



# THE HEACHAM NEWSLETTER

## December/January 2020



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 14th January 2020



### Christmas Services at St Mary's

Sun 22nd Carol Service 6pm

### Christmas Eve

Christingle 4pm

Midnight Communion 11.30pm

Christmas Day Holy Communion at 10am



Heacham Parish Church



### Newsletter Team Note

How quickly a year goes by! Christmas has come around once more and the Team can look forward to putting the quill in the ink well and leaving it there for a while! A big THANK YOU to all THN readers everywhere, our valued contributors, our advertisers and sponsors.

*A Merry Christmas and a Happy New Year.*

We'll be back in February 2020 so please do keep sending in your stories, letters, photos, village information, regular events, diary dates, etc., all by email to [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk) or by posting the information into our box at the Parish Office.

Thank you all for your continued support.

*The Heacham Newsletter Team*

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

E-MAIL: [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk) [www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)



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# your letters..



Dear Newsletter

Heacham

## South Beach Parking

I've known Mike Jennings since moving to Heacham in 1978, and I've generally agreed with his views on most things, but on this one I have to take issue.

I'll hold my hand up, and say that I spoke out on social media about the PC and other matters without having the full facts at my disposal (and appreciate the response the PC made), and apologise if I'm wrong on this issue too.

But South Beach does have a car park which people tend to avoid using if they can - it's a Pay Park after all; the last time I spoke to John Austen, he said the Estate was planning to provide a car park down there too, though that may have changed with the new regime.

I'm sure Mike will remember one particular very hot Bank Holiday weekend in recent years though. Cars were parked on both sides of South Beach Road, and having to mount the pavement in places while other cars were working their way down the middle of the road. I was returning from the beach with our dog, and had no option but to walk up the middle of the road too, simply to get through. Cars were parked right up to the junction with Folgate Road, and the police had to be called because of a fight that broke out over a space, oddly enough, just outside Mike's shop.

Welcome to Heacham by all means, but if visitors cannot behave in a civilised, considerate way, then enforcement must be used.

And on the topic of considerate behaviour on South Beach Road, I would add that, at times, driving behaviour would make speed bumps desirable too.

Pete Widdows

\*\*\*\*\*

Heacham

## QEH Breast Cancer Unit

May I thank everyone who has supported all the charity events I have organized at the West Norfolk Pub in aid of the Breast Cancer unit at the QEH. We have raised over a £1,000 for the unit this year.

A big thank you to Andrew Lake and all his staff at the pub, all the local shops who have donated prizes for the raffles, and Tracey Dix for all the Avon prizes she donates, and of course all those who come along and support our events

Marie Rawnsley

\*\*\*\*\*

Heacham

✉  
Dear Newsletter

## Community Building Project

The unsigned letters in the November edition of the Heacham Newsletter regarding the Community Building project demand a response because of inaccuracies.

The Youth & Community Trust did accept the vote and have given £70,000 towards the project. BUT, the massively increased projected cost, without a contractor on site, demands a rethink.

The Trust would welcome the opportunity to meet with the anonymous letter writers to enlighten them on the relevant and correct information.

You know who we are, we have nothing to hide and our interest is in the best interest of parishioners.

Mike Jennings

\*\*\*\*\*



Dear Newsletter

Linn Chilvers Drive

## 'Thank You'

I must thank the local Police, Norfolk Lavender and my very kind neighbours who came to my aid on Friday 18th October when my 89 year old husband (who has Alzheimer's/Dementia) escaped on his mobility scooter whilst I was collecting his hat and gloves prior to our going out.

My neighbours immediately collected me to help look for him: when the last sight I had of him he was heading for the A149. I then phoned the police, they responded very quickly and sympathetically and whilst we were speaking to them, they received a phone call from Norfolk Lavender to say they had a rather confused elderly man in their care.

The relief was immense and the police kindly took his scooter and ourselves back home. I really cannot thank everyone enough.

Colleen Palmer

\*\*\*\*\*

## Bellerby Lowerison - Quaich

In October of this year, our Museum was gifted a silver Quaich. The Quaich is of hall-marked silver, made by Wilson & Sharp of Edinburgh. It has the Scottish Thistle denoting Edinburgh assay office with the letter date for 1916. Our interest and connection was through the name "Bisley", engraved as part of the inscription around the outside of the rim of the Quaich:

**SCOTTISH - CLNG - WAPINSHAW - BISLEY - 1917 -  
PTE BELLERBY LOWERISON**



In the course of investigation by our volunteer team, we came to the series of articles by Ros Marsden, published in your Newsletter in 2015. Her articles led us to the link

between Lowerison teaching in some of the most deprived areas of East London, the Volunteer forces and the John Ruskin Home School at Heacham. Our interest lay primarily with Lowerison and how his name and 'Bisley' came to be on the Quaich.

In Ros Marsden's account, and also in the paper written by Dr Kevin Manton "Establishing the Fellowship", Lowerison is recorded as being a special constable in London in the 1880s with a link to the reserve forces, in particular the London Scottish Regiment.



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At the end of 1914, the then Lord Mayor of the City of London thought it would be prudent to have a body of men, too old for the general call-up (i.e. those over 40), to undertake duties such as guarding vulnerable points, digging trenches, guarding PoWs, and acting as guides at London terminal stations for troops on leave or otherwise passing through. He reasoned that this would free-up regular troops for more important work. Thus was formed the City of London National Guard (CLNG), first assembling on 16th December 1914.

CLNG were all part-time volunteers, having to pay an annual subscription of £1, and having to supply their own uniform and arms. Many of the volunteers, being Scots, wanted to form their own company, and so by early 1915 had got together to form what was known as the 'Scottish Detachment', which met for the first time on 6th February at the Drill Hall of the London Scottish Regiment (many of these men having had previous service in that Regiment).

More officially they were known as 'E' Company, of the 2nd Battalion. At some later time, they became part of the 6th Battalion. They were keen on doing route marches, and shooting, and had a very good reputation as good shots.

They were disbanded in 1919 and held an Old Comrades Association shoot at Bisley on 25 May 1919. So it seems that they were only in existence for the period of the First World War, and did not merge with, or form part of, the London Scottish, their only connection being the use of that Regiment's Drill Hall.

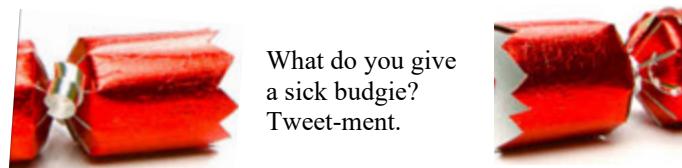
We know that they held two camps at Bisley in the summer of 1916, and two at neighbouring Brookwood in 1917, when they used the local school as a base. Being comprised of many Scottish individuals they could well have held their Wapinshaw (from the ancient historic gatherings or 'weapons shows') at one of the Brookwood camps. To support this, a search in the NRA's old ledgers of 1916/17 has shown up a receipt for the hire of 6 targets by CLNG on 31 December 1916, recorded in the ledger on 1 January 1917 (and paid in March 1917). This December/January gathering could have hosted the CLNG Wapinshaw activities in which Lowerison was involved and when he won, or was awarded or given, the Quaich.

In one of many searches made we also found evidence of a letter from the military to Lowerison thanking him for his offer of field-glasses for Norfolk coast-watching activities. This might have been connected with German air-raids across the Norfolk coastline by Zeppelins, of which there had been one such lethal raid early in hostilities.

The Quaich is one small item in the history of Bellerby Lowerison, but we hope that it may be of interest to your readers.

Anthony de Launay  
Curator, Museum of the National Rifle Association  
Bisley Camp, Brookwood, Surrey

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a sick budgie?  
Tweet-ment.



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## Heacham Infant and Nursery School

***“Together we explore, discover, achieve and grow: developing outstanding practice”***

### Heacham Pupils celebrate Inspection Report

A West Norfolk school instils a love of reading in its pupils who show enthusiasm and excitement for learning, according to a recent Ofsted report.

The children at Heacham Infant and Nursery School are interested in learning, and experience awe and wonder at activities based around spiritual, moral, social and cultural development, says the report which was published on Friday 18 October.

“Pupils show excitement and enthusiasm for learning. Staff have high expectations of what pupils can achieve, particularly in learning to read. There are plenty of opportunities to enjoy books with adults and with each other,” the inspector said.

The school was rated as Good following the inspection at the start of October. It is smaller than the average infant school with 113 pupils aged from two to seven-years-old and is part of the West Norfolk Academies Trust.

“Leaders, including governors, are ambitious for all pupils. They want them to experience life to the full in modern Britain. They also want all pupils to be ready for the next stage in their education in the junior school,” says the report.

The inspection also found that the Executive Head Teacher, Louise Jackson, leads with experience and enthusiasm and all leaders make sure children learn well in the two-year-old nursery

and reception classes. Staff are positive about their work in the school.

“I am pleased that Ofsted has noted so many positive attributes at our school where we all work hard to ensure pupils have the very best learning experience from the start. There is always room for improvement, and we will not be complacent in moving forward,” said Ms Jackson.

The report also highlights the forest schools, where pupils have the chance to learn outside, and the fact they join with children from other schools to engage in drama and dance.

“At this early stage, children talk excitedly about learning outdoors in the rain. They can already talk about their imaginative story ideas,” the report says.

There is praise for the teaching of reading and the school environment, which includes story chairs and inviting book displays, creating ‘an environment which fosters a love of reading’ and as a result, pupils do well in the subject.

“Pupils learn to use a lot of new words. They do this right from the very start in the two-year-old classroom. Teachers build on this as pupils move through the school. Adults are great role models. They introduce, repeat and rehearse new words and phrases. Consequently, pupils use these new words and phrases with increasing confidence and accuracy.”



Safeguarding at the school is effective with training up to date and staff clear about what they should do. Leaders follow-up all safeguarding issues and work well with other agencies.



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**Fri 6th - JAM with DNA**



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**Thursday night curry menu from £11.50 including a free starter.**

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

# *news & events in the community ...*



**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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email: [simplycookit.kat@gmail.com](mailto:simplycookit.kat@gmail.com)  
Find menus and full details on    
[@SimplyCooKit](http://www.facebook.com/simplycookitnorfolk)

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Generator, Fishing.  
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Sunday 15th December

11.00 am to 3.00 pm

Willows, Robin Hill  
Heacham  
PE31 7SS



## **CHRISTMAS TIME, CHICKEN WIRE AND TWINE!**

**at STUDIO @ 55 in December**



**14th 1-3 pm Christmas Creativity Workshop**

**55 High Street, Heacham, PE31 7DW  
07538 986 235, [www.adventureintocreativity.com](http://www.adventureintocreativity.com)**

### **'Christmas time, chicken wire and twine!'**

With Christmas almost upon us there may be tons of things on your 'still to do' list. But why not give your Christmas this year an individual twist by making your own cards, wrapping paper, gift tags or decorations?

Studio @ 55, Heacham, has a special Christmas Creativity Workshop in December to help you get into the creative Christmas spirit. And of course reduce waste, reuse, recycle, upcycle.

For example, Studio @ 55 can help you do Lino cutting, which is great for creating your own, personalised Christmas cards. Or you could make your own stamps, a good starting point to individualise your own wrapping paper and gift tags, which of course can then be reused time and time again.

And what about tree ornaments? Maybe you want to do something different? Create a special decoration for a loved one, or as a gift? Studio @55 can help you make your own decorations using wood cuts, copper wire, and by upcycling any materials you may have.

The Christmas Creativity Workshop Studio @ 55, Heacham, is on Saturday 14 December 2019 from 1 to 3pm. just £14 (including tea & mince pies). It's advisable to book in advance as places are limited.

To register or for more information 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.



## CHURCHES TOGETHER IN HEACHAM

### How clearly do we see?

We are fast approaching 2020, but how clearly do we see where we are going? How clear is our vision of the new year and indeed the intervening weeks? 20/20 is a technical expression of perfect visual acuity. The first figure is a measure of how well you actually see compared to the second figure which is a perfect eye. Few of us see well when we look at the future, maybe we see 10/20.

This year our view of Christmas is obscured not only by the commercial pressures which displace much of the Christmas celebrations into Advent which precedes it, but also by a Parliamentary election. Recent political events have let us see clearly how imperfect is our democracy. Looking around the world however it is one of the best because it is inclusive. That inclusive property is dependent upon you the ordinary citizen. If you do not vote you contribute to the imperfection of the system.

Through the election fog commercial Christmas will continue pursuing a 'hard sell' of food, presents and decorations. How clearly do we perceive these pressures? How realistically do we purchase only what we need? This Christian festival has been exploited as an excuse for extravagance and indulgence reputedly necessary to 'keep up with the neighbours'. True, it was adopted from an ancient pagan festival celebrating the change of seasons and passing the shortest day, hence the date. Has our vision become so clouded that we have completely lost sight of the real meaning of Christmas? As Christians we celebrate a different change of season.

In this digital age when communication has given us a wider, more detailed world view, we can see more clearly than ever before, how implausible is the idea of this world occurring spontaneously or by chance. As we become aware of the patterns and seasons of the universe, the variety of life which inhabits our planet and its interdependence, it becomes obvious that this was planned and organised by an intelligence beyond human understanding. Judaism, Christianity and Islam – the three, great, mono-theistic religions all believe that there is one God who created the heavens and the earth.

Christians believe that God revealed himself in Jesus the baby born to Mary. God dwelling among us in fully human form. Born to a virgin in Bethlehem as the ancient prophets foretold. Yes, we celebrate his birth, but more than that we celebrate the work he came to do, to offer all human beings salvation and everlasting life. A truly inclusive offer available to any who will respond.

That is where our focus should be at this season of the year.

**Penny Sutton, Reader Heacham Parish Church**

### Heacham Parish Church Services in December

1st Dec	10am Morning Prayer
	4pm Carol Service at Pine Mall
8th Dec	10am Holy Communion
	4pm Angel Songs of Praise
15th Dec	8am Holy Communion (BCP)
	10am Morning Prayer
22nd Dec	10am Holy Communion
	6pm Village Carol Service
24th Dec	4pm Christingle Service

11.30pm	Midnight Communion
25th Dec	10am Christmas Holy Communion
29th Dec	10am Morning Prayer

### January 2020 Services

5th Jan	10am Holy Communion
	4pm Pine Mall service
12th Jan	10am Morning Prayer
	4pm Praise Service
19th Jan	8am Holy Communion (BCP)
	10am Morning Prayer
25th Jan	10-12noon Messy Church
26th Jan	10am Holy Communion
	4pm Evening Prayer

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

Methodist Church	Rev'd Stephen Oliver	570232
St Mary's Church	Rev'd Veronica Wilson	570697
St Mary's Church Office	Tuesday-Friday 10-12noon	572539
email: <a href="mailto:heacham.church@gmail.com">heacham.church@gmail.com</a>		

### Christmas Services - See separate poster

### Village Carol Service Sunday 22nd December

Why not join the Choir or Music Groups for this year's Heacham Village Candlelit Carol Service. Rehearsals every Friday from now at 6pm in the church?

### Festival of Angels continues in December



Come and vote for your favourite angel. We will keep the display of Angels up over Christmas, so that everyone can enjoy them.

### 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. For more details and to book please contact Mary Sanders tel; 570264.

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## HEACHAM METHODIST CHURCH

### December 2019

### Sunday Services: 10.30am Morning Worship

1st Dec	Revd Steve Oliver - Holy Communion
8th Dec	John Miles
15th Dec	Rev Steve Oliver Carol Service
22nd Dec	Irene Goddard
29th Dec	Church Fellowship Service

### January 2020

5th Jan	Revd Steve Oliver - Covenant Service
12th Jan	Val Fisher
19th Jan	Church Fellowship
26th Jan	Revd Pam Bayliss

### Christmas Events and Services

**The Minister, Revd Steve Oliver and the Church stewards, wish all the residents of Heacham a Happy Christmas and a Blessed New Year**

### Friday 6th Dec - Christmas Tree Lighting

The Christmas tree outside the church will be lit throughout the Christmas season. On the 6th December at 6pm come and sing carols around the tree and warm up after with a glass of mulled wine and a mince pie.

### **Saturday 7th Dec - 2pm Carols and Cake**

An afternoon of Carols, Christmas songs, Bible readings and poems followed by a festive tea.

### **Tuesday 10th Dec - 6pm Christingle Service**

Come and join the youngsters of Heacham Guides and Brownies for this traditional Christmas time service.

### **Saturday 14th Dec - 2.30pm West Norfolk Singers**

The West Norfolk Singers present their annual concert. Tickets £5 on the door.

### **Sunday 15th Dec - 10.30am Carol Service**

Join us for our main Sunday Carol service led by our minister Revd Steve Oliver.

### **Sunday 22nd Dec - 6pm Village Carol Service**

This is at Heacham Parish Church.

### **Christmas Day 25th Dec - 9.15am**

Revd Steve Oliver leads a special service to celebrate the birth of Jesus. (Please note the earlier time).

**A special welcome is given to all Heacham residents to any of the above Christmas Services and events - Come and join us.**

### **Midweek Communion Service**

The midweek communion will be on Wednesday 11th December and Wed 8th January 2020 at 10.30am in the church Hall. Remember all who love the Lord are welcome. The service will be led by Minister Rev Steve Oliver.

### **Bible Study**

This month there will only be one bible study Thursday 12th December. But we are back to 2 in January on the 9th and 23rd at 10.40am. We will continue to study the Acts of the Apostles. Why not make a resolution to join us?

### **The Fellowship**

The fellowship will resume after a winter break.

### **Short Mat Bowls**

The short mat bowls group will continue weekly until Friday 20th December and will take a break in January. Back on February 7th at 2.30pm.

### **Midweek Activities**

- Tuesday - Open Door 10–12noon - weekly.  
Hands and Needles – 7.30pm
- Wednesday - Midweek Communion 10.30am on 11th Dec & 8th January 2020.
- Thursday - Bible Study at 10.40am 12th Dec and 9th & 23rd January 2020.
- Friday - Short Mat Bowls 2.30pm weekly until Dec 20th

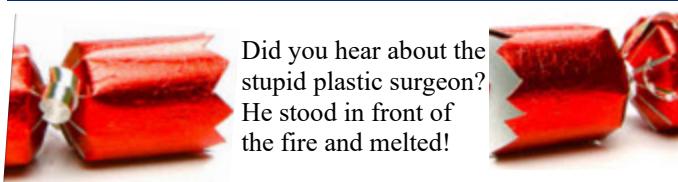


**Next Messy Church:**  
**Saturday 25th January**  
**10:00am - 12 noon**  
**Heacham St Mary's Church**

For further information, contact  
Veronica 01485 579887  
Penny 01485 572539

WEBSITE:  
[heachamsnettisham.org.uk](http://heachamsnettisham.org.uk)





### **FESTIVAL OF ANGELS**



### **Wed 4th December: Come Near, Come Hear 10am - 3pm**

A day to draw aside and find peace in the presence of God among the angels on display during Advent

**Sunday 8th December: Angels Songs of Praise 4pm**  
With afternoon tea

**Saturday 14th December: A Question of Angels 3.30pm**  
A concert by The Wolferton Singers

Come and visit the church anytime in December to see a 'host' of angels, and vote for your favourite.

Church open daily from 10am – 4pm.

For more info see: [heachamsnettisham.org.uk](http://heachamsnettisham.org.uk)  
or visit our Facebook page



Heacham Parish Church



## Hunstanton Catholic Parish

About 50 people attended the Parish Ladies Shared Lunch on Saturday 9th November at St Cecilia's Church. We had a wonderful musical afternoon with entertainment provided by singer Cathy Martini from Oregon and the U3A Handbells Group from King's Lynn. There was also a very good selection of food and some great raffle prizes. A generous amount was donated to the 'Blood Bikes' charity. Thanks go to all who helped in any way and especially to May Davey, who organised the event.



Our Christmas Mass times are as follows:

Christmas Eve (Midnight Mass) is 9pm at the Parish Church, Our Lady & St Edmunds, Hunstanton.

Christmas Day Mass will be at 10am in both Hunstanton and Dersingham Churches. All welcome.

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** are 10am in St Theresa's Convent, 27 Sandringham Road, Hunstanton, during the winter months, 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)  
**Email:** [parish@hunstantoncatholicparish.org](mailto:parish@hunstantoncatholicparish.org)



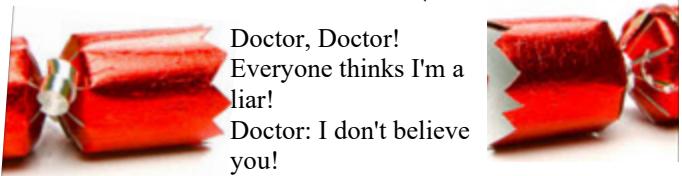
## ~ Christmas Cards ~

(The Clue's in the Title)



Christmas time, we all remember  
Starts sometime in late September,  
When supermarkets fill their shelves  
With festive cards stacked by their 'elves'.  
Shoppers trolleying down the aisle,  
Look at each other and slyly smile.  
"It gets earlier every year.... but we  
May as well get some while we're here."  
Robins, snowmen, winter scenes -  
Is this what the season means?  
Nativity cards are getting rare  
And seem to lessen year on year.  
Without the holy child, so small  
There'd be no need for cards at all.  
Why do people think it odd,  
At Christmas, to acknowledge God?

Nancy Robinson  
(30th December 2013)



Doctor, Doctor!  
Everyone thinks I'm a  
liar!  
Doctor: I don't believe  
you!

# hope

EVANGELICAL CHURCH

"Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead"

1 Peter 1:3

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

[www.hopeevangelicalchurch.org](http://www.hopeevangelicalchurch.org)

## Norfolk's Extra Hands helps children learn about Dementia

A home care company is helping thousands of children learn more about dementia and how it can affect families - using a dragon called Simon.

Extra Hands is visiting schools around the county and using a cartoon designed especially for children by the family of a former GP who is both living with Alzheimer's and creating resources to explain what happens.

The Dragon Story is a four minute cartoon which staff from Extra Hands are using in special school assemblies for children aged between four and nine. Some 2,000 pupils have seen the cartoon following a visit to North Wootton Academy last week where children were asked questions around issues it raises.

The story is about a young dragon called Simon, his mum and Grandpa Drake who begins to show behaviours common with dementia, like not being able to find things.

Anita Walter, Public Relations and Marketing Director at Extra Hands, said: "We understand the importance of raising the awareness of the condition within our local communities. There is a wealth of knowledge and resources available for adults but we wanted to reach out to the younger generation as they are now beginning to come across dementia in their everyday lives. We met the creators of The Dragon Story at a convention we attended and were so inspired by her story that we wanted to share it with as many people as possible."

The approach is proving popular, as an initial visit to four schools before the summer holidays soon saw Extra Hands talk with more than 1,000 children by the end of September, and when October ends the total will be double that. By the end of

November, the company will have spoken to 3,000 children about dementia.

Dr Bute, who initially diagnosed her own Alzheimer's Disease, said: "We are thrilled that Extra Hands has been sharing The Dragon Story with schools in Norfolk. We believe that children can cope much more easily with people with dementia than adults, because they have no mis-conceptions about dementia.

"Children relate to dragons and cartoons and so some of the issues relating to living and caring for those with dementia are easily presented and understood. The Dragon Story was written by my daughter based on her experiences with my own dementia, and then my son produced the cartoon - so it was a family effort. I strongly believe it is possible to live well with dementia, and that involves educating all ages about what dementia is, so that everyone understands us better."

Dr Bute, who lives in the south west, and her family have created a wide range of resources for those living with dementia and their families and more information can be found at the website [www.gloriousopportunity.org](http://www.gloriousopportunity.org)

Schools can book sessions directly with Extra Hands to listen to The Dragon Story; contact 01485 570611 for more information.



The Heacham office of Extra Hands was rated Outstanding by the Care Quality Commission earlier this year and the company offers a range of services for people of all ages around Norfolk.

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

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## Friends of St Mary's Snettisham

### Time to move on!

2019 has been a strange year in many ways for us at The Friends.

Yes, we have had a full year of very enjoyable and successful concerts and recitals and revenue is up on last year, but little seems to be going on re the 'Spire project'.

Behind the scenes though much has been happening, for to progress a major project such as the Spire, a lot of background preparatory consultation must take place. The original plans we were left with in 2018 had to be revised in view of comments from the Diocese planners, our original architect moved on, so it seemed a timely place to revise everything. This we did with Les Bailey at Spire Consultancy (part of the Diocese) and these plans were successfully presented to the Annual Parish Council meeting. Following that we had a public launch and showed the plans at the annual village fete. From that, and ongoing, we have been collecting comments sheets and bringing together a pile of information to back up the plans.

In order to apply for major funding, we must be seen to be connecting with the local community and, fortunately, this is something we had done particularly well in the last three weeks and continue to improve. We took on a professional fund-raiser, as applications for major fund raising requires specialist training and a lot of time. Saul Penfold, our fund-raiser has been consulting with various local bodies such as schools, museums etc to get feedback. The more we can get the whole area on board the better.

Lastly, last week we had a meeting with the British Museum. At all points we wanted the project to be very much a community, educational and heritage project, but we never thought we would be able to engage with such an illustrious body as the British Museum. Our enquiry was timely as they had just completed a 7-year research project into the Snettisham Hoard, the

publication of which will be released within the next 12 – 14 months. The Senior Curator who came to meet up called the Snettisham Hoard "the most important Iron Age find in the whole world!". We seem to have hit a pot of gold (literally!) and so we shall be working with them towards our application for Lottery Funding in the coming months. What an illustrious body backing our cause.

The initial application will be to see if the powers that be like the project. If they do, they will pay for the more detailed consultations that are necessary to progress the project. That does not guarantee getting the money, but it helps. Once we have the results of those investigations, we will be able to go to finite planning applications and hopefully achieve all the funding.

We now have a very cohesive team working with us who are as enthusiastic as we are ourselves. We also have a new vicar who has brought an objective insight to the scheme. Having worked on this project now for three years, it is good to occasionally step back and review.

With your support we have been able to increase our concert schedule and bring on board more professional performers and we are certainly getting a reputation for being the place to come and listen and enjoy classical music in this area.

Our calendar of events for 2020 will be out in early January and 2020 promises to be a truly exciting year again with artists from London, Korea, Costa Rica, Japan as well as home grown ones from Norfolk.

Hopefully in 2020 our Newsletter will be more frequent as we progress our project more actively.

Thank you so much for your support for this amazing church and we all wish you a very happy and enjoyable Christmas.

**Marian Abramovich**  
**Chair of The Friends of St Mary's**

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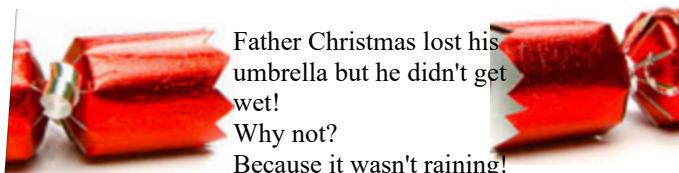
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Heacham Minors Club Chairman and Team Coach, Nathan Stockdale, said: "The Club are immensely proud of the support we receive from local sponsors, helping provide the children with a safe and fun environment to play football, all underpinned by the ethos of equality, positivity and respect."

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## WORDSEARCH

### CHRISTMAS TIME!

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 H O L L Y A N D I V Y G N N I S M U  
 A E S E L B U A B X N Q M C M L E F  
 E E R T S A M T S I R H C E O E S R  
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 N F K E T O U C E R L T R E A A E N  
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ANGELS  
 BAUBLES  
 CHOIR  
 CRACKERS  
 FRANKINCENSE  
 GROTTO  
 MINCE PIES  
 MYRRH  
 PRESENTS  
 RUDOLPH  
 SHEPHERDS  
 STOCKING  
 TINSEL  
 XMAS PUDDING

BABY JESUS  
 CAROLS  
 CHRISTMAS TREE  
 ELF  
 GOLD  
 HOLLY AND IVY  
 MISTLETOE  
 PANTOMIME  
 REINDEER  
 SANTA CLAUS  
 STAR  
 THREE WISE MEN  
 TURKEY  
 YULETIDE



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 With a witch-watch!



  
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 AT  
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 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  


  
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**METHODIST CHURCH**  
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### Heacham in Bloom

Last month we received a donation in memory of the late Mrs Mary Harrod. We are both touched and honoured to receive such a donation and thank the Harrod family for thinking of our group.

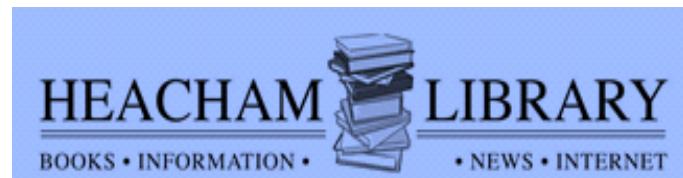
Plans and colours for 2020 are still being discussed, but we will have firmed up our plans fully by the next Newsletter.

Our first meeting of 2020 is on Monday 20th January, 7pm at Heacham Library. All are very welcome to attend. A gentle reminder - we are still very much on the lookout for helpers for next season.

Lastly, we would like to take this opportunity to wish all of you a very Merry Christmas and a Happy New Year.

See you in 2020!

Heacham in Bloom Committee  
[heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com)



Christmas is a time to be cooking up that special recipe, cosying up to a good book or hand-making that special gift. At the Library we have lots of books to help you do just that with Festive Cookbooks and Christmassy fiction to help you get in the Ho, Ho, Ho mood. Mums and Dads don't forget we have a good collection of children's books, great reading without the cost during the holidays. If you are feeling a bit "Bah Humbug", then escape the festivities with our feature authors Peter May and Clive Cussler.

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

Please note that the Library will be closed over the Holiday period reopening on Friday 3rd January 2020.

**Merry Christmas and a Happy New Year**

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

Dersingham Village Centre is pleased to host the  
 2019 Christmas Fair  
 Co-ordinated by Fade to Grey's Alex Dixon

  
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## Alternative Therapies

**Mind and Pandora's Box**, that box in the stories contained hope but we use the mind boxes to keep the things that we don't want to think about. Those bad things that happened to us when we were younger, or in recent times that we have escaped from. These mind boxes are very firmly shut and bolted and locked and chained and hidden and buried and forgotten. But that's the problem, they're not forgotten, they get bigger and more looming in our denial of them, they wave at us from hidden corners, they jump out on us like a bad horror film and worst those things inside get bigger and bigger with the ignoring. We spend much time energy and effort trying to keep those things in that box and live as if those things are real in the now time. So effectively restricting the amount of energy, emotion and connection we have to our life now. So big scary box how to tackle you?

Leaving it alone will not serve you, as we get older and as our brains start to get a bit fluffy round the edges the box opens itself and it all comes tumbling out in a torrent with no control anymore, so making difficult situations, and a grotty time for you. So, you brave warriors of truth, stand in your power, in your battle truth and uncover that box. Look at it and throw it away to be gone for good, not looked at, dusted and put back. If you know the original cause, and you do know that then a shaman's journey to heal that part of you will help immensely as it is healing the cause and may then remove much of the rest of the box's contents in one go, hurrah. A soul retrieval is also helpful to return that part to you that ran away at the time, think of Wizard of Oz and the lion needing bravery, which was returned to him after a 'journey' into the unknown. If you know the person, whether alive or dead, then forgive the soul of that person, not their actions which caused you distress but the soul part. This also allows you to move on. Similarly, if there is hate involved, that serves no purpose as it is you who carries that

energy not the other person it's directed at. So, by forgiving their soul also releases that energy. Writing a letter to them/drawing and then burning it also lets things go and move. Let it go, burn and walk away don't let your mind grab it again like a comfy blanket. Counselling can help, you tease things out but can just be another way of holding on to it as you regurgitate your story for the umpteenth time. Reiki and crystal healing will hold you in healing and support you as emotions move, taking the edge off so they are out there rather than in your face. Homeopathy can help as the emotions arise. Again, it can help them to be softer or go completely, as they can be scary, but you can deal with them you have that strength, don't go doctor medicate them, as now you have a box and a drug load too!

So instead of opening gaudily wrapped Christmas presents this year, make your present of your box to you and open it wide, throw the lid and box away (recycle them of course!) and finally empty it out, shaking it to all the corners, so you can move into the new year as a new person; now, how amazing are you?

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

**Alison Bowyer MNCHM**

## Heacham Carpet Bowls Club

Well, we have had an amazing month, new carpets and great games at the Dersingham Tournament, and of course great cake! The final of our competition is to be held shortly and our mats have behaved beautifully.

If you haven't booked for our Christmas lunch then best get a wiggle on as places are filling fast.

We have a new committee elected at the AGM and, as always, welcome new members on Tues/Wed/Thurs at the Public Hall, 10.15am till 12 prompt.



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## Ruffle: a toy's adventures

### Stocking Filler!

by Rachel Greaves

The Ruffle toy had been carefully hung on a gatepost by his red collar in case the person who had lost him returned. Ruffle was glad he was higher up off the floor and so safe from dogs, cats, foxes and other animals that used the pathway. He had waited patiently for a few hours – the light was beginning to fade even though it was only early afternoon – when he saw a small group of people walking along the pathway. There were two adults and two children who were all helping to drag along a large tree balanced carefully on a low trolley. As they walked past Ruffle one of the children happened to glance his way. They shouted out and stopped.

“Wait! Look – hanging on the fence. It’s a toy dog! Someone must have dropped him!” The girl ran over to Ruffle and gently lifted him off the fence. She turned round to the others with an excited look on her face.

“We can’t leave him here! He’ll get wet and cold – can we take him home?”

Her younger brother went over to have a closer look at Ruffle. Ruffle looked back at the boy with his shiny bead eyes.

“Can we please?” cried out the boy. “We could hang him on the Christmas tree as a decoration! He’d be safe there. Then after Christmas we could bring him back and see if anybody claims him!”

The children’s parents could see that their children’s minds were made up so agreed that Ruffle could return home with them and be a Christmas decoration.

Ruffle was placed carefully on top of the horizontal tree safely in between the pine branches. The tree was then wheeled steadily

back to the family’s home and taken indoors. Ruffle was lifted off the tree and sat on the floor watching as the tree was placed in an upright position on a metal stand in the corner of a cosy room. A large cardboard box was brought in and placed next to the tree. Inside was a selection of decorations that were quickly placed on the tree. The girl fetched Ruffle and chose a branch halfway up the tree to hang him on.

“There you go little dog! You’ll get a wonderful view there. Remember to watch out for our special visitor tonight!”

Ruffle did indeed have a fine view and watched as the family left the room, closing the door. It was quite bright in the room – a lovely warm glow from the fairy lights hanging around the tree reflected colourful patterns onto the carpet below. Next to Ruffle was a large silver bauble with what Ruffle thought was a shadowy picture of a black and tan dog with a red collar...

The house soon became quiet as night fell and Ruffle settled down feeling warm and dry. The morning soon arrived and Ruffle was startled by the two children bursting into the room in their pyjamas.

“He’s been! LOOK!” The little boy pointed excitedly to a large pile of presents under the tree just below Ruffle. Now how on earth did they get there wondered Ruffle. Ruffle watched the delighted look on the children’s faces as they eagerly unwrapped their parcels. One parcel even revealed a collection of books about an Airedale just like Ruffle! The girl took one of the books over to Ruffle hanging on the tree.



“These books look just like our dog decoration on the tree! How lovely!”

Ruffle felt part of the family as the Christmas celebrations continued through the next few days. But, as always, Christmas must come to an end and the decorations taken off the tree and stored safely away until needed again. The family fetched the boxes ready to pack everything away. Ruffle was packed into a smaller cardboard box and the lid folded down. But the little boy didn’t notice the writing across the side of the box.

#### CHARITY SHOP

The box was taken the next day to the local charity shop – full of clothes to be recycled now that new ones had been received to replace them. Ruffle’s adventures would continue into the new year...

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## Ruffle: a toy's adventures Charity begins at Home!

by Rachel Greaves

Ruffle lay quietly in the cardboard box that now sat in the back room of the charity shop. It seemed a long time since Ruffle had been part of the Christmas celebrations then mistakenly packed into the box sent to the charity shop. It was very dark inside the box though quite comfortable. He had only been there a couple of days when Ruffle heard noises – people talking and they were getting closer!

Eager to re-stock the shop, the volunteers began to open the bags and boxes full of donations brought in after the festive holiday. Suddenly light streamed into Ruffle's box as one of the ladies opened the flaps. As she reached into the box to pull out a warm woollen scarf, Ruffle dropped out onto the shop floor. Luckily, one of the other staff members spotted Ruffle and reached down as soon as he had fallen. They picked Ruffle up and gave him a quick brush with their hand. Then, having secured a price tag around his neck, carefully placed Ruffle at the front of the display in the window.

From where Ruffle sat in the window, he could see the street and people passing by the shop: people on their way to work, children on their way to school - and was that a dog that looked just like Ruffle? Even a horse and rider trotted past as Ruffle's bright black eyes watched the outside world through the glass window.

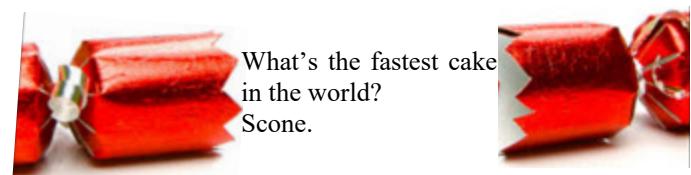
Then one morning, before the shop had even opened, a child's face suddenly pressed up against the window and looked straight at Ruffle. Ruffle stared back, his eyes bright with curiosity. The same face appeared again later in the afternoon after the shop had closed and again and again at the same times the following day. But then on the third day the face didn't appear as usual in the

morning. Ruffle was disappointed as he'd grown used to looking forward to seeing the friendly face.

Later that morning, not long after the shop had opened, Ruffle was gently lifted out of the window and carried carefully over to the counter. Ruffle sat patiently as his price tag was removed. As Ruffle was turned round, he saw the little boy's familiar face from the window beaming a huge smile at Ruffle. The little boy had gone past the shop as he walked to and from school but the shop had been closed. It was Saturday so no school but the boy had to wait until the shop was open before he could go in to buy Ruffle! The boy stroked Ruffle's head and ears then examined Ruffle's red collar around his neck and the now grubby nametag sewn onto the collar. He smiled when he read Ruffle's name. Then Ruffle was held tightly between the boy's woollen gloves and carried safely back to the boy's home.

What next for Ruffle?

[www.rufflatheraildog@outlook.co.uk](mailto:www.rufflatheraildog@outlook.co.uk)



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in the world?  
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The advertisement features a man holding several flooring samples (carpet, vinyl, laminate) in front of a white van with the company logo. The logo consists of the letters 'IPF' in a stylized font with 'Flooring' written below it. To the right, there is a large graphic of a house outline containing the text '...The Store to your Door'. Below this, a large blue banner reads 'THE BEST DEALS FOR ALL YOUR FLOORING NEEDS'. To the right of the banner is a white box with the text 'GUARANTEED TO BEAT ANY GENUINE LIKE FOR LIKE QUOTE'. A list of services is provided in two columns.

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## TIDE TABLES FOR DECEMBER 2019 & JANUARY 2020

### HIGH WATER AT HUNSTANTON

Heights above chart datum  
Time Zone UT (GMT).

Dec 2019				Jan 2020			
Date	Morning	Afternoon	Date	Morning	Afternoon		
1 SU	09 04	6.5	21 02	6.7	1 W	09 59	6.0
2 M	09 47	6.1	21 40	6.3	2 TH	10 42	5.6
3 TU	10 37	5.7	22 29	5.9	3 F	11 37	5.5
4 W	11 44	5.3	23 40	5.6	4 SA		12 41
5 TH			12 55	5.2	5 SU	00 48	5.6
6 F	00 54	5.6	14 00	5.5	6 M	01 57	5.7
7 SA	02 00	5.7	14 57	5.7	7 TU	02 58	5.8
8 SU	02 56	5.9	15 44	6.1	8 W	03 53	6.2
9 M	03 43	6.3	16 25	6.4	9 TH	04 46	6.6
10 TU	04 27	6.5	17 04	6.7	10 F	05 35	6.8
11 W	05 11	6.8	17 41	6.9	11 SA	06 22	7.0
12 TH	05 54	6.9	18 19	7.0	12 SU	07 11	7.2
13 F	06 36	7.0	18 56	7.1	13 M	07 55	7.3
14 SA	07 19	7.1	19 34	7.1	14 TU	08 39	7.2
15 SU	08 01	7.0	20 10	7.1	15 W	09 25	6.9
16 M	08 45	6.9	20 50	7.0	16 TH	10 14	6.7
17 TU	09 32	6.7	21 36	6.8	17 F	11 09	6.3
18 W	10 29	6.3	22 31	6.4	18 SA		12 13
19 TH	11 39	6.1	23 40	6.3	19 SU	00 22	6.3
20 F			12 52	5.9	20 M	01 36	6.1
21 SA	00 55	6.3	14 01	6.1	21 TU	02 51	6.1
22 SU	02 08	6.4	15 04	6.3	22 W	04 01	6.3
23 M	03 13	6.5	16 01	6.5	23 TH	05 03	6.4
24 TU	04 13	6.8	16 50	6.9	24 F	05 55	6.7
25 W	05 08	7.0	17 35	7.0	25 SA	06 40	6.8
26 TH	05 59	7.0	18 18	7.1	26 SU	07 20	6.8
27 F	06 47	7.0	18 58	7.3	27 M	07 55	6.7
28 SA	07 31	7.0	19 36	7.3	28 TU	08 26	6.6
29 SU	08 10	6.8	20 10	7.0	29 W	08 54	6.4
30 M	08 47	6.5	20 44	6.9	30 TH	09 24	6.2
31 TU	09 22	6.2	21 18	6.5	31 F	09 56	6.0

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## Borough Council News Heacham, Sedgeford and Fring

Nothing significant to report partly because I had to leave the Borough for several weeks and passed my meetings to substitutes. From what I have gleaned and also from personal experience it seems the Borough Council has given up answering questions, ensuring useful records of meetings are kept, and providing public debate when it is expected. Little change there then.

Imminent elections, national and by, now hinder further comments.

I am interested in who becomes MP in North West Norfolk. If you want my opinion, vote for Michael de Whalley. He is standing under the Green Party banner but he is part of the Independent Group at the Borough Council and has proven himself to be dedicated to challenging a very wide range of issues and strives to make things better for the people in his ward and for the inhabitants of West Norfolk. He also pursues wider environmental issues. He is honest, hardworking and self-effacing. What more do you want?

Look at all the candidates and make your choice but, be assured, this time, Green is best.

Happy Christmas and may the New Year be a Good Year.

**Terry Parish**  
**Independent Borough Councillor Heacham Ward**

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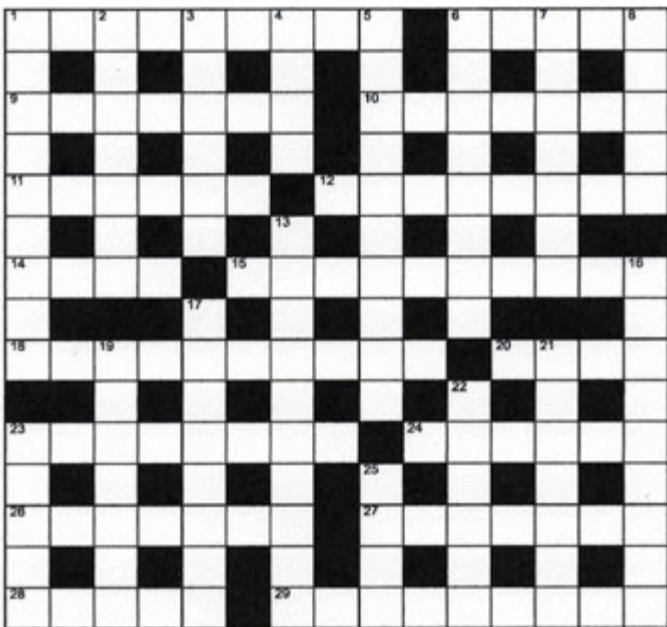
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## DECEMBER CROSSWORD



### CLUES:

#### Across:

1. Seasonal toppings for party, perhaps at work (5,4)
6. Happy to appear in pantomime (5)
9. Stared excitedly at duck, tucking in, having torn a strip off (7)
10. Real log burned brightly (7)
11. Read out a surprise statement found in diary (6)
12. Pull sleigh, making small change to rear seating and getting wet (8)
14. From the first of December creative activity will run (4)
15. Ice last jam fancy and make it look splendid (10)
18. Records and stuff included in requests to Father Christmas? (10)
20. Musical character starts charades and port flows endlessly (4)
23. Pants are cool at this time, Sally's heard (8)
24. Tempestuous king interrupts Royal on sofa (6)
26. Daily, smile becomes a little warmer (7)
27. Local fashion will stand up to hail (7)
28. Scrooge will require simple return from investment (5)
29. Decorations start sagging following severe cold (9)

#### Down

1. Game is the first present lovingly given during Christmas period (9)
2. Christmas jumper is one of 17! (7)
3. Cut down fir tree to order and call it a day (6)
4. Helper said elves are engaging (4)
5. Innocently idealistic – like the Three Wise Men? (6-4)
6. Charge for food shop, we hear, might create a scandal (8)
7. If I can dance with blue-blooded young woman, it will be heavenly (7)
8. Eats, taking in liquid – a large amount! (5)
13. Politics engaged in at this time of year? (5,5)
16. At nine o'clock, no more snow remains.... (9)
17. ....rush back and check before getting one of Santa's helpers (8)
19. Bell sounds note before news (7)
21. Dash to season with stock (7)
22. That man is heard giving song of praise for this woman (6)
23. Open biscuits, breaking some and getting sweeper (5)
25. Underground traveller has no time for transport network (4)

Solution on page 45

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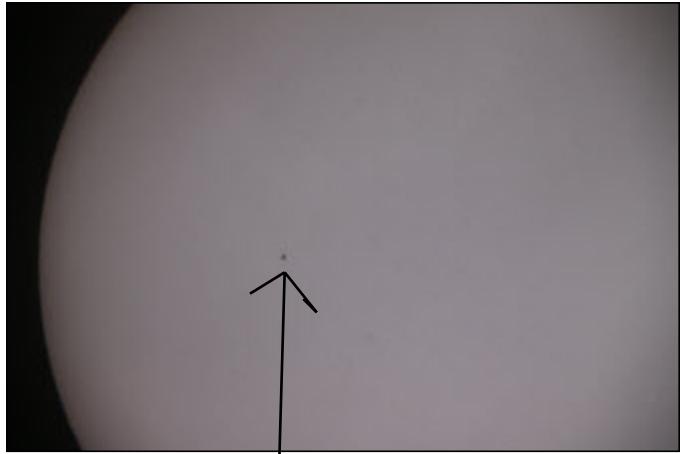
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## Heacham at Night

I saw the transit of Mercury last month. Many thanks to the three people who joined me in my garden, one from South Wales which seemed extreme; and the two who turned up in the freezing wind on Hunstanton cliffs. Two walkers had a look through the 'scope too.



*Transit of Mercury 2019 Heacham Parish*

It was the time of inclement weather with floods in Doncaster and many other places and it rained in Heacham until just before the transit started. Passing clouds meant it was seen as snapshots rather than as a continuous event. 2032 before it happens again. I hope you are younger than me.

Anyway, December and January 2020. December 22nd is the winter solstice, shortest day, longest night and first day of winter. 5th January, 7.48am, the Earth is as close as it gets to the Sun (147million km) so turn the heating down.

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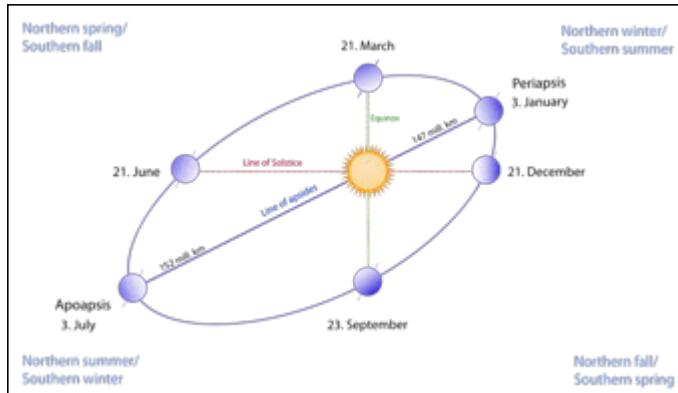
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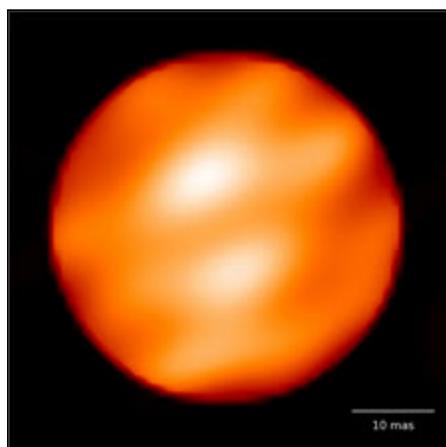


*The seasons. Internet. Ellipse exaggerated, orbit almost a circle.*

Just a few baubles prior to Christmas: Orion is well up in the winter sky; find Betelgeuse at his top left shoulder and wonder if it will suddenly become as bright as the Full Moon. If it does you will have witnessed a close supernova. 'Beetlejuice' is an old, red, supergiant and has expanded to a size which would engulf our Solar System out to Jupiter. It is one of the largest stars visible to your eyes.

Betelgeuse's nuclear reactions are in their final stages and cause its brightness to fluctuate significantly. The explosion will come

soon which means anytime in the next million years. Perhaps it will be the 'Star of Wonder' this year. In which case, it will have exploded 640 years ago.



*Betelgeuse imaged by NASA*

A 'star' which will guide you into the west, as it does every year, is the planet Venus. It starts low

down in the SW but rises as the month progresses, setting about 6pm at the beginning and 7pm at the end. It will be very bright, so bright that its phase is hard to discern. Look at it just as it becomes visible in the darkening sky or through thin cloud or a filter that reduces glare. Venus shows the same phases as the Moon as it journeys around the Sun – except for Full which is impossible (think about it). At the beginning of the month it will show a fat gibbous phase which will gradually reduce until, at the end of January, it is at about half phase. Its brightness will not change significantly as, as the reflective area decreases,



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Venus moves, in its orbit, closer to us.

A gibbous  
Venus.  
Heacham  
Christmas  
2013 Parish

It may look very beautiful but Venus is deceptive. It reflects sunlight well off clouds of sulphuric acid vapour floating on an atmosphere of carbon dioxide. The temperature at the surface is 460°C and its atmospheric pressure is 90 times that of Earth's - equivalent to about a mile beneath the sea.

Tens of thousands of active volcanoes keep the atmosphere thick and the surface churns over millennia. There are many impact craters but no small ones. Not quite the world of C.S. Lewis, Perelandra 1943, or even that depicted in my Boy's Book of Space (Patrick Moore 1957, a Christmas present) where a black and white artist's impression showed a wet jungle.

The only craft to land on Venus are the Soviet (younger readers think Russian and Google USSR) Venera probes. There were 13 of these between 1961 and 1984. Ten landed and lasted between 23 minutes and 2 hours. They included the first space vehicle to land on a planet and the first to send images back.

The Americans have had several flybys of Venus by craft going elsewhere. The Japanese sent a couple of craft out there some years ago and one, Akatsuki, is in orbit now and sending back images and data. Russia and America are in talks about a collaborative mission (Venera D) in the 2020s but I don't know



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if anyone has told Trump. The Indian Space Research Organisation has designs on the planet of love too.



*Gibbous Venus from Japanese orbiter Akatsuki*

Venus highlights. These occur low in the sky so you need a good horizon. At the start of the month Jupiter is very low and below right of Venus; 4pm is the time to try and see both. Saturn is to the upper left of Venus but much fainter than faint Jupiter; try from

about 4.30pm. On the 10th/11th Saturn is in conjunction with Venus (very close). Jupiter will vanish by the middle of the month, Saturn by the end. You will be looking across the Solar System, beyond the Sun, to see these distant gas giants whilst Venus is to the right of the Sun as seen from Earth.

On the 28th/29th December, Venus is now higher in the sky and close to the Crescent Moon. Look SSW about 5pm.



*Venus and Moon off North Beach Heacham Christmas 2013. The sea was just at the top of the flood defences. Parish*

Meteors may add sparkle to nightly festivities. The Geminids are around between 4th and 16th Dec, peaking on the 14th. They appear before midnight and are slower moving than most showers as they consist of particles of more substantial material from the asteroid Phaethon, rather than, typically, less dense cometary matter. Asteroids and comets are no longer as distinct

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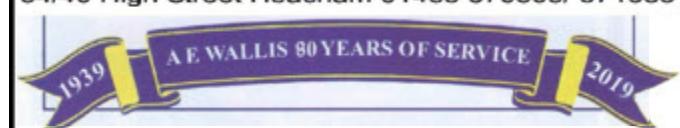
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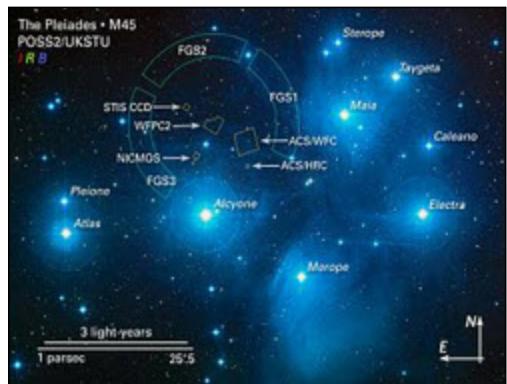


as they used to be; some asteroids have been seen to grow faint tails as they orbit close to the Sun.

On the 23rd, the debris of comet 8P/Tuttle hits the upper atmosphere providing the Ursids meteor shower.

January; named after the Roman god Janus, God of beginnings and doorways. He is depicted as looking two ways, to the future and to the past. Janus is an inner moon of Saturn and ‘helps’ shepherd the ring system. It shares its orbit with a similar body named Epimetheus, sometimes just 31 miles closer to Saturn, and every four years the two moons trade places. An essential fact for a Christmas quiz or cracker.

In brief: 3rd/4th January. The Quadrantid meteor shower peaks after midnight. 7th January, the Moon is close to the Hyades star cluster and above the orange star Aldebaran. Look through binoculars to see the cluster in sparkling detail and move well above it to look at the Pleiades, the magnificent ‘Seven Sisters’ which are a blur to many eyes but distinct stars to others.



The Pleiades.  
Internet

Constellation of the month, Orion. Look at Betelgeuse, blue white Rigel and the nebulae that help form his sword as does

the multiple star system of Nair al Saif.

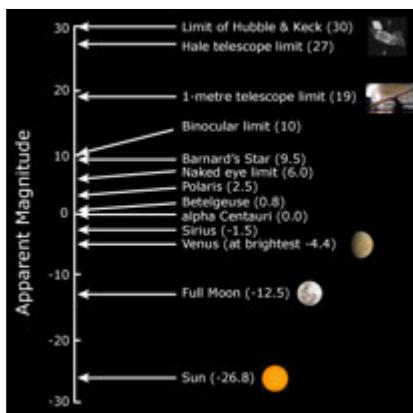


And remember Venus which shines at a magnitude of -4 and doesn't set until 8.30pm at the end of the month. Magnitude is a logarithmic scale with negative numbers brighter than positive ones. Magnitude 1 stars are the

brightest in the sky, like Sirius. The very dimmest stars visible to good eyes are

#### Internet

Magnitude 6. Each decrease in magnitude shows an increase in brightness of 2.5. Note, magnitude is a measure of brightness as seen from Earth. Stars are at different distances from us so a very faint star might be actually brighter than one close to.



Merry Christmas and a Happy New Year.

Terry Parish

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## Hedgehogs

Winter is coming and, in the old days, hedgehogs would be tucked up asleep.

The seasons are currently confusing to wildlife and there are often young hedgehogs about late in the year. At the time of writing, middle of November, I have had one emerging from under the hedge in early afternoon. It has been rooting about for insects and I have fed it dry food and a paste. Worms dropped by it were ignored.

Moulam and Horn usually has suitable food otherwise use tinned cat food but never milk. Provide water and check it is not frozen.

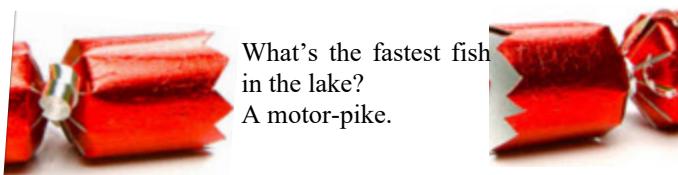
Hedgehogs under about a pound in weight will be unlikely to survive hibernation and need taking to East Winch Wildlife Hospital [eastwinch@rspca.org.uk](mailto:eastwinch@rspca.org.uk) Gayton Road PE32 1LG.

The British Hedgehog Preservation Society (BHPS) has plenty of information on-line to help you care for hedgehogs and there is also a shop with hedgehog related gifts and care items.

Don't forget to make gaps under fences to allow hedgehogs to have a highway.

Happy Hogmanay.

Terry Parish



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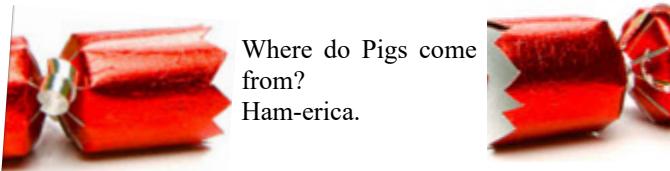
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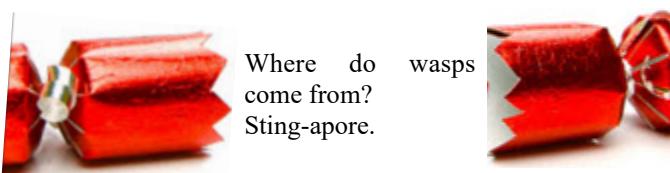
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**30 NOVEMBER 2019**

**SAVINGS:** last day that a Help to Buy: ISA can be opened.

**COMPANY ACCOUNTS:** private companies with 28 February 2019 year-ends should file their accounts with Companies House.

**30 DECEMBER 2019**

**INCOME TAX:** deadline for online submission of self assessment tax returns for tax year ended 5 April 2019 for HMRC to collect tax through PAYE codes where taxpayer owes less than £3,000.

**COMPANY ACCOUNTS:** private companies with 31 March 2019 year-ends should file their accounts with Companies House.

**31 JANUARY 2020**

**INCOME TAX: SELF ASSESSMENT FILING AND PAYMENT DEADLINE:**

**Filing deadline** for 2018/19 personal, partnership and trust returns filed online, or for paper returns which cannot be filed online (e.g. if you work for the Royal Estate).

Those who did not file their paper return by 30 October 2019 will incur £10 daily penalties if they do not file electronically by today. File electronically to avoid a penalty.

Please telephone us if you require any assistance with filing your 2019 Tax Return. At this late stage, we cannot guarantee that it will be filed ahead of the submission deadline but our advice may be invaluable in ensuring that you make constructive progress in bringing your tax affairs up to date. Please contact us on 01485 534800 or email: [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk)

Deadline to pay balancing payment for 2018/19 and first payment on account for 2019/20.

Deadline to pay Class 2 NIC for 2018/19.

Deadline to amend a 2017/18 tax return.

Deadline to file an outstanding 2017/18 tax return to avoid a tax geared penalty.

Deadline to file an outstanding 2015/16 return to displace a determination.

Deadline to notify liability to Class 2 NICs where your self employment began in 2018/19 tax year, to avoid a penalty.

**CLAIMS & ELECTIONS:** 31 January 2020 is the deadline for numerous self assessment claims and elections for 2013/14 to 2018/19. Please contact us to discuss if you require advice in this regard e.g. Loss Relief Claim.

**COMPANY ACCOUNTS:** private companies with 30 April 2019 year-ends should file their accounts at Companies House.

**CORPORATION TAX:** returns for accounting periods ended 31 January 2019 should be filed with HMRC by today.

**GIFT AID:** individuals should make a claim to backdate gift aid donations, by today, in certain circumstances to benefit from a higher rate of tax relief.

**TAX CREDITS:** last day to renew tax credits for 2019/2020 (if the 31 July 2019 deadline was missed and the claimant can show good cause) or to provide final income figures for 2018/19 (if renewal was done by 31 July 2019 using an estimate).

**TRUSTS:** Deadline for registering Trusts with a tax consequence in 2018/19 on HMRC Trust Registration Service. Tax consequence includes Income Tax, Capital Gains Tax, Inheritance Tax, Stamp Duty Land Tax amongst others.

**Mrs K H Gigg FCA**

**Caution:** The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information.  
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# 1st Heacham Cubs

On Sunday 10th November Heacham Cubs attended the Remembrance Service and Wreath Laying at St Mary's Church. The weather was kinder to us this year and the rain held off.

Tyler carried our flag from the hut as we paraded with the Scouts and Rainbows to the church; Brownies and Guides met us there. The Beavers paraded up later to meet everyone outside for the wreath laying and 2 minutes silence.

Tyler also carried our flag into the church and presented it with all the others on show. Cubs had made poppies which were put on the alter with poppies made from the other Scouting and Guiding groups.

Hayden F, Hayden J and Jessica helped take the collection during the offertory hymn.



The wreath was laid by Hayden F with a Beaver and a Scout. During the reading of the names of the men on the War Memorial, the Cubs were asked to listen out for the name of Private George Norman Smith.

The week before at Cubs they had made their poppies for the Sunday and learnt about Private George Norman Smith who was born in 1898 in Malthouse Row (now Malthouse Crescent), Heacham. Private George attended the local school and worked in the

local butchers and Manor Farm before joining up to fight in the First World War. He sadly died on May 22nd 1918 aged 20 in



France. George was buried at Labunere, Near Bethune.

A replica of Private Smith's plaque is on our Cub board at the hut with poppies around the edges made by the Cubs.

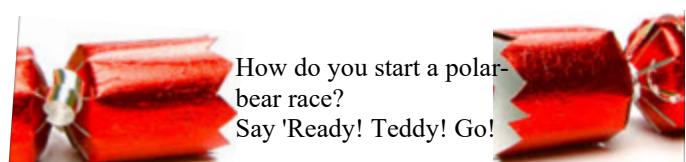
Private Smith does not have a White Cross in St Mary's churchyard but there is a plaque in the old part of the churchyard. The plaque was uncovered a few years ago during a churchyard clearing day and has since been kept clear and looked after with snowdrops being planted and a small wooden cross is placed at the head of the plaque every Remembrance Sunday.

Hayden J carried our flag back to the hut and the Cubs had hot chocolate and biscuits before going home. They were also presented with a Scouting 2019 Remembrance badge that they can wear on their Cub jumpers.

Thank You to Ziggy, Kaa, Hathi, Rikki and Mang who looked after the Cubs on the day.

## Heacham Cubs

*When you go home, tell them of us and say, for your tomorrow, we gave our today.  
John Maxwell Edmonds*



How do you start a polar-bear race?  
Say 'Ready! Teddy! Go!'

## MULBERRY SPA AT HEACHAM MANOR

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[www.heacham-manor.co.uk/spa](http://www.heacham-manor.co.uk/spa)



## 2nd Heacham Rainbows

### Remembrance Sunday 2019

2nd Heacham Rainbows took part in the Remembrance Sunday parade, church service and wreath laying at the War Memorial on Sunday 10th November 2019. Every Rainbow behaved so well and did myself and the village proud as we all remembered the lives lost and injured during the World Wars and all the conflicts since.



Lest We Forget.

Kathryn Unit Leader

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## Coffee Morning & More

Where has this year gone? I now reluctantly have to agree with my mother when she used to say that time goes faster when you are older! It certainly is hard for us to believe that Coffee Morning & More has now been running since December 2016.

This event is held at the Old Friends Hall, Sunnyside, off Caley Street where we meet between 10am and noon every second Wednesday in the month. For just £1.50 we offer a choice of hot drinks and sweet and savoury treats. There is also a raffle, a sales table and even a work-out for the 'little grey cells' with a fun, if sometimes challenging, quiz. Most importantly this community event offers an opportunity for you to have a chat and to socialise in a safe and friendly environment. So, if you have never been before, why not help us celebrate our third birthday on Wednesday 11th December or make it a New Year's resolution to come and join us on Wednesday 8th January. You will definitely find a warm welcome.

Christmas is the ideal time for us to say a huge thank you to everyone who has supported us in whatever way throughout the year, including Tesco Express, Heacham, for kindly donating essential groceries each month. Everybody's support has also meant that we have now raised a total of £1,575 towards the refurbishment of our Library when it moves to the new Community Building. Thank you!

With our very best wishes for a Happy Christmas and a Joyous New Year, and we look forward to seeing you – old friends and new - in 2020.

The **Coffee Morning & More** Team  
Old Friends Hall.

 **MULBERRY SPA**  
AT HEACHAM MANOR







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## **WHAT'S ON REGULAR EVENTS**

PC=Parish Council Office, Pound Lane

MC = Methodist Church Hall, Station Road

SM = St Mary's Church Hall, High Street

OFH = Old Friends Hall, Sunnyside

PRH = Pine Residents Hall, Wilton Rd

SG = Scout & Guide Hut, Sunnyside

HSC = Heacham Social Club

PH = Public Hall

NC = Neville Court

### **MONDAYS**

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

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

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

CARPET BOWLS 10.15am - 12 noon Tel: 570776 (PH)

HEACHAM CARERS SUPPORT GROUP meets 1st & 3rd Tuesday monthly 1-3pm at A Piece of Mind 4 Poplar Avenue

Tea Coffee & a chat For more info Tel: 572707

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

#### **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)

**NORSEMANS 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**

**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

**Monday 9th December** 'Heacham Yarners' Charity knitting for QE Baby and Breast Cancer Units. 1pm-3.30pm at Freebridge Residents Hall, Sunnyside Close. Some kits available.

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

**Wednesday 11th December** 'Coffee Morning & More' 10am - 12noon at Old Friend's Hall, Sunnyside

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

\*\*\* 'The West Norfolk Singers' 2.30pm at the Methodist Church. £5 each on the door, includes refreshments.

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

**Wednesday 18th December** 'Lorraine's Xmas Prize Bingo' in Hall at 1.30pm, Social Club, Station Road

**Friday 20th December** 'Xmas Draw' in Club, 7.30pm at Social Club, Station Road

**Saturday 28th December** 'Bootleggers' in Hall at Social Club, Station Road

**Tuesday 31st December** 'Steve Perry' in Club at Social Club, Station Road

\*\*\* 'New Years Eve Family Disco' in Hall at Social Club, Station Road. Tickets available in Club

#### **JANUARY**

**Thursday 16th to Saturday 18th January** 'The Pocahontas Players present - Freezing in Heacham' 2pm (Saturday only) and 7.30pm all three evenings at the Public Hall, Station Road. Tickets from £8 for adults and from £6 for children. Call 570402 or 571267

**Saturday 25th January** 'Messy Church' 10am - 12noon at St.Mary's Church. Call Veronica on 570607 or Church Office on 572539



What's the snake's best subject at school?  
Hiss-tory.



## **HEACHAM AND DISTRICT**

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## **OTHER EVENTS.**

**Thursday 5th December** ‘Christmas Sugar Craft Workshop’ 1-3pm at Dersingham Village Centre. £7.50 per session. To book call Sue Payne on 07790349896

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

\*\*\* ‘Rock & Roll Bingo’ 8pm at The Lodge, Hunstanton

**Saturday 7th December** ‘High Definition’ 8.30pm at USC, Homefields Road, Hunstanton

**Monday 9th December** ‘The Arts Society Christmas Lecture - A Right Royal Christmas’ 2pm at Sedgeford Village Hall. Call to book a seat on 01485 210891

**Tuesday 10th December** ‘Brancaster Camera Club AGM with Buffet’ 2pm at Brancaster Staithes Village Hall. Call 01485 210013 or 01553 674725

**Thursday 12th December** ‘Christmas Sugar Craft Workshop’ 1-3pm at Dersingham Village Centre. £7.50 per session. To book call Sue Payne on 07790349896

**Friday 13th December** ‘Anmer Village Social Club Presents - Fighting With My Family (12A)’ 8pm start at Anmer Village Social Club. £3 at the door

\*\*\* ‘Christmas Quiz’ 8.30pm at USC, Homefields Road, Hunstanton

**Saturday 14th December** ‘In The Mood’ 8.30pm at USC, Homefields Road, Hunstanton

\*\*\* ‘Christmas Cabaret - Comedy, Music and Food’ 7.30pm to 10.30pm at Sedgeford Village Hall. Tickets £12. Call 01485 570097

**Tuesday 17th December** ‘Christmas Grand Prize Bingo’ 8pm at USC, Homefields Road, Hunstanton

**Friday 20th December** ‘Christmas Prize Draw and Dancing to Mark Josef’ 8pm at USC, Homefields Road, Hunstanton

**Saturday 21st December** ‘King’s Lynn Festival Chorus - Christmas Fantasia’ 4.30pm at King’s Lynn Minster. £12 in advance, £15 on door. To book call 01553 672416

\*\*\* ‘Borderline’ 8.30pm at USC, Homefields Road, Hunstanton

**Tuesday 24th December** ‘Christmas Eve Transition’ 8.30pm at USC, Homefields Road, Hunstanton

**Friday 27th December** ‘Tea Dances’ 2.30pm to 4.30pm at Dersingham Village Centre. Beginners welcome. £5 includes tea and cake

**Saturday 28th December** ‘Steve Perry’ 8.30pm at USC, Homefields Road, Hunstanton

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

\*\*\* ‘New Year’s Eve Son of a Gun’ 8.30pm at USC, Homefields Road, Hunstanton. Entry by ticket only

## **JANUARY**

**Saturday 4th January** ‘Mike Shelby’ 8.30pm at USC, Homefields Road, Hunstanton

**Saturday 11th January** ‘Laurie Hayley Duo’ 8.30pm at USC, Homefields Road, Hunstanton

**Friday 17th January** ‘Anmer Village Social Club Presents - Downton Abbey (PG)’ 8pm start at Anmer Village Social Club. £3 at the door

\*\*\* ‘Quiz Night’ 8.30pm at USC, Homefields Road, Hunstanton

**Saturday 18th January** ‘Kenny and the Motives (live Band)’ 8.30pm at USC, Homefields Road, Hunstanton

**Saturday 25th January** ‘Carol Ann’ 8.30pm at USC, Homefields Road, Hunstanton

**Tuesday 28th January** ‘Brancaster Staithes Camera Club Print Competition - Food +2’ 7.30pm at Brancaster Staithes Village Hall. Call 01485 210013 or 01553 674725

\*\*\* ‘Dersingham Village Screen Presents - Fisherman’s Friends (12)’ 7.30pm at Dersingham Village Centre. £5 including refreshments

## **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

## Heacham Minors FC - Girls

Heacham Minors F.C Girls have received a double sponsorship boost for matchday kit from Spectrum Retail Project Services and training tops from Samphire Building Developments (Norfolk) Ltd.

This new part of Heacham Minors F.C was formed in May this year to give the opportunity for young females to play football in a female only



environment which is increasingly popular within the country, and there are few opportunities in the local area for this.

The role of head coach was taken up by Nathan Stockdale who has various involvements with Heacham F.C including Chairman of the Minors. "Since taking over the role as Chairman, after being involved in Heacham Minors since childhood, I felt it was time we looked to include more children and expand on the brilliant opportunities we already provide at Heacham. With some of the best facilities around and female players already participating in the mixed teams, it was an obvious starting point to achieve this. It has grown from strength to strength with the girls coming week in week out, rain or shine, averaging around 20 girls aged 5 to 14. Thank you to both sponsors who have helped massively in what we are trying to achieve here; their support is hugely appreciated by the club and the girls".



Jo Jutsum of Spectrum Retail Project Services was really keen to get involved as soon as she heard of the newly formed training sessions, saying: "how great it is to see all these young girls participating in physical activity, smiling and enjoying themselves in a generally male environment. Making the girls feel like a big team is great". Hollie Ashley of Samphire Building Developments (Norfolk) Ltd, whose daughter attends the sessions, then offered further sponsorship to the girls with training tops for the approaching winter months. "I can see the enjoyment the girls have each week playing football and being a team even though they are varying ages. I wanted to help keep that good feel by providing them with something for the winter that also kept them looking like a team."

For anyone who is interested in joining the sessions, they are run each week on Tuesday 6-7pm at Heacham Football Field at a cost of £1 per week. You can contact Nathan Stockdale on 07811 629910 or email: nathan.heachamfc@yahoo.com

Nathan Stockdale  
Health and Safety – Facilities Manager  
01553 766994

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*Under the personal supervision of Mrs Samantha Pratt*



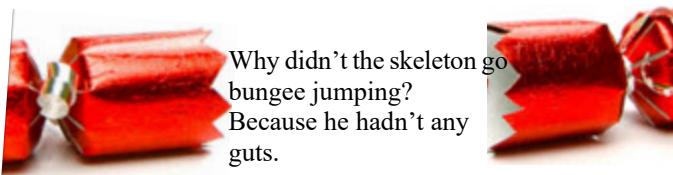
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## Goodbye, Windows 7. We'll miss you.

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

January 14th 2020 will be a sad day. It's the day that Windows 7 reaches its 'end of life' and I feel like I'm losing an old friend. But what does 'end of life' mean, and how does it affect you? Read on...

Until Windows 10 came along, Microsoft supported each Windows version for ten years, meaning that for ten years Microsoft would fix errors that have been found and, crucially, patch the security holes that villains use to break in.

You may remember back in 2017 when the NHS and many other businesses were brought to their knees by a 'malware' infection. As the BBC pointed out a few months later:

*...all of this could have been avoided if security patches had been applied to protect the Windows 7 systems common throughout the NHS."*

Those really annoying 'Windows is installing updates. Don't turn off your computer' messages have been a sign all along, telling you that the latest security features are being installed and updated.

### So what happens in January?

Absolutely nothing. Not at first. But each month that goes by, for the 36% of computers still using it, the chances increase that a new way of breaking in to Windows 7 will be found and, if it is, you're on your own. It's possible that an up-to-date antivirus will help, but most of the computers affected in 2017 had one of those and were still compromised. In a nutshell, it will no longer be safe to use Windows 7 in two months' time, unless it's disconnected from the internet: no browsing, no email, no shopping, no banking.

### What to do next:

It's time to make a difficult decision. Many old Windows 7 computers have the power to be updated to Windows 10 and run

it perfectly well although, to be perfectly honest, I've never been a huge fan of Windows 10. It is certainly the most secure Windows there's been but I don't like its version of 'privacy', the way it installs programs you haven't asked for (unless you delve deep into Settings) and the way it introduces a completely new version every six months, changing how things work and in some cases stopping things working completely. I've had a month of laptops where the internet has stopped working and sometimes the mouse too. It's a fixable problem: download a further update, using the internet that you can't use...

Some machines might struggle with Windows 10 but still be perfectly capable – along with their newer, more powerful relatives – of running an alternative, such as Linux Mint. Mint is a very Windows-like system for the average computer user. It's free, secure and for a typical user works more like Windows 7 than Windows 10 does. It's fair to say that, under the skin, it's a very different beast but I've been recommending it as an alternative for some years and I'm now finding my Linux customers recommending it to their friends and neighbours.

Mint still allows you to shop online, read your email, edit and create Word documents and Excel spreadsheets, edit your photos and videos, use Skype, and do most of things normal people do with their PCs. I installed it for my wife a few years back – *not* something I would do lightly! – and she has described it as 'Windows with the annoying bits removed'. I can say no more.

Otherwise, there is always the option of buying a new Windows 10 PC or an Apple device or even a cheaper device like a Google Chromebook. Your system can usually be changed over without losing any of the important 'stuff' you've accumulated since your Windows 7 machine was a baby in 2009.

Please get in touch if you need help (although we do not sell computers ourselves, we can advise on suitable options).

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## The Pocahontas Players

### 'Freezing in Heacham – The Pantomime'

As you have seen in this issue of the Newsletter, 'Freezing in Heacham - The Pantomime' is coming to The Public Hall. It may be a cold title but it will be snug and warm for the audiences.

Tickets are available...

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Jim - 01485 571267

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The Newsletter Team are having their well-earned Christmas/New Year break. The next Newsletter will be Feb 2020 so please keep these numbers safe, if you are planning on Thurs, Fri, Sat evening or a Sat afternoon of pure Family entertainment in January. Tickets for 'Freezing' would make for a great family Christmas gift perhaps? (see Poster).

The Pocahontas Players would like to thank all their supporters, as they act and sing their way into their 25th year of productions. They would like to wish you all a very Merry Christmas and a Healthy New Year 2020.

Thank you from The Cast and Crew

**The Pocahontas Players present**

# **FREEZING IN HEACHAM**

## **The Pantomime**

Written by Warren Marshall & Tom Whybrow

Thursday January 16th 2020 7.30pm  
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 Saturday January 18th 2020 2.00pm & 7.30pm

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# around & about...

## in Good Health

### The Norfolk and Waveney Health and Care Partnership

#### Briefing: Children and Young People and Adult Mental Health Services

October 2019

Norfolk and Waveney's Health and Care Partnership (the Sustainability and Transformation Partnership, or STP) is pleased to announce a range of positive developments and investments into mental health support for children and young people and adults living in the area.

This is in addition to the £133m granted to Norfolk and Waveney for capital development (buildings and infrastructure) earlier in August that included £38 million to develop wards at Norfolk and Suffolk NHS Foundation Trust's premises at Hellesdon, Norwich.

#### Summary:

- 1) Ongoing development of support for children and young people's mental health – investment in new practitioners and support teams
- 2) Adult mental health services – over £3.7m to develop and strengthen services, particularly to support people experiencing a severe mental health crisis
- 3) New personality disorder pathway launching

#### 1. Children and Young People

Over the last few months Norfolk and Waveney has been awarded in excess of £700,000 in funding for four important areas of development for children and young people's mental health and wellbeing support. This extra funding complements changes we are making across our system to the way we support the mental health and wellbeing of 0 to 25 year olds:

- Four new **Children & Young People's Wellbeing Practitioners** (CWPs), to add to the existing two cohorts of CWPOs in our system
- Trailblazer funding from NHS England for two **Mental Health Support Teams** to provide enhanced targeted support to CYP, families and staff in education settings.
- The UEA submitted a successful bid to deliver accredited training for eight new **Emotional Mental Health Practitioners** who will be recruited to the two Mental Health Support Teams. This enables specialist training to be delivered locally and build local training capacity.
- Development funding to work up a larger bid to embed **trauma informed practice** across Norfolk & Waveney.

These announcements are in addition to the ongoing development of a new system wide framework and approach for children and young people's mental health and wellbeing support, which is currently being co-designed with the input

  
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from professionals, operational staff, system partners, children, young people and families.

#### 2. Adult Mental Health Services

The Norfolk and Waveney's Health and Care Partnership (STP) has won national funding to improve services (and support the priorities established in Norfolk and Waveney's Adult Mental Health Strategy, launched earlier in 2019). The funding will boost mental health services in the following areas:

- Over £1.9m in 2019-21 to increase and bolster **mental health liaison services** at both the James Paget University Hospitals NHS Foundation Trust and the Queen Elizabeth Hospital King's Lynn NHS Foundation Trust, bringing both hospitals in line with the Norfolk and Norwich University Hospitals NHS Foundation Trust to provide '**Core 24**' standards for patients with mental health needs. Core 24 is a standard within hospitals dedicated to providing 24 hours, 7 days a week mental health support at hospitals by recruiting staff that are focused on a patient's mental health needs – this can be a mix of liaison psychiatrists, mental health nurses, therapists and administrative staff.
- £1.1m over two years to increase staffing levels across Norfolk and Suffolk Foundation NHS Trust's **Crisis Resolution and Home Treatment Teams**, focusing on developing 7-day, 24-hour provision across Norfolk and Waveney.
- £540k over two years to develop a '**Crisis House**' service located centrally in Norfolk, aimed at enabling people to access support to prevent a mental health hospital admission and support a rapid return to their everyday living. This project is being prioritised to ensure a Crisis House can be established and start benefitting local people rapidly. (This is in addition to the Community Wellbeing Hub being planned at Churchman House in Norwich for later in 2019/20.)



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- £177k of non-recurrent funding in 19-20 to further develop **perinatal mental health services** locally, building on the Community Perinatal Mental Health Service launched in 2017. The funding will focus on developing a cross-agency triage system to stream patients into appropriate mental health services that meet their needs, as well as continuing outreach work through local partners Get Me Out The Four Walls.

NSFT has also reopened **Yare Ward** at its Hellesdon site, a 16-bed acute ward that will be used as an assessment and inpatient unit, and allow patients to receive care closer to their homes and families.

Beds on Yare are being opened gradually to allow staff to get up to speed, and it is expected to have all 16 in operation very soon. The new team supporting the ward includes a psychiatrist, junior doctor, ward manager, nurses, assistant practitioners, clinical support workers, an art therapist, activity co-ordinator and occupational therapist. They also have a discharge co-ordinator working with them, which will speed up assessments so service users get the treatment they need as soon as possible.

Local NHS commissioners will continue to fund these developments after the funding from NHS England has been spent.

### **3. New Personality Disorder pathway**

Intensive training is also underway at Norfolk and Suffolk NHS Foundation Trust to facilitate the roll-out of the **personality disorder pathway** across Central Norfolk from October onwards. This is the result of the development of NSFT's personality disorder strategy and working with commissioners to implement a pathway for people with personality problems locally.

Mental health commissioners have agreed an investment of just over £800,000 to develop a pathway, initially covering the Central Norfolk area. Early implementation will take place principally in Norwich and will involve NSFT's three city community mental health teams, Central Norfolk CRHT, and Thurne Ward and Waveney Ward at Hellesdon Hospital.



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## Another recipe from The Prudent Pensioner

During the last few weeks I have been experimenting with ingredients for soups. I tried Red Cabbage and Parsnip which was very tasty but I didn't know if the purple colour would appeal so I tried Spinach with Celery which was also very tasty but again I felt unsure about the deep green colour (Classic car enthusiasts might call it British Racing Green). So I decided **Celery and Bacon with Stilton soup** was best to share this month. I will try and get the other recipes on my website if anyone would like to try them.

### Celery and Bacon with Stilton Soup

#### Ingredients for 2 generous servings:

4 large or 6 smaller sticks Celery  
1 medium size onion or shallot  
1 medium size Potato  
1 rasher back or 2 rashers streaky bacon  
Chicken stock cube dissolved in 500ml hot water  
Knob of butter  
Salt and pepper (I like to use celery salt)  
Stilton cheese.

#### Method:

Trim off ends of celery and discard. Clean stalks and slice fairly thinly.  
Peel potatoes and cut into small pieces.  
Peel onion/shallot and slice.  
Put butter into a saucepan and soften over a low to medium heat, add potato pieces and onion/shallot, stir well. Add half of the

stock, cook for a few minutes stirring frequently. Add celery slices and rest of stock, stir well. Bring to boil then reduce heat, cover and leave simmering, stirring often, for 10 minutes. Meanwhile cut bacon into small pieces and fry until well but not over cooked, add to stock in saucepan and leave simmering until celery is soft. Add more seasoning if necessary. Strain off liquid into a jug, and put aside. Put vegetables and bacon into a suitable jug or bowl and whizz with blender until well mixed and smooth. Put pureed vegetables back into the saucepan; carefully add in stock from jug stirring until smooth.

Reheat, then it is ready to serve topped with crumbled stilton.

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)

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### Entertainment for December

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Thursday 12th Dec – 12.30 for 1.00pm - Christmas LUNCH.

Friday 13th Dec – 1.00pm – Christmas DRAW.

Saturday 14th Dec - Christmas DINNER with entertainment by 'Pride'.

Tuesday 17th Dec – 12.30 for 1.00pm - Christmas LUNCH.

Saturday 21st Dec – 1.00pm - Meat Draw.

“ “ “ 8.00pm - Christmas Party.

Tuesday 24th Dec – 3.30–5.30pm - Mulled Wine and Mince Pies for £1.50.

CHRISTMAS DAY – Open from 10.30am to 1.00pm with Mulled Wine.

NEW YEAR'S EVE - Entertainment with Barry Francis (Ticket only) – Members free, Guests £5. Please obtain your tickets at the bar.

### Entertainment for January 2020

Saturday 25th Jan - Burns Night - with entertainment by 'Pride'. Tatties, Neeps and Haggis will be served.



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### Last blog of 2019 – by Dr Paul Williams

This is my last blog of the year, so thank you for reading it. The NHS is one of our best loved institutions, it's here to look after you when you're ill or hurt and also to help you look after yourself to prevent illness. So, with that in mind, let me state the obvious - winter is coming and with it come the whole range of health problems that come to the fore this time of year.

Have you had your flu jab yet? Remember if you are in one of the following groups you are entitled to, and we recommend that you should have, a free flu jab:

- all children aged two to ten (but not eleven years or older) on 31 August 2019
- those aged six months to under 65 years in clinical risk groups
- pregnant women
- those aged 65 years and over
- those in long-stay residential care homes
- carers
- close contacts of people whose immune system is not strong.

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There are a number of 'at risk' groups but the common ones are people with long-term heart and lung problems such as heart failure, COPD and asthma, also patients with diabetes and those with a compromised immune system. Ask your surgery if you are unsure if you qualify. Flu injections are available from your GP surgery and some pharmacies.

What the flu season was like over our summer in the southern hemisphere is often a guide to how much flu we will experience and this year they have had a very high number of flu cases, so this is a good year to make sure you get immunised.

And on the theme of helping us to help you.... we can all help those who really need to see their GP by making sure we use right NHS services and advice when we are under the weather. Your local pharmacist has the necessary skills to spot those who need to see their doctor and the ability to help those with more minor illnesses. Also, NHS 111 can give you advice if you have an urgent medical problem and are not sure what to do. This service is available 24 hours a day, seven days a week. You can also get help online by visiting 111.nhs.uk (for people aged five and over only). Or a smart way to find the help you need is on the NHS App. You can use it to check symptoms, book an appointment, order repeat medications and even see some of your medical records securely. It's simple to log on and register and I'd encourage you to sign up.

As I have urged before, let's make sure we support our community over the winter. Keep an eye on your elderly neighbours and offer to help where necessary, especially over the festive period.

I really hope you have a wonderful Christmas and may I finish off by wishing you a healthy and prosperous New Year as we enter the 2020s. Keep warm this winter and look out for each other.

**Dr Paul Williams**  
Chair West Norfolk CCG

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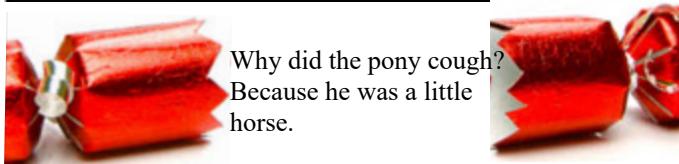
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## Brancaster Camera Club

Our meetings are held in Brancaster Staithe Village Hall (PE31 8BY) on alternate Tuesday evenings at 7.30pm. Doors open from 7.00). Please contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725 for dates and more information. Visitors always welcome.

### Tuesday 3rd December 2019

An evening with Ian Ward, local photographer.

### Tuesday 10th December 2019

This is our AGM which will be held at 2pm followed by a buffet.

Members are welcome as are visitors who might be interested in joining us next year.

### Tuesday 28th January 2020

Print Competition. 'Food' + 2.

We would like to thank those people who have supported us this year and wish you a very Happy New Year. We hope to see you in 2020.

## Sedgeford Village Hall Committee

### CHRISTMAS CABARET

**Saturday 14th December 2019**

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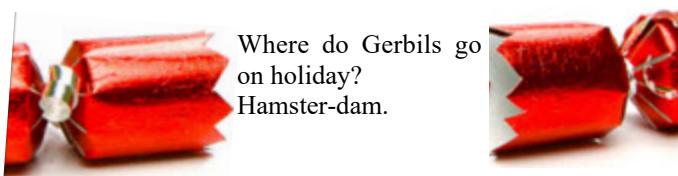
**Jenny Beake** ...is building a reputation in Norfolk for her songwriting. A talented comedian and pianist, Jenny's material was recently aired on Radio Norfolk.

**Shaun McKenna** ...a versatile vocalist and guitarist who covers well known favourite songs. His Irish heritage has been known to encourage foot tapping or dare we say it...dancing!

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## Heacham Manor's Pro Am

Heacham Manor held their 5th Pro Am on 18th October, which saw 8 PGA Professionals descend onto the course, with every Professional teaming up with 3 amateurs.

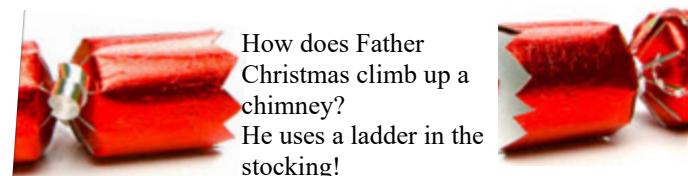
The format was best 2 scores counting out of the 4 players. Heacham Manor course was playing well and in fantastic condition for the time of year with the weather cloudy but mainly dry.

The players and Professionals all had a superb day and scoring proved that. The lead changed several times with the eventual winning team being that of Nigel Elmar, Trevor Bray and John Batty together with professional Andrew Marshall scoring 82 stableford points. Professional Adam Lewarne came in 2nd on 76 points with his team of Heacham Manor Members Michael Lewarne, Leon Espley and Middleton Hall Golf Club member Adam Young. 3rd place fell to Professional Matt Cousens and his team of Heacham Manor members Michael Smith, Terry Taylor and Stephen Eadie on 75 points.

Heacham Manor Head Professional Ray Stocker said "It's been a fantastic day, run really well with superb feedback on the course, food and event. Thanks, must go to all the Professionals who have taken part, the Sponsors Robson Construction, and congratulations to the winners"



Photo: Heacham Manor Pro Am Competition Winners.  
L. to R. (Team Winners). Andrew Marshall (Professional), John Batty, Trevor Bray, Nigel Elmar, Paul Searle (Director Searles Leisure Group)



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## The Salvation Army

December is a very busy time for us in The Salvation Army. Our band is out at various times and places throughout the month playing carols, so you are likely to see us at some point over Christmas.

We have our Christmas Afternoon Tea on Friday 6th and Saturday 7th December. Tickets are £6 and are available from The Salvation Army. Then from Thursday 19th to Saturday 21st December we have our Christmas Tree Festival where local groups and organisations decorate a tree. Come along and see the trees, vote for your favourite and enjoy refreshments. We are open from 10am until 4pm on all three days.

We also take in donations for our Toys and Tins Appeal and distribute these to families in need. If you would like to donate tinned or packet food or toys (these must be new) for this appeal, you can take them to our Community Shop in Hunstanton or bring them to The Salvation Army in Snettisham on days when we are open.

Our Carol Service is on Sunday 22nd December at 3pm. Come and join us to sing carols, hear the band and watch the timbrels! We will also have a Christmas Day meeting at 10.30am followed by light refreshments.

I'm sure we all love to watch young children in a school nativity play, don't we? They take it all very seriously and this can lead to some humorous situations. One of the many stories told is one in which it was the turn of the shepherds to enter onto the scene of one such nativity play. Four small boys entered nervously onto the stage dressed in dressing gowns and tea towels on their heads and knelt down by the manger each holding a cuddly sheep.

The teacher had encouraged them during rehearsals to use their own words (a very dangerous thing to do). They are all quiet for a moment gazing down into the face of the doll chosen to be the

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baby Jesus and then one of them blurts out "oh he's the spitting image of his dad!"

The young boy had heard his mum say this when she had seen a neighbour's new baby and so this is what came to mind when he was asked to say something about a new baby. The audience laughed but there was a profound truth in what the boy said. Jesus was just like his father. He came to earth so that we might know just what God is like. He is the visible likeness of the invisible God.

His whole life, his words his actions were meant to show us what God was like. To show us that God isn't distant and remote but is here on earth waiting to enter into our lives.

A French proverb says "God often visits us, but most of the time we're not at home."

God saw this world had a great need and he needed to help but how?

If our greatest need had been information, God would have sent us an instructor. If our greatest need had been technology, God would have sent us a scientist. If our greatest need had been money, God would have sent us an economist. If our greatest need had been pleasure, God would have sent us an entertainer but our greatest need was forgiveness so God sent us a Saviour.

When we look to Jesus, we can learn a lot about love and forgiveness, and when we change from just looking to following then he offers us the strength to live more positively and become more like his dad.

John 14:9 and 11 says "Anyone who has seen me has seen the father..... Believe me when I say that I am in the father and the father is in me."

If God visits you this Christmas don't turn him away, invite him into your life – it will never be the same again!

God is hidden no more  
He has spoken his mind  
Wrapped the gift of his love  
In the stuff of mankind  
Now his nature is known  
He is love undefiled  
And his love is revealed  
In the face of a child

**(John Gowans)**

May I take this opportunity to wish you all the best for Christmas and a blessed and peaceful New Year.

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

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)  
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## The Norfolk Hospice

### 80s Disco!



From disco divas to funk-soul brothers, music fans with a love of 80s nostalgia are being offered the chance to party the night away. Join us for the time of your life; expect non-stop 80s Disco from Prince, Wham, Madonna, David Bowie and lots more to celebrate the

35th anniversary of your local Hospice! This is going to be one amazing disco, so don some lycra, and meet us on the dance floor!

The disco will be held on **Friday 28th February 2020**, 7:30pm-midnight at The Dukes Head Hotel, King's Lynn, with entertainment from DJ Steven Reed. Early bird tickets just £9 until the 31st December. Once we have sold out, we've sold out! Big groups are advised to book early so no one misses out. Why not dress up for the night? There will be a prize for the best dressed and a photo booth to capture all the fun. The event is open to everyone aged 18 and over.

To book tickets please call the Hospice fundraising office on 01485 601701 or visit our website [www.norfolkhospice.org.uk](http://www.norfolkhospice.org.uk).

Alice Crome, Fundraising Coordinator, said, "This is our first ever disco and I am looking forward to it so much. A great night with music, dancing and fancy dress will be a night to remember! All whilst raising vital funds for the Hospice."

If you would like more information about the event please call the Fundraising Office on 01485 601701 or visit [www.norfolkhospice.org.uk](http://www.norfolkhospice.org.uk)

## Hunstanton United Services Club

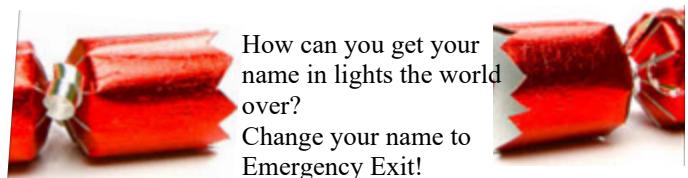
### Events Guide for December 2019 & January 2020

- Tuesday 3rd Dec: Carol Sing-a-long with the Hunstanton Concert Band. 7.30pm  
Saturday 7th Dec: 'High Definition'  
Friday 13th Dec: Christmas Quiz  
Saturday 14th Dec: 'In The Mood'  
Tuesday 17th Dec: Christmas Grand Prize Bingo 8pm  
Friday 20th Dec: Christmas Prize Draw and Dancing to Mark Josef 8pm  
Saturday 21st Dec: Borderline  
Tuesday 24th Dec: Christmas Eve Transition  
Saturday 28th Dec: Steve Perry  
Tuesday 31st Dec: New Year's Eve 'Son of a Gun' (Entry by Ticket only)

#### January

- Saturday 4th Jan: Mike Shelby  
Saturday 11th Jan: Laurie Hayley Duo  
Friday 17th Jan: Quiz Night  
Saturday 18th Jan: Kenny and the Motives (Live Band)  
Saturday 25th Jan: Carol Ann  
Cash Bingo every Monday and Thursday  
Karaoke in the lounge Sunday Evenings  
United Services Club, Homefields Road, Hunstanton, PE36 5HL

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#### Contact Us

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**King's Lynn Festival Chorus**

# **Christmas Fantasia**

A Concert of festive music and readings with audience Carols and mulled wine.

Featuring Vaughan Williams' 'Fantasia on Christmas Carols'

**Saturday 21st December 2019 4.30pm**

**King's Lynn Minster**  
Conductor: Tom Appleton  
Organist: Ben Horden

Tickets £12 available from 01553 672416 & choir members or £15 on the door (doors open 4pm). Children under 12 free. [www.kingslynnfestivalchorus.co.uk](http://www.kingslynnfestivalchorus.co.uk)

@kl\_festchorus

King's Lynn Festival Chorus is a registered charity No 292455

## **FAMILY CHRISTMAS QUIZ**

Fun-filled General Knowledge Quiz for the Whole Family

**Dersingham Village Centre**

**7:00pm**

**Saturday 7th December**

£15 per team or £3 a head

Maximum of 6 people per team

Refreshments available  
Licenced Bar

Enjoyment guaranteed!

To book:

- Call Graham Eley on 07901 896102
- Reserve your table at Dersingham Post Office
- Or, turn up on the night - we'll be pleased to see you!

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[www.dersinghamvillagecentre.co.uk](http://www.dersinghamvillagecentre.co.uk)  
tel 01767 832295

Hunstanton Community Choir proudly presents a

# **Christmas Singalong**

with guests

**in the Town Hall, Hunstanton**

**Tuesday 10th December 2019 at 7pm**

**Entrance: £6.50 including refreshments**

SEASONS GREETINGS from  
**King's Lynn Festival Chorus**  
**CHRISTMAS FANTASIA**

Join us, as we approach the darkest time of the year, in a concert of seasonal music and readings. A time to pause and reflect, perhaps, and celebrate a very special birthday too. Bring along your family and start the Christmas festivities in a traditional way.

'Fantasia on Christmas Carols' by Vaughan Williams (who knew King's Lynn well) is a highlight in our programme of Christmas music old and new; plus join us in singing well-loved Carols to raise the roof of St Margaret's, Lynn Minster!

Saturday 21st December 2019 at 4.30pm.

St Margaret's Lynn Minster, Saturday Market Place, King's Lynn PE30 5EB.

Tickets: in advance £12 from Chorus members OR telephone 01553 672416. FREE FOR UNDER 12's. £15 on the door.

**NEW YEAR, NEW RESOLUTIONS -**  
**from King's Lynn Festival Chorus**

Singing is good for your health – that is an established fact. You can make a good start to 2020 by, once a week, having a choral workout. Improve your mental health and general well-being; meet other like-minded people from all walks of life on a Monday evening (school term-times only) in King's Lynn. It helps if you have sung in a choir before and can follow a musical score.

Putting us through our paces are our two highly accomplished (and very kind!) professionals - Music Director, Tom Appleton, and Assistant Music Director, Ben Horden. They check new singers' voice levels upon joining; but it's all very friendly and constructive.

Our Spring term performance will be Bach's St Matthew Passion in its original language, accompanied by a Baroque orchestra. It is a giant of a work and a gleaming jewel of the entire choral repertoire. This work is not often performed, especially in this part of Norfolk.

If you would like to try singing with us please come along to our first 2020 rehearsal on Monday 6th January from 7.15 - 9.40pm. At Springwood High School, Queensway, King's Lynn. PE30 4AW.

For more details go to [www.kingslynnfestivalchorus.co.uk](http://www.kingslynnfestivalchorus.co.uk) or follow us on Facebook or Twitter @kl\_festchorus

We look forward to seeing many new faces in January.

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## ANMER VILLAGE SOCIAL CLUB

### FILM NIGHTS

Friday 13th December 2019 at 8.00pm

#### FIGHTING WITH MY FAMILY 12A

Comedy based on a local true story starring Dwayne Johnson, Lena Headey, Vince Vaughn, in which a former wrestler and his family make a living performing at small venues around the country while his kids dream of joining World Wrestling Entertainment.

Friday 17th January 2020 at 8.00pm

#### DOWNTON ABBEY PG

Starring Matthew Goode, Maggie Smith, Tuppence Middleton in the continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early 20th century. Based on the very popular television series.

Venue – Anmer Village Social Club

Admission by ticket - £3 at the door

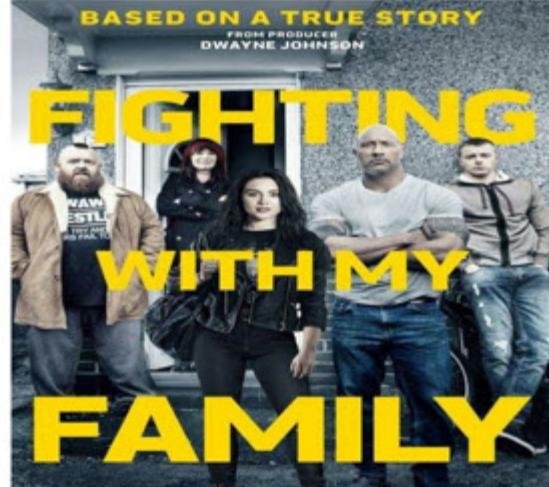
Doors and bar open 7.30pm

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)



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FROM PRODUCER DWAYNE JOHNSON

# FIGHTING WITH MY FAMILY

A COMEDY ABOUT A FAMILY THAT FIGHTS A LITTLE DIFFERENTLY

**ANMER SOCIAL CLUB**

**FRIDAY 13TH DECEMBER 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)



## DOWNTON ABBEY



## ANMER SOCIAL CLUB

**FRIDAY 17TH JANUARY 2020**

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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## WEST NORFOLK LIBRARIES EVENTS HUNSTANTON LIBRARY

December 2019

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

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.

### Bank Holiday and Christmas Opening Times



Tuesday 24 <sup>th</sup> December	Normal opening times until midday. All libraries will close at 12.00pm.
Wednesday 25 <sup>th</sup> December	Closed
Thursday 26 <sup>th</sup> December	Closed
Friday 27 <sup>th</sup> December	Normal opening hours apply
Saturday 28 <sup>th</sup> December	Normal opening hours apply
Sunday 29 <sup>th</sup> December	Normal opening hours apply
Monday 30 <sup>th</sup> December	Normal opening hours apply
Tuesday 31 <sup>st</sup> December	Normal opening times with 4.00pm closure
Wednesday 1 <sup>st</sup> January	Closed
Thursday 2 <sup>nd</sup> January	Normal opening hours apply

Staffed Hours	
Monday	Unstaffed
Tuesday	9am - 7pm
Wednesday	9am - 7pm
Thursday	Unstaffed
Friday	9am - 7pm
Saturday	9am - 4pm
Sunday	Unstaffed

### SPECIAL EVENTS

It's Christmas!  
Throughout  
December

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

We're feeling festive and will have a selection on Christmas themed fiction and non-fiction titles on display for you to borrow.



### Hunstanton's Festival of Christmas: Mrs Claus' Festive Fun!

#### Sunday 1st December 1.30pm

Come and join Mrs Claus for some Christmas stories, pull your best festive faces for the photo booth and create your very own lantern. Free event. Add some Christmas sparkle to your face with a glitter tattoo! (Small additional charge for glitter tattoo).

#### Cross Stitch Workshop with Jenny's Little Treasures: Thursday 5th & 19th December 10am

Enjoy cross stitching or would love to learn? Come along to our workshop during unstaffed hours at Hunstanton Library run by Jenny. A friendly group, open to all abilities. £10 per term including all materials: Binka, embroidery thread, needles, patterns. £5 using own materials.

#### NEW Busy Books and Beats! Wednesday 4th & 11th December 10.30-11.30am

Pop in to our morning sessions sharing stories, songs, rhymes and some fun activities for the Story of the Week, helping to develop your little one's communication and language skills.

#### Jumper Cuppa with In Good Company and Save The Children: Friday 13th December 10.30am

Don your baubles, tinsel and best Christmas jumpers to celebrate the season and join us for a festive Just A Cuppa. Donations towards Save The Children.

#### Festive Frolics: Friday 13th December 2-4pm

Join us for a festive frolic with a hot cuppa tea and some mince pies! Have a go at some Christmas crafts and quizzes. Hosted by Hunstanton Library Friends. Donations welcome.

#### Pinecone Christmas Crafts! Tuesday 17th December 4pm (Booking essential)

Come along and create pinecone decorations for your Christmas tree! Choose from Rudolph the Reindeer, Mr Snowman, the Christmas Fairy or a mini Christmas tree. £3 per child, 2

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pinecones. Please wear something that you don't mind getting a little mucky as we will be using paint, glue and glitter.

## OTHER EVENTS

### Crochet Along: Monday 2nd & 16th December 10.30am-12noon

Come along and crochet, share tips and ideas, with the experienced, novices welcome too. Refreshments provided, donations are welcome.

### Top Tips Gardening Group: Wednesday 4th December 10.30am

A monthly group run by the Friends of the Library to share ideas and tips for gardening. Refreshments provided, donations are welcome.

### Coding Club: Wednesday 4th & 18th December 5-6pm

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

### Hunstanton Book Club: Monday 9th December 2.30pm

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

### NEW Jigsaw Puzzle Group: Monday 9th & 23rd December 10.30am-12noon

Come along and pull out a jigsaw puzzle! Help complete a larger size as a group or do a smaller one on your own. Share photos of your completed jigsaw puzzles at the group or on our social media pages.

### NEW Colour me Calm Tuesday 3rd & 17th December 10.30am-12noon

Join our group for calming colouring, and postcard design, writing postcards to the housebound and isolated. All cards will be sent via West Norfolk Befrienders. Bring your own book or try some of our collection. Refreshments provided, donations are welcome.

### Walk and Talk group: Tuesday 10th December 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 11th December 5-6pm

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 12th December 10.30-12.30pm

Come along and knit with our group, have a chat, swap patterns and ideas. Refreshments provided, donations are welcome.

### Journaling for Wellbeing: Christmas session Friday 13th December 1.30-2.30pm

We're early this month so not to interrupt your Christmas parties! 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 31st January and create the next month's section. Refreshments provided.

### NatWest Helpdesk: Tuesday 17th December 10am until 12noon

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

### Who Dunnit? Wednesday 18th December 5.30pm

Come and join the new crime book club, held on the third Wednesday of the month at 5.30pm.

### Friends of the Library meeting

No meeting this month as it falls on Christmas Day and I think we'll all be too busy opening our pressies and enjoying ourselves! Come and join us on Wednesday 22nd January 2020!

## 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.

### Job help session: every Tuesday 11-12noon (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.

### 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. Just book in at Hunstanton library.

### 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.

You can also follow library events on Facebook at:

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



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## **Heacham Manor Golf Club Presentation Evening 2019**

Heacham Manor Golf Club held its annual dinner and presentation evening on 8th November. Guests were treated to an enjoyable meal in Heacham Manor's award-winning Mulberry Restaurant. Prizes and trophies for the club winners were awarded and then all the guests enjoyed live music from singer and club member, Cliff Allman

Main Competition winners included Glynis Thacker and Tony Thacker who won the winter Mixed Pairs League. Seniors Captain Steve Eadie, won the Trebbick Mixed Pairs Greensome with Ann Keeper and Ben King took the trophy for the first ever Daly Winter Eclectic.

Steve Jones was the winner of the new claret jug for the best net score in the Club championships. Carol Allen took the new Hodgkinson Salver which is presented to the best ladies net score in the Club Championships. Keith Whiting collected the Seniors Club Championship trophy. Director Paul Searle and his partner Ed Fowler were awarded the trophy for winning the Men's Summer Pairs Matchplay for the 2nd time in a row.

Steve Hipkin picked up the trophy for the Men's Summer Matchplay and Warren Bates collected the Club Championship Trophy for the 5th consecutive year.

Aaron Daly collected 2 medals as well as a Trophy for the Askew Heath Cup and showed consistency throughout the year with winning prizes awarded for the Espley Ex Manor Cup order of merit competition.

Rachel Hodgkinson, won the inaugural Ladies Daly winter Eclectic, she was the gross winner of the Senior ladies club

championship, the order of merit Cribb Ex Cup and also the ladies summer fourball was won with partner Jayne Clarke.

Lady captain Sophie De Winton was the overall winner of the Senior Ladies club Championship, the ladies summer matchplay winner as well as the ladies winter pairs matchplay along with her partner Christine Hughes.

Heacham Manor remains playable all year round and have a policy of playing on main greens all winter even in frosty conditions. Quality golf is always available at Heacham Manor with their current winter offer of £99 for 4 months membership between 1st Jan 2020 and 30th April 2020.



Photo—L to R: Edd Fowler, Mark Page, Paul Searle, Steve Hipkin, Ben King, Steve Jones, Aaron Daly, Martin Heath, Warren Bates, Rachel Hodgkinson, Joe Sarsby, Chris Watson, Chloe Tarbard, Cliff Allman, Steve Eadie, Glynis Thacker, Ann Keeper, Christine Hughes, Sophie De Winton, Keith Whiting, Carol Allen.



# HEACHAM MANOR GOLF CLUB



## **4 MONTHS FREE GOLF TRIAL MEMBERSHIP AVAILABLE**

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## DERSINGHAM VILLAGE SCREEN

Presents on

January 28th at 7:30pm

at Dersingham Village Centre

### FISHERMAN'S FRIENDS

(CERT 12)

Ten fisherman from Cornwall achieve a Top 10 hit after they are signed to Universal Records by a cynical London music executive.



Tickets £5 include tea/coffee/squash

Children (under 16) half price

Licensed Bar

Dersingham Village Screen is managed by  
Dersingham Village Centre Association, Charity No 1178462.  
Supported by Creative Arts East

www.dersinghamvillagecentre.org.uk  
Tel 07707 832295



## DERSINGHAM VILLAGE CINEMA at Dersingham Village Centre

**Programme: January to March 2020**

7:30pm Tuesday January 28th

**FISHERMAN'S FRIENDS (cert 12A)**

7:30pm Tuesday February 25th\*\*

**DOWNTON ABBEY (cert PG)**

7:30pm Tuesday March 31st

**FINDING YOUR FEET (cert 12)**

**Tickets:** £5 - includes tea/coffee/squash

\*\*£10 for a special showing including a late 'Downton style' afternoon tea at 6pm; more details nearer the date.

**Under 16s: half price** (Entry subject to film classification)

Licensed Bar also available

Dersingham Village Cinema is managed by  
Dersingham Village Centre Association, Charity No 1178462.  
Supported by Creative Arts East.  
For more information, call 07707 832295



### CROSSWORD SOLUTION

#### Across

1. Paper hats
6. Dwarf
9. Roasted
10. Allegro
11. Record
12. Draggled
14. Dart
15. Majestical
18. Entreaties
20. Clef
23. Badinage
24. Alonso
26. Sunbeam
27. Barrage
28. Miser
29. Streamers

#### Down

1. Partridge
2. Prancer
3. Retire
4. Aide
5. Starry-eyed
6. Delegate
7. Angelic
8. Flood
13. Party games
16. Leftovers
17. Reindeer
19. Tidings
21. Lineage
22. Gloria
23. Besom
25. Uber



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**Email:**  
[christina2018thain@gmail.com](mailto:christina2018thain@gmail.com)

**Address:** 56 Peddars Way North,  
Ringstead,  
Norfolk PE36 5JP



By Candlelight



## St Mary's Church Snettisham

Sunday December 22nd  
at 4pm

# Christmas Tree Festival

Hunstanton Town Hall

Friday 6th December from noon	Saturday 7th December 10am - 4pm
Sunday 8th December 10am - 4pm	

Opening ceremony  
Friday 6th at 7pm  
Visit Santa in his Grotto  
Vote for your favourite tree...

\* Music \*  
\* Mulled Wine \*  
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'A QUESTION OF ANGELS'

*Angels in words and music*

Conductor: Andrew Pearson  
Accompanist: Adrian Flower

HEACHAM PARISH CHURCH

14th December 2019 at 3.30pm

Followed by tea and 'angelic food'

*Free entrance with retiring collection*



**Our Christmas lecture – Monday 9th December**

### A Right Royal Christmas

How our royal families have celebrated Christmas throughout their long history, from William the Conqueror, making sure of his claim to the English throne, by being crowned in Westminster Abbey on Christmas Day 1066 - to the witty - Mrs Thatcher sent the Queen a pair of yellow washing-up gloves, having seen her Majesty doing the dishes without any.

Visitors very welcome

2.00pm - Sedgeford Village Hall

To book a seat call Felicity Pugh 01485 210891

Visit [www.theartsocietynorfolk.org.uk](http://www.theartsocietynorfolk.org.uk) for more information about The North West Norfolk Arts Society.



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WAKES, CHRISTENINGS & MUCH MORE



### WHAT'S ON IN DECEMBER

- Sunday 1st December** Salvation Army Concert 3pm
- Wednesday 18th December** Lorraine's Xmas Prize Bingo eyes down 1.30pm in Hall
- Friday 20th December** Xmas Draw in Club 7.30pm
- Saturday 28th December** Boot Leggers in Hall
- Tuesday 31st December** Steve Perry in Club
- Tuesday 31st December** New Years Eve Family Disco in Hall Tickets in Club
- Every Monday** Fitsteps, Pilates, Table Tennis
- Every Tuesday** Carpet Bowls
- Every Wednesday** Carpet Bowls, Ballet, Boxercise, Badminton
- Every Thursday** Carpet Bowls, Judo
- Every Friday** Bingo in the Hall 7pm... All Welcome

### **FOOD AVAILABLE IN THE CLUB**

- Thursdays** - 12noon to 2.30pm 2 Course Special
  - Fridays** - 5pm to 7pm Fish & Chips
  - Saturdays** - 11am to 2pm Snacks Available
  - Sundays** - 12noon to 2pm 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
  - KITCHEN CLOSED FOR CHRISTMAS FROM 20TH DECEMBER RE-OPEN FOR ROAST ON SUNDAY 5TH JANUARY**
- All Food Enquiries on 07999933587



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## **Heacham Judo Club**

We have had a great end to the year with a busy couple of months. First, we hosted the South Eastern Area, Grading and Training day on the 6th October. Grades achieved on the day were:-

Juniors:

Sidney Watson - Red + 1 tag

Sadie Bateson, Erin Richardson, Sidney Pottage, Dante Saintierney - Red + 2 tags

Samuel Watson, Charlie Waddison, Callum Alexander - White Belt  
Harry Butler - White + 1 tag

Albie Waddison - Yellow + 1 tag

Roxy Baines - Yellow + 2 tags

Jacob Rudd, Lewis Richardson, Jessica Parish - Orange belt

Macey Baines, Miles Harris - Orange + 1 tag

Aaron Nicholson, Lillie Edenborough - Orange + 2

Zaniah Fox, Bernie Woolsey, Sophie Marriott - Green belt

Seniors:

Jake Lammas - Orange belt

Lloyd Saintierney - Green belt.

Also, on the day, we had a training session for coaching, refereeing and timekeeping. Achieving awards were:-

Assistant Junior Judo Instructor - Ewan Harris and Joseph Tucker  
Judo Instructor - Oliver Shaw, Shannon Tucker, Nathan Stockdale, Matthew Garrard, Paul Simpkins.

We then took 4 players to the AJA National Open competition in Birmingham on the 27th October. This competition is open to any association in the country, so is a great competition for gaining more competing experience. We came home with:-

Lillie Edenborough - GOLD

Sophie Marriott and Harry Sands - SILVER

Nathan Stockdale - BRONZE

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To finish the competition year off, we had our yearly exchange with Judo Club Middelharnis from Holland for the Derek Skipper Memorial Competition on the 16th November. The weekend gave us some amazing Judo and a great time with all our friends from Middelharnis and Sen-Ryu JC.

The Player of the Day was awarded to Albie Waddison; he showed some amazing techniques in his contests and is gaining in confidence and ability.

Results were as follows:-

Juniors:

Albie Waddison, Poppie Simpkins, Joseph Tucker - GOLD  
Charlie Waddison, Lillie Edenborough, Dante Saintierney, Callum Alexander, William Simpkins. Zaniah Fox, Ewan Harris - SILVER.

Samuel Watson, Macey Baines, Harry Butler, Jacob Rudd, Miles Harris, Aaron Nicholson, Bernie Woolsey - BRONZE.

Seniors:

Harry Sands, Josh Chilvers, Cameron Hewson - GOLD  
Lloyd Saintierney, Paul Simpkins, Oliver Shaw, Shannon Tucker - SILVER  
Nathan Stockdale, Tom Carlton - BRONZE. Congratulations to all our players for everything you have achieved this year, and a special thank you to all our helpers, instructors and coaches for all your time and effort you put in to helping the club achieve everything it does throughout the year.

Lastly, we are holding a Family evening for all our members on the 5th December to show their families what they do every week.

Our last night is on the 19th December and we return in 2020 on the 9th January.

We wish everyone a Merry Christmas and a Happy New Year. Good luck to all our players in 2020. We look forward to seeing what you can achieve.

**Shirley Tucker**



Medal winners at the Derek Skipper Memorial competition.



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## Heacham - Our Village - Our future

### Heacham Neighbourhood Plan

Your chance to comment on the Plan before it is submitted

#### Statutory Consultation Period in Accordance with Regulation 14 of the Neighbourhood Planning Regulations

Neighbourhood Development Plans come out of the Government's determination to ensure that local communities are closely involved in the decisions which affect them. Our Plan has been produced by local residents, with the support of the Parish Council, using the views of the residents of Heacham. Every effort has been made to ensure that the views and policies contained in this document reflect those of the majority of Heacham residents.

The next stage is a six week period of consultation with residents, businesses and statutory consultees. This is a legal requirement and the consultation will run from Wednesday 6th November until Tuesday 17th December 2019.

A leaflet summarising the Plan is published in this edition of the Heacham Newsletter and has been circulated with the latest edition of 'Get Noticed' to all households and businesses in the parish. It can also be viewed on the Heacham Neighbourhood Plan website [www.heachamplan.co.uk](http://www.heachamplan.co.uk)

There have been two drop in sessions, where the Plan was available to view and members of the Neighbourhood Planning Group were there to answer questions.

The full plan and supporting documents can be viewed on the Heacham Neighbourhood Plan website.

Hard copies are available to be viewed at:

- Heacham Parish Council Office, Pound Lane, Heacham
- Heacham Library
- St Mary's Church
- Heacham Methodist Church
- Heacham Social Club (summary document only)

You can still comment on the draft plan using the response form which is available at all the locations listed above, or by downloading it from the website [www.heachamplan.co.uk](http://www.heachamplan.co.uk) and sending it to:

The Parish Clerk, Sue Eke, Jubilee Clinic, Pound Lane, Heacham, Norfolk PE31 7ET

At the end of the consultation period, all comments will be considered and any necessary changes will be made to the draft plan before it is submitted to the Borough Council of King's Lynn and West Norfolk for further consultation and independent examination.

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# HEACHAM PARISH COUNCIL

## Heacham Neighbourhood Plan – last chance for you to comment on the revised draft

Neighbourhood Plans were introduced by the Government in 2011. They give a chance for local communities to develop a shared vision for the future of their local area.

Taking account of your feedback from earlier consultations, we have now produced a revised draft Neighbourhood Plan. The next stage is a formal 6-week process, referred to as 'Regulation 14' consultation. This is a legal requirement and will run from **Wednesday 6th November to Tuesday 17th December**.

This leaflet summarises some of the main points in the plan and gives information about where you can see the full Plan and where to send your comments.

**We hope that as many as possible of you will let us know your views.**



## Heacham - Our Village - Our future

### The Vision and Objectives underlying our policies:

**Creating a sustainable community** – to appropriately manage new developments in a way that benefits the wider community and sustainability of the village.

**New housing developments** – to guide new housing developments in order to provide an appropriate mix and type of property that benefits the local community.

**Supporting employment growth** – to support the development of appropriate local employment opportunities in order to improve skills, knowledge and the local economy of Heacham.

**Natural environment** – to preserve and enhance our natural environment, including, ancient trees and woodland, local wildlife habitats and to maintain clear open space between Heacham and Hunstanton and other neighbouring parishes.

**Historic environment** – to preserve and enhance our historic and heritage assets throughout the Parish.

**Reduce flood risk** – to reduce the risk of flooding to properties within Heacham and make sure new developments improve existing drainage capacity.

**Community facilities** – to protect and encourage new community facilities and services to the village over the Plan period.

**Infrastructure improvements and sustainability** – to support and encourage improvements to our infrastructure and services such as our surface water and waste water drainage capacity, health services, road infrastructure and internet connectivity. To encourage sustainable development, including installation of solar voltaics on roofs, and provision of electric vehicle charging points.

### Summary of the Policies:

**Policy 1 : Site Allocations** - BCKLWN emerging Local Plan does not require any additional site allocations be identified, and in light of the significant opposition to the 133 dwellings approved on the Cheney Hill site, no further site allocations are proposed for Heacham for the life of this Neighbourhood Plan. However, based on the response to the Residents' Questionnaire, consideration will be given to proposals from developers working in partnership with Housing Associations to provide small developments with a mix of social and shared ownership houses and bungalows, for which strong support was shown.

**Policy 2 : Development of two sites allocated at Cheney Hill** - A site of on the west side of Cheney Hill was allocated for a

development of at least 60 dwellings through policy G47.1 of the King's Lynn and West Norfolk Local Plan. Following significant opposition from the Parish Council and local residents, planning permission was granted, on appeal, for an additional 64 dwellings, in September 2018. The reserved matters for this site have not been determined at the time this Plan is being drafted. This Policy supports Policy G47.1 of the Local Plan and, subject to reserved matters complying with all the detailed conditions set down by the Borough Council, the proposals will be supported where they meet the following planning policies contained within this Neighbourhood Plan.

**Policy 3 : Small scale (windfall and infill) development** - New small scale developments on available brownfield land will be considered on their merits with regard to the scale of the proposal in relation to the:

- 1 size and location of the proposed site
- 2 character of the immediate area
- 3 the size of the village as a whole
- 4 relative to other current and recent infill proposals; and
- 5 the impact of the proposal on local services

**Policy 4 : Housing Mix** – This policy is intended to encourage the development of smaller, affordable homes for family occupation which will encourage younger people and families to remain in, or move to, the area. This will allow for a sustainable future for the village. The policy approach also allows for people down-sizing, while remaining in the same community, and to enable Heacham's older residents to continue to live independently in their own home.

**Policy 5 : Residential extensions** - The justification for Policy 7 relates both to the quality of the built environment and to the evidence of housing need. It is felt to be important to ensure that new extensions are in proportion to the size of the original dwelling and do not excessively erode the spaces between dwellings.

**Policy 6 : Principal residence requirement** – Response to the Residents' Questionnaire identified a strong desire for there to be a limit on the number of second homes/holiday lets in the village. This policy requires that new dwellings are occupied as a permanent residence in an effort to increase the potential for local people to purchase property in the village as their main home.

**Policy 7 : Design principles** - The aim of the Design Principles is to ensure that all of the developments reflect the unique character and characteristics of the village.

**Policy 8 : Residential car parking** - This Policy requires that at least two off-street car parking spaces are provided for each new dwelling of up to 3 bedrooms and three spaces for new dwellings of more than 3 bedrooms.

**Policy 9 : Garage provision** - There have been a number of planning issues in recent times relating to garages. This policy requires that applications for garage provision, whether new development or addition to an existing dwelling, will only be permitted where the proposed building meets a number of criteria, including that it is accessible by a car and large enough to fit a modern family sized car and allow the driver to get out of the car easily.

**Policy 10 : Enabling employment opportunities and Policy 11 : New business developments combining living and small scale employment** - These policies are intended to provide a positive context within which businesses can be established and grow over the Plan period.

**Policy 12 : Holiday accommodation** – It is acknowledged that the existing caravan parks and associated businesses make a significant contribution through provision of employment, business rates and income to the area from caravan owners and holidaymakers. However, the Plan aims to maintain Heacham's

attraction as a quiet, non-commercial holiday centre, which complements the neighbouring holiday resort of Hunstanton.

**Policy 13 : Public recreational open space** - The openness of the village and its location between the Wash and AONB are greatly valued by all who live in Heacham, and residents wish to preserve the rural look and feel of the village. This policy is intended to support this

**Policy 14 : Green infrastructure** – This policy identifies landscapes and habitats that residents wish to protect, preserve and enhance, public open spaces, allotment provision, and local habitats and aims to ensure any proposed development does not obstruct or remove a public right of way. It also encourages increasing the number of trees in the village and enriching green areas with wild flower planting.

**Policy 15 : Provision of electric vehicle charging** – This policy is intended to promote a greater role for electric vehicles through the provision of the necessary infrastructure.

**Policy 16 : Dark skies** – This policy requires that any development proposals include sensitive external lighting to minimise the extent of any light pollution that could be harmful to the dark skies, and night active wildlife.

**Policy 17 : Community facilities** – This policy reflects strong community support for the safeguarding of the ‘built’ community facilities within the village, identified through consultation, which provide useful social activities for residents of all ages.

**Policy 18 : Settlement breaks** - The purpose of this policy is to formally identify new Local Gaps at the village edges to maintain the green space separation between the existing village settlements and the green gaps between neighbouring villages and towns.

**Policy 19 : Heritage Assets** - This policy provides an opportunity to safeguard and enhance all assets of heritage value irrespective of the perceived development pressure on them.

**Policy 20 : Reducing flood risk** – Residential developments will not be supported in Flood Zones 2 and 3.

**Policy 21 : Water and waste** – This policy requires there is capacity within the water supply network, and the foul sewerage treatment and disposal, or that it can be made available to serve the development, prior to occupation, and that it would not lead to problems for existing, or new users.

**Policy 22 : Road up-grades and improvements** - Proposals that seek to upgrade and enhance the junctions onto the A149, specifically, but not exclusively, at Lamsey Lane and Church Lane/A149/Ringstead Road will be supported.

**Policy 23 : Cycleways** – This policy is intended to support proposals that seek to create safe cycle connections to minimise car use.

## PLEASE LET US HAVE YOUR COMMENTS, BY TUESDAY 17th DECEMBER

**Where can I see a copy of the full Neighbourhood Plan?**  
Copies of the full Plan and the appendices are available on the Heacham Neighbourhood Plan website: [www.heachamplan.co.uk](http://www.heachamplan.co.uk)

If you prefer to look at a paper copy, there are printed copies available to view at:

- Heacham Parish Council Office, Pound Lane, Heacham
- Heacham Parish Library
- St Mary’s Church
- Heacham Methodist Church

(Two drop-in sessions were held at St Mary’s Church Hall in November).

### Where should I send my comments?

There are feedback forms available at all locations. Completed forms should be returned to the Parish Clerk:

Sue Eke,  
Jubilee Clinic,  
Pound Lane,  
Heacham,  
Norfolk PE31 7ET

### What happens next?

All the comments received will be reviewed and the draft Plan will be altered where necessary to take account of your feedback, to create the submission draft.

We then send this revised Plan, with other documents, to the Borough Council. If they think it is ready, they arrange a further consultation, Regulation 16. An Independent Examiner will then check all the documents and prepare a report. Further changes might then be recommended.

The last stage is for the Borough Council to arrange a referendum: if more than 50% of those who vote agree, the Plan will then become a statutory part of the planning framework.

Professional Standards Authority Accredited Register

## Heacham Foot Health Clinic

- ▶ professional foot care service
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West Norfolk Mind, Poplar Avenue, Heacham

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Mark Williamson MFHT

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Website: www.thewellbeingpeople.co.uk



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## HEACHAM PARISH COUNCIL NOTICEBOARD

### PARISH COUNCIL MEETINGS IN BRIEF

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

**The next Full Council meeting will be held on Tuesday 17th December at 7.00pm at the Parish Council Office.**

**The Full Council Meeting for January will be held on Tuesday 21st January at 7.00pm at the Parish Council office.**

### SAM2 OR SPEED AWARENESS MONITOR 2

The Parish has now had one of these monitors since July 2018, and apart from a malfunction when it needed to be returned for repair, it has been in constant use around the village, being moved every two weeks. The legal requirement is no longer than 4 weeks in one place and not returning to that site for 8 weeks. As we have eight posts around the village with some being authorised for either direction, that gives us 15 positions to record data.

Now for the worrying figures. The data recorded 488,060 vehicles from 9th July 2018 to 19th November 2019. Of those 488,060, 22.82% were over the 30mph speed limit.

In the main, the speeds are decreasing. Ringstead Road initial recorded speeds show 53.15% over the limit and, on the third data set, this had come down to 39.60%.

We have two positions to show errant drivers their speed, Broadway and Nourse Drive, as before we had the monitor the Parish Office had complaints about speeds before and after school time. Over the 30 limit on Broadway from the school dropped from 8.57% to 6.27%, and Nourse Drive in September had 3.27%; we will see if that trend continues.

Mr Reader will endeavour to put something regularly in the Newsletter about where the monitor has been, showing the results.



Blue represents 0-30mph, orange over 30mph

### DOG FOULING

It is that time of year when the nights are drawing in, the mornings are dark, and the number of complaints about dog fouling in the village increase. It is still an offence not to clean up after your dog, even if no one can see you. Please do so, and help keep the village clean and safe.

### PARISH COUNCILLORS

The Parish Council was pleased to Co-Opt two new members, bringing the number of Councillors back up to the full complement of 17. The new Councillors are Ms Joy Waldron and Mr Dennis Lewis.

### REMEMBRANCE SUNDAY



Parish Councillors joined with Parishioners in a Service of Remembrance at Heacham Parish Church on Sunday 10th November. Wreaths were laid at the War Memorial.

### NEIGHBOURHOOD PLAN CONSULTATION

Neighbourhood Plans were introduced by the Government in 2011. They give a chance for local communities to develop a shared vision for the future of their local area.

Heacham Parish Council set up a Neighbourhood Planning Group, comprising Parish Councillors and local residents, to lead the development of and consultation on the Heacham Neighbourhood Plan.

A Draft Neighbourhood Plan has been produced, taking account of your feedback from the Residents Questionnaire and earlier consultations. This draft of the Neighbourhood Plan is currently subject to a formal 6-week 'Regulation 14' consultation with residents, businesses and statutory consultees. This is a legal requirement and is running from **Wednesday 6 November to Tuesday 17 December**.

The Parish Council would encourage everyone to take the opportunity to read and comment on this version of the Plan before it is finalised and submitted to the Borough Council of King's Lynn and West Norfolk for further consultation and independent examination.

### CHRISTMAS HOLIDAYS

Heacham Parish Council members and staff wish everyone a very Merry Christmas and a happy and healthy New Year. The Parish Council Office will be closed to the public from lunchtime on Friday 20 December until 10am on Thursday 2 January 2020.

The Library will be closed from 4pm on Friday 20 December until 10am on Friday 3 January 2020.

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

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.

01485 572769

### OUT OF HOURS DOCTOR

For out of hours service, please call the NHS Helpline

111

### 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

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 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

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SAMARITANS 01553 761616

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SILVER LINE 0800 4708090

ELECTRIC 0800 3163105

ANGLIAN WATER 0345 7145145

GAS ESCAPE 0800 111999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

### HUNSTANTON LIBRARY

532280

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### 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

## 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**

**10th December and 7th January 2020**

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 FENSHIDE  
 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

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**PHONE : 07555126913**

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