following the wishes of the village, and have done a great job of keeping people informed and asking for views. Please stop this unnecessary and divisive activity.

**A Heacham Resident**  
(Name & address supplied)

\*\*\*\*\*



Dear Newsletter

Heacham

## Heacham Community Building

So, to clarify: a vote was taken as to whether the old dairy building should Remain in or 'Leave' the High Street. Remain won and now 'Leave' supporters are claiming that they weren't given enough information and, as the costs might be different to what was originally promised, we should have a second vote.

Surely the will of the people has already been clearly expressed and further consideration is thus completely out of the question?

My irony detector has just gone off the scale.

**Bemused 'Remain' Voter**

(Name & address supplied)

\*\*\*\*\*



Dear Newsletter

Heacham

## South Beach Parking

I objected to Highways regarding the proposed parking restrictions at Heacham South Beach. My reason being their draconian method went no way to resolving an obvious problem. I was invited and did meet with an official of Highways.

I was told in no uncertain terms that Highways brief is to allow safe transit of the highway and not to provide parking. Indeed, if vehicles were to park on the verge behind the proposed yellow lines, they would be prosecuted.

WELCOME TO HEACHAM.

I also asked about the byway between North and South beaches supposedly open to all traffic. Answer, it is monitored regularly and is in acceptable condition!

Come on Parish Councillors show some support for our beach users, after all it's what most of you came here for!

**Mike Jennings**

\*\*\*\*\*



**Do Something Amazing Today**

Save a Life

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

**Wednesday 20th November 2019 at the Public Hall, Station  
Road. 1.15pm - 4pm and 5pm - 6.30pm.**

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



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'Now You See Them', the latest from Elly Griffiths is now available, the fifth book in the Brighton Mysteries series. Nine years on from book four, where are Mephisto and Stephens now?

Thank you to everyone who supported our successful book clearance over the summer. This has allowed us to bring a new author Steve Burrows to you with the first two of his novels combining Norfolk, Birdwatching and Murder – let us know what you think!

Free access to online services via the public computers is available, and for a small charge, printing service.

**Heacham Library Opening Hours**  
**Monday, Wednesday, Friday - 10am-4.00pm**  
**Saturday - 10am – Noon**



**Sallywags Parent,  
 Baby & Toddler  
 Group**

Way back now, in sunny September days, we started our term printing with

vegetables and painting with blackberries at the craft table. Today as I write, it's grey October skies and so out have come the fluorescent paint and coloured chalks to brighten up a pile of black paper into some very pretty pictures! As you read this in November, I hope all our little angels at Sallywags will have made their own little angels to fly up to the very lovely sounding Angel Festival at St Mary's Church! I look forward to joining the village in going to our church to see Heacham's angelic creations later this month!

I have thank you's to catch up on!:-

Several dear little Sallywags from last year got all big and started schools in Heacham, Hunstanton, Ingoldisthorpe and Snettisham in September! Thank you for our Sallywags smiles Ava, Emily, Finley, Niamh and Yasmin! Happy school days to you all!

A big thank you to Ivan and Maureen Wolf for coming along in October with another brilliant photo session, always a pleasure to see them, and their fantastic photographs! Thank you Rachael Sandle for organising this annual event•(and to Rachael's mum and dad while I think of it, for coming to my rescue with a newspaper pile for our craft table when I ran out - these things are important!)

Thanks also to Tracey for nursery rhyming for me - you know I'm always happy to farm the singing out -• I'm sure everyone else is happy for me to farm it out too!!!!

Sallywags Parent Baby & Toddler Group meet every term time Wednesday at The Scout Hut, Sunnyside, off Caley Street - 9.30-11am. There's paint, play-doh, puzzles, books, a ball pool and more besides! We have a sit down snack at 10 and grown ups can grab a cuppa! We'd love to meet you and your little ones so do drop by for a play one Wednesday! (We ask £2 per family to cover rent, resources & refreshments). For further info please text/call Jo on 07521 447284.

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13th November 2019  
 10am-12noon  
 Tea Coffee  
 Raffle Community  
 Coffee Morning & More K's Savouries  
 Cakes Quiz  
 All Ages Welcome  
 Old Friends Hall Chat  
 Sunnyside off Calvey Street  
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**Fridhem Rest Home**  
 79 Station Road, Heacham, PE31 7BT  
**Christmas Bingo**  
 Monday 16<sup>th</sup> December  
 Eyes down at 7pm

All are welcome  
 All money raised will go to the residents' activity fund

  
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**THE BIG QUIZ -**  
a date for your diary

St Mary's Church, Heacham is hosting a **Tear Fund BIG QUIZ**

on Saturday 16th November

£6 per ticket including simple ploughmans

Tickets available from the Christian Bookshop

**2019 THE BIG QUIZ NIGHT**

**SATURDAY 16 NOVEMBER**

St Mary's Church Heacham **HUNDREDS OF CHURCHES. THOUSANDS OF PEOPLE. ONE BIG QUIZ. inc Ploughman's Supper** £6

6pm

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heacham.church@gmail.com  
The Christian Bookshop 579094  
Veronica Welham 532812  
ver.welham@gmail.com

Please visit [www.tearfund.org/quiz](http://www.tearfund.org/quiz) to find out more.

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www.tearfund.org/quiz  
100 Church Road, Tadlington, Norfolk PE31 1BQ  
T 01493 570349 E info@tearfund.org

**Heacham Carpet Bowls Club**

Remember those mats I mentioned in September, well they're here. It's like Christmas come early. By the time you read this we will have held our first inter club competition, as a knockout, and a good time or challenge to get the new mats to do what we want rather than what they want; get that training in early!

We had teams entered in the West-Norfolk winter tournament at Lynnsport and also in the Inter-Club tournament at Dersingham; those of the super-fast mats but great cake!

Our Christmas Lunch is on Tuesday 17th December - bookings being taken now. As ever we play Tues, Wed, Thurs between 10.15 and noon at the Heacham Public Hall. £1

Alison Bowyer

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**EMAIL : Gardenscapes1@hotmail.com**

**Fridhem Rest Home**  
79 Station Road, Heacham, PE31 7BT

**Christmas Fete**  
Saturday 30<sup>th</sup> November  
2-4pm

Raffle      Tombola  
Games      Christmas  
                Crafts      Wine-bola  
Refreshments

All Money raised goes to our residents' activity fund

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## CHURCHES TOGETHER IN HEACHAM

### “Remembrance”

“We will remember them” – words engraved on countless war memorials and which will be spoken by thousands of people on Remembrance Day this month. They are words which should challenge us to ask the question, “What should remembering involve?” That question was answered by the Greek orator Pericles in the 5th century B.C. He wrote of his countrymen who had died in war.

“Remembrance of them should live on the lips, but also blossom in the deeds of their countrymen. Monuments may rise and tablets set up to them in their own land, but there must be a more abiding memorial that no pen or chisel has traced; it is graven not in stone but in the living hearts of humanity.”

While reflecting on those words, I was reminded of an incident which occurred in 1971 when, in St. Peter’s Rome, a Polish Roman Catholic priest named Maximilian Kolbe was canonized by the Pope. During the Second World War he had been arrested by the Germans for helping Jews and sent to Auschwitz. One evening in July 1941 the Camp Commandant announced that a prisoner had escaped and unless he was captured within 24 hours then ten men would be selected at random and starved to death. The prisoner was not recaptured and the Commandant kept his word. Ten prisoners were made to stand in front of the parade while the Commandant harangued them on the folly of escaping. One of the ten broke down sobbing, “My wife, my poor children”. As the guards prepared to march the doomed men off, there was a sudden stir in the massed ranks of the prisoners and an eleventh man came forward. “What does that Polish pig think he’s doing?”, shouted the Commandant. But the man kept coming, and, standing directly in front of the Commandant, he pointed at the sobbing man, and said, “I want to take the place of that prisoner”. The Commandant glared at him. “Are you mad?”, he snapped. “No”, the man replied. “I am alone in the world, but this man has a family to live for”. The whole camp held its breath while the two men stared at each other. Then the Commandant’s gaze faltered. Looking away he muttered, “Accepted”. And Father Kolbe took the place of the man whose name was Francis Gajowniczek, who eventually survived the war, while Kolbe was starved to death. After Fr. Kolbe’s canonizing ceremony, in answer to a reporter’s question, “How has Fr. Kolbe’s sacrifice affected your life?”, Gajowniczek replied, “Each day I ask God for strength to lead the sort of life which will make his sacrifice for me worthwhile”. The reporter’s question is surely one we should ask of ourselves this Remembrance Day. “How has the sacrifice of the people we are remembering affected our national and individual lives? Are we leading the sorts of lives which made their sacrifices for us worthwhile? We need to reflect on what principles did so many die fighting for?

They fought to uphold justice against those who showed greed for land and power, totally ignoring the rights of others. It’s greed and selfishness which lie at the heart of injustice. All Christians should pray for those leaders in our national life who are seeking to uphold the ideals of justice. And then it is everyone’s duty to uphold in our own individual lives those same principles of justice, asking the question as we remember our war dead, “Am I leading the sort of life which has made their sacrifice for me worthwhile”?

Rev’d John Spencer

### Heacham Parish Church:

#### Sunday Services in November

3rd Nov 10am Holy Communion  
4pm Light and Remembrance Service  
10th Nov 10am Remembrance Service  
4pm Praise Service 17th  
Nov 8am Holy Communion  
10am Morning Prayer  
23rd Nov 10-12noon Messy Church  
24th Nov 10am Morning Prayer  
4pm Prayer and Afternoon Tea

#### Service of Light and Remembrance

#### Sunday 3rd November at 4pm



Everyone is invited to this special service during which we remember those who have died in a quiet reflective service with candles lit in their memory.

#### Christmas Day Lunch

We are pleased to say that there will be a Christmas Lunch on Christmas Day in the Church Hall at 12.30pm for those who would otherwise be on their own. Transport can be provided where needed. For more details and to book please contact Mary Sanders• tel; 570264.

#### Christmas Dates for your diary

Village Carol Service is on Sun 22nd December at 6pm.  
Christingle Service is on Christmas Eve at 4pm.

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

Methodist Church	Rev’d	Stephen	Oliver
		570232	
St Mary’s	ChurchRev’d	Veronica	Wilson
		570697	
St Mary’s Church	Office	Tuesday-Friday	10-12noon
		572539	

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

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### HEACHAM METHODIST CHURCH

#### November 2019

#### Sunday Services: 10.30am Morning Worship

3rd November Rev Steve Oliver Holy Communion  
10th November St Mary’s 10am  
17th November Sheila Johnson  
24th November Church Fellowship Service

#### Remembrance Service

ON the 10th November we shall share in the village Remembrance Service at St Mary’s Church at 10am. This means there is NO Service at the Methodist Church. **Please note the earlier time of 10am.**

#### Midweek Communion Service

The November Midweek Communion Service will be on Wednesday 13th November at 10.30a.m in the church hall, conducted by Minister Rev. Steve Oliver. If you love the Lord you are welcome to this service.

#### Bible Study

The Bible Study Group will continue its journey through the Acts of the Apostles on the 14th and 28th November at 10.40am. New members are always welcome to come and join what is a lively discussion group, led by Rev. Steve Oliver.

#### The Fellowship

The Fellowship is an afternoon meeting for everyone with guest speakers on various topics. The speaker on the 12th November is Joanne talking on “Buttons” and on the 26th, Elizabeth from Dersingham. The meetings start at 2.45pm.

### Social Evening

After summer outings and meals, the social evening returns with a winter quiz by Val Fisher. All welcome at 7.30pm on Thursday 14th November,

### Short Mat Bowls

A reminder that short mat bowls now meets every week on Friday afternoons from 2.30 – 4.30pm. Why not come and join us for a fun and competitive afternoon.

### Early Christmas? – Don't miss

Two of our Christmas events are before the next edition of the Heacham Newsletter so make a note in your diary/calendar so as not to miss them.

### Lighting of Christmas Tree

Once again at enormous expense the Church is putting some sparkle into the village by lighting a Christmas tree outside the Methodist Church throughout the Christmas season. The official lighting will be on Friday 6th December at 6.00pm; this includes singing of carols, mulled wine and mince pies.

The second event is "Carols and Cake" on Saturday 7th December at 3.30pm. Come for an afternoon of Carols, Christmas songs, Bible readings and Poems followed by a festive tea. Everyone is welcome to these early Christmas events.

### Midweek Activities

- Tuesday - Open Door 10 – 12 noon. Weekly  
- Hands & Needles 7.30pm on the 12th & 26th  
- The Fellowship 2.45pm on the 12th & 26th  
Wednesday - Midweek Communion 10.30am on the 13th  
Thursday - Bible Study 10.40am on the 14th & 28th  
- Social Evening 7.30pm 14th November  
Friday - Short Mat Bowls 2.30pm. Weekly.

### Early Christmas events

Christmas tree lighting 6pm on the 6th December  
Carols and cake 3.30pm on the 7th December.

**COME AND JOIN US FOR OPEN AIR  
COMMUNITY CAROL SINGING  
AROUND THE CHRISTMAS TREE**



**HEACHAM METHODIST CHURCH  
FRIDAY 6th DECEMBER 2019 6.00pm**



**Next Messy Church:  
Saturday 23rd November  
10:00am - 12 noon  
Heacham St Mary's Church**

For further information, contact:  
Veronica  
01485 570697  
Penny  
01485 572539

Website:  
heacham.net  
sham.org.uk



### **Hunstanton Catholic Parish**

The Harvest Lunch at St Cecilia's on Wednesday 2nd October was a great success with 39 people partaking of the delicious food and good company on offer.

The Hunstanton Parish Ladies Shared Lunch will be at NOON on Saturday 9th November 2019 at St Cecilia's. The U3A Handbells Group will be entertaining us. Some audience participation may be expected! The person to contact is Pat Watts – tel: 01485-609052 / email: pat.watts@tiscali.co.uk for more information.

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 fairly 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 during the colder months** are 10am at St Theresa's Convent, 27 Sandringham Road, Hunstanton on Monday, Tuesday, Thursday and Friday. Wednesday mass is at 10.15am at St Cecilia's, Dersingham.

**Sunday Masses** are 9am at St Cecilia's, Mountbatten Road, Dersingham and 11am at the **Parish Church of Our Lady of Perpetual Succour & St Edmunds**, Sandringham Road, Hunstanton. The Parish telephone number is 01485 534675.

If you require a Priest urgently please telephone V. Rev Canon Peter Rollings on 01553 772220 or email: [parishpriest763@gmail.com](mailto:parishpriest763@gmail.com)

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

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COME AND JOIN US

AT

HEACHAM METHODIST  
CHURCH

DECEMBER 7<sup>th</sup> AT 2PM

FOR

CHRISTMAS CAROLS (AND TEA OF COURSE!)

AND

DECEMBER 10<sup>th</sup> AT 6PM

CHRISTINGLE FOR ALL AGES



# hope

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*1 Peter 1:3*

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### St Mary's Church, Heacham



#### Festival of Angels

Heacham Parish church would like to invite you to help us to create a display of Angels in our church for December, we hope to be able to fill the church with a host of Angels, they can be any size large or small, the larger the better as there is a lot of space to fill in the church.

We want to invite the community of Heacham, individuals, families, as a group of friends or an organisation to join us and make a display of Angels. They can be made from anything you like, any size and any colour. We will keep the display of Angels up over Christmas, so that anyone can enjoy them.

The festival will start on Saturday 30<sup>th</sup> November with a Christmas Craft fair to be held in the church from 10-4.

For further information about having a display of angels or a stall at the craft fair, please contact the church office: 01485 572539 or [heacham.church@gmail.com](mailto:heacham.church@gmail.com)

## TIDE TABLES FOR NOVEMBER & DECEMBER 2019

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT)										
Nov 2019					Dec 2019					
Date	Morning		Afternoon		Date	Morning		Afternoon		Time
	m	Time	m	Time		m	Time	m	Time	m
1 F	08 39	7.3	20 50	7.0	1 SU	09 04	6.5	21 02	6.7	
2 SA	09 21	6.7	21 27	6.5	2 M	09 47	6.1	21 40	6.3	
3 SU	10 09	6.1	22 09	6.1	3 TU	10 37	5.7	22 29	5.9	
4 M	11 14	5.5	23 14	5.6	4 W	11 44	5.3	23 40	5.6	
5 TU			12 36	5.2	5 TH			12 55	5.2	
6 W	00 41	5.5	13 51	5.3	6 F	00 54	5.6	14 00	5.5	
7 TH	01 55	5.6	14 57	5.6	7 SA	02 00	5.7	14 57	5.7	
8 F	02 56	5.9	15 50	6.1	8 SU	02 56	5.9	15 44	6.1	
9 SA	03 46	6.3	16 33	6.4	9 M	03 43	6.3	16 25	6.4	
10 SU	04 27	6.7	17 08	6.7	10 TU	04 27	6.5	17 04	6.7	
11 M	05 05	6.9	17 38	6.9	11 W	05 11	6.8	17 41	6.9	
12 TU	05 41	7.0	18 11	7.0	12 TH	05 54	6.9	18 19	7.0	
13 W	06 18	7.1	18 44	7.1	13 F	06 36	7.0	18 56	7.1	
14 TH	06 56	7.1	19 17	7.1	14 SA	07 19	7.1	19 34	7.1	
15 F	07 33	7.1	19 48	7.0	15 SU	08 01	7.0	20 10	7.1	
16 SA	08 08	7.0	20 20	6.9	16 M	08 45	6.9	20 50	7.0	
17 SU	08 47	6.8	20 57	6.7	17 TU	09 32	6.7	21 36	6.8	
18 M	09 34	6.4	21 43	6.3	18 W	10 29	6.3	22 31	6.4	
19 TU	10 34	5.9	22 43	5.9	19 TH	11 39	6.1	23 40	6.3	
20 W	11 58	5.7			20 F			12 52	5.9	
21 TH	00 06	5.8	13 27	5.8	21 SA	00 55	6.3	14 01	6.1	
22 F	01 33	6.1	14 38	6.3	22 SU	02 08	6.4	15 04	6.3	
23 SA	02 43	6.5	15 38	6.7	23 M	03 13	6.5	16 01	6.5	
24 SU	03 41	6.9	16 29	7.0	24 TU	04 13	6.8	16 50	6.9	
25 M	04 34	7.3	17 16	7.3	25 W	05 08	7.0	17 35	7.0	
26 TU	05 23	7.5	17 58	7.4	26 TH	05 59	7.0	18 18	7.1	
27 W	06 11	7.6	18 39	7.5	27 F	06 47	7.0	18 58	7.3	
28 TH	06 58	7.5	19 18	7.4	28 SA	07 31	7.0	19 36	7.3	
29 F	07 42	7.3	19 53	7.3	29 SU	08 10	6.8	20 10	7.0	
30 SA	08 23	7.0	20 28	7.0	30 M	08 47	6.5	20 44	6.9	
					31 TU	09 22	6.2	21 18	6.5	

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Christmas comes to St Mary's Church on  
Saturday November 30th from 10am to 2pm for our

## ADVENT PARTY

Enjoy hot chocolate, munch on Christmas cookies, buy some Christmas gifts, sing along to carols, admire the Christmas wreaths and flowers and experience the joy as our lights go on. Just come and share some pre-Christmas spirit!

No admission charge      [www.stmarychurch.org](http://www.stmarychurch.org)

The concert by The Sapphire Singers (Tickets £10.00 each) follows at 2pm with the switching on of our Christmas lights at 4pm and mulled wine and mince pies will be served.

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## Ward Gethin Archer raise funds for Norfolk and Waveney Mind

Ward Gethin Archer's Heacham office raised funds for Norfolk and Waveney Mind at Heacham Carnival. £130 was raised from a tombola with the donation fund topped up to £200 by Ward Gethin Archer.

Legal Executive Julie Dear and Solicitor James Macwhirter from Ward Gethin Archer presented a cheque for £200 to Zena Penty and Chloe Taylor from Norfolk and Waveney Mind.

Zena Penty, Volunteer Co-ordinator at Norfolk and Waveney Mind, said: "We would like to sincerely thank Ward Gethin Archer and everyone who supported them at the Heacham Carnival for the donation of £200 which will go towards our services provided at our Heacham Centre."

Norfolk and Waveney Mind is a mental health charity that believes no one should have to face a mental health problem alone. The charity supports people in their recovery.

James Macwhirter, Wills and Probate Solicitor at Ward Gethin Archer's Heacham office said: "As a firm with an office in Heacham, we are really pleased to be able to support a charity on our doorstep that helps people in the local community and across Norfolk and Waveney."

From their office in the centre of Heacham, the Ward Gethin Archer team help local people with a range of legal matters. Anyone with a legal question or needing advice can call 01485 571366 or visit the firm's office at Chancery House, 8 High Street, PE31 7ER.

Ward Gethin Archer is one of the region's largest law firms. The firm's other offices can be found in Chatteris, Dereham, Downham Market, Ely, King's Lynn (Tuesday Market Place and Regis Place), Swaffham and Watton.



From L to R: Julie Dear, Ward Gethin Archer, Chloe Taylor and Zena Penty, Norfolk & Waveney Mind, and James Macwhirter, Ward Gethin Archer.

### The Pocahontas Players

#### 'Freezing in Heacham – The Pantomime'

... and the Fun begins !! Rehearsals have started and here we see Gary our Panto Dame being taken for a ride!



'FREEZING in HEACHAM The Pantomime' written by Warren Marshall and Tom Whybrow!

Tickets NOW ON SALE.

Dates: Thurs January 16th

7.30 pm. Fri January 17th 7.30 pm Sat January 18th - 2pm (matinee) & 7.30 pm

Raised Tiered Seating - Adults £10 - Children 8 years and under - £8.

Stalls - Adults £8 - Children 8 years and under - £6.

Phone - 01485 570402 or 01485 571267 to Book your tickets.

Look out for The POSTER in December issue of Heacham Newsletter and Local Businesses.

Thank you.

from Heacham's Drama Group The Pocahontas Players

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Based in Heacham

## Cakes galore as Extra Hands raises cash for Macmillan

There was cake of just about every description at a fundraising coffee morning organised by a West Norfolk company on Friday.

Staff at Extra Hands home care have been busy baking for the annual event to raise money for Macmillan Cancer Support, and their efforts proved popular at the gathering held at Heacham Church Rooms.

“We had a wonderful morning in Heacham and it was nice to enjoy a cuppa and cake while helping a great charity,” said manager Lynda Hilliard. “It is the latest in a number of events we have hosted this year to ensure our older residents, service users, friends and families have the chance to socialise and chat with other people,” she added.

The coffee morning offered plenty of choice for visitors, and the array of tasty cakes proved to be incredibly popular and a total of £150 was collected for the charity by Extra Hands, which also held an event at its offices at Horsham St Faith.

The Extra Hands Heacham office was rated Outstanding by the Care Quality Commission earlier this year and the multi-award winning family-run company provides services across the county.

It is the sixth year Extra Hands, with offices in Heacham and Horsham St Faiths, have taken part in the Macmillan coffee morning and the event was one of a number organised during the year so far to raise money for charity while bringing service users together for a social event.

The company offers a range of packages supporting independence, from brief well-being checks to multiple daily home calls to clients who need more help.



Photo. From the left: Lynda Hilliard (Heacham Manager),

Tyrnaia McGinn (Extra Hands),

Viv Harris (guest), Justin Mayes (Training Manager) and Stella Cassin (Extra Hands).



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**NEWSLETTER SUDOKU**

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

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



**The Royal British Legion  
Heacham Branch**

Dear Parishioners



Once again Remembrance Sunday is upon us. It is a time when, throughout our hectic lives, we allow ourselves time to remember those who paid the ultimate sacrifice for our freedom and have continued to do so in more recent conflicts.

We also remember those who survived, but who bear the scars, both physical and mental, of their unselfish actions to enable us to enjoy our present lives. A loss to a family is still as traumatic now as it was in those dark days of our two world wars. Let us remember them all and be eternally thankful to them.

**WE WILL REMEMBER THEM**

If you wish to pay your respects, please join us on **SUNDAY, 10th NOVEMBER at the Parish Church (09.45am) and at the Memorial afterwards (10.45am).**

May I also take this opportunity to remind you that poppies are on sale at various businesses within the village and any donations will be gratefully received. The monies collected from the Poppy Appeal help veterans and their families, both serving and retired. The village always gives generously. Please help us to meet the ever-increasing demands made upon the Legion.

**WEAR YOUR POPPY WITH PRIDE**

Thank you.

**Marcus Liddington  
Branch Chairman**

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WE REMEMBER MOMENTS

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## Why I wear a poppy?

'Please wear a poppy', the Lady said,  
And held one forth but I shook my head,  
Then I stopped and watched as she offered them  
there,

And her face was old and lined with care,  
But beneath the scars the years had made,  
There remained a smile that refused to fade.

A boy came whistling down the street,  
Bouncing along on care free feet,  
His smile was full of joy and fun.  
'Lady' said he,.. ' may I have one',  
When she'd pinned it on he turned to say,  
'Why do we wear a poppy today?'

The Lady smiled in her wistful way,  
And answered 'this is Remembrance Day',  
'And the poppy there is a symbol for,  
The gallant men who died in the War,  
And because they did, you and I are free,  
That's why we wear a poppy you see'.

I had a boy about your size,  
With golden hair and big blue eyes,  
He loved to play and jump and shout,  
Free as a bird he would race about.  
As the years went by he learned and grew,  
And became a man, as you will too.

He was fine and strong with boyish smile,  
But he seemed with us such a little while,  
When War broke out and he went away,  
I still remember his face that day.  
When he smiled at me and said goodbye,  
'I'll be back soon mum, please don't cry.'

But the War went on and he had to stay,  
And all I could do was wait and pray,  
His letters told of the awful fight,  
I can see it still in my dreams at night,  
With the tanks and guns and the cruel barbed wire,  
And the mines, bullets, bombs and fire.

Till at last at last the War was won,  
And that's why we wear a poppy son,  
The small boy turned as if to go,  
Then said ' thanks Lady I'm glad to know,  
That sure did sound like an awful fight,  
But did your son come back all right'?

A tear rolled down each faded cheek,  
She shook her head but did not speak,  
I slunk away in a sort of shame,  
And if you were me you'd have done the same,  
For our thanks in giving is off delayed,  
Though our freedom was bought and thousands paid.

And so when we see a poppy worn,  
Let us reflect on the burden borne,  
By those who gave their very all,  
When asked to answer their Country's call,  
That we at home in peace might live,  
Then wear a poppy,  
Remember and give.  
Lest We Forget!!



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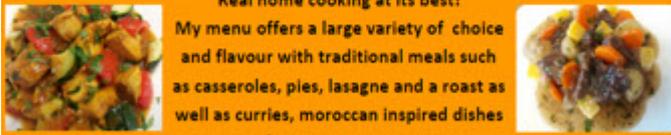
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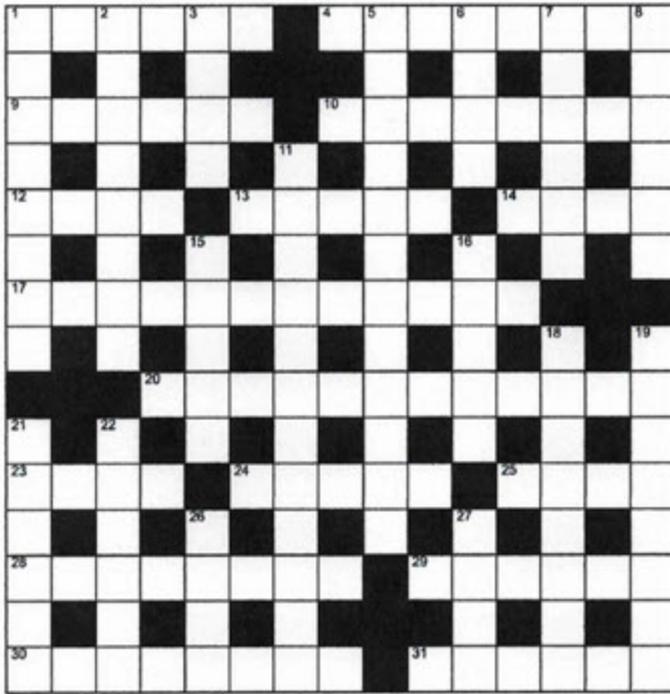
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## NOVEMBER CROSSWORD



### CLUES:

#### Across:

1. Titled woman is a topper! (6)
4. Tutor dumps pupil near a retired master (8)
9. A trail leads to incline (6)
10. Player to put the squeeze on? (8)
12. Team are wanting the Spanish to get level (4)
13. It is displaying no movement (5)
14. Promise might come with house attached (4)
17. Smacks his fist on bag after training (7,5)
20. Objected strongly to Monster Munch being taxed? (12)
23. Frank is yawning (4)
24. Take away one part of what's owing (5)
25. A bit backward at figures (4)
28. An awful lot of stuff to carry (8)
29. Club is created primarily for puzzling (6)
30. Started rally again, but kept to one side (8)
31. Scored and is booked (6)

#### Down:

1. Compromise isn't working after buying and selling (5-3)
2. Strengthen batting (8)
3. Guy sports new tie (4)
5. Get smashing send-off after gaining title (12)
6. There's nothing in procedures, it's said, to signify an error has been made (4)
7. Head might select favourites (6)
8. Decay I see is pronounced in the country (6)
11. Combine great men with cool abandon (12)
15. Lined up a half to knock back (5)
16. Found scissors, finally got cutting (5)
18. Separated, with settlement initially worked out (8)
19. Groundbreaking commercial vehicle overturned last month (8)
21. A pair of coppers report after match (6)
22. Backing cardinal to adopt bishop is rubbish (6)
26. A slight speech defect? (4)
27. Respecting being put in one's place (4)

Solution on page 43



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- > 1 - 2pm Cabaret
- > 3 - 5pm Santa's Grotto
- > 4 - 5pm Raffle Draw

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## Heacham Heritage Exhibition

Our first Exhibition was held on Saturday 21st September in The Public Hall to raise funds for The Heacham

Heritage Community Project.

Doors opened at 10am when the first couple arrived and it was non stop all day until closing at 4pm; over 400 people attended ...amazing.

In the main hall, exhibits included: Heacham Railway, The Buffaloes, Polish Infantrymen in WW2, Sport, St Michaels School, A.E Wallis, Post Office, Fire Station; Vintage Wear and History of the Hall. Also available to buy were DVDs and Notelets.

In the back room, talks were given on Mercedes Gleitze by Andrew Tullett from Norfolk Council, the Zeppelin Bomb on Heacham by Andrew England, and Heacham Singer/Songwriter Steve Smith (Songwolf) who entertained us including songs about Mercedes Gleitze and Heacham Railway... all well attended and enjoyed.

After spending many months scanning and printing photos, newspapers and books, to see everyone enjoying a cup of tea or coffee and a piece of cake sitting round catching up with old friends and enjoying looking at the photo albums and reminiscing, was very rewarding. However, the work must go on, so if you have any photos, memorabilia or family history which you think would be of interest especially about the brickworks, carnival, or any links to previous shops or businesses etc., please contact us at [admin@heachamheritage.co.uk](mailto:admin@heachamheritage.co.uk)

Your feedback has been amazing - thank you.

Some of your comments:-

“We thoroughly enjoyed our visit. It was great to have the opportunity to ask questions, and discover more. We met some of the older generation of Heachamites, who shared with us some of their memories. Thanks to all involved.”

“I had one of the most enjoyable days of my life today visiting this event. Meeting school friends and acquaintances from the past. I felt totally at home again. Loving all the exhibits that brought back wonderful memories to me too. I can't wait until you hold the next one. Please do it again soon and 'Thank You Heacham Heritage' for putting on such a wonderful event.”

“I brought my Dad who has dementia, he loved it, recognised a lot of faces on the photos and met lots of villagers who took time to come and speak to him. Thank you. Please do it again soon.”

“Was brilliant. Saw pictures of my family that I had never seen before; so pleased.”

What else can I say, you have said it all. Only to say from The Heacham Heritage to all who attended, to those who gave up their day to help and for your wonderful comments and support a Big Thank You.

Stella Langley

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## Portrait Painting in Oils

The internationally renowned South African artist, Rob Wareing, held a weekend workshop in Heacham for the Friends Art Group, tutoring fourteen of its twenty-two members in the techniques of painting portraits in oils.

Rob currently divides his time between the UK and Natal, South Africa, as a highly sought-after demonstrator, writer and tutor, hosting hands-on workshops in oil, water colour and pastel, as well as TV appearances in the USA, Mauritius and South Africa.

His renown as a Portrait Painter ensures an ongoing list of high-profile international clients.

It was a privilege for the Group to retain an artist of Rob's calibre thereby enabling them to add portraiture to their already widely diversified genres.



Other than Rob's tutelage, two models provided the inspiration for some great work that was as diversified as the participants.

In the coming weeks, as the leaves turn golden brown and the Autumn sun filters through the willow branches, the ducks in Bray's Pit will think their visitors have gone quackers, as they

observe warmly wrapped members balancing paint palettes in shaking hands. There, visitors will be learning the joy of 'En plein air' landscape painting.

Group membership is diversified ranging from, 'I can't draw a straight line' beginners, to experienced painters wishing to learn the classical medium of oils. Two experienced oil painters provide free tuition.



(Stop Press: Mrs 'I can't draw a straight line', just sold a landscape, only the second picture she'd ever painted, providing her, and the tutors, with joy and pride).

The Friends Art Group are fortunate to have the perfect venue, The Old Friends Hall, Sunnyside, Caley Street, where they meet each Tuesday morning and thank the Parish Council for their unfailing support for the use of this superb facility.

For further information concerning the art group or Rob Wareing, call David on 01485 570266.

David Oakland





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## Ruffle: a toy's adventures Puppy Love!

by Rachel Greaves

The Ruffle toy lay hidden in the grass underneath the slide in the park, having fallen out of the little boy's pocket. The sounds in the park slowly faded as it began to grow dark and turned cold. The grass soon became damp - Ruffle wished that the little boy would return to find him. All of a sudden, a snuffling sound broke the silence as a hedgehog shuffled up to Ruffle. The hedgehog stopped briefly to have a sniff of Ruffle before carrying on, anxious to return to its cosy den, especially if the cold weather was to return.

Ruffle lay in the grass for a short while longer until he felt a larger wet nose sniffing him. It reminded him of Ruffle the Airedale's nose on the first day he was given to Eric's grandson, Jack. But this nose didn't belong to a dog but to a fox! The fox stayed a while sniffing all the interesting smells on Ruffle before continuing on his night time rounds.

Finally, morning arrived and Ruffle heard voices not far from his grassy bed. Then a large white ball landed in the grass next to him underneath the slide. A group of older children were on the park playing football. An older girl ran over to fetch the ball then suddenly spotted Ruffle in the grass. She bent down to examine the little soft toy.

"Come on Jo!" shouted one of the other children. "It's your free kick."

The girl picked Ruffle up and put him into her coat pocket, zipping it up to keep Ruffle safe. Once the game had finished, the girl walked home bouncing the football skilfully in front of her. When she arrived home she was immediately greeted by a bouncing bundle of fur as her new puppy ran up to greet her. Bending down to fuss the puppy, the girl remembered the little toy in her pocket. She unzipped her pocket and took Ruffle out.

"Here you go Spike! I found this new toy for you!" She held the toy Ruffle out for the puppy who took the toy between his small teeth and ran over to his bed. But Spike was gentle with his toys and didn't bite too hard into Ruffle but instead enjoyed throwing him gently into the air then pouncing on Ruffle as he landed. It wasn't long before Spike had worn himself out and settled down in his bed, Ruffle tucked in beside him.

Walk time should be very exciting for any dog but especially for a puppy just starting to explore the great outdoors that lies beyond their front door! Spike always tried to take a toy out for his walks but his young owner usually spotted the toy before the front door was opened. However, this time Spike managed to sneak Ruffle out with him and his owner didn't notice a very pleased looking Spike trotting along on his lead with Ruffle between his teeth.

Dogs have an incredible sense of smell and so walks are the very opportunity to discover and investigate an array of odours. One particular scent was so wonderful that Spike needed his full attention and so let the toy Ruffle fall from his mouth onto the grass verge. Spike's young owner decided that Spike should move along and called his name with the lure of a tasty treat. Forgetting Ruffle, Spike happily took the treat and continued along at his owner's side, leaving Ruffle lying in the grass. Too late, the puppy realised that he had left his new toy behind...

Throughout that day numerous dogs found Ruffle and carried him a little further along the road before they lost interest in the toy and dropped him. By the end of the day Ruffle was no longer on the same road that Spike usually walked along. Then an older couple out walking found Ruffle lying on the path and gently



fixed him by his red collar to a fence so that he was safe from inquisitive dogs but could be easily seen by whoever had mislaid him.

Ruffle watched the couple walk away and waited for his next adventure...

Now available on YouTube – Ruffle's walks: a series of short video stories. Details of Ruffle's adventures can be found at [www.ruffletheraildog@outlook.co.uk](http://www.ruffletheraildog@outlook.co.uk)



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## Another recipe from The Prudent Pensioner

Recently, I was given a nice homegrown marrow, not a vegetable I buy very often but they are nutritious. Having had some chunky slices stuffed for one meal and more slices steamed with other vegetables with another meal, I decided to use up the remaining third and make some soup. It was really nice, almost creamy. I will be buying more marrows from now on. Here is my recipe:-

### Carrot and Marrow soup

#### Ingredients:

1 med Shallot or small onion  
15g/½oz Butter  
Potato approx. 220g/8oz  
Carrots approx. 230g/8oz  
Approximately 1/3rd of a medium size marrow  
Chicken or vegetable stock cube dissolved in 500ml hot water.  
Salt and Pepper to taste.

#### Method:

Peel potato and carrots and cut them into small pieces.  
Peel shallot or onion and slice thinly.  
Place butter in a saucepan over a low to medium heat, add potato, carrot and onion slices, stir and mix well. Add stock, increase heat and bring to boiling point. Reduce heat and leave, covered, simmering gently.  
Peel and de-seed marrow and cut into chunks, add to saucepan. Cover and leave simmering gently, stirring occasionally, until vegetables are quite soft (approximately 15-20 minutes). Strain off most of the liquid into a jug, put aside while you either put

vegetables into liquidiser or use a hand blender and whizz for a couple of minutes. Return liquid, 1/3rd at a time, to pureed vegetables in a saucepan, stirring gently to mix well. Add salt and pepper to taste. When all liquid is mixed in, reheat to boiling point stirring gently. Turn off heat, serve and enjoy.

For details of Doreen's book, more recipes and 'How to' Video clips visit the Prudent Pensioner's page on [www.doreenreedpoet.com](http://www.doreenreedpoet.com)

## Heacham Parish Church Festival of Angels



We begin with a Craft Fair, Sat 30th Nov - 10am till 4pm.

As well as craft stalls there will be activities for children, the opportunity to watch a local potter and refreshments of tea, coffee, mince pies and angel biscuits. The church will be open every day from 9.30am-4pm for you to come and see the angels.

The Festival continues with:-

**Angel Songs of Praise - Sunday 8th December - 4pm** followed by afternoon tea.

**Angel Concert with the Wolferton Singers – Saturday 15th December - 3.30pm** with tea and angelic food!

If you are part of a group, and would like to arrange to come on an organised visit please contact Veronica Wilson [heacham.vicar@gmail.com](mailto:heacham.vicar@gmail.com) or 01485 570697.

If you have any queries, contact Penny Taylor at the church office (Tues-Fri – 10am-12pm) : 01485 572539 or [heacham.church@gmail.com](mailto:heacham.church@gmail.com)



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## Shopping around for Insurance, Energy and Phones

by Keith Winsor, oapc - computer help without the jargon!

A little while back, someone said to me, "I'm too old to change my gas supplier".

Sadly, loyalty does not pay. The Financial Conduct Authority (FCA) has found that insurance firms specifically target loyal customers with big premium increases, knowing they are less likely to switch. And according to Citizens Advice, customers who stay loyal to their mobile, broadband or insurance providers are paying as much as £1,000 a year more than those who shop around. Gas and electric suppliers also rely on the fact that many customers don't search the markets for cheaper deals, even when their prices are going up.

Guardian Money investigated a home insurance renewal letter sent to a couple in their nineties by one of the major insurers, demanding a 20% increase, to £579. When the couple's son went to their online site and posed as a new customer, the premium was just £108. A woman in her 70s found that Saga was charging her four times the rate available on a comparison site.

In discussions with my own computer customers, I have found numerous examples like this, especially with long-standing customers of some of the biggest names.

To quote just a couple of examples, I recently helped a customer of BT and TalkTalk save more than £700 a year on his phone and internet bill *without leaving BT*, and a lady who had just reached 80 saved £500 on her car insurance after switching from a broker who 'always treats me like family' to a household-name insurer.

It's not difficult to switch, as long as you have a PC, laptop, phone or tablet with internet access. You can find out more information online before you start, including details of comparison sites, and the order to visit them in order to save the most. Realistically, if you can save £200 off your energy bill in twenty minutes, you might decide it's not worth spending another hour to shave off £12 more, but the sites below will show you how.

### Useful sites:

<https://www.moneysavingexpert.com>

<https://www.uswitch.com>

**The addresses below will take you directly to some of the comparison sites.** They're in no particular order, except that I find the opera singer marginally more annoying than the meerkats.

<https://www.uswitch.com/>

<https://www.comparethemarket.com/>

<https://www.gocompare.com/>

Be aware that not all comparison sites include all available options.

If you're nervous or unsure about doing any of this, give me a ring and I'll be happy to talk to you about how easy it is and, if you feel you need one, arrange a visit to help you through the first time. Once you've done it once, it's even quicker a year or two down the line.

But, please, *do something*.

Keith Winsor, oapc  
01485 570479

<https://www.oapc.biz/>

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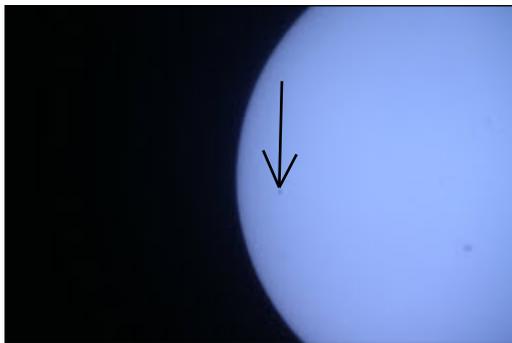
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## Heacham at Night

Guy Fawkes night looms. I like fires and fireworks, particularly rockets. Our old dog, Polly, used to wait for the sausages that followed. Daisy doesn't like fireworks at all. We are all different. The artificial stars do wash out the real ones but at least they make you look up.

There are some planets to look out for, a demon star, a blue snowball, and a crab. However, the most significant event happens much closer to home on the 11th.

On that date, between 12.35pm and 4.30pm, the planet Mercury will be seen to transit the Sun – pass across its face. It will be seen as a black dot. The last time this happened was in 2016 on May 9th. The next time will be in 2032. Mercury, Earth and Sun have to line up for a transit to be seen and this happens about 14 times every century, in paired opportunities, a few years apart. Some transits can be viewed more easily than others. The 2016 one enabled the full transit, from one edge of the Sun across to the other, to be seen throughout the morning and early afternoon.



This transit will only be visible until about three quarters of it has been completed because the Sun will have then set.

**Mercury in transit across**

*Sun in 2016. Parish*

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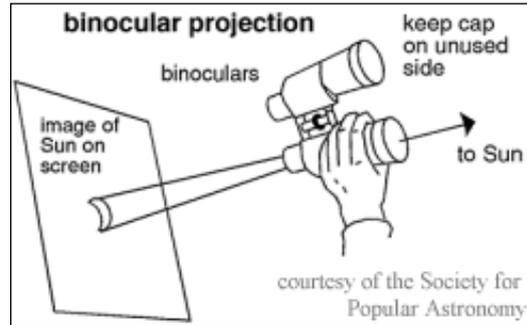
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From lunchtime until the children come out of school, the transit should be clearly visible in most locations (using safe methods to observe it). To continue viewing it until sunset then Heacham Beaches and Hunstanton Cliffs are the places to be.

Looking directly at the Sun is dangerous, potentially blinding, and should not be done and you won't see Mercury if you chance it. Mercury is small and will appear only as a tiny dot. Undamaged eclipse glasses might just do the job. Telescopes with special solar filters will certainly do it. Projecting an image of the sun through binoculars onto a piece of paper is safe. The



BBC will say you have to lock yourself in a bunker and watch it all on television whilst wearing a hard hat and safety goggles.

I intend to set up telescopes in my back garden (1, Woodside Avenue) for observations to be made. You are welcome to join me between Noon and 2pm, after that, if the weather is favourable, I intend to shoot off to Hunstanton cliffs with one or two 'scopes to catch the end of the transit. I am not sure where I will set up. Look for a man with a telescope between The Green and the grass beyond the miniature golf course – where you can park at the side of the road for free. If hundreds turn up at home I may be delayed. Last time, I think there were 4 people but you never know.

If you catch the transit then you will be helping to celebrate a bit of history. 250 years ago, on the 9th November 1769, Captain Cook observed a transit of Mercury from New Zealand. It was part of that great scientific expedition. Timing transits, of both Venus and Mercury, from different parts of the world was the method used to establish the size of the then known Solar System – Mercury, Venus, Earth, Mars, Jupiter and Saturn. Cook was on the other side of the world, amongst other things, to observe a transit of Venus, in June 1769 and, 4 months later, the transit of Mercury.

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**Mercury Bay  
New Zealand.  
Commemorative  
plinth is on  
wrong side of  
bay. Internet.**



*Vesta from Dawn  
Spacecraft. NASA*

Cook was dead 10 years after his transit observations so never learnt of the discovery of Vesta in 1807. A bright object, once called an asteroid and now designated a minor planet, Vesta reaches opposition on the 12th, and is

relatively close to the Full Moon. Opposition means sunlight falls directly on all the surface of an object, as viewed from Earth, so it appears as bright as it can. Consequently, a Full Moon is in opposition. Just a thought whilst typing.

Vesta should be visible in steady binoculars. Use Google or Stellarium to pin down where to look for it all month.

Cook's Solar system is in view this month but you need good horizons.

On the 1st and 2nd, at 5.30pm, Jupiter will be low down in the SW whilst Saturn will be close to the Crescent Moon (to the left on the 1st, right on the 2nd).

On the 9th, at 6.30am look low in the ESE and the red dot of Mars will be close to the bright star, Spica.

On the 23rd to 25th, at 6.30am again, Mercury is low between ESE and E. Mars will be above it and to the right. This is again very low in the sky and you need a good horizon which is difficult to find when we face west.

On the 28th /29th at 4.45pm, Venus is very bright in the SW with Jupiter just to its right. Saturn will also be in sight above both and in the SSW. This three-planet feast should be easy (though very low down) from Heacham and Hunstanton and before tea too. I predict rain.



*Finding Algor. Internet*

The Demon Star is Algor, the head of the Gorgon Medusa. It blinks over a three-day period as it is an eclipsing binary – a dimmer star orbits a brighter star. From 9pm look east and half way up the sky.



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The Crab Nebula is the visible remains of an exploded star, a supernova, which was first recorded by Chinese astronomers in 1054. At the centre of the expanding cloud of gas (11 light years across) is a pulsar, revolving 30 times each second and emitting a regular pulse of radio waves. Pulsars were first observed by Jocelyn Bell Burnell at Cambridge. Their regular signals could have been artificial and she, jokingly, designated the first as LGM -1 (Little Green Men). Look east again and well above rising Orion. Google or Stellarium will help you pinpoint it in a telescope (fuzzy blob).

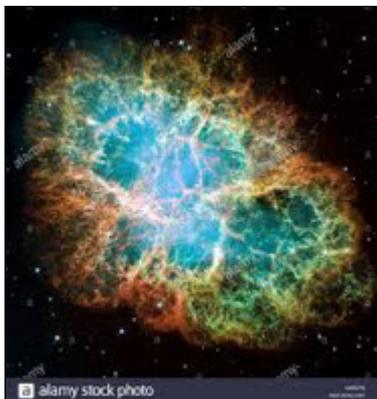


*Alexei Leonov's self portrait of his walk in space over the Black Sea. He became a renowned space artist. Internet*

Look after your animals but enjoy your rockets and remember Alexei Leonov, the first person

to step out of a rocket in space. That was in 1985 when he took a walk from spacecraft Voskod 2. Drama unfolded on drama as his spacesuit expanded in the vacuum and would not let him get back through the vehicle's hatch. Nerves, venting some oxygen, and physical strength won the day. He died, aged 85, on the 11th October.

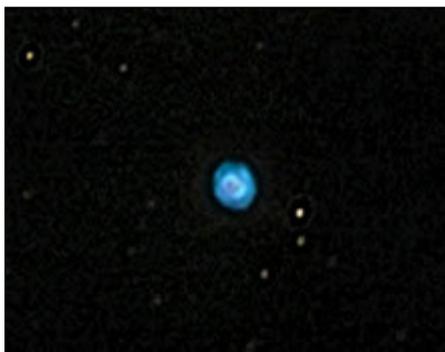
**Terry Parish**



**Crab Nebula. Hubble.**

The Blue Snowball is a planetary nebula. No planet is involved. Such a nebula is an expanding sphere of gas ejected from a red giant star late in its life. The gas becomes ionised and glows. Ejection of this gas helps seed The Milky Way with all the elements that build our world and us. The

process is very short in astronomical terms, a few tens of thousands of years, so see it before it's too late. I have observed The Blue Snowball quite clearly from Heacham (in an 8inch telescope). A blue bauble hanging in the tree of space. Look high in the west for this. If you identify exactly where to look, I am told powerful, fixed, binoculars should enable you to see something. Google or Stellarium will help you pinpoint it.



**Blue Snowball. Internet. I saw it similar to this from Heacham but can't find my image.**

Meteors. A weak shower, the Leonids, is around late on the night of the 17th and, more likely, in the early morning of

the 18th. I have to tell you as this, though very unlikely, is maybe one shower that does give a show.



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# 1st Heacham Cubs

Cubs started back after the summer holidays on September 12th; we had a new Cub start – Oscar. As it was our first night back Kaa was in charge of the games evening after we had renewed our Law and Promise. The games played were some sort of course involving hoops and jumping in and out of them to tag another Cub. They also played Blow Ping Pong, Tunnel Ball and Dodgeball at the end of the evening.

From the 19th, Hathi was in charge of the rest of the programme as part of her adult training. She decided that they could do a version of the Home Help badge, but on pack night, so after they had played the Dice Game outside, in pairs they had to make a bed. (Thanks Barry for lending us your blow up bed). They struggled a bit with the quilt cover but got there in the end. While two were grappling with the bed-making, the other Cubs played Jenga and Hockey; at the end of the evening they all played Dodgeball. We had two more Cubs join us - Jamie and Jessie. At the end of the evening we presented Tyler with his Year One Joining In Badge and made Hayden F, Hayden J and Tyler, Seconders.

On the 26th, Hathi carried on with her Home Help Badge. This time they completed in pairs a washing symbol quiz which they did very well and then they had a selection of clothes to fold up, T-Shirts, Hoodie, Polo Shirt and to ball a pair of Socks. The games played during the evening were a Higher/Lower Card game, Hockey, Compass Points.

3rd October the Cubs had to iron their Necker and sew a button on a piece of material. They also played Hockey and then they threw various Balls in Buckets and Hoops. Hayden F received his Year One joining in Badge and Max received his World Faith Badge.

The 10th saw Kaa back to organize games around Hathi who made a Cake in a Mug with the Cubs. They played Team

Dodgeball, Hockey, Land, Sea & Air; the final game was Hathi's favourite Rock, Paper, Scissors jumping through hoops on the floor.

Our last evening on 17th October is after the Newsletter deadline but Hathi has planned that the Cubs hear about Diwali. The Cubs will cut out flame shapes and stick them around a dish which she is going to put a tea light in while the Cubs hear the story about Diwali. The dishes will then be filled with sweets for the Cubs to take home.

Home Help Badges were awarded to Hayden F, Hayden J, Jessie, Jamie, Max, Oscar and Tyler. Max received his Personal Challenge and Jessie was invested into Cubs in Yellow Six.

Ziggy has stepped down from helping at Cubs on a regular basis but will help out when needed.

Yours In Scouting.

**Akela (Sam), Kaa (Rob) Hathi (Jemma), Rikki (Tommy) Chil (Nathaniel) & Mang (William)**



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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

ART CLASS 10am – 12noon For info Tel: Shirley Milborn 572247 (PRH)

SUNNYSIDE CLOSE (Sheltered Housing for over 60's)

Coffee Morning 10.30am Tel : 570492

FITSTEPS 11am – 12noon To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (PH)

FITNESS PILATES 12.15 – 1.15pm 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 14's 6-7pm Contact Jason 07867527706

(HSC) playing fields

HEACHAM IN BLOOM 3rd Monday Monthly 7pm at Heacham Parish Library

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 7.30pm at Cunningham Court, Community Hall. Contact Sue Scott Tel: 572252

FIT 'N' DANCIN' 9.30am – 10.30am. Peg 01485 541162 THE HEACHAM YARNERS 1 – 3.30pm Charity knitting. Second Monday in every month at Freebridge Community Hall, Sunnyside. Call Michelle 07712268869. Kits Supplied

HEACHAM TABLE TENNIS CLUB League Matches in the Hall 7pm from 16th September (PH)

CRAFT CLUB 2-4pm every week (exp Bank Holiday) (PRH)

STRETCH AND TONE 9.30am - 10.10am (PH)

FITSTEPS (BEGINNERS) 10.15am - 10.55am (PH)

SEATED FITNESS 1.30pm - 2.15pm Call Suzie on 07900818311 (PH)

### TUESDAYS

HEACHAM YOUTH CENTRE every Tuesday 6.30-8.30pm at Church Hall, 17 High St

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

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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

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 (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 CRAFT & KNITTING GROUP 6.45 – 8.45pm. Call Shirley Milborn 01485 572247

HEACHAM FLOWER CLUB 2pm St.Mary's Church Hall, 4th Tuesday January – November. Alayne Seymour 01485 570560

NORSEMANS BOXING GYM Jnr 6-7pm and Snr 7-8pm at Unit 12 Heacham Hall Ind Est. Jnr £2, Snr £3

geezersales@btinternet.com

FOOTBALL Girls 6-13 YO 6-7pm, Boys U11's 7-8pm Nathan 0781169910 £1 (HSC)Playing Fields

### WEDNESDAYS

WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar Ave Heacham Tel: Emma Hardy 01485 572707

www.westnorfolkmind.org.uk

SCALLYWAGS PLAYGROUP Term Time 9.30 – 11am £2

Tel: Jo 07521447284 (SG)

CARPET BOWLS 10.15 – 12 noon Tel: 570776 (PH)

THE OLD SCHOOLGIRL FRIENDS of Heacham School meet for a 'Coffee and a Chat' the last Wednesday of the month 10.30am at Norfolk Lavender Tel: 570742 or 579126

MIDWEEK COMMUNION 2nd Wednesday of the month 10.30am (MC)

HEACHAM LITTLE DRAGONS Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)

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)

BINGO 7.30pm Neville Court Grouped Home

ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)

WEST NORFOLK SINGERS 7.15 - 9.15pm For info Tel: 571315 Anne Davis 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 BEAVERS boys and girls aged 6-8yrs, 5.30pm-6.45pm (term time only) call 07788888921 (SG)

### THURSDAYS

NOFOLK KNITTERS Cunningham Court 2-4pm. Every Week  
WEST NORFOLK MIND Day Centre (specifically for older people dementia friendly) 9.30–3pm Tel: Emma Hardy 01485 572707

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 (NC)

BINGO 2pm at Sunnyside Close (Sheltered Housing for over 60's) Tel: 570492

FOOTBALL Under 7's, 8's, 9's, 10's 4.30 - 6pm U14's 6.30 - 7pm Adults Open Match 8-9pm 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)

YOGA for healthy living 9.30-10.30am £6. For info Tel: Alison 571062 or email -medullayoga@gmail.com (SG)

HATHA YOGA at Heacham Infant School 6.30 – 7.30pm. £7 per person Alison 01485 571062

QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

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)  
 RAO BUFFALOS 8pm (HSC Top Room)  
 TEA DANCE every week. Old time line dancing and sequence  
 2pm-4.30pm at the Public Hall. Call George 01775 670294  
 LINE DANCING 10-12noon at St.Mary's Church Hall.  
 Improvers £3.50 contact Diane 571166

### FRIDAYS

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

Contact Sue Spencer

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

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

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) 2.30pm (MC)

CASH BINGO 7pm (PH)

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

NORSEMAN BOXING CLUB Jnr 6-7pm, Snr 7-8pm Unit 12  
 Heacham Hall Ind Est. Jnr £2, Snr £3  
 geezersales@btinternet.com

POKER IN THE CLUB 1st Friday each month 7.30pm (PH)

### SATURDAYS

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

### 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)

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

**Friday 1st November** GIG 'jam with DNA' 8.30pm at The  
 Fox and Hounds, Station Road

**Friday 8th November** GIG 'Whiskey Twist' 8.30pm at The  
 Fox and Hounds, Station Road

**Saturday 9th November** 'Race Night in the Hall' at The  
 Social Club, Station Road

**Monday 11th November** 'The Heacham Yarners' Charity  
 knitting projects supporting QEH neonatal, cancer units and  
 Tapping House Hospice 1pm-3.30pm at Freebridge Community  
 Hall, Sunnyside Close. £1 suggested donation

**Wednesday 13th November** 'Lorraine's Prize Bingo' eyes  
 down 1.30pm at The Social Club, Station Road  
 \*\*\* 'Community Coffee Morning & More' 10am - 12noon  
 at Old Friend's Hall, Sunnyside

**Friday 15th November** GIG 'Glam Slam Glitz' 8.30pm at  
 The Fox and Hounds, Station Road

**Saturday 16th November** 'The Big Quiz' 6pm at St.Mary's  
 Church, Heacham. Tickets from Christian Bookshop

**Sunday 17th November** 'Autumn Arts and Crafts Fair' 2pm - 4pm  
 at Pine Residents Hall, Wilton Road. Stalls £5. Call Pat  
 Toppin on 01485 779208

**Tuesday 19th November** GIG 'Part Time Blues' 8.30pm at  
 The Fox and Hounds, Station Road

**Wednesday 20th November** 'Blood Donors' at The Public Hall,  
 Station Road. 1.15pm - 4pm and 5pm - 6.30pm. Please make an  
 appointment on 0300 1232323 or online www.blood.co.uk

**Friday 22nd November** GIG 'Black Dogs' 8.30pm at The  
 Fox and Hounds, Station Road

\*\*\* 'Early Christmas Shopping Trip to Norwich' £10pp. All  
 enquiries 01485 572252

**Saturday 23rd November** 'Indoor Car Boot in Hall' 9am -  
 1pm. Book a table on 07919957383

**Sunday 24th November** 'Christmas Craft Fair in Hall' at  
 The Social Club, Station Road

**Friday 29th November** GIG '4Geezers' 8.30pm at The Fox  
 and Hounds, Station Road

**Saturday 30th November** 'Christmas Fete' 2pm - 4pm at  
 Fridhem Rest Home.

\*\*\* 'Festival of Angels and Christmas Craft Fair' 10am - 4pm  
 at St.Mary's Church. Stall enquiries call church office 01485  
 572539

### DECEMBER

**Thursday 5th December** 'Fridhem Rest Home - Christmas  
 Tea Dance' 12noon - 4pm at Heacham Manor Hotel. Two  
 Course Meal. Tickets available now £25. 01485 571455.

**Friday 6th December** GIG 'JAM with DNA' 8.30pm at The  
 Fox and Hounds, Station Road

\*\*\* 'Community Carol Singing Around the Tree' 6pm at the  
 Methodist Church

**Saturday 7th December** 'Christmas Carols' 2pm at the  
 Methodist Church

**Tuesday 10th December** 'Christingle' 6pm at the Methodist  
 Church

**Saturday 14th December** 'Angel Concert with the Wolferton  
 Singers' 3.30pm at St.Mary's Church

**Monday 16th December** 'Bingo' eyes down 7pm at Fridhem  
 Rest Home, Station Road. All welcome

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## OTHER EVENTS

**Thursday 7th November** 'Ringstead Village Club - Sugar and Sugar Beet talk' 2pm at Ringstead Village Hall

\*\*\* 'The Joy of Food Cooking Courses' 10am - 1pm at 'Dersingham Village Centre'. Call 07790349896

**Sunday 10th November** 'Community Lunch & Beetle Drive' lunch served at 1pm. £5 for two-course meal. To book call 01485 540644

**Friday 15th November** 'Anmer Village Social Club Film Night - Yesterday (12A)' 8pm start at Anmer Village Social Club. £3 on door Saturday 16th November 'Hunstanton Community Choir' 7pm at St. Edmund's Church, Hunstanton. £5 on door inc refreshments

**Monday 18th November** 'U3A Meeting - Talk about Victorian Rural Women' 2pm at Hunstanton Community Centre  
**Thursday 28th November** 'The West Norfolk Member's Group - Illustrated Talk' 7.30pm at Hunstanton Methodist Church Hall, Austin Street. £2.50 members/£3 visitors

**Friday 29th November** 'Tea Dance' 2.30pm - 4.30pm at Dersingham Village Centre. £5 each, 01485 540271

**Saturday 30th November** 'Syderstone Village Cinema Presents - Yesterday (12A)' 7.30pm start at Amy Robsart Village Hall, PE31 8SD. Advance tickets £3. 01485 578171

\*\*\* 'Advent Party' 10am - 2pm at St. Mary's Church, Snettisham

\*\*\* 'The Samphire Singers' 3pm at St. Mary's Church, Snettisham. £8 each followed with switching on the lights

## DECEMBER

**Friday 6th December** 'Fade to Grey Christmas Fair' 6pm - 9pm at Dersingham Village Centre.

**Tuesday 31st December** 'New Year's Eve Disco & Supper' 8.30pm at Dersingham Village Centre. £25 each. Adv tickets only. 01485 540271

**Saturday 7th December** 'Family Quiz Night' 7.00pm £15 per team or £3 a head. Dersingham Village Centre. Call Graham Eley 07901896102

**Sunday 10th November** 'Royal Air Force History - Remembrance Sunday' 10am - 4pm at The National Construction College, Bircham Newton, PE3 6RH. Free entry. Call 01379 741884

### **Mondays**

HUNSTANTON BRIDGE CLUB 'Duplicate Bridge' 6.50pm for 7pm at Hunstanton Conservative Club

CASH BINGO United Services Club, Homefields Road, Hunstanton  
FITSTEPS 6.30-7.30pm at Snettisham Memorial Hall. To book Tel: Jaime 07765433100 or email jaimefitsteps@gmail.com

### **Tuesdays**

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 £4per session For info Tel: 532392

ST.MARY'S CHURCH SNETTISHAM Men's Group 2nd Tuesday of every month at The Visitors Centre Snettisham 7.30pm. £2 each

ST.MARY'S CHURCH SNETTISHAM Ladies Group 2nd Tuesday of every month at 100 Station Road, Snettisham. £2 each

SOCIAL 50/50 DANCE 2-4pm at Reffley Community Centre PE30 3EQ. Tickets £4 each. 07787966000

FRIENDSHIP LUNCH 1st & 3rd Tuesday at Dersingham Village Centre. £5 for two courses. To Book call 01485 540644 VILLAGE

VOICE LIVE every 2nd Tuesday. Informative talks £5 inc refreshments at Dersingham Village Centre 07707832295

### **Wednesdays**

DOCKING MARKET 9am-1pm in The Ripper Hall Local Produce Craft and Gift Stalls Tel: 576233

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.

YOGA 10am -11am at Sedgeford Village Hall, £6. For further information call Alison 01485 571062

MEN'S FELLOWSHIP 3rd Wednesday of the month 7.30pm at The Salvation Army, Alma Road, Snettisham

### **Thursdays**

50/50 TEA DANCE 2 - 4pm at Hunstanton Community Centre, Avenue Rd. £4 inc refreshments. All Welcome

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

KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY meet in Kings Lynn 4th Thursday monthly at 7.30pm Methodist Church Hall, Kings Lynn. Pat 01485 572271

COFFEE MORNING 10am - 12noon at The Salvation Army, Alma Road, Snettisham

CRAFT CLUB 1pm - 3pm at The Salvation Army, Alma Road, Snettisham. Bring your own project

CASH BINGO at United Services Club, Homefields Road, Hunstanton

### **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

SOCIAL TEA DANCE last Friday monthly. £5 inc refreshments at Dersingham Village Centre 07707832295

### **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

### **Sundays**

SUNDAY LUNCH from 12noon - 2pm at Hunstanton Conservative Club. Two courses for £7.95

## **Just a reminder...**

The December edition of The Heacham Newsletter includes January as well so please remember to include any items for January in the December Newsletter. The Newsletter is not published in January - the Team have a month off!! Therefore, the first Newsletter in 2020 will be the February edition.

THN

## **NORTH BEACH FISH BAR**



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## 2nd Heacham Rainbows

In our first week back after the summer, the Rainbows made a 'Thank You' card for Leanne who made our trip to Heacham Lavender's Animal Farm AMAZING! The Rainbows (plus a Guide and Brownie) loved exploring the maze, feeding the guinea pigs and meeting the different animals - especially the reptiles and owls!

Because it was our first week back in September and all the girls had started their new school years, the Rainbows filled in a 'This is Me' activity sheet, which included who they are, what colour/ice-cream/animal they think they are and a self-portrait. We also did an activity about bullying. I had two apples, one that was gently bruised (so the bruises weren't visible on the outside), the Rainbows were told to be mean to the poor bruised apple and say kind things to the other apple. I then cut open both apples and we talked about how words don't leave marks on our outside but can damage the inside that you can't see so we all need to be kind with our words; (we then ate the apples!)

The next week the girls enjoyed painting mini bird houses (they were very small and cute!). After they had finished painting, the Rainbows asked to play outside - probably for the last time this year. After having a 10 minute run around outside the girls came inside and enjoyed playing games and doing some action songs with the parachute.

Sadly, I had to cancel the next week due to unforeseen circumstances.

The next week the girls enjoyed doing some autumn colouring and set up a science experiment to try to grow salt crystals. The Rainbows tied two pieces of string to a tooth pick, then they put about an inch of water, a tablespoon of salt and some food

colouring into a plastic cup. They balanced the tooth pick across the top of the cup with the string dangling into the water. Now we wait!

The next week I was on holiday so the meeting was run by Bev - my unit helper and Carol - Hunstanton Rainbows. The girls requested to make spaceships using a paper plate and a paper bowl to make the shape then decorating it with as much silver and sparkle as they could find!

Our final week before half term I brought some interesting rocks I had found while on holiday. The girls all picked a rock to look at and draw however they wanted. Some drew it as they saw it (with lots of detail) and others turned their rock into a character. After finishing their drawings, the girls started running around the hall and doing cartwheels so I got out a couple of crash mats and the girls seemed to have the best time rolling, sliding, doing cartwheels and pretending to be owls! (I have no idea where the owls came from!)

Kathryn Unit Leader

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

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#### WHAT'S ON IN NOVEMBER

**Saturday 9th November** Race Night in the Hall  
**Wednesday 13th November** Lorraine's Prize Bingo eyes down 1.30pm  
**Wednesday 20th November** Blood Donors in Hall 11.20am - 7.30pm  
**Saturday 23rd November** Indoor Car Boot in Hall 9am-1pm. Book a Table Ring 07919957383  
**Sunday 24th November** Christmas Craft Fair in Hall  
**Every Monday** Heacham Table Tennis Club Winter League in Hall at 7pm  
**Every Friday** Bingo in the Hall 7pm...All Welcome  
**Every Thursday** Judo in the Hall  
All Welcome

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**Fridays - 5pm to 7pm Fish & Chips**  
**Saturdays - 11am to 2pm Snacks Available**  
**Sundays - 12noon to 3pm Roast Dinners**  
**Christmas Dinner Lunches Wednesday 18th or Thursday 19th December 1pm**  
**3 courses • £12.95 • Bookings Only**  
**Menu Booking Forms available in the club**  
**All Food Enquiries on 07999933587**

**BOX OFFICE EVENTS, SNOOKER, POOL, DARTS, DOMINOES. CRIB, POKER, PRIZE BINGO, MEAT DRAW, FOOTBALL, TENNIS, MEMBERS BENEFITS, CHILDREN'S PLAY**

## Borough Council News Heacham, Sedgeford and Fring

Remember, remember the fifth of November,  
Gunpowder treason and plot,  
We see no reason  
Why gunpowder treason  
Should ever be forgot

On March 13th 2019 a Special Planning Committee agreed unanimously that highways problems, related to the planning application for 600 homes at Knights Hill, were dire and that the application should be refused.

On the 7th October 2019, another Planning Committee was advised to remove Highways issues from the forthcoming Appeal against the March decision. Highway issues have now been removed from the Borough Council's case against the Knights Hill appeal. Issues related to heritage assets, Castle Rising, remain within the appeal.

The expectations of residents of the Knights Hill area, following the enthusiastic support of three cabinet members, multiple Parish Councils, Sir Henry Bellingham, and the March Planning Committee, have been dealt a severe blow.

The implications of this decision are wide ranging. A method of reversing decisions of the planning committee has been tried and tested. There was also a hint by the Leader of the Council, in a training session, that 'controversial' planning decisions might be directed to Full Council.

I can only advise that communities should support and then vote for a strong Neighbourhood Plan which, at the moment, can hold the wolves from the door for a while. Heacham's Plan will come out for public consultation soon. Grab it with both hands and, when the time comes, VOTE for it. Otherwise, communities under threat of undesired development will likely have to go to the wall in their efforts to stop it and should not take it for granted that any assurances they are given will necessarily come to fruition.

Other communities, further south, suffered last month too but I have to move on. Sedgeford has a few planning applications of one sort and another going through the system or emerging onto it. Fring remains quiet.

At the time of writing, Long Wood, off Hunstanton Road, tops the list of complaints again. This time it has been the tipping of debris, including lumps of tarmac and concrete from highways work, which has aroused ire. All interested parties have been informed. Perhaps, by now, the issue will have been sorted to everyone's satisfaction.

A meeting to resolve issues I have with proposed parking restrictions at South Beach, was postponed at my request. I will report on the outcome in December.

Tidal damage to the dunes stretching between Heacham and Snettisham has caused some concern. The matter is being assessed and action considered.

Problems of disposing of waste at the recycling centre have been raised again. A single pane of horticultural glass is regarded as DIY waste and, apparently, costs £5 to dispose of. I pursued this but the response by NCC was not sympathetic. If you experience problems at the centre or think the system needs changing, please complain to your County Councillor as well as me.

Questions of who was responsible for several odd bits of land were raised which I managed to answer as the Borough Council does have an effective database.

Issues relating to Hunstanton and to Lynn which I hinted at last month have not, at the time of writing, had any progress revealed.

You should now have had the opportunity to read the results of several motions placed before Full Council in October. One related to Climate Change, one to the proposed changes to Hardings Way pedestrian / bus route to facilitate development. Both were proposed by opposition members. I hope both succeeded.

Best Wishes.

Terry Parish

Independent Borough Councillor for Heacham Ward

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### Alternative Therapies

“This winter I will not suffer from winter depression”, an easy statement to make thinking that it will help when the clocks change BUT let’s have a look at this statement of intent as there a few problems with it. So not and suffer contradict each other, your either suffering from it or not! Suffering sounds like a biblical reference, either you should/ought to suffer or you are beyond suffering, again not helpful. The universe also hears the latter part of the sentence, so you are calling to bring in winter depression! So go for the huge statement - I enjoy winter, or the cold is great or I am warm and cosy in the winter, or winter is amazing and healthy. Think of crackling log fires, frosty sparkling’s, snowy abandon.

You could work with the Spirits of Winter by undertaking a shaman’s journey to that season or Being asking how we can work together, what do I need to do to be healthy this winter? Then carry out what advice is given, else they won’t bother helping in the future if you ignore them! Or visit each of the seasons in the same way and see the difference. You can sit in a quiet space and face each direction, east for spring, south for summer etc, ask the question and see what comes into your mind, or images arising and write it down. This style of work will bring up amazing enlightenments that are usually spot on as they come from a deeper way of being. Try it, who else is going to know!

On a practical level, make your living space as cosy as you can, little lights or candles, soft snug place to sit, log fire if you’re lucky or those of you with clever tellies you can get a moving picture of a log fire! Imagine a warm cosy inviting area just calling out to you, just for you this winter. Try to walk with the sunrise and sunset as it brings us into tune with the natural world which we are part of, instead of clock time which is most definitely not natural and really only invented for the railway timetable! Use a lightbox, arm’s length away, 20mins each morning, as soon as the clocks change. Small ones are fine, mine gets taken with me if I go away. Linseed or flax oil helps, hemp too as they are all plants that grow in the area we live in and have all the helpful oils and are kinder to our amazing world than fish oils.

All the alternative therapies will help as they support you and your unique reaction to less light. Essential oils (aromatherapy) can help uplift your mood. Crystals and Reiki are both great too. That can’t put a word for it, but you feel easier/weller/better somehow. So don’t doubt yourself or let others tell you it’s nothing, you know how you feel, and if you feel better then go again for your next appointment each month to six weeks, hey presto winter over and you didn’t even notice it this year, hurrah.

As ever, any questions or further information [Alison.shaman.healer@gmail.com](mailto:Alison.shaman.healer@gmail.com)



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# around & about...



## PENSION CONTRIBUTIONS: BEWARE UNEXPECTED TAX IMPLICATIONS!

by Kathryn Gigg  
Chartered Accountants, Hunstanton

Back in the 1980s when life may be considered to have been more straightforward, the **tax rules relating to pensions** were (relatively) easy to understand. The self-employed could contribute a percentage of their earnings into a pension plan; the older one became, the more one could contribute, and relief missed in one year could be carried forward to another. Employees would see contributions being made by their employer, and might chip in a bit themselves to boost the pot. In both cases a tax free lump sum could be taken on maturity, and either an annuity would be purchased, or a “final salary” pension would be set up.

All this has changed in recent years, led by:

- Tumbling interest levels and falling mortality leading to much lower annuity rates and, hence, a need for significantly higher employer contributions to “final salary” schemes, employers then struggling to meet ongoing costs, leading to closure of many such schemes.
- Recognition by government that the burden of state retirement pension will be unsustainable and that citizens must therefore be encouraged to make their own pension provision.
- Belatedly, realisation that those who make best use of the pension tax reliefs are the better off and that the tax reliefs are expensive for the Treasury.
- Relaxation of the annuity rules and development of “Pension Freedoms” “drawdown” products.

As a result, **Government policy on pensions has oscillated wildly over the last few years**, initially being made more generous, but then subsequently being cut back sharply for the better off. We now have a system where pension contributions from all sources are aggregated and **although unlimited contributions can be made, tax relief is restricted** where:

- Contributions are over £3600 gross, and are greater than earnings.
- Contributions exceed the **Annual Allowance** of £40,000 a year maximum/£10,000 a year minimum, and if a taxpayer has already started drawing one of his/her pensions, tax relief for the amount he/she can contribute into others is restricted to the £4,000 Money Purchase Annual Allowance (although unused allowances in all cases can be carried forward three years).
- The “pension pot” of previous contributions/growth within the fund exceeds the **Lifetime Allowance (LTA)** (currently £1,055,000) (although protection mechanisms are available for those whose pension pots were in excess of the new LTA limits at the time they were introduced).
- Earned income is greater than £150,000. Here the “normal” £40,000 **Annual Allowance is tapered away** at 50p in the pound until it reaches the £10,000 mentioned above. This is often where people come unstuck.

**Care must, therefore, be taken where relief limits are breached and Pension Savings Tax Charges become due.** Among those hardest hit are some higher earners in the NHS, and other public services, who cannot “opt out” of their schemes. The pension cap was initially targeted by Gordon Brown as one of New Labour’s infamous “stealth taxes” before being taken further by George Osborne to raise revenue. The **unintended consequence** has been that doctors, and some nurses, for example, have suffered **punitive tax charges** if they work more, effectively having to “pay” to do overtime, which has been completely counterproductive. As a result, 75% of consultants and senior GPs have taken early retirement, or cut their hours, and waiting lists have grown by 50%. Rather belatedly, with this crisis deepening the Treasury announced on 7 August 2019 that **a review will now be carried out of these controversial tax rules** for doctors and the way the tapered Annual Allowance works; to be followed by a whole pensions tax review that could result in the caps being lifted for all workers.

Where a Pension Savings Charge is foreseen, pension providers will normally send out warning letters to contributors, but where multiple pension providers are involved, none will have a view of the overall position, and the onus is on the taxpayer to make the necessary calculations and submit a Self-Assessment Return to pay the tax due. Failure to do so will, of course, lead to penalties.

Where an individual has received a warning letter from his/her pension provider and may fall into one or more of the categories mentioned above, or indeed even if no letter has been received but there seems to be a risk that rules have been breached, **it is strongly recommended that advice is taken promptly** to ascertain whether there is a problem, not only to quantify the size of the liability and make the necessary Tax Returns, but to ensure that deadlines are not missed in general terms, or particularly if there is the opportunity of a Scheme Pays application (which is where the tax that has arisen because of excess contributions can be paid from the pension scheme, rather than by the taxpayer).

**N.B. This article only provides information relating to the tax implications arising from the making of pension contributions. It does not cover matters relating to investment decisions in respect of pensions. Such matters must be referred to an Independent Financial Adviser.**

If, having read through the information provided above, you require advice regarding the tax implications of your pension contribution record to date, your proposed contributions in the future, or you need us to calculate the Pension Savings Charge for the purposes of your Scheme Pays application, **please contact either myself or my assistant Nicola Tarry FCA on 01485 534800 or email [kate@kathryngigg.co.uk](mailto: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.



**A Year Full of Music**  
by Diane (Barney) Sheldon

Coming towards the end of another year is a wonderful time to reflect on choir

events of 2019.

Through the summertime we performed three concerts; there's such a thrill when singing to an audience, to the people who return time after time, and those who happen to be in the area and want to hear what the locals can do. We're looking forward to our concert at St. Edmunds on Saturday 16th November (7pm) and our annual Christmas Singalong will be in The Town Hall on Tuesday 10th December (7pm), which we hope you'll come to. Whether or not you're feeling the Christmas spirit, come along and you'll have the opportunity to be infected by the choir's special brand of Christmas Joy.

Our fabulous Musical Director, Simon Bower, always manages to get the best from us, challenging and expanding us as a choir. It feels such a tremendous sense of achievement when we begin to master a particular piece. This year we have been thrown the gauntlet of Brahms Requiem: *Wie Lieblich* – definitely testing, but we're a hardworking bunch and rise to the challenge. Our catalogue of songs consists of many genres so don't be put off from coming to one of our concerts, or indeed joining us. New songs this term have also included beautiful arrangements of songs by The Beatles, The Bee Gees and Barbara Streisand too. So, from classical to pop, the songs from famous musicals to rock anthems, we're the choir who certainly feels that *Anything Goes!*

If you're considering a new hobby, or you're bored and want to try something new, why not come join our choir?

Some of the benefits from singing are that:

- It helps socialisation, making new friends and combating loneliness.
- It lifts your spirits and focusing your mind on music and song can be a diversion from the stresses and strain of everyday life.
- It can be a great energy boost and something to look forward to each week.
- Also, singing has been shown to help improve breathing so can benefit our bodies both physically and mentally.

We meet each Tuesday from 7-9pm at Hunstanton Town Hall. The first session is free, thereafter it is £4, this also includes beverages and biscuits at break. We have a raffle too which costs £1 a ticket if you're feeling lucky. We will return in the New Year on Tuesday 7th January, which is a very good time to join as we will be practising for events happening in 2020.

Remember, there are no auditions; you don't have to be able to read music; you might not understand harmonies or which part your voice range might be best suited to; there's not even any obligation to sing at public concerts, though most members want to once their confidence has grown. Just come along and you'll be amazed after only a few weeks just how much you'll pick up, not to mention the new friends you'll make.

For more information please visit our website at [www.hunstantonchoir.co.uk](http://www.hunstantonchoir.co.uk)

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**WEST NORFOLK LIBRARIES EVENTS  
HUNSTANTON LIBRARY**

**November 2019**

For further information about events and to book please call 01485 532280 or email Helen at [helen.senior@norfolk.gov.uk](mailto:helen.senior@norfolk.gov.uk)

**SPECIAL EVENTS**

**Fireworks in the library! - Saturday 2nd November 1-3pm. Booking essential. £3 per child**

In preparation to celebrate Bonfire Night on the 5th, come and join us to make some fantastic firework crafts and hear the story of Guy Fawkes. £3 per child, booking essential.

**Alice in Wonderland's Tea Party for Children in Need. Saturday 16th November 2-4pm**

Dress to impress and join us for some crazy cookie decorating, games and a Teacup crafting! Free event, donations towards Children in Need.

**Coding Club - Wednesday 6th & 20th November 5-6pm**

Come along and learn how to code, have fun and share your skills with others.

**Men's Health Awareness Month throughout November** To raise awareness of Men's Health we'll have a selection of real-life stories and the faces behind them on display and a selection of fiction and non-fiction titles available for loan. If you or someone you know would like to contribute to this display, please talk to staff.

**International Stress Awareness**

How do you deal with stress? We have free activities for you to try and books on display you can borrow aimed at helping to lower your stress levels. Activities include Journaling for wellbeing. Gardening club. Colour me calm. Just a cuppa. Board Games! Dates and times below

**OTHER EVENTS**

**LILY Helpdesk - Friday 1st November 10am until 12noon**  
Come along to see our friendly LILY helpdesk advisor and find out how you can get involved in your community.

**Top Tips Gardening Group - Wednesday 6th November 10.30am**

A monthly group to share ideas and tips for gardening Refreshments provided, donations are welcome.

**Crochet Along - Mondays 4th & 18th November 10.30am – 12noon**

Come along and crochet, share tips and ideas, with the experienced, novices welcome too. Refreshments provided, donations are welcome. Contact staff for Open Library Access in advance.

**Walk and Talk group - Tuesday 12th November 2pm 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.

**Quiet Time - Wednesday 13th November 5pm – 6pm**

A quieter time to visit, ideal for people who may have autism, dementia or if you would like a calm environment.

**Knit and Natter - Thursday 14th November 10.30-12.30pm**

Come along and knit, have a chat, swap patterns and ideas. Refreshments provided, donations are welcome. Contact staff for Open Library Access in advance.

**Hunstanton Book Club - Monday 11th November 2.30pm**

New members always welcome. Ask staff for details of the books being discussed. Refreshments provided, donations are welcome.

**Get Crafty - Monday 11th & 25th November 10.30am-12noon**

Come along for calming colouring, designing postcards for the isolated. All cards will be sent via West Norfolk Befrienders. Bring along crafts you are interested in too. Refreshments provided, donations are welcome. Contact staff for Open Library Access in advance.

**Who Dunit? - Wednesday 20th November 5.30pm** Come and join the crime book club, held on the third Wednesday of the month at 5.30pm

**Friends of the Library meeting - Wednesday 27th November 2.30pm**

We meet every 4th Wednesday of the month to organise events and activities for Hunstanton library; come along and join us.

**Journaling for Wellbeing - Friday 29th November 1.30-2.30pm**



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Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers, colouring pages and more for the following month. Catch up at the following session on Friday 13th December and create the next month's section. Refreshments provided.

**NatWest Helpdesk - Wednesday 27th November 10am until 12noon**

Have a chat with Lisa about any banking queries, digital support and how to keep yourself safe from scams.

### WEEKLY EVENTS

**Stay and Play! - every Tuesday 10.30am**

Drop in and have fun with a selection of games, toys, and colouring available for children and their parents or carers to enjoy together. Stay and Play is a self-serve activity. Tea and coffee available.

**Find My Past Support - every Wednesday 10am (Booking essential)**

Our experienced volunteer will be able to assist you with any find my past support or queries you may have.

**Job help session - every Wednesday 3-5pm (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.

**IT help session - every Wednesday 4.45-6.45pm (Booking essential)**

Want help to learn ICT basics, get help with emails and other online facilities or familiarise yourself with a new device? Then why not book in for a 1hour session with our volunteer to get you started.

**Just a Cuppa with In Good Company - every Friday from 10.30-11.30am**

Come along to this vibrant group for a cuppa and a chat.

**Board Games with In Good Company - every Saturday 10am.**

Come and enjoy cards/chess/board games and jigsaws. For all ages Refreshments provided, donations welcome.

**Coming up in December - 1st December - Festival of Christmas event; 12th December - Festive Frolics - festive nibbles, quizzes and crafts!**

**Hunstanton now operates the 'Open Library' service, meaning you can access the library during unstaffed hours. To use this service, you need to sign up to open access at any library during staffed times. Pop in and talk to staff, phone 01603 774777 or visit [www.library.norfolk.gov.uk](http://www.library.norfolk.gov.uk)**

You can also follow library events on Facebook at:

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

Open Library gives you access to the library when the building is unstaffed, making your library available at times that are more convenient for you.

Library Available*		Staffed Hours	
Monday	8am - 7pm	Monday	Unstaffed
Tuesday	8am - 7pm	Tuesday	9am - 7pm
Wednesday	8am - 7pm	Wednesday	9am - 7pm
Thursday	8am - 7pm	Thursday	Unstaffed
Friday	8am - 7pm	Friday	9am - 7pm
Saturday	8am - 4pm	Saturday	9am - 4pm
Sunday	10am - 4pm	Sunday	Unstaffed

\*During times when the library is available but not staffed, you can access the library using our Open Libraries system. Please visit [www.library.norfolk.gov.uk](http://www.library.norfolk.gov.uk) or call 01603 774777 for more information

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### Hunstanton United Services Club

#### Events Guide for November 2019

- Saturday 2nd Nov: Glitz (New Duo)
- Saturday 9th Nov: DNA (Live Band)
- Friday 15th Nov: Quiz Night & Food
- Saturday 16th Nov: Kenny Lee & Hustler (Live Band)
- Saturday 23rd Nov: Take Two
- Saturday 30th Nov: The Business
- Sunday Lunches from 12pm. Booking advisable
- Cash Bingo every Monday and Thursday
- Karaoke in lounge on Sunday evenings.

Marion Smith

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## ANMER VILLAGE SOCIAL CLUB

### FILM NIGHT

Friday 15th November 2019 at 8.00pm

#### YESTERDAY 12A

Comedy starring Himesh Patel, Lily James, Sophia Di Martino, in which a struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

Venue – Anmer Village Social Club

Admission by ticket - £3 at the door

Doors and bar open 7.30pm

New members and guests welcome

Email: [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk) or telephone 01485 579465.

New members and guests welcome

For details of this and other forthcoming events, including trailers of future films, visit our website at:

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

## ART ANGELS!

create an angel at **STUDIO @ 55**

Saturday Nov. 9, 16 & 23. More info at  
[www.adventureintocreativity.com/angels](http://www.adventureintocreativity.com/angels)

55 High Street  
Heacham  
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07538 986 235



### Art Angels!

It's that time of the year! Christmas is coming, whether you want it to or not.... But let's not get maudlin, let's celebrate, and remember.

We're holding Angel workshops on the 9th, 16th & 23rd November. 10am to 12pm and 1pm to 3pm.

If you want to create an Angel for St Mary's Church Festival of Angels, or make an Angel for your tree, or perhaps make an Angelic memory of a loved one, we can help.

We have copper wire, chicken wire, cane & muslin.... We can do 3D cut outs, collage ...you name it.... We upcycle/rec

Bring

anything along that means something to you. We'll help you use it to create your own personal angel. The only limit is your imagination.

The workshops are just £14 (including tea & mince pies) for each two hour session. It's advisable to book in advance as places are limited.

To register please visit [www.adventureintocreativity.com](http://www.adventureintocreativity.com) or email Esther, [eb@estherboehm.com](mailto:eb@estherboehm.com) or give her a call 07538986235.

A little bit about Esther, who is following in the steps of Pocahontas (well sort of, Pocahontas was Native American, Esther is Canadian), by making Heacham her home:



**YESTERDAY**

**ANMER SOCIAL CLUB**

**FRIDAY 15th NOVEMBER 2019**

**Film starts at 8.00 p.m.**

**Doors open 7.30 p.m. Admission - £3 on the night**

For further details email: [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk)  
or telephone 01485 579465  
or visit our website on:- [www.anmerclub.co.uk](http://www.anmerclub.co.uk)

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## Hunstanton and District Men's Shed

We are a new group in the area and we need your help! We are a group of men, meeting on a regular basis, working towards setting up a Men's Shed for the area.

A Men's Shed is a well-known concept, originating in Australia, with Sheds located across the world. They are a larger version of a typical man's shed in their garden, a place to get together, share knowledge and learn skills. They provide a place to meet new people, to relax, chat, and laugh. Members can work on projects and hobbies of their choosing. They are well-known for improving the health and well-being of their members and for reducing social isolation.

We currently meet in the Hunstanton library, which is great for having a cuppa and a chat, but it is obviously very limiting as we are not able to do any practical activities. We are desperate to find somewhere that we can set up a workshop for practical activities and hobbies.

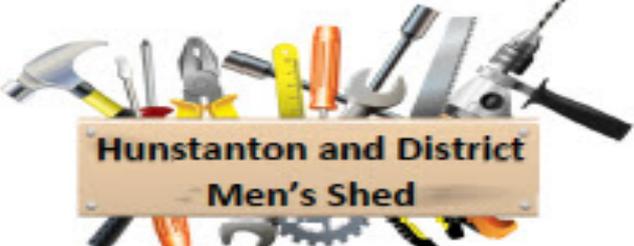
Men's Sheds can be set up in almost any kind of building! Some examples include industrial units, empty shops, garages, churches, portacabins, outbuildings, greenhouses, shipping containers, etc. It is also common for groups to build their own sheds on a piece of redundant land, in a car park, or behind a community hall. We are looking for a premises/land in Hunstanton, Heacham or in one of the surrounding villages.

We currently have around 30 men involved in the project, with numbers expected to grow once the group is established. Between us, we have an amazing array of skills, and would be more than capable of building our own shed, or renovating an old building.

We are reaching out to the local community asking for your ideas, suggestions and support. If you are aware of somewhere that might be suitable for a Men's Shed, please let us know. Or if you would like to get involved with our development, we would also love to hear from you. Any advice or support you can give would be gratefully received.

To keep up to date with our progress, please go to our Facebook page: [www.facebook.com/HunstantonMensShed](http://www.facebook.com/HunstantonMensShed)

Contact: Rose Waterman 07450 655538  
rose.waterman@norfolk.gov.uk



**Hunstanton and District  
Men's Shed**

A group of men working together to create a Men's Shed for  
Hunstanton and district

**ALL WELCOME**  
Come and get involved!

Please get in touch to check date/location  
of our next meeting  
(Meetings are held at various times/locations  
usually on a fortnightly basis)

We are currently looking for our own premises  
where we can set up a workshop  
Please let us know your ideas

Contact: Steve 07748338041 or Rose 07450 655538  
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## Hospice Supports Local Families



The Norfolk Hospice has joined forces with East Anglia's Children's Hospices (EACH) to offer a bereavement support group for local families.

The group, for parents who receive EACH bereavement support, is running once a month at The Norfolk Hospice, where EACH has trained counsellors available for parents and siblings to talk to.

Lyndsay Carter, Chief Executive at The Norfolk Hospice, said, "We are delighted to be working with EACH to provide them with a local facility to support families at this difficult time. Without the Hospice's intervention, families would have to continue travelling long distances for group support, which is not always possible or practical. This partnership will bring a vital service closer to our community."

"We hope to work more closely with EACH in the future to provide transitional care for children."

EACH cares for children with life-threatening conditions and supports their families, with all aspects of its service, including post-bereavement counselling, meeting the individual needs of the whole family. Although that can include offering one-to-one support at family homes, until the Hospice agreed to offer its facilities, families had to travel to Norwich or Cambridgeshire for group bereavement support. The Hospice is keen to bring services such as this to its local community and thereby offer a more flexible arrangement for families when they need support.

Amy Brown, Team Leader/Counsellor at EACH, said, "Being able to offer bereavement support locally for West Norfolk families who have lost a child through illness is important to us. It will help them to connect with other families in the same position and save them from having to travel so far for group support. We are extremely pleased that The Norfolk Hospice has offered us the use of their facilities for this vital service."

### Norfolk & Waveney NHS Clinical Commissioning Groups

#### Director appointment

I am very pleased to announce we have appointed Howard Martin as Locality Director for West Norfolk.

Howard is currently Deputy Chief Finance Officer for the CCGs in Norfolk and Waveney, and with his recent background rooted in King's Lynn for West Norfolk CCG, Howard brings strong local experience to this important role.

With the support of our practices in West Norfolk, the Queen Elizabeth Hospital, King's Lynn and local authority partners, we have applied to create a single CCG for Norfolk and Waveney. Howard's team will therefore be pivotal in building on local relationships and ensuring we have a strong West Norfolk locality.

I would like to particularly thank Jeanette Hucey who has been in the role on an interim basis and I'm glad that she can remain with us for the next couple of months as Programme Director to assist Howard and his team.

We shall be looking to advertise for a Deputy CFO in the near future and we will announce details internally in due course.

**Melanie Craig**  
Chief Officer, the NHS Clinical Commissioning Groups for Norfolk & Waveney

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## The Salvation Army

### Toys and Tins

This month sees the launch of our Toys and Tins Appeal in conjunction with Radio Norfolk. The appeal was established to provide food and/or toys at Christmas to individuals and families in need. The Toys and Tins initiative has operated for over 30 years, evolving from its early beginnings in Norwich, but now covering the whole of Norfolk. This is particularly important for our appeal partners BBC Radio Norfolk. Over the years we have established an enviable reputation and ready support, particularly from the listeners of BBC Radio Norfolk. During the period many thousands of families and individuals have been helped to have a better Christmas than would have been the case without support.

If you would like to help us provide for those in need this Christmas, the appeal is launched on 23rd November and you can leave your donations of toys and tins at our Community Shop, 60 Westgate, Hunstanton or at The Salvation Army, Alma Road, Snettisham, between 23rd November and 16th December. We will then ensure that the donated items get to those families who need them. Toys must be new and food items non-perishable (tins or packets). We need donations of the following food items to make up the Christmas hampers:-

- Tea or coffee or hot chocolate
- Dried pasta or rice
- Pasta sauce, jam
- Tinned meat or fish
- Tinned soup

- Tinned vegetables
- Tin dessert e.g. custard, rice pudding
- Tinned fruit
- Tinned baked beans or spaghetti

The Salvation Army's mission statement says that we exist to save souls, grow saints and serve suffering humanity and we have been described as 'Christianity with its sleeves rolled up'. Our faith always has a practical side to it. The Toys and Tins Appeal is just one way that we help those who need it but we cannot do that without your help and so we greatly appreciate your donations of toys and tins.

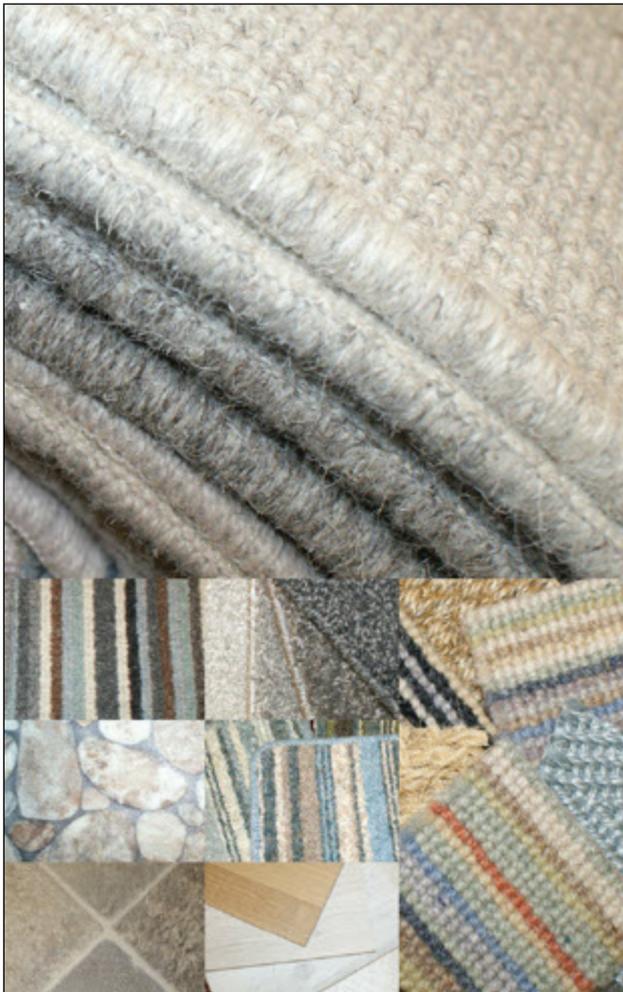
With the launch of Toys and Tins our minds at The Salvation Army turn towards Christmas and carolling. Our first Carol Service will be held at The Public Hall in Heacham on Sunday 1st December at 3pm and everyone is welcome. Our band will be there to accompany the carol singing; the timbrels will be there and refreshments will be served. Our full programme of carolling will appear in the December Newsletter.

For more information about Snettisham Salvation Army visit our website [www.salvationarmy.org.uk/snettisham](http://www.salvationarmy.org.uk/snettisham). You can contact us on 01485 579079 or email [alison.kirby@salvationarmy.org.uk](mailto:alison.kirby@salvationarmy.org.uk)

Follow us on Facebook 'Snettisham Salvation Army'

I look forward to seeing you at The Salvation Army soon!

**Alison Kirby**  
Corps Leader, Snettisham Salvation Army



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Presents:

**On Saturday 30th November 2019**

**Yesterday (12A)**

Jack Malik is a struggling singer-songwriter in a tiny English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that he is the only person in the world to remember The Beatles. Using this benefit to his advantage, Jack begins plagiarising the work of the legendary band to launch his career to superstardom.

Starring Himesh Patel, Lily James and Robert Carlyle.

Venue: • Amy Robsart Village Hall,

Syderstone PE31 8SD.

Start time: 7.30pm.

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Contact 01485 578171 / 01485 578244

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**Saturday, 16th November**

**at 7.00pm**

**Hunstanton**

**Community Choir**



**at**

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**in Hunstanton**



**Entry: £5.00 at the door**

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## Sing Your Heart Out at Free Workshops for Older People in Hunstanton!

Calling all older people living in and around Hunstanton! Arts charity Creative Arts East have started running free creative workshops twice a month at the 1st•Hunstanton Scout Hut on York Avenue, and all older people, including carers, those with dementia, other health conditions and mobility issues are invited to join in the fun!



The 'Our Day Out' project has been running in other locations across Norfolk for the last few years, and is all about engaging older people in fun, accessible, participatory music and dance workshops, giving participants the chance to meet new people, get out and about, and try a new type of creative activity! Past

activities have included song-writing, drumming, contemporary dance, and even belly-dancing! At the moment the sessions will involve singing and music-making with Norfolk musicians Mary Lovett and Kim Moore.

95% of participants had made new social connections and felt their loneliness had decreased as a result of taking part in the sessions. One participant who attends our group at Wells-next-the-Sea said "My life seemed to be closing in until I found 'Our Day Out'. I now have much more to look forward to; it has made my life brighter." Another participant said about the sessions: "This is better than medicine!"

Join us at the 1st•Hunstanton Scouts HQ at 6 York Avenue on **Mondays 4th•November, 18th•November, 2nd•December and 16th•December**. Each session is 2.30–4.30pm. For more info and to sign-up, contact Creative Arts East on 01953 713390 or email [lea@creativeartseast.co.uk](mailto:lea@creativeartseast.co.uk).

Zoe Fletcher

## Hunstanton Town Council

### New Mayor Elected for Hunstanton

Following the resignation of Amanda Bosworth, members of Hunstanton Town Council voted Cllr Anthony Bishopp as the Mayor of Hunstanton and Chairman of Hunstanton Town Council for the remaining 2019/20 term. Cllr Adrian Winnington was voted in as Deputy Mayor and Deputy Chairman.

Cllr Bishopp made the following statement: "I would like to give my personal thanks to Amanda Bosworth for all the hard work she has put in over the past 16/17 months as Mayor and Chairman of Hunstanton Town Council. It has been a difficult time in Council and we are all sorry for the toll it has taken on Amanda. As a team, we will continue with the good work she has started".

Cllr Bishopp attended his first official function at the Soap Box Derby held in Hunstanton on Sunday 22nd September 2019.

Jan Roomes Town Clerk Hunstanton Town Council



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## At Home with the Blackbirds – part 2

Hatching occurs about 14 days after laying, and sure enough, by the morning of the 26th May at 6.45am, the first hatchling could just be seen on the screen. It was a tiny naked little ‘monster’, half hidden in the dark recesses of the nest, supporting a disproportionately long, tottery neck, a big head, and a vast open mouth bright yellow inside, its edges outlined in white. Here for all to see was the ultimate eating machine, stretching up to be fed by its parent or indeed, anything that moved in its vicinity!

Predictably, Percy creepily turned up soon after the event, carrying a large bunch of grubs in his beak and presented it to Pam in a seemingly symbolic gesture as if to say: ‘I’m here whenever you need me.’ Pam accepted his present with good grace, and fed it to the new arrival, but by mid-day 2 more huge beaks were rising from the depths of the nest making a final total of 3 youngsters: the 4th egg remaining unhatched. So the pressure now was really on.

To see these tiny birds crouched down in the shadows it was difficult to believe that in only 2 weeks time, they would grow almost to adulthood. But then, with many productive gardens in our birds’ territory, and our next door neighbour feeding them with meal worms, the 3 fledglings were sometimes fed at a rate of 15 to 25 times an hour. This would provide them with ample energy and food for growth, but on the downside, would produce enough toxic waste to turn the nest into a disease ridden ‘tip’. So, as well being heavily involved with Pam in feeding the fledglings, Percy was also the main enforcer of good nest hygiene and removal of waste.

Unlike a human baby a young Blackbird fledgling, extrudes waste enclosed in a protective, plasticky white membrane called a faecal sac: or ‘Nature’s Nappy’. So Percy would feed the babies

and then strut officiously around the edge of the nest, eyes ‘skinned’ and steadying himself delicately with his wings, peck each fledgling lightly on the bottom. In return a sac would emerge from its back passage, and Percy would grab it greedily with his beak and hurriedly swallow it down. This slapdash attitude was to be Percy’s downfall as one day he took hold of a sac so hurriedly that it ‘exploded’, shooting drops of a milky white liquid all over the place including Percy himself and the bewildered fledglings. Nice to know that he was so fallible but Pam, I’m sure, was not amused!

Helpfully, this event showed that each faecal sac carries a liquid but not why it is swallowed by a parent. Maybe it is a question of economy for as; apparently, young fledglings haven’t the ability to digest all their food, incompletely digested material can still be made use of by passing it to adult birds in the faecal sacs. This would no doubt explain Percy’s greedy treatment of what Blackbirds might regard in their world as a very desirable Gourmet meal

We can now fast track the nearly 2 weeks of struggle by our valiant parents to June 8th, the 13th day after hatching, and the day before the fledglings were likely to leave home. They looked amazing as in less than 2 weeks those naked little monsters had changed into feathered, functioning birds. Now, with much larger wings supplied by strong muscles, they were able to fly; although, as they lacked tails, it was with the rudimentary airworthiness of an early Wright Brothers biplane! They were cute, dumpy little things, lacking survival skills but provided that they could, with the help of their parents, get through the vicious world outside the nest in the next 2 or so weeks, they had a promising future. After all, Heacham is a bird friendly place.



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At the nest on that same day all was mayhem as even with only 3 birds it was far too crowded. And of course, as stropy teenagers, all of 13 days old, they were forever walking over each other, or teetering dangerously along the edge of the nest wings whirring excitedly at the prospect of freedom. However, by nine o'clock, the time when the birds normally 'shut up shop' and go to bed, the transformation was amazing. I was watching TV and looked across at the 'Blackbird screen' to find Pam, sitting peacefully on the nest, apparently in a deep sleep and surrounded by a veritable sea of calm; so much so that it was a bit spooky. There was no sign of the fledglings even though I knew that miraculously they were below Pam in the nest. She and they must have been utterly shattered.

The 9th of June. The day of 'reckoning' and it looked like rain. I wasn't too sure if the fledglings would do as we were led to expect, but Sue thought otherwise and when we came down at about 8 in the morning she was proved right as one bird had already gone, leaving the 'remainers' to their usual high jinks inviting gravity to do its worst. But then at 8.15am they too, one after the other, whirred off to a loud chorus of tut-tutting from Percy and Pam.

Flying in a low trajectory, one fledgling made the hedge but the smaller and most vulnerable of the two tried to turn back and flopped inexpertly on to the garden path. Unwisely I stepped forward to help it into the hedge for I had forgotten how Blackbirds can intimidate even the most experienced and 'hard nosed' cats. But it was too late, for suddenly the volume of sound Pam and Percy were producing as well as the speed of tutting reached an extra dimension and began to have an almost physical effect on me, So I drew back, and certainly against that cacophony would not have gone forward without very good reason. Is the ability to intimidate possible enemies one reason

why Blackbirds are the most successful breeding bird in the UK, with 6,000 breeding pairs? It seems highly likely.

Soon the baby bird had got under my car, and it was beginning to rain steadily so we left it in the capable wings of its noisy parents. But this is not quite the end of the story.

Later in the evening I glanced up at the screen to see Percy quietly looking into the nest. He was there for several minutes and then flew away but turned up the following morning to dig down into the nest and withdraw what looked like a flattened layer of egg shells and possibly also, faecal sacs. He took it away, and left the nest for another year to the spiders.

John Bird

### New local Collage Club for Adults

Collage Club for adults, which started on 20th October, is a free club held at Dersingham Library on the 3rd Sunday of every month 2-4pm. Come along and bring your old magazines/newspapers/scissors/gluesticks etc.

**Important:** Club users must be registered for 'Open Library Access' before arriving. Please ask the library about the Open Library access scheme if you are not already registered.

Future Dates are:-

- 17th November 2019 -2-4pm
- 15th December 2019 -2-4pm
- 19th January 2020 -2-4pm 16th
- February 2020 -2-4pm 15th
- March 2020 -2-4pm 19th April
- 2020 -2-4pm
- 17th May 2020 -2-4pm
- 21st June 2020 - 2-4pm

Georgie Watts

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## Hunstanton and District Lions Club

### Turkey and Tinsel Christmas Dinner 2019

It's only October and here we are already preparing for Christmas. By popular demand we are again holding our 'Turkey and Tinsel' Christmas dinners for the Senior Citizens of Hunstanton and outlying villages.

**Venue:** The United Services Social Club, Homefields Road, Hunstanton

**When:** From Monday 2nd December to Friday 6th December, (two sittings a day. Early sittings do not have to vacate their seats for the second sitting).

**How Much:** £9.50 per head for an excellent 3 course meal with tea/coffee.

**Application Forms:** within this Newsletter or from Lion Chris Holt (Tel: 541534) or collect from 4 Bewick Close, Snettisham, PE31 7PJ (or send a S.A.E for postal form).  
email: mail@chrisholtphotographic.co.uk

(Forms also available from the United Services Social Club).

Get in early to avoid disappointment as last year we were over-subscribed yet again!



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

**Jess Owen**  
of WWT Welney

### **Project Godwit**

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**Thursday 28th November - 7.30pm**

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**HUNSTANTON LIONS**  
**TURKEY TINSEL CHRISTMAS**  
**LUNCHES**

We are delighted to announce that we are holding our successful Turkey Tinsel Lunches at The United Services Club, Homefields Road, in Hunstanton beginning Monday 2nd December 2019. These lunches are open to **all Senior Citizens** resident in Hunstanton and the surrounding villages.

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

The lunches cost **£9.50 per person** (non-refundable unless 48hrs notice is given) for a delicious three course meal.

**Vegetable Soup**  
**Traditional Christmas Turkey with all the trimmings/Vegetarian Option available.**  
**Christmas pudding or Fruit Salad or Ice Cream.**  
**Tea/Coffee**  
**Special dietary requirements will be met -**  
**(please state on your booking form)**

Please complete and tear off the Booking Form below and return as soon as possible to the address given below on the form. **Please enclose an s.a.e. for confirmation of your booking.**

**Please do not arrive any earlier than 15 minutes before the time stated below on your booking form.**

We look forward to meeting you at your Turkey Tinsel Lunch.

**TURKEY TINSEL BOOKING FORM 2019**

Name:.....

Address:  
.....  
.....

Telephone Number: Home:  
.....

Mobile No:  
.....

Number of people in your party:  
.....

Email:  
.....

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

Monday 2nd Dec      Tuesday 3rd Dec  
Wednesday 4th Dec      Thursday 5th Dec  
Friday 6th Dec

Please **circle** which **sitting time** you would like to have lunch: (NB: The early sitting do not need to vacate their table for the 1pm sitting)

**12.00pm      or      1.00pm**

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

.....  
.....  
.....

Any offers of help or a donation of a Raffle prize will be gratefully received. Thank you.

Please enclose **£9.50 per person** (cheques made payable to:- **Hunstanton & District Lions Club**) and return this form to:- Mr Chris Holt, 4 Bewick Close, Snettisham, PE31 7PJ. For further enquiries contact Mr Chris Holt on: 01485 541534 or via email: [mail@chrisholtphotographic.co.uk](mailto:mail@chrisholtphotographic.co.uk) **Please enclose an SAE so that written confirmation of your booking can be sent in return of your receipt. Thank you.**

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## Searles Club Presentation Evening 2019

The Annual Searles Club presentation evening took place on Friday 11th October at Searles Golf Course Fountain Sports Bar and celebrated those members who have won prizes in competitions and events throughout the year.

Members enjoyed a superb buffet meal, as well as a fun quiz provided by Searles Captain Dave Cox.

Whilst many prizes were issued on the evening, the main competition winners were presented with their trophies. Some of the main winners were, Karen Callow who won 2 9 hole qualifying events through the season, junior Louise Palmer won 2 9 hole qualifying events and Louise's father Martin, also collected prizes including the Shotgun fourball, which he won with Martin Robinson. Nick Callow won 4 competitions including the Wilson Trophy.

Junior Rebecca Chesterman collected the trophy for winning the Ladies Winter Pairs Matchplay with Chloe Tarbard. Karen Walden, won a number of events including the Ladies Club Championship. Rob Hills had a successful year winning 3 competitions as well as the Winter Matchplay Fourball with Trevor Nutt. He was runner up in the summer matchplay, the winner of the Seniors Club Championship and collected 1st prize in the Fleming Mixed Pairs Matchplay with his wife and lady Captain Teresa Hills.

Peter Green dominated the major events of the season, coming 2nd in the Fleming Mixed Pairs matchplay with his wife Paula. He won the August Medal and took victory in the Mens Club Championship and the Mens Summer Matchplay.

Searles Resort Golf and country club hold monthly competitions as well as numerous other events and social competitions and welcomes new members.

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



Prize winners: Left to Right: Dave Cox (Men's Captain), Rebecca Chesterman, Sue Fleming, Teresa Hills (Lady Captain), Nick Callow, Karen Walden, Peter Green, Trevor Nutt, Rob Hills.



## HDFFA Events Update

The Hunstanton & District Festival of Arts is having a busy time this autumn/winter. If you would like to be involved in planning and organising future HDFFA Arts events, then please come along to the Annual General Meeting on November 11th at 7pm in Hunstanton Town Hall Chambers. Upstairs but there is a lift. Here you can find out what's going on / been on in 2019 and plans for 2020. Helpers and volunteers are always welcome. Persons with a special area of Arts expertise such as Art, Dance, Sculpture or Photography, and willing to get involved are especially welcome.

On December 6th to the 8th there will be the annual Christmas Tree Festival at Hunstanton Town Hall. Here groups are invited to display an unusually decorated tree, and possibly win a cash prize. Traditional trees are also welcome.

There is a public vote to decide the best Adult and Junior Trees and unusual winners in the past have included a tree made entirely from recycled plastic which has been collected from the beach. Last year's winner was a huge decorated tree in the shape of a pet dog which was entered by the RSPCA Hunstanton Charity Shop.

Entry is open to local groups, charities, schools and businesses and mulled wine and mince pies are available throughout. The Festival will open at 12 noon on Friday 6th with a formal opening at 6pm by the New Mayor of Hunstanton Tony Bishopp. On Saturday and Sunday, the Festival will be open from 10am-4pm. Father Christmas will be arriving on Saturday and will be there to greet children on Sunday too. Please contact [2chrisearnshaw@gmail.com](mailto:2chrisearnshaw@gmail.com) for further details.

The HDFFA is a non-profit organisation and a registered charity and is supported by King's Lynn Borough Council with an annual grant. Please see our Facebook page Festival 3 by the Sea for more details.



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## Heacham Manor hosts 10 Year Anniversary Charity Golf Day

Heacham Manor Hotel and Golf Course 10 year Anniversary celebrations were held on 11th October with a Charity Golf day raising funds for The British Heart Foundation. Staff, key suppliers and past Captains were all invited as a thank you for their participation in the development of the Hotel and Golf Course over the last 10 years. 48 golfers enjoyed an 18 holes golf competition followed by a 2 course meal and prize giving.

Many players brought prizes with them for the raffle and auction; thank you to everyone for their kind generosity as £1,157 was raised on the day.

The fourball better ball competition was won by current ladies captain, Sophie de Winton and past ladies Captain Rachel Hodgkinson with 41 points. Past Captains John Steel and Paul Sykes were pushed into second place on countback.



Left to Right: Rachel Hodgkinson, Paul Searle, Sophie De Winton.

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Forthcoming gigs For November 2019 ( 8.30pm unless stated )

Fri 1st - JAM with DNA	Fri 8th - Whiskey Twist
Fri 15th - Glam Slam Glitz	Tues 19th - Part Time Blues
Fri 22nd - Black Dogs	Fri 29th - 4Geezers

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 £11.50 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.

## Royal Air Force History at Bircham Newton



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

### 2019's schedule of Heritage Centre openings:-

Last Sunday in October 27th October  
Tony Nelson will be exhibiting his Norfolk's Model Airforce today

### Remembrance Sunday 10th November

Opening times are from 10am to 4pm

Entrance is FREE

Disabled access and toilet facilities are provided.

More details can be obtained from the Heritage Centre website [www.rafbnmp.org.uk](http://www.rafbnmp.org.uk)

New FACEBOOK Page:-  
RAF Bircham Newton Heritage Centre

Venue:- The National Construction College  
Bircham Newton, NW Norfolk. PE31 6RH  
NCC is signposted off the A148 and B1454

Contact David Jacklin Tel. 01379 741884

e-mail: david.jacklin@outlook.com

Avril MacArthur Tel. 01362 860139

e-mail: avril.macarthur1@btinternet.com

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# HEACHAM PARISH COUNCIL NOTICEBOARD

## PARISH COUNCIL MEETINGS IN BRIEF

**Old Friend's Hall Coffee mornings** are held on the second Wednesday in every month; why not come along and sample our coffee and cakes. 10am – 12 noon.

**Heacham Youth Club** meets every Tuesday, except the last Tuesday in every month, at the Church Hall, High Street at 6.30pm. The Youth Club is open to ages 11-18 years. They are also looking for volunteer helpers. If you feel you have something to give to those who attend the club please contact the Parish Clerk and she will forward on your details.

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

## SOCIAL MEDIA

Heacham Parish Council doesn't respond or reply to social media posts. We have a Facebook page and a Parish Council website and we will sometimes put information on the village Facebook pages. If you have a question for the Council please call or visit the Parish office on Pound Lane and the Clerk will try to answer your question. Office opening hours are Tuesday-Friday 10am-12 noon.

## !!WANTED!!

### PARISH COUNCILLOR

Would you like the opportunity to put something back into your community? Heacham Parish Council's sixteen Councillors need another to join them to help look after the village.

You would need to be able to commit a few hours each week to attend meetings and to get involved with the work of the Council.

If you are interested, please call in at the Parish Council Office, or contact the Clerk Sue Eke on 01485 572142 for more details.

## VILLAGE CONSERVATION WALK 1

There is a new Village Conservation Walk 1 leaflet available now from the Village Library and Parish office for a small charge of £0.50p.

Written by one of our councillors with information given by David McKay and further information from the book "The Age of Heacham's Older Buildings" written by A. E. Gunther with kind permission of N. Gunther. The leaflet is for a walk from St Mary's Church, along Church Road to the Norfolk Lavender, then up Lynn Road and Hunstanton Road finishing at the Church. The Parish Council are grateful to Ward Gethin Archer who, through their branch in the High Street, have sponsored this leaflet.

The leaflet is also aimed at families who, when following the walk, can answer questions about items of interest on the way.

## COMMUNITY & HERITAGE BUILDING OPEN SESSIONS 11th & 12th October 2019

The Parish Council would like to thank everyone who came along and hope we managed to answer all your questions. If anyone has any further questions please feel free to contact via the Parish Office.

## REMEMBRANCE SUNDAY

This year's Service of Remembrance will take place at Heacham Parish Church on Sunday 10th November. Traffic is advised to avoid Hunstanton Road while tributes are laid at the War Memorial between 10.45am and 11.20am on that day.

## ELECTION OF PARISH COUNCILLORS

There seems to be some confusion with regard to both the process of electing parish councillors and also the difference between elected versus co-opted parish councillors, so hopefully this will help clarify the situation.

It is a legal requirement that ALL parish councillors are elected every four years. So, for example, this year all existing 16 councillors in Heacham stood for election on 2 May with their names and addresses duly published by the Borough Council. Our full complement is 17 councillors and as nobody other than the existing 16 councillors expressed a wish to stand for election, all 16 councillors – comprising those previously elected and those subsequently co-opted – were elected unopposed. Thus all 16 councillors were formally elected on 2 May 2019. Had two or more additional persons wished to stand for election, this would then have exceeded the limit of 17 councillors in Heacham and forced an electoral ballot in the village with all on the electoral roll able to vote in the election.

If somebody wishes to stand as a parish councillor in-between the formal four-yearly elections, they may join the Council on a co-opted basis, provided there is a vacancy. This means that the individual applies to the Parish Council and if approved by the Council at a Full Council meeting, the person becomes a co-opted member of the Council until the next four year term comes around again and all councillors then stand for election.

## 3 YEARLY TREE INSPECTION

The Parish Council are looking for quotes from a qualified arboriculturalist for a tree survey on all trees under the care of the Parish Council. There are approx. 13 trees at Brays Pit, 13 trees at the Recreation Ground and 1 tree at the Parish Council office Pound Lane. Anyone interested please contact the clerk.

## ALLOTMENTS

Heacham Parish Council provides allotments for the benefit of Heacham residents for a small yearly rent. All rubbish from the site is the responsibility of the allotment holders and they are expected to remove this at their own cost. Heacham allotments are kept very tidy by our tenants and we were dismayed to find people have been using the site to fly tip. PLEASE use the correct place for your rubbish disposal, not our allotments.

## STREET LIGHTS

Heacham Parish Council are responsible for street lights on all major roads within the village. There are a small number of private roads and areas which are not under our jurisdiction, but the Clerk or her assistant are always happy to help if you are not sure who is responsible.

Any queries should be addressed to:

Heacham Parish Council Office  
Jubilee Clinic Pound Lane Heacham  
Norfolk PE31 7ET  
Tel 01485 572142

Email: [heachampc@btinternet.com](mailto:heachampc@btinternet.com)

Website: [heacham.norfolkparishes.gov.uk](http://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 16.30 TO 18.00  
 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

TERRY PARISH **07885 258428**

STUART DARK **01485 544339**

NORFOLK C C MICHAEL CHENERY **07920 286638**

### PARISH LIBRARY 07398647119

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](http://www.heachamgrouppractice.org)

[www.heachamnewsletter.org.uk](http://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**

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**07961 362443**




## **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 2 an hour from 0729

0704, 0723 first buses to Hunstanton then 4 per hour from 0759

### **Service 34 - (Mon-Sat)**

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

0709, 0800 first buses to King's Lynn then twice hourly from 0829

0723 first bus to Hunstanton then twice hourly from 0829

### **Services 34, 35 & 36 (Sundays)**

0844 0915 & 0945 first buses to King's Lynn then each route hourly

0808, 0844 first bus to Hunstanton then hourly

0945 (Service 35) then two hourly

\*\*\*\*\*

**Smithdon High School Bus**

### **Service 35 & 36**

0759, 0808 to Smithdon School (Service 36)

1515 from Smithdon School (Service 35)

\*\*\*\*\*

**Bus Enquiries**

[www.lynxbus.co.uk](http://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

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**Main pick up points for The Heacham Newsletter.**

**First Saturday of each month except January.**

Jennings, Ridouts Bakery, Post Office, Parish Council Office, Church,

•Tesco's, •Heacham•Fish•Bar

### **MOBILE LIBRARY**

**Route DER201 TUESDAY Every four weeks**

**12th November**

09:50 HANOVER GARDENS  
 10:20 ROBIN HILL  
 10:50 RINGSTEAD ROAD  
 11:10 ROLF CRESCENT (Opp.No.22)  
 11:30 SCHOOL ROAD  
 11:55 COLLINGWOOD CLOSE  
 12:15 FENSIDE  
 12:35 JENNINGS CLOSE  
 12:55 GYMKHANA WAY  
 13:15 COLLEGE DRIVE  
 14:40 GIDNEY DRIVE  
 16:05 POPLAR AVE  
 16:25 SITKA CLOSE  
 16:50 NORWAY CLOSE - MARRAM WAY  
 17:10 NEVILLE COURT

**GATES - RAILINGS - WEATHERVANES - CURTAIN POLES**

## **Sandringham IRONCRAFT**

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Tel: 571129

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