



# THE HEACHAM NEWSLETTER

August 2015



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**Deadline for the next edition is 12 noon, Thursday 20th August**

## Heacham Horse Show

Saturday 8th & Sunday 9th August 2015

To be held at Lamsey Lane, Heacham

Ridden Showing Classes, In Hand Showing Classes,  
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## Fridhem's Scarecrow Hunt

Sunday 9th August

from 12.00 midday onwards around the Village.  
£2.50pp. Children must be accompanied by an adult.

Starting and ending at Fridhem,  
Many stalls, raffle and Hog Roast available.  
Come to Fridhem for your map and clues then hunt the  
Scarecrows...



**Prizes to be won!**



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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**THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH**

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

# letters...



Heacham

Dear Newsletter

## Heacham School Reunion

The 3rd Heacham School Reunion, kindly sponsored by Mr Derek Miller, is to be held at the Public Hall on Sunday 27th September 2015 between 2.00–5.00pm. For those who attended Heacham School prior to 1960, all are welcome. No charge. Light refreshments. If you have any photographs relating to that era of Heacham and the school, please bring them along.

If you would like to attend and share your memories once again, please contact Tony Parnell on 01485 601399 or email [sharon.parnell@hotmail.co.uk](mailto:sharon.parnell@hotmail.co.uk)

Look forward to seeing you all.

**Tony Parnell**

\*\*\*\*\*



Pioneer Holiday Park

Dear Newsletter

## Scotty's Little Soldiers

On Saturday 29th August, we will be holding a fundraising event with a raffle, tombola, table top sale and craft stall. Refreshments, including tea, coffee and bacon rolls and much more, will also be available. Last year, support from Heacham was wonderful helping us to raise £1,765.00 for Help for Heroes and we hope you will show the same support for Scotty's Little Soldiers this year; such a deserving cause. We look forward to seeing you all at this year's event, hopefully to beat last year's figure. With your ongoing support, this will be possible.

The event will be held at Pioneer Holiday Park, South Beach Road from 10am – 2pm and the raffle will be drawn at 1.30pm.

We hope to see you there.

**Sue Windle**

\*\*\*\*\*



Hunstanton Road

Dear Newsletter

## The First Letter –

### Heacham Man revisits 'D Day' Beach

It was lovely to see the July edition of the Newsletter, as you had printed an article from my late father Harry Daw (p24). He was Heacham born and returned in later years where he subsequently died.

I remember how much my father had wanted to attend the 50th Anniversary. He had been to the 40th and was determined he would go again. Despite poor health and failing eyesight, he was able to achieve this with the help of his friend Bill Hopkins to escort him. How proud he was to be able to go to remember those less fortunate than him.

Thank you for bringing back those memories of Harry.

**Anne Milner**

\*\*\*\*\*

## THE HEACHAM NEWSLETTER

Please keep sending your articles and letters to the Newsletter but we would ask if contributors could please, where possible, submit items as early as possible in the month. The volume of items we have received on the actual day of the deadline for the past two months, has been tremendous and we want to make sure that your item is included in the Newsletter and not inadvertently left out.

Thank you.



Kenwood Road

Dear Newsletter

## Church Wall

In response to John Taylor's letter in the last issue we would like to thank him for such a generous offer in respect of repairs to the church wall, with which we will start a wall fund. We are aware of the issues regarding the wall especially the fact that it is not the best view if photographing the church or surrounding views.

Maintaining our village church, churchyard and its walls is very costly and St Mary's Church does not have the financial reserves that it can call on to deal with all of the repairs that are needed, including the wall, so it is a matter of dealing with repairs in order of priorities.

We are planning to start work soon on clearing the heap of rubble and temporarily cap the existing wall until we have money to do the full repair. To give you some idea of the costs of replacing just this one section of the wall - it is of the order of £12,000 and we have also to consult a number of agencies regarding design and final appearance of the wall which can take some time.

If anybody else would like to contribute towards funding the repairs for the wall, or help with the clearing of the rubble, or would be willing to help with raising funds for the wall please contact either of the church wardens, or the vicar

It is your village Church, so please do get involved.

With thanks.

**John Whitbread (579326) [john.w.whitbread@gmail.com](mailto:john.w.whitbread@gmail.com)**

**Brian Griffin (571348) [griffin568@btinternet.com](mailto:griffin568@btinternet.com)**

**Rev Veronica Wilson (570697) [heacham.vicar@gmail.com](mailto:heacham.vicar@gmail.com)**

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Heacham

Dear Newsletter

**Ducks**

Today the village is full of wandering young ducks. In February 1914 we had a different problem.

"A RARE DUCK. - The duck shot recently on the Heacham bank by Mr. B.G. Massingham and which, apparently, belonged to a species unknown to local sportsmen and naturalists, has been forwarded to the British Museum (Natural History Section) for inspection. The authorities there state that the bird is an Australasian wild duck (Anas Superciliosus) which is common to the Great and Lesser Sunda Islands, New Guinea, Polynesia, Pelew Islands, Australia and New Zealand." (Lynn Advertiser, 27th February 1914).

Is that where our village began its attempts to exterminate ducks?

**Ros Marsden**

\*\*\*\*\*



Heacham

Dear Newsletter

**Fire Station Fifty**

I would like to thank the two people who were kind enough to contact me with information on the fire service in Heacham following my request in the June newsletter. One was Lydia Bailey and there was a gentleman whose name I didn't get but thank you to them both.

For anyone else who may not have got around to it yet, it's not too late!

Why not come along to the open day which is now being planned for the afternoon of Saturday 29th August. It will be a chance to have a look round the fire station, see how being a firefighter has changed over the last 50 years and hopefully have some fun as well!

Also, if you are interested in what it takes to become a firefighter and think you might like to join the crew, it would be a great time to come along and learn more about the job. We are looking for new members so that we can continue to provide a valuable service to the people of Heacham and beyond.

We hope to see you there!

**Chris Wood  
Heacham Fire Station**

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**HEACHAM IN BLOOM**  
**QUIZ NIGHT**

**Monday 17th August 2015**  
**Raffle,**  
**Prize for the winning Team**  
**Starts 7.30pm**  
**FOX & HOUNDS, STATION ROAD**  
**£2.50 per person, includes sandwiches**  
**and nibbles (max 4 per team)**



### HEACHAM HISTORY



On 24th July 1914 the following piece appeared in the Lynn Advertiser. It seems like a suitable follow on to the articles about the Ruskin School:-

#### Heacham

“THE SUFFRAGETTES - A meeting had been ‘billed’ to take place in Ruskin School Paddock on Monday, when Miss Harris and Miss Villiers intended to deliver addresses on the question of Woman’s Suffrage. The only persons present were the prospective speakers, Mr. Lowerison, and our reporter, and so no addresses were delivered.”

How many would attend a similar meeting these days?

Ros Marsden



### POCAHONTAS PLAYERS

Hello everyone – it’s the Heacham Pocahontas Players

Drama Group here! We are back on Tuesday 8th September to start read-through and rehearsals for our January 2016 Pantomime, hopefully 'raring to go' after the summer break, but we have two HUGE dilemmas -

The players are in urgent need of a Choreographer to teach modern dance routines for this production. If you could help, or know of anyone who can, we would appreciate it. We rehearse every Tuesday evening, in the Public Hall, from 7.30pm onwards but the Choreographer would ideally be there for 6.30pm to be able to teach/rehearse the troupe on the stage before general rehearsals start.

The other urgent dilemma is we need a confident person to 'take-on' the Pantomime costumes (with possible help from others to make up a team). This entails making anything from 30 to 45 costumes, plus designing / making, vibrant wacky Dame outfits. It is quite a time consuming job to take on but the rewards when seeing them all come to life on the stage, makes every stitch worthwhile.

If you could help with either dancing or stitching, please ring Janice or Dave on Heacham 01485 570402.

Also, if you fancy 'treading the boards', backstage crew, lighting, sound, etc., please pop along on 8th September to see what we are all about. Will be great to see you.

Thank you.

The Pocahontas Players

## FOX & HOUNDS

**AWARD WINNING FOX BREWERY**

Station Road, Heacham. Tel: 01485 570345

**August gigs (8.30pm unless stated)**

**Sunday 2nd August - Afternoon Jazz (1.30pm)**

**Friday 7th August - Black Top**

**Friday 14th August - The Velvet Doonigans**

**Friday 21st August - Jessie's**

**Tuesday 4th August - Cruiser Blues Band**

**Tuesday 11th August - After Hours Blues**

**Tuesday 18th August - T.B.C**

**Tuesday 25th August - Part Time Blues**

**August Bank Holiday Live Music**

**Friday 28th - Jam with DNA ( A chance to display your musical talent )**

**Saturday 29th - Sylvester Peat Cutter & the Twilight Boggers ( Good time Irish sing-song )**

**Sunday 30th @ 8pm - The Hillbilly Cats ( 50s & 60s Rock 'n' Roll at its finest )**

**Saturday 8th August**

**Steam Rally in the Fox Car Park**

**Come down & see these magnificent machines.**

**Live music provided by 'Mark Wilkinson's Jazz Quartet'.**

**The rally will begin late afternoon but no exact time can be stated.**

**Please note the car park will be reserved for steam engines only.**

**Bar open every day from Noon. Lunch served from Noon & dinner from 6pm.\***



**Follow us on Facebook @foxandhoundsheacham**

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

# News & Events in the Community...



## HEACHAM

### Carnival Parade

**Sunday 2 August 2015**  
Fête starts at 1.00 p.m.  
Parade starts at 1.45pm  
**Lavender Queen, Princes & Princesses**  
**STEEL BAND MUSIC**



Collection in Aid of Heacham Minors  
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Sponsored by Jennings and Norfolk Lavender



HEACHAM TWINNING ASSOCIATION



## BARN DANCE

7:30pm

**Saturday 12th September**

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**Public Hall, Heacham**

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**Pot luck supper provided**  
**\*\*Drinks purchased from the bar\*\***

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**£7.50** (under 12yrs free)  
Ticket only event. Phone 01485 572252



## PALM BEACH HOLIDAY PARK

HERES TO A GLORIOUS SUMMER AND A FANTASTIC 2015 SEASON!!!

**2014 AWARD WINNING HOLIDAY PARK.**

Please feel free to come and take a look at our friendly, family run newly redeveloped holiday park.

All our holiday home owners have exclusive use of our fabulous outdoor heated swimming pool.  
(May to September)  
Wifi is available to individual caravans

You will find our Annual Fees, Gas and Insurance come to you at very competitive prices. (Compare ours to others)

**BRAND NEW 2015 35 x 12 2 BED CENTRALLY HEATED AND DOUBLE GLAZED HOLIDAY HOMES AT AMAZING FULLY INCLUSIVE PRICES!!!!**

We also have two other beautiful parks Seashore Holiday Park at Heacham and the Poplars Holiday Park at Burnham Market

Please enquire at the Palm Beach office  
or call **01485 570565**

**2015 Macmillan Craft and Coffee Event.**

**22<sup>nd</sup> August 2015**  
**Starts 10.30 am**

Lots of lovely crafts, food and exhibiting stalls something for everyone!!

Fun Run round the park for children up to 13yrs.  
Dog show including a best dressed dog prize.

Entry forms available for both events now at the Palm Beach office

Stay the afternoon for tea and cakes while watching the displays in the arena and to end the day we will have our fantastic auction too!

Come, enjoy all the lovely stalls and help us raise lots of money for this worthwhile cause.

FREE Lynx bus available from the Fox and Hounds bus stop Heacham to the park every 15 minutes.

For further info on having a stall or donating call Geraldine on 01485 570565

**Due to popularity we've added another Farmers Market**  
So come along on Saturday 8<sup>th</sup> August 10.30am to 1.00pm to purchase all the usual delights from our local suppliers.



## CHURCHES TOGETHER IN HEACHAM

It is with great delight that my family and I join you here in Heacham to work alongside Rev'd Veronica Wilson as your Curate.

We come to Norfolk, as outsiders and with very little knowledge of this part of the country which, in itself, is quite amazing since we have lived in most areas from Cornwall to Scotland over the years. I had been informed by a colleague of mine, who I trained with at Theological College in Bristol, that Norfolk is a hidden gem! As he was born and bred in Norfolk, I took little notice of his insight – that was until we arrived! What a very beautiful part of God's land this is! I have spent many years working in zoology and conservation in various places of beauty across the world. Yet, being here, I feel completely spoilt to be surrounded by a mixture of coastal and rural scenery in which God has called me to minister. However, the more pressing feeling I have is that God has called me here, not only to be a part of the ministry team within the church, but also within the care of His creation in this area. The Rev'd Dr. Rob Frost, states that: our stewardship of the planet will one day be judged. That means a change of perspective – a new look at how we live and a new commitment to working with the Lord in renewing the planet. Psalm 24:1 declares that 'The earth is the Lord's and everything in it, the world and all who live in it'.

Many of you will have experienced far more than I of the wonders of this corner of England; of times where you have seen wading birds flock upon the beaches, or sighted seals bobbing in the seas. Or perhaps, deer and other wildlife as you have travelled from place to place. Even early morning dog walks and jaunts to the shops can surprise us with something of the beauty from within creation, such as wildflowers, butterflies and birdsong. I don't know about you, but I for one, can at times forget the beauty of such things and take for granted my surroundings. Life can be difficult and at times can drag us down. Yet, it is often in such times that I am awoken again to the splendour of our marvellous world and of the God who made it and who loves us. If what the Psalmist says is true, then we can take comfort in the fact that God is with us always – even when all seems lost! So as we ponder our surroundings in our daily living, may we too take our responsibility to be good stewards seriously, so that future children and grandchildren will also be uplifted during their own hard times, by the beauty of their surroundings and in the knowledge that the God who loves and who created it all, is working with them, and will never leave them!

'Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?' (Matthew 6:26).

With my love and prayers.

*Rev'd Gary Bowers  
Curate of St. Mary's Church, Heacham, and  
St. Mary's Church, Snettisham*



### HEACHAM METHODIST CHURCH

#### Sunday Services: 10.30am Morning Worship

2nd August	Rev. Stephen Oliver – Chapel Anniversary
9th August	Joella Nash
16th August	Rev. Kim Nally – Baptism
23rd August	Jenny Sparks
30th August	Rev. Stephen Oliver – Holy Communion
7th Sept.	Rev. Stephen Oliver – Quilting Exhibition

#### MIDWEEK COMMUNION

The August midweek Communion will be on Wednesday 12th at 10.30am in the Hall, conducted by Rev. Stephen Oliver. All who love the Lord are welcome to attend.

#### MIDWEEK ACTIVITIES

Monday - Indoor Bowls, 7pm weekly  
 Tuesday - Hands & Needles Club 7.30pm 4th & 18th Aug.  
 Tuesday - 'Open Door' 10.00am-12 noon weekly  
 Wednesday - Midweek Communion, 10.30am 12<sup>th</sup> Aug.  
 Thursday – Social Evening 13th Aug. at 7.15pm  
 Thursday – Bible Study, 27th Aug. at 10.30am  
 Friday - Indoor Bowls, 7pm weekly

#### BIBLE STUDY

The August Bible Study, led by our Minister, Rev. Stephen Oliver, will be on Thursday 27th August at 10.30am.

**Note:** This Bible Study takes place on the last Thursday of each month at 10.30am and lasts for approximately one hour. We are currently studying Luke's Gospel.

#### “OPEN DOOR”

Heacham Methodist Church is **open every Tuesday morning from 10.00-12.00 midday**. There's no meeting going on, or service arranged – just an open door. Feel free to come in and pray if you wish, sit in silence, or talk to our Minister, Rev. Stephen Oliver, who will be present. **Note:** This is not just for Methodists – anyone in the village is welcome to come in, if you feel you want to. **Note:** it is Tuesday that the Church is open, not Thursday as printed in this column last month.

#### LADIES' FELLOWSHIP

The Ladies' Fellowship is taking a summer break but will be back in September.

#### SOCIAL EVENING

The Social Event this month will be an evening of table games and darts, and will be on Thursday 13th August at 7.15pm. Normally the Social Event is held on the second Thursday of each month.

#### QUILTING EXHIBITION

A Quilting Exhibition will be held at the Church on Friday 5th, Saturday 6th and Sunday 7th September. For times and details see the advertisement poster in this edition of the Magazine.

**RADICAL HOSPITALITY**  
**Saturday 25th July, 2.30pm**

An invitation to be uplifted and fed with inspiring and joyful music for heart and soul, featuring "REVELATION" and "TWO YANKS AND A BRIT", whilst enjoying free afternoon tea and cakes at **Heacham Methodist Church**, starting at 2.30pm. Just drop in at any time – all welcome - admission free.

**THE PARISH CHURCH OF ST. MARY**  
**Sunday Services in August 2015**

8.00am Holy Communion (BCP)  
9th and 23rd August

10.00am 2nd All Age Worship  
9th Morning Prayer  
16th Holy Communion  
23rd Morning Prayer  
30th Morning Prayer

6.00pm NO EVENING SERVICES  
IN AUGUST 2015

**August 2015 Services at Nursing/Residential Homes**

Tues 4th 2.30pm at Rebecca Court  
Mon 10th 11.00am Holy Communion  
at Millbridge

Wed 19th 2.30pm at Summerville  
Fri 28th 10.30am at Fridhem

**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 \* 572539  
email: [heacham.church@googlegmail.com](mailto:heacham.church@googlegmail.com)

**REGULAR ACTIVITIES AT ST. MARY'S CHURCH**

Looking at the above information you might think that St. Mary's is only open on Sundays, but it is a busy church with things going on throughout each week. There are Bible Study groups with people meeting in their own homes; there are Prayer Meetings; we have a Choir, and there are Music Groups; all the women are welcome at Girls Together and there is a Men's Group as well; everyone can belong to the Mothers' Union; there are also Coffee Mornings and various other activities. So why not find out more about St. Mary's and its regular activities – you might be surprised. The Sunday services act as a focal point when all meet together for worship, for fellowship, for support, learning, encouragement, challenge and growing. And on Sundays there are, of course, activities for children. Also for children, usually on the last Saturday of each month, there is MESSY CHURCH with crafts, games, singing, Bible stories and lunch.

**ST. MARY'S CHRISTIAN BOOKSHOP**

Please come and visit our bookshop which is opposite the Methodist Church in Station Road, Heacham. It is open from 9am-4pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays till the end of March, and 9am-5pm throughout the summer months. We have an interesting selection of Christian books and a wide range of greetings cards. It is well worth a visit.

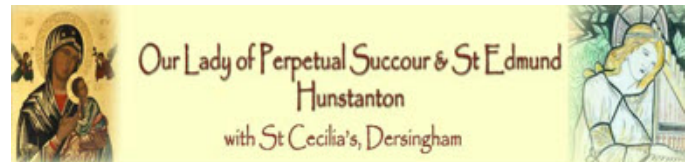
**ST. MARY'S CHURCH HALL**

This is on the right, half way up the High Street, and the Hall can be booked for meetings and family events, such as children's birthday parties. A booking fee is payable and the

Hall can be inspected and a booking made on Mondays, Wednesdays and Friday mornings between 10.30am-12.30pm. There is an office at the Hall where bookings can be made and information provided.

**USED POSTAGE STAMPS**

If you don't already have anywhere to send your used postage stamps the LEPROSY MISSION would be very grateful for them. Save them up and when you have a number take them to **St. Mary's Christian Bookshop** in an envelope marked LEPROSY MISSION and they will arrange for them to be sent on.



**Hunstanton Catholic Parish**

The strawberry fair at St Cecilia's was a great success and the weather was beautiful too. A magnificent £1054 was raised towards the parish church Restoration and Development fund. Many thanks to all who helped in any way and to all those who came along to enjoy the fun. The strawberries and home-made scones and cakes were delicious and there were various stalls including the popular tombola stall, book stall, bric-a-brac stall and the home-made cakes stall. There were also lots of prizes won in the raffle.

Our parish barbecue is the next social get together and will be held at 12.30 lunchtime on Saturday 15th August at the parish centre in Hunstanton. Tickets are available at both churches. Then the sponsored walk will be on Sunday 13th September following the 11am Mass. It's not too arduous and children and dogs are welcome to join us on the walk. If you are not able to walk please sponsor someone.

A revised, extended parish history booklet has been produced and is available at both churches for the price of £2.50 per copy. All proceeds to go to the Development fund.

We are still collecting for the Food Banks in Hunstanton and King's Lynn, which provide help to those in very real need in the local area. There is a box for donations in the porch of both Churches. There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. For more information contact Caroline Brooks on 01553 673069.

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome. **Our daily Masses will be at 10am held in the Church, Sandringham Road, Hunstanton, for the summer**, rather than the Convent, except on Wednesday when it is usually at 10.15am at St Cecilia's, Dersingham. **Please check for dates and times on Church notice boards, website or phone.** Sunday Masses are 9am at Dersingham and 11am at Hunstanton. The Parish telephone number is 01485 534675. If you require a Priest urgently please telephone Fr 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)



## Heacham Parish Church

### Norfolk Churches Open Week 1st-9th August 2015

Each weekday from noon, there will be a short concert lasting about 45 minutes. Hot and cold drinks will be supplied but do please bring along your own snack lunch and enjoy the music in our beautiful church.

Monday 3rd August 'The Three 'B's' – George Braun (bass) with Basil and Freda Blackburn (organ and piano) present a light programme of 'chords, hammers and pipes'.

Tuesday 4th August Dave and Kath Burkett play a varied programme of recorder and piano music from across the centuries.

Wednesday 5th August The Wolferton Singers conducted by Roger Bemrose sing folk-song arrangements, spirituals, church music – and some surprises!

Thursday 6th August Hilary Johnson leads her music group with popular worship songs interspersed with recorder and other instrumental music.

Friday 7th August Captain Peter Murray, organist at our sister Church - Snettisham Parish Church, puts the 1800 pipes of the Heacham organ through their paces.

Admission Free.

### Macmillan Coffee Morning


Is being held at Neville Court on **Friday 4th September at 9.30 – 11.30am.**

There will be a Raffle, Tombola, Bric-a-Brac, Cake Stall and 'Guess the Weight of the Cake'!

Please come and help us to help others.

Mrs E Snow

Snettisham  
Christian  
Fellowship



Christ centred  
Bible teaching  
Gospel led


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

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## Serenity

Natural Healing Centre

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- Bach Flower Consultations
- Reflexology
- Crystal Healing
- Past Life Regression
- Acupuncture
- Foot Care Clinic
- Ear Candling
- Stop Smoking Package

- Aromatherapy
- Hot Stones Massage
- Indian Head Massage
- Tarot Readings
- Bowen Technique
- Reiki
- Reiki Attunements
- Homeopathy
- Deep Tissue Massage

34 Westgate, Hunstanton (opp the library)  
[www.crystalcaveandserenity.co.uk](http://www.crystalcaveandserenity.co.uk)  
 Like and follow us on Facebook  
 Open 7 days a week Tel 01485 535321



## FRIDHEM BINGO

Monday 17th August 2015

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Also other news in the salon, we will soon be having a barber join the team at Bliss, Mondays and Tuesdays 8am-8pm. To book your appointment please call Steve on 07722 625911.

Have a lovely summer and remember to book your appointments well in advance for both hair and beauty.

**Jaime Tooley**



## West Norfolk Mind

### We are still here!

Just a reminder to anyone struggling with supporting a loved one or friend and could do with a little bit of 'light relief'.

Heacham Carers are still running!!

We still meet Tuesday afternoons at 1pm 'til 3pm for a cuppa and a chat. It's a very friendly group. Lots of information.

We have trips out or meet for a cuppa out, or perhaps a game of crazy golf, all sorts of things. New faces are made very welcome, so don't sit there struggling or getting down, thinking you are the only one feeling like that. Come along or give us a call on 01485 572707.

We will also have a stand on the green on Heacham Carnival Day, raising funds for Carers. Pop over and say hello, or for a bit more help or info call Joyce on 07704 338775.

**Joyce Armstrong**  
Carers Locality Lead  
Carer's Agency Partnership  
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## Scallywags Parent, Baby & Toddler Group

Scallywags have been busy bees this summer! We all enjoyed a Yellow Day in June raising awareness, and £112.49, for the

Children's Liver Disease Foundation CLDF. We wanted to thank CLDF for supporting Scallywags' friend Blake Proctor who has the liver disease Biliary Atresia. A regular visitor to Scallywags and such a smiley one too, Blake aged 2 now, underwent major surgery as a baby and still has 16 syringes of medication every day to stabilise his liver. CLDF offer information, emotional support and a voice for Blake, his lovely family Wayne, Vicky & Ellie and many others. We all wore yellow clothes, made yellow crafts and ate yellow snacks! (There was even a banana walking about who was very good at making hampers and selling cakes. What a pity Mrs Bloom/Louise Rudd wasn't about to see...)

Finally, we enjoyed a raffle with fantastic yellow prizes thoughtfully selected and generously donated by the following local businesses:- Snettisham Beach Fish & Chip Shop, Budgens Dersingham, Norfolk Lavender, Heacham Bakery, Tesco Heacham, AE Wallis, Alan Howard Butchers, Co-op Heacham, Heacham Post Office (Kerry also kindly knitted a beautiful Nell's Boutique child's bag and hair accessories for us), Heacham Newsagents, Suttons Estate Agents, Boots Heacham, Boots Hunstanton, Sainsburys Hunstanton, Warehouse Clearance, Value 4 Money and Tesco Hunstanton. Louise also compiled a fabulous yellow food hamper from Scallywags donations.



A huge thank you to the above businesses, the Proctor family, Kathryn Williams, Louise Rudd and Liz White for their help organising Yellow Day and all at Scallywags and Louise's hairdressing clients for their kind donations and support of this event

On July 11th we enjoyed a very pleasant afternoon at Heacham Infant & Nursery's Summer Fete. There was lots to do and a lovely atmosphere. Thank you to all of you who decorated our cakes and biscuits helping to raise £36 for Scallywags! We enjoyed meeting you and seeing all your colourful masterpieces!

A final thanks to Scallywags' friends the Hunstanton & District Lions Club who have kindly provided swings and learning boards for the Scallywags garden! Their support of our community is tremendous and they really helped our re-opening of Scallywags in 2012 and have since helped transform our outside play too. The swings are hugely popular and the boards

will help us spot and learn the names of flowers, bugs and trees. Thank you very much!

Scallywags wish you all happy summer days. We will be back for more playing on Wednesday September 9th 9.30-11am at the Scout Hut in Sunnyside. Do come along if you can! In the meanwhile we were delighted to be asked to take part in Fridhem Rest Home's Scarecrow Trail on Sunday August 9th. The trail and fete sound like a great community event, the children's little scarecrows will see you there somewhere!

For further info please text/phone Jo/Clare 07521 447284 / 07816 913657.

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## Would you like to learn Bridge?

First of all the answers to last month's quiz:

Your partner has opened 1♦, what would you bid with the following hands?

- 1: ♠ J,7,6,4; ♥ 8,5; ♦ J,8,6; ♣ Q,10,9,8: Pass – fewer than 5 points. Don't bid with nothing.
- 2: ♠ J,7,6; ♥ K,5; ♦ J, 10,8,6; ♣ Q,10,9,8: Bid 2♦ - 7pts – support your partner with a single raise
- 3: ♠ J,7,6,4; ♥ K,5; ♦ J,8,6; ♣ Q,10,9,8: Bid 1♠ - 7pts – No support for ptrn – bid your 4 card suit
- 4: ♠ J,7,6; ♥ K,10,5; ♦ J,8,6; ♣ Q,10,9,8: Bid 1NT - 7pts – No support for ptrn. No other bid at the 1 level.
- 5: ♠ J,7,6; ♥ K,8; ♦ A,J,8,6; ♣ Q,10,9,8: Bid 3♦ - 11pts – support your partner with a double raise
- 6: ♠ J,7,6; ♥ K,8,7,5; ♦ A,J; ♣ Q,10,9,8: Bid 1♥ - 11pts – bid your 4 card suit. Nice hand but no hurry.
- 7: ♠ J,7,6; ♥ K,8; ♦ A,J,8; ♣ Q,10,9,8,7: Bid 2♣ - 11pts – good enough to bid at the 2 level. Bid best suit
- 8: ♠ K,7,6; ♥ K,8,5; ♦ A,J,8; ♣ Q,10,9,8: Bid 3NT - 13 pts – Enough points to bid game directly. Do it!
- 9: ♠ K,J,7,6; ♥ 8,5; ♦ A,J,8,6; ♣ Q,10,9: Bid 1♠ - 11pts – Bid a major suit before supporting partner in ♦
- 10: ♠ K,J,7,6; ♥ A,J,8,5; ♦ A,J; ♣ Q,J,9: Bid 1♥ - 17 pts – Great hand but no hurry. Ptrn must bid again. Let us see what he says and then we can show our strength.

I hope you did well. Please refer to the last article if you have a query. Alternatively, do email me with anything you do not understand.

Now a hand for you to play:-

	♠ J,4,3		
	♥ K,2		
	♦ K,Q,6		
	♣ A,9,8,6,3		
	N		
♠ 10,7		♠ 9,8,6,5	
♥ J,9,8,6,3		♥ Q,10,5,4	
♦ A,9,2	W	E	♦ 10,8,7,5
♣ K,J,4			♣ Q
	S		
	♠ A,K,Q,2		
	♥ A,7		
	♦ J,4,3		
	♣ 10,7,5,2		
S	W	N	E
1NT	P	3NT	P

South is to play in 3NT and West leads the ♥6. See if you can make 9 tricks. A small tip. Just see how many tricks you are certain to make and then try and work out where the others will come from. Good luck.

Any queries to me on bob.carrick@gmail.com.

**Bob Carrick**

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## 1st HEACHAM CUBS

The last term of Cubs before the summer holidays was very busy and we crammed loads into the seven weeks, saying hello to new faces and goodbye to old ones.

At the beginning of term on our first night back we renewed our Law and Promise as a reminder to the older ones what it is to be a Cub and to help the younger ones learn it for their investiture. After, we played games and made paper aeroplanes with William, Harvey and Nathan throwing them the furthest, about six metres. None of them managed to hit Chil!

Our main task for the term was to finish the Home Safety badge in between other fun things and completing the Silver Award. The whole term was organised and run by Hathi and Rikki as part of their young leader training.

The Home Safety badge was completed over three meetings which included Accidents in the Home, Knowing Emergency Numbers and where the two telephone boxes are in Heacham and how to get to them from their house. It also included a visit from a Policeman. The Policeman who came to see us one evening, was Dave Spencer, and he gave the Cubs a talk on Personal Safety: about talking to strangers, being safe on the internet and when to telephone either 999 or 101. This all went towards the Home Safety and for the Cubs doing their Silver Awards.

On a sunny evening in June we went to Sandringham and went round the one mile walk doing a scavenger hunt on the way, which was won by Harry who collected the most items from the list. After the walk, the Cubs played on the Trim Trail until it was time to go home.

At the end of June, Cubs and Beavers went on camp to Wells-next-the-Sea. Altogether there were 19 children aged from seven to fifteen. More about camp later.



At the beginning of July the Cubs went on a Compass walk round the village. The older ones who could read a compass, went on a longer one, then the new Cubs, who learnt how to use a compass as they went round. We will be doing more compass and knots during the winter months when we cannot get out as much. Thanks to Beth who helped Hathi with her group. While the Cubs were out Ziggy and our oldest Cub, Joel, stayed behind and made a scarecrow for Fridhem Rest Home's Scarecrow Day.

Our last evening was a BBQ and games when we said Goodbye to Joel, Ryan and Harvey who were all ready to leave Cubs.

During the term we invested three new Cubs and welcomed Kyan, Nathan and Alfie into the pack.

The Cubs who successfully completed their Silver Awards were presented with a certificate from Julian (our Group Scout Leader) in front of their parents so WELL DONE to Joel, Ryan, Harvey, Sammi, Harry and William.

The Silver Award is the highest award the Cubs can get in their section. After September the Scouting Association is bringing in some new badges and changing how Cubs can achieve their Silver Awards. Any Cubs who joined after May will have two years to earn their Silver Awards. It is hard work but an achievement they can be proud of.

Sadly, we had to say Goodbye to our young leader Mang who left to go to the Air Cadets and we wish him all the best but hopefully will still see him on camp.

Now, all about the camp !!!!!!!

On Friday 26th June, leaders went to Wells to set up the tents for the Cubs, Scouts, Explorers (Young Leaders) and the leaders plus take all the equipment needed for the camp and of course all the food.

The children arrived at 9am on Saturday 27th June to a lovely warm morning (quite a change for some of us, and to those who have read these pieces on Cub camp before will know what I mean). All the Beavers, who were aged between seven and eight and for most of them their first night away from home, put their things in the hut. Cubs, Scouts and Explorers set their tents up. While we were sorting out, the children played cricket. After all the parents had gone there was flag break and camp rules. They were all shown where they could play and where they could not. There were three tyre swings and various areas where they could play and make dens and even an old boat. The Explorers were in charge of supervising tyre swings. While the children were playing and exploring, Ziggy and Rama made everyone a packed lunch then it was off to the beach after they had collected their bucket and spades.

It was almost three miles from the camp site to the beach and after a couple of stops we all made it to the beach where we had our lunch, and then they had a sandcastle competition. Well done Aiden (Beaver) who won. After a play and a paddle, the children

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collected pretty stones and, if they could find them, any shells to take back to the camp site with us.

They were really pleased when starting off to walk back we took a detour to the little train and took a ride back to the quay. Twenty five of us turned up on the platform and the other people waiting looked a bit shocked but we all managed to squeeze on.

When we got back to the quay it was off to the ice cream shop for an ice cream. When I asked for twenty five the shop assistant did seem surprised! The walk back then did not seem as long.

When we got back it was free time so they went off and played on the tyre swings, made dens and generally played in the woods, all under the watchful eye of our Explorers.

Dinner was something and chips, which we all ate in the shade followed by ice cream. After all the rubbish had been cleaned up and we left the washing up to Ziggy (bless her), Rama made up some plaster of paris and the children smeared it over glass jars and covered it in the stones they had collected. They made a real mess but that's what it is all about, being messy.

When the mess was being cleared away the camp fire was started ready for the marshmallows, looked after by Simon, and the children could have a go at some circus skills and carnival games i.e. hook a duck, horseshoes, darts and even some stilts.

At about 9pm the Beavers set their tents up. They had pop up tents in the hall and set their beds up, then it was time for hot chocolate and quiet time. Beavers were in bed by 10pm, Cubs 10.30pm, the Scouts and Explorers went about 11pm. All was quiet by midnight.

Sunday 28th June started with a bit of rain but much, much worse than that was the Cubs who woke me up at 4.30am and 5.30am and 6.30am so I was not a happy Akela! As everyone who has been on camp with me before knows, everyone is relatively quiet until 7am when Akela has her cup of tea or Akela is not a happy Akela.

Breakfast was at 8am and, although it was a bit cloudy, we did manage to eat our sausage, bacon and eggs outside. The Beavers were very lucky as normally they would have had to wash up all their own breakfast plates, but the Cubs who woke me up at 4.30 and 5.30 and 6.30am 'volunteered' to wash up everyone's plates etc. Wasn't that kind of them!

By 9am, Steve had set the Archery up and the rain started to fall, not that it deterred anyone from having great fun trying to pop balloons. The rain did finally stop when the parents came at noon but, unfortunately, we had to take the tents down while they were still wet which meant we had to take them back to the hut to dry out.

The leaders were home by 2pm after taking all the kit back to the hut and unloading it.

Many Thanks to the Explorers who did everything we asked them to without moaning about it, Ziggy and Rama for all the cooking and washing up, Chil and Simon for being an extra pair of ears and eyes, plus Barry the Beaver leader who brought his Beavers.

My Cubs, who even though they have no sense of time, were brilliant and I did not have to worry about them at all. They just looked after themselves which meant I could help Barry with the Beavers as they were a lot younger. I was a bit disappointed more Cubs did not come but the camp was viable in the end with the Beavers, Scouts and Explorers joining us.

So I think that all is left is to say Thank You to everyone who has been helping me and hope to see you all again in September.

Happy Scouting to all our Cubs and have a fab summer holiday!!!

**Akela (Sam), Rama (Michael), Ziggy (Julie) & Chil (Sam)  
Hathi (Jemma), Rikki (Tommy) & Mang (Jack)  
Young Leaders**



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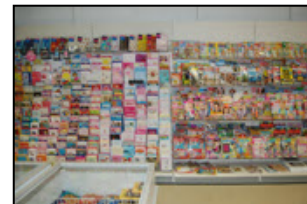
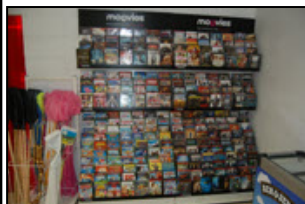
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## The Kitchen Gardener

August - late summer. Time for dinner? Preserving some of the season's bounty? Questions to which the answer is no.....maybe.

When is lunch? and when is dinner? are the sort of questions that I observe meandering through my mind as I weed the plot. Good old Collins concise gave me some help. Lunch is a meal eaten during the middle of the day. Dinner is a meal taken in the evening/ at midday/ a formal meal or banquet.

The word dinner derives from old French and Latin broadly meaning not + to fast. Lunch is a short form of luncheon which comes from a variation of the middle English nuncheon noon + drink a word used for a snack taken at any time. Incidentally, nuncheon is still in use in the Scrabble dictionary.

These days lunch always means lunch but dinner is a bit of a moveable feast, so to speak. When I was at school we had lunch supervised by dinner ladies.

During the Georgian period (1740–1830) the times that people ate their meals began to shift. Upper and middle classes would breakfast at 9am–10am. It was a large meal with hot and cold dishes laid out, some over small heaters, and members of the household would eat after an element of their work of the day was done.

Dinner among the wealthy was served around 3pm in the early decades and at 6pm–7pm towards the 1800s. In the Middle Ages meal times and work patterns were governed by available light and when it was dark you went to bed.

By Georgian times, if you could afford artificial light in the form of lots of candles, you could eat later. Poor people continued to eat dinner at midday after an early work start and supper would be eaten just before bed. People eating dinner in

the evenings had a gap to fill so luncheon – defined as 'as much food as one's hand can hold' became more common.

There were rules aplenty for diners among the rich and powerful. No spitting, scratching or picking of teeth, and it was deemed vulgar to smell the meat on your plate or fork because you would be implying you think the meat might be tainted.

I have a fail safe way of knowing when it is lunchtime. The telephone rings and yet another pesky caller tries to sell me PPI or insulation. Should these interruptions cause me to end up with an unused bread roll, Bread Jelly is a very old recipe for a bit of kitchen recycle. It is made by removing the crusts, thinly slicing then toasting the bread. The toast is crumbed then added to a quart of water flavoured with cinnamon or lemon rind and boiled gently until it becomes almost clear and will set on a cold plate. It is served with cream. The jelly can be reheated with milk or wine to make a drink.

Waste not want not and in the garden it is a season of plenty and plenty to do. The sowing, planting, hoeing and growing are just the start. There's an equal amount of work involved in harvesting and using up the produce including some preservation for the winter store cupboard.

The courgettes march energetically onwards and I have standing orders from several friends and family for jars of pickled courgettes. Cut 1lb courgettes in half lengthways and then, if they are a bit fat, into quarters. Slice two onions into thin rings. Put 10fl oz of vinegar of your choice into a saucepan with 1 teaspoon of turmeric and 1 of salt and 2 of mustard seeds (fennel seeds are a nice alternative) together with 2 or 3 cloves if you like them and 2oz sugar.

Bring to the boil making sure the sugar is dissolved, then add the courgettes and onions and bring back to simmering point. Pack the vegetables into hot sterilised jars, cover with the vinegar and seal. The turmeric tends to sink to the bottom of the jar over time. Once enough pickles have been eaten I often swirl a spoon in the jar then collect some of the vinegar to put onto very ripe tomatoes together with some of the pickled courgettes which I dice. These pickles are also lovely served with a potato salad.

The mangetout peas can be a bit over exuberant at this time of the year and, although I never tire of them hot or cold, I have a handy recipe for using them with some of their garden companions. A bunch of roughly 8 spring onions are sliced and softened in a pan with butter or oil. 1 lb of topped and tailed mangetouts are added with ½ pint of chicken stock and salt to taste. The pan is brought to the boil then the heat is lowered and the veg simmered until tender.

1 tablespoon of cornflour is blended with two of water and stirred into the pan which is brought back to the boil while stirring constantly. Lower the heat and simmer for 2 minutes

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then add 1 well washed firm lettuce cut into 8 wedges and 3 or 4 tablespoons cream or milk. Heat through gently for a minute or two before serving. This is a dish that can be frozen. Thaw at room temperature then transfer to a pan and reheat gently. Check seasoning before serving.

This month I'll be sowing the last of the outdoor lettuce, the spring cabbages and the first of the overwinter salading to eventually be transplanted into the polytunnel. I will remove all the straw from around the strawberries and cut back to healthy young leaves removing the runners as I don't need new plants this year. The soil is gently loosened between the rows, lightly fed with Growmore and given a good drink.

Is this the best tasting strawberry ever? The seed merchant referred to the Marshmello strawberry which I planted last year in the new bed along with Cambridge Favourite. I remember reading an amusing column by a rival newspaper which listed the other tabloid's headlines which were often posed as questions. The essential point boiled down to 'Joe Blogg's headlines to which the answer is no'.

And no is my answer on the strawberry front. I conducted a proper tasting between Marshmello and Cambridge Favourite and the old variety won by a country mile. I really want my strawberries to be perfumed and while Marshmello had no scent at all Cambridge was strongly scented and there was an equal difference in strength and depth of flavour. And yet .... some days later and crop over, I discovered an overlooked Marshmello. A bit withered and dried out it certainly tasted better than the main crop. I'd go so far as to say it was the best tasting of the new types I've tried. Still not a patch on the old varieties though.

**Hilary Dellar-Lane**

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## Old Friends Hall Photographic Exhibition

The second of this year's Old Friends Hall artistic displays will take place on 12th-13th September. This exhibition will be photography based and is open to both individuals and clubs.

There is no theme this year but entrants need to register by the end of the month. Entry forms are available from the Parish Office (Tel 01485 572142) or by contacting me on the number below. Admission to the exhibition is free for both exhibitors and visitors and we hope that as many, if not more, attend this year's show as last year.

In our first Photographic Show, we projected Scenes of 'Old' Heacham on to a wall, which drew a lot of interest from our visitors. This year we hope to continue the theme with the aid of the Hunstanton Society and show Historic photographs of local interest.

As always, the Hall is available for hire for private functions, training or clubs so for information and availability please contact the Parish Office.

**Roger Drinkwater (Tel 01485 571659)**  
**On behalf of the Old Friends Hall Committee**

## Brancaster Camera Club

Our Annual Print Exhibition will be held in Brancaster Staithe Village Hall on Friday 14th, Saturday 15th and Sunday 16th August 2015, from 10am - 4pm daily.

The exhibition is judged by Barbie Lindsay MPAGB AFIAP. Admission is free of charge. We hope as many people as possible will come along and see our work. Everyone is welcome.

For more information about our club, please contact Jim Till (Chairman) 01485 210013 or Wendy Calow 01553 674725.

## Events at Fridhem Rest Home

**Snettisham Car Boot on the Memorial Playing Field.**  
**Saturday 15th August 8.00am-12.00midday.**  
£5 a stall

Please ring Marie on 01485 571455 if you have any queries

Proceeds from all these events go into the  
Fridhem Rest Home Residents entertainment Fund.

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## Le Strange Masonic Lodge Presentation – Heacham Beavers

Heacham Beavers and other local charities have benefited from the Le Strange Masonic Lodge donations raised this year by the Worshipful Master Peter Dennis and his wife Jill Dennis. They organised a Ladies Night Dinner Dance and a Summer BBQ hosted at the home of Robbie and Linda Wright.



A cheque was presented to the Beavers for £600.

**David Penty**  
Festival Secretary  
Le Strange Lodge

## TIDE TABLES FOR JULY & AUGUST 2015

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT) add 1hr for BST									
Aug 2015					September 2015				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SA	06 29	7.5	19 08	7.4	1 TU	07 37	8.2	20 12	7.8
2 SU	07 14	7.8	19 51	7.5	2 W	08 19	8.1	20 52	7.5
3 M	07 56	7.9	20 33	7.5	3 TH	09 03	7.9	21 33	7.2
4 TU	08 38	7.9	21 15	7.3	4 F	09 49	7.3	22 19	6.7
5 W	09 22	7.6	22 00	6.9	5 SA	10 42	6.7	23 14	6.1
6 TH	10 09	7.3	22 50	6.6	6 SU	11 49	6.1		
7 F	11 04	6.7	23 49	6.1	7 M	00 26	5.7	13 10	5.7
8 SA			12 12	6.2	8 TU	01 42	5.6	14 33	5.7
9 SU	00 57	5.8	13 29	6.0	9 W	02 55	5.8	15 48	6.0
10 M	02 11	5.8	14 48	6.0	10 TH	03 55	6.3	16 44	6.3
11 TU	03 20	6.1	16 02	6.2	11 F	04 44	6.7	17 26	6.7
12 W	04 20	6.4	17 00	6.4	12 SA	05 25	7.0	18 03	6.8
13 TH	05 08	6.8	17 48	6.7	13 SU	06 03	7.2	18 36	6.9
14 F	05 50	7.0	18 27	6.8	14 M	06 38	7.3	19 06	7.0
15 SA	06 28	7.2	19 03	6.9	15 TU	07 12	7.3	19 34	7.0
16 SU	07 06	7.3	19 35	6.9	16 W	07 42	7.2	20 02	6.9
17 M	07 38	7.2	20 04	6.8	17 TH	08 11	7.0	20 29	6.8
18 TU	08 08	7.2	20 32	6.8	18 F	08 40	6.8	20 57	6.7
19 W	08 39	6.9	21 00	6.6	19 SA	09 09	6.6	21 29	6.3
20 TH	09 08	6.7	21 31	6.4	20 SU	09 45	6.2	22 09	6.0
21 F	09 39	6.4	22 06	6.1	21 M	10 33	5.8	23 05	5.6
22 SA	10 17	6.1	22 51	5.7	22 TU	11 47	5.5		
23 SU	11 08	5.7	23 55	5.5	23 W	00 33	5.5	13 42	5.5
24 M			12 28	5.5	24 TH	02 09	5.8	15 02	6.0
25 TU	01 23	5.5	14 07	5.6	25 F	03 14	6.3	16 03	6.6
26 W	02 41	5.8	15 21	6.0	26 SA	04 09	6.9	16 55	7.0
27 TH	03 43	6.3	16 22	6.4	27 SU	04 58	7.5	17 43	7.5
28 F	04 36	6.9	17 16	6.9	28 M	05 45	7.9	18 27	7.8
29 SA	05 24	7.4	18 04	7.4	29 TU	06 31	8.1	19 10	7.9
30 SU	06 09	7.8	18 50	7.6	30 W	07 17	8.2	19 49	7.8
31 M	06 54	8.1	19 34	7.8					

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# August 2015

01485 532252

**6th 13th 20th 27th**    **7th 14th 28th Aug**




**9th August**    **15th August**




**16th August**    **21st August**




**21st August**    **23rd August**




**30th August**



**Forthcoming Films Tuesdays in August**  
7.30pm  
Stonehearth Asylum - 4th  
Boyhood - 11th  
Whiplash - 18th  
What We Did On Our Holiday - 25th



## West Norfolk Mind ‘bags’ itself a boost to funds

Committed fundraiser Alex Ware from Dersingham, with her team, has recently organised 2 outstanding fundraising events locally raising funds and awareness for charities West Norfolk Mind and Keeping Abreast.



Alex said “As a result of the amazing generosity of our supporters following the successful ‘Bag It’ afternoon tea event in Thornham, we still had a wonderful collection of bags for a pop-up bag boutique which we held last month at the Dukes Head Hotel and raised £1,000.50 for each charity.

Zena Penty, Volunteer Co-ordinator for West Norfolk Mind said “Alex and her team of volunteers have organised 2 fabulous events and we are looking for more people like her to help raise funds – currently we desperately need to purchase a Luton Box Van for our Furniture Store.

Two fundraising events currently in the pipeline to help raise funds for West Norfolk Mind are Music in Snettisham Park on 12th September and a Charity Ball and Casino on 7th November. We would love to hear from anyone who can offer Auction Prizes for either event.

For more details of events, fundraising or volunteering call Zena on 01485 572707.

Zena Penty

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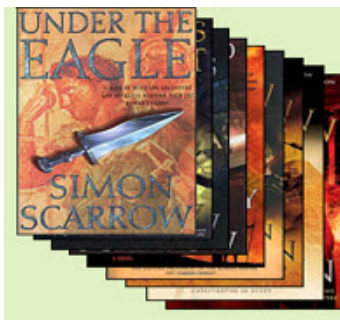
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**“Books to Read”** - This month the Library goes gladiatorial with **Simon Scarrow’s** gripping ‘Eagle’ series about officers in the Legion. For fans of **Inspector Morse**, take a look at the newly expanded selection of cases for the much loved detective by author **Colin Dexter**.

### Heacham Library Opening Hours

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## Heacham at Night

August, the month of the Perseids, likely the best meteor shower you might see. This shower is long lived, starting in the middle of July and finishing around the end of August. The peak is on the night of August 13th / 14th and the Moon will be a waxing sliver. So hope for a clear night and get the deck chairs out. If you can travel to somewhere with less light pollution (over the A149 and anywhere at the back of the North Norfolk coast) do so – you might see 80+ meteors /hour.

The Perseids are debris from Comet Swift-Tuttle, the Great Comet of 1862. Mr Swift and Mr Tuttle ‘discovered’ the comet in that year though it has been winging close to the earth every 133 years and Chinese records show it was observed at least 2000 years ago. It will be particularly close in 2126AD and very close in 4479AD. After that, things are not very clear as the comet gets perturbed, shifted a little, every orbit. It is the comet most likely (though the odds are very low) to smack into the Earth sometime after the next 5000 years.

Anyway, did you observe any of the phenomena I identified in the last issue? The two pictures below show the conjunction of



the Moon and Saturn on the 28th June. The first picture had an exposure of 2 seconds, ISO 800. This relatively long exposure shows Saturn as a bright dot. The thin cloud helped to mask the over exposed Moon.



The second picture had an exposure time of just one quarter of a second and, though Saturn is a dim dot, the phase of the Moon, waxing gibbous, is clear.

Saturn is the only planet easily visible in the evening sky this month. Look SW between twilight and about 11pm. It is distinct from a star and looks a little yellow.

A conjunction is when two or more objects in space appear to be close together when observed. In reality the Moon is about a quarter of a million miles away whilst Saturn, in the last picture

is about 852 million miles distant. That is why Saturn, with an actual diameter 33X that of the Moon, looks so small.

The Moon and all planets are only seen because they reflect light which falls on them from the Sun. The Moon and inner planets, Mercury and Venus, show a full range of phases (crescent, quarter, half, gibbous, full) depending upon where they are in their orbits when observed. If the phase of an object is waxing then it is getting bigger over time, if waning, smaller.

On the 30th June I suggested you looked for the close conjunction of Venus and Jupiter and advised either of the Heacham Beaches as a good viewpoint. Well I was there about 10pm but the only people I met were some walkers and collectors of small crabs for sea fishing bait. They crawled around the foreshore with head torches on and looked more bizarre than me.



This picture had an exposure of 1/125 second at an ISO of 1600. Venus is the lower, brighter object. It can be seen, it is not full but gibbous, like the Moon in the earlier picture. Jupiter has 12 X the diameter of Venus but, in this picture, is 600 million miles away whilst Venus is around 40 million. Venus looks bigger because it is closer to us but also because its white acid clouds reflect the Sun’s light very well and make it bright

enough to cause moisture in the Earth’s atmosphere to glow and fuzz the image (like a torch in fog). This is the same effect as in the earlier Moon photos.

Now for Pluto; as I write this, New Horizons is on the way into the Kuiper Belt having survived its close and lonely encounter with the planet and its largest moon, Charon. This mission has been faultless and is a tremendous technological and scientific achievement. Information released so far reveals Pluto is a bit bigger than expected and is now the largest known Kuiper Belt object. It has a nitrogen atmosphere and (possible) nitrogen snow on its surface. There are no obvious impact craters and high ice mountains. Charon has a deep chasm across it. National news is actually following this story closely but it remains to be seen if it will do so for 18 months – the time it will take to download all the pictures and data.

Pluto was discovered in 1930 by Clyde Tombaugh at Flagstaff observatory, Arizona. Some of his ashes were placed in this container on the side of New Horizons.



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## THE SONG REMAINS THE SAME Monthly musings on music by Frank Edmonds

### A-wop-bop-a-loo-bop-a-lop-bam-boom!

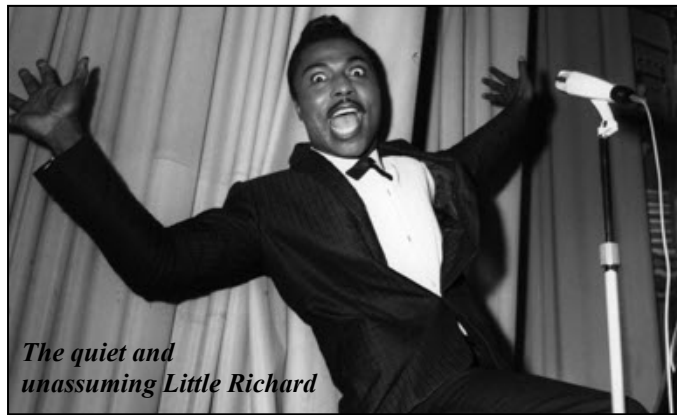
Rock, rock, rock! This month we're travelling back to one year – 1957 – for three singles which reshaped the face of popular music ...

• TUTTI FRUTTI Little Richard (London, HLO 8366, 1957, No 29)

"I got a girl named Daisy / She almost drives me crazy / She knows how to love me, yes indeed / Boy you don't know what she do to me"

Hands up who would have thought a song with a title in Italian, and the fairly uninspiring meaning of "all fruits," would have become one of the all-time classics of rock and roll.

Oh, you would, would you? All right, smarty-pants – so what does the most famously meaningless lyric of all time – "A-wop-bom-a-loo-mop-a-lomp-bom-bom!" mean, then? What do you mean, nothing?! Actually, no – it was singer/songwriter Little Richard's vocalisation of a drum pattern!



*The quiet and unassuming Little Richard*

Now, here's a strange thing. Did you just read that lyric, and think: "Hang on, I always thought it was: 'A-wop-BOP-a-loo-BOP-a-LOP-BAM-BOOM'?" Well, you'd be right ... and wrong, too!

If you listen carefully to the Little Richard original, you'll find he DOES sing "loo-mop" (don't ask!) and "a-lomp-bom-bom" – the "bom-bom" and not "bam-boom" is particularly noticeable.

Yet it's the "bam-boom" version that's passed into popular consciousness. Rock writer Nik Cohn even wrote a book about the history of rock and roll, and famously called it Awopbopalooop Alopbamboom.

I blame Elvis. Seriously. The year after Tutti Frutti was a big US hit, Presley covered the song on his first album – and HE

sang it "A-wop-bop-a-loo-bop-a-lop-bam-boom" (perhaps The King didn't like the idea of a loo-mop, either!). And somehow that's the version that stuck in people's minds – even though Little Richard is the singer unquestionably associated with the song.

In 2012, Rolling Stone magazine declared that famous line "the most inspired rock lyric ever recorded." And in 2007, a Mojo magazine panel of recording artists voted it No 1 in their Top 100 Records That Changed The World. Bam boom!

Tutti Frutti was another case (like Rock Around The Clock, for example) of an originally far ruder song which was cleaned up for the delicate ears of Fifties audiences. Richard's original version went: "Tutti Frutti, good booty" ... before going on in a style quite unsuitable for a family village newsletter!

Producer Robert "Bumps" Blackwell got local songwriter Dorothy LaBostrie to rewrite the lyrics to a vaguer: "Tutti Frutti, aw rooty," etc. She must have done a good job. Dorothy was still receiving royalty cheques to the tune of \$5,000 every three to six months, well into the 1980s.

• GREAT BALLS OF FIRE Jerry Lee Lewis (London, HLS 8529, 1957, No 1)

"You shake my nerves and you rattle my brain / Too much love drives a man insane / You broke my will, oh what a thrill / Goodness gracious, great balls of fire"

And then there was The Killer. Jerry Lee Lewis had already taken the world of rock and roll by storm in 1957 with Whole Lot Of Shakin' Going On. And then he goes and tops that classic with this absolute monster.

Described by the Guinness Book Of Number One Hits as "one of the wildest rock records ever to top the British charts," Great Balls Of Fire epitomised Jerry Lee's astonishing performance



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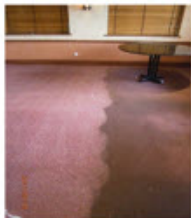


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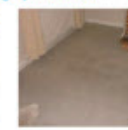

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style, which wasn't so much to play the piano as to batter it relentlessly in an all-out attack, pounding the keys with his fingers, hands, elbows and even feet.



For a Fifties audience used to gently-crooned ballads and lushly-orchestrated pretty melodies, one can only imagine the effect this Louisiana wild man had on young impressionable minds.

Speaking of which, Lewis' career was to come crashing down around him the very next year, when news became public that the 22-year-old star's third wife was his first cousin once removed – who was only 13 when they wed. This caused such a scandal that his tour had to be cancelled after only three concerts.

Suddenly the great entertainer, who had commanded fees of \$10,000 a concert, was playing small clubs for \$250 a night. But Lewis soldiered on. In 1964 he recorded a concert album, *Live At The Star Club, Hamburg*, which is considered to be one of the greatest live rock and roll albums of all time. And his career would go on to encompass rockabilly, country, blues, rhythm and blues and gospel styles.

Great Balls Of Fire – penned with Otis Blackwell, who also co-wrote Don't Be Cruel and All Shook Up for Elvis – sold one million copies in its first ten days of release in the US, and is one of the best-selling singles of all time. It remains a testament to its performer, of a life lived on the edge ... of self-destruction.

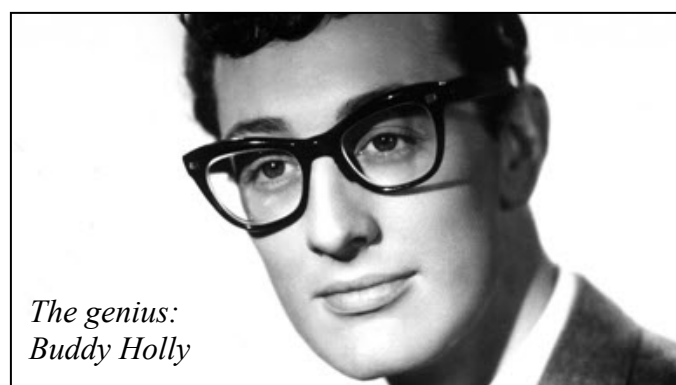
• **THAT'LL BE THE DAY** The Crickets (Coral, Q 72279, 1957, No 1)

“Well, you give me all your lovin’ and your turtle dovin’ / All your hugs and kisses and your money too / Well, you know you love me baby / Until you tell me maybe / That some day, well, I’ll be through”

What does John Wayne have in common with Buddy Holly? OK, here's a clue: what does John Wayne also have in common with Needles And Pins hitmakers, The Searchers? Ah ... wasn't The Searchers the title of one of The Duke's classic Westerns? Why, yes it was! That's where they got their name! And what was John Wayne's character's favourite phrase in that movie? “That'll be the day!”

A group of high school friends from Lubbock, Texas, also saw the film, and the catchphrase stuck in their minds. Singer and guitarist Charles “Buddy” Holley (he later dropped the E from his surname), and drummer Jerry Allison wrote a song around it, and recorded it for Decca – but it was a flop.

So they took it to producer Norman Petty's studio, in Clovis,



New Mexico, where it was rerecorded in quite a different style. The rest, as they say, is history ...

It was to get round the fact that Holly had signed a recording contract with Decca – as a soloist – that some of his songs, like this one (and Oh Boy, Maybe Baby, and Think It Over), were credited to The Crickets, while others (like Peggy Sue, Everyday, and Rave On) were attributed just to Buddy Holly.

It's difficult to think of another artist who wrote so many all-time classics in such a short space of time. Because just two years after That'll Be The Day became his first hit the world was robbed of this stellar talent, in a plane crash which also claimed the lives of Ritchie Valens and The Big Bopper. But Holly had been so prolific that Coral Records were able to release “new” recordings for the next ten years.

Holly's induction to the Rock And Roll Hall Of Fame in 1986 praised his “major and lasting impact on popular music,” adding that he and The Crickets pioneered the now-standard format of two guitars, bass and drums, used by so many rock bands.

One such band were inspired by the insect name of The Crickets to change their own name from The Quarrymen to ... The Beatles. And during their first-ever recording session in 1958, The Quarrymen recorded a version of ... That'll Be The Day.

• **FEEDBACK:** If you have any views, comments or suggestions you'd like to make about the column, feel free to contact me at: [oldlowestoftboy@gmail.com](mailto:oldlowestoftboy@gmail.com)

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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

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FITSTEPS 1.15 - 2.15pm To book Tel:Jaime 571395 or  
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Tel:579074 (PH)Top Room  
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5  
– 6pm Contact Tel: Kathryn 572138 (MC)  
JUNIOR TENNIS 5-6pm (weather permitting) Tel:  
07923612187 Janice Campbell (HSC)  
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School  
Contact Sandee Tel: 01485 570485  
1st HEACHAM SCOUTS ( boys and girls aged 10 to 14yrs )  
7 - 9pm Tel: Seb 07477 511116 (SG)  
HEACHAM IN BLOOM 3rd Monday Monthly @ 7pm (PC)  
INDOOR BOWLS CLUB 7pm (MC)  
LINE DANCING 7-9pm £3.50 Yvonne Tel:532317 (PH)  
HEACHAM WIVES GROUP – 2nd Monday of most months at  
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Classroom 10-11am Tel : Pat 298429 or Lynn 579125  
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)  
LADIES KEEP FIT FOR OVER 50's 10.30 - 11.30am. Contact  
Kath Manning-Coe Tel : 01553 774343 (SM)  
CARERS SUPPORT GROUP West Norfolk Mind Tea & Chat  
at Piece of Mind 4 Poplar Avenue 1 - 2.30pm Tel: 572707  
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)  
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)  
1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen  
07833747059 or just come along (MC)  
WEIGHT WATCHERS 6pm Tel:Alison 07796 904311 (OFH)  
ZUMBA 7-8pm £4 per class or £7 for both Tuesday &  
Wednesday classes Tel: Michelle 07585002124 (SG)  
PARISH COUNCIL MTG 3rd Tuesday monthly 7.30pm (PC)  
HANDS & NEEDLES GROUP every other Tuesday  
7.30 – 9.00pm Tel: Joan Careless 570363 (MC)  
HEACHAM & SANDRINGAM CAMERA CLUB meets 1st &  
3rd Tuesday monthly 7.30pm Sandringham Club West Newton  
Email: heachamdigitalcamerclub@yahoo.co.uk or call Viv for  
info on 07906056019  
POCAHONTAS PLAYERS Drama Group 7.30 – 9.30 pm Tel:  
570402 (PH)  
LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds  
HEACHAM BOOK CLUB 3rd Tuesday monthly Tel: Beth  
570479  
LINE DANCING Absolute Beginners 6-7pm  
Beginner/Improvers 7-9pm £3 Contact Diane 571166 (SM)

### WEDNESDAYS

CAR BOOT SALES 7am to 12noon Gate opens 6.30am  
(HSC Sports Field)  
WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar  
Ave Heacham £35 per day or £20 part of a day (personal budget  
holders & self-funders welcome) Tel: Joyce Armstrong  
07704338775 www.westnorfolkmind.org.uk  
SCALLYWAGS PLAYGROUPE Term Time 9.30 – 11am £2  
Tel: Clare 07816913657/Jo 07521447284 (SG)

CARPET BOWLS 10.30 – 12 noon Tel: 570776 (PH)  
THE OLD SCHOOLGIRL FRIENDS of Heacham School meet  
for a 'Coffee and a Chat' the last Wednesday of the month  
10.30am at Norfolk Lavender Tel: 570742 or 579126  
PATIENT ADVICE & LIAISON SERVICE 2 – 4pm on 2nd  
& 4th Wednesdays monthly (PC)  
HEACHAM LITTLE DRAGONS Korean martial arts of self  
defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)  
FOOTBALL Under 8&9's 4.30-5.30pm Contact Mark  
07561303886 (HSC) playing fields  
SENIOR TENNIS from 6.30pm (Thursdays if wet) Tel:  
07923612187 Janice Campbell (HSC)  
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–  
8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek  
01553 674779 (PRH)  
LINE DANCING FOR IMPROVERS – 7 - 9pm. £3.  
Contact Diane 571166 (SM)  
BINGO 7.30pm Neville Court Grouped Home  
HEACHAM TWINNING ASSOCIATION 3rd Wednesday  
monthly @7.30pm New members welcome Tel: 579465.(PC)  
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)  
WEST NORFOLK SINGERS 7.30-9pm For info Tel: 541851  
Peter Gray www.westnorfolksingers.org.uk/ (MC)  
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5  
welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

### THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older  
people dementia friendly) 9.30–3pm For info see Wednesday  
TABLE TENNIS CLUB 10am (PH Top Room)  
ACTIVE FOR LIFE see entry on Tuesday  
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)  
MOTHERS' UNION 4th Thursday monthly 2pm (SM)  
TREFOIL GUILD 1st Thursday monthly 2 - 4pm  
Tel: 07813014477 Mary Harpley (PRH)  
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for  
over 60's) Tel: 570492  
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC)  
5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084  
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)  
1st HEACHAM CUBS ages 8 – 10yrs  
Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)  
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)  
SOCIAL EVENING Table games and darts 2nd Thursday  
monthly 7.15pm (MC)  
FLOWER CLUB 4th Thursday monthly 7.30pm Flower  
arranging & demonstrations Tel:Alayne Seymour570560 (SM)  
RAO BUFFALOS 8pm (HSC Top Room)  
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

### FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon  
3rd Friday of the month Contact Renee Smith or Barbara  
Fargher silverlinings@gmx.co.uk or Tel: 570534 (SM)  
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last  
Friday of the month at 2pm  
1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to  
8 years Term time 6 - 7.15pm Tel : Barry 570767 (SG)  
TAI CHI & KUNG FU 6-7pm Beginners Tai Chi  
7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu  
Tel: Derek 01553 674779 (PRH)  
INDOOR BOWLS CLUB (Carpet) 7pm (MC) CASH  
BINGO 7.30pm (PH)  
WILDFOWLERS CLUB 1st Friday monthly 7.30pm  
(HSC Top Room)



## SATURDAYS

HEACHAM YOUTH CLUB Term Time School years 6-11  
Tel: Tracey Swann 07833 307856 (SM)

## SUNDAYS

CAR BOOT SALE at Heacham Social Club Gates open  
6.30am for 7am start (2nd August Giant Car Boot from 6am)

## HEACHAM DIARY

**Saturday 1st August** GIG 'Kenny Bernard (Big Panty Woman)' at Silver Sands

**Sunday 2nd August** GIG 'Afternoon Jazz' 1.30pm at the Fox & Hounds Station Road

\*\* 'Heacham Carnival Parade and Fete'

Parade departs from Colledge Drive at 1.45pm Prizes for the best floats Giant all day car boot from 6am on the sports field

**Tuesday 4th August** GIG 'Cruiser Blues Band' 8.30pm at Fox & Hounds Station Road

**Friday 7th August** \*\* GIG 'Black Top Deluxe' 8.30pm at Fox & Hounds Station Road

**Saturday 8th August** 'Farmers Market - Food Fair' at Palm Beach Holiday Resort Jubilee Rd North Beach 10.30am – 1pm All local Produce & Suppliers

\*\* 'Steam Rally' visiting the Fox & Hounds Station Road late afternoon Live music provided by 'Mark Wilkinson's Jazz Quartet' (Please note the Car Park will be reserved for Steam Engines only)

\*\* GIG 'Matt Pierce' at Silver Sands

**Saturday 8th & Sunday 9th August** 'Heacham Horse Show' to be held at Lamsey Lane Heacham For more details email heachamhorseshow@yahoo.com Tel: 07879632514 or go to www.heachamhorseshow.weebly.com

**Sunday 9th August** 'Fridhem's Scarecrow Hunt' from 12noon Starting and ending at Fridhem Rest Home £2.50pp



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Children must be accompanied by an adult Come to Fridhem for your map and clues Many stalls Raffle Hog Roast  
**Tuesday 11th August** GIG 'After Hours Blues' 8.30pm at the Fox Hounds Station Road

**Friday 14th August** GIG 'The Velvet Doonigans' 8.30pm at the Fox & Hounds Station Road

**Saturday 15th August** GIG 'Pat Martin' at Silver Sands

**Monday 17th August** 'Bingo' at Fridhem Rest Home Station Rd Eyes down 7pm sharp Refreshments Come & join us  
\*\* Heacham in Bloom 'Quiz Night' 7.30pm at the Fox & Hounds Station Road £2.50pp Max 4 per team

**Tuesday 18th August** GIG 'T.B.C.' 8.30pm at the Fox & Hounds Station Road

**Friday 21st August** GIG 'Jessie's Ghost' 8.30pm at the Fox & Hounds Station Road

**Saturday 22nd August** 'Elvis is in the Building' 2pm at Fridhem Rest Home Station Rd Tickets £5 (inc's a Hot Dog) To book Tel: Marie 571455

\*\* GIG 'Travis Graham' at Silver Sands

**Sunday 23rd August** GIG 'Walkway' at Heacham Public Hall 7 – 11.45pm The gig is to raise funds for the Fermoy Unit at Queen Elizabeth Hospital King's Lynn Tickets £9.50 from Heacham Social Club

**Tuesday 25th August** GIG 'Part Time Blues' 8.30pm at the Fox & Hounds Station Road

**Friday 28th August** GIG 'Jam with DNA' 8.30pm at the Fox & Hounds Station Road

**Saturday 29th August** 'Messy Church' at St Mary's Heacham 10am–12 noon

\*\* Fundraising event in aid of 'Scotty's Little Soldiers' at Pioneer Holiday Park South Beach Road 10am-2pm Raffle will be drawn at 1.30pm

\*\* GIG 'Sylvester Peat Cutter & The Twilight Boggers' 8.30pm at Fox & Hounds Station Road

\*\* GIG 'Craig Powell' at Silver Sands

**Sunday 30th August** GIG 'The Hillbilly Cays' 8pm at the Fox & Hounds Station Road


\*\* GIG 'War Time Memorabilia with Steve Perry' at Silver Sands

**Friday 4th September** 'Macmillan Coffee Morning' 9.30 – 11.30am at Neville Court Raffle Tombola Brac'a'Brac etc

**Friday 4th to Sunday 6th September** 'Parables' an Exhibition of Quilts at Heacham Methodist Church Station Road 11am-4pm (Fri) 10am-4pm (Sat) & 12noon-4pm (Sun)

**Saturday 12th September** Heacham Twinning Association 'Barn Dance' 7.30pm at Heacham Public Hall Tickets £7.50 (under12's free) includes a Pot Luck Supper Tel: 572252

**Saturday 12th & Sunday 13th September** 'Photographic Exhibition' at the Old Friends Hall Sunnyside For an entry form or further details Tel: Parish Office 572142 or Roger Drinkwater 571659

Please turn to the next page for 'Other Events' 

### Fridhem Rest Home

#### ELVIS IS IN THE BUILDING!

at Fridhem Rest Home  
on

**Saturday 22nd August at 2.00pm.**

Tickets are £5 which includes a hot dog.  
Contact Marie on 01485 571455 to book tickets

Proceeds go into our Residents Entertainment Fund

Fridhem Rest Home  
79 Station Road, Heacham. PE31 7AB

## OTHER EVENTS

**Tuesday 4th August** Hunstanton Lifeboat 'Sandcastle Competition' 2pm at Old Hunstanton Beach Entry £1

**Friday 7th to Monday 10th August** 'Art21' an exhibition of paintings at Thornham Village Hall 10am to 5pm Free entry

**Saturday 8th & Sunday 9th August** 'Norton Hill Light Railway' Entry £1 (child free) Train Fare £1.50 for 1km ride Refreshments Games Stalls

**Saturday 8th to Sunday 16th August** 'Art in Your Eye' the 3rd Annual Ringstead Art Exhibition 10am to 5pm at Ringstead Village Hall Free entry & parking

**Friday 14th August** Sedgeford Village Hall Film Night present 'Cinderella' 6pm Admission £4 adults £3 children (inc's a glass of fruit squash) For info Tel: 579355 or 570097

**Saturday 15th August** 'CarBoot' at Snettisham Memorial Playing Field 8am to 12 noon £5 a stall To Book Tel: Marie 571455 Proceeds go into Fridhem Rest Home Heacham Residents Entertainment Fund

\*\* Hdfa 'Folk Music Festival' at Hunstanton Community Centre For more info Tel 534566 Viv Young

**Sunday 16th August** Hunstanton & District Rotary Club 'Kite Fair' at Smithdon High School 10.30am to 6pm

**Saturday 22nd & Sunday 23rd August** 'Norton Hill Light Railway' Entry £1 (child free) Train Fare £1.50 for 1km ride Refreshments Games Stalls

**Saturday 29th August** Hunstanton & District Festival of Arts 'Craft Fair' 10am-4pm at Hunstanton Town Hall

\*\* The Household Troops Band of the Salvation Army 'March of Witness' in Hunstanton at 2pm & a Concert in St Mary's Church Snettisham at 7pm Tickets £8

**Sunday 30th & Monday 31st August** RAF Bircham Newton Heritage Centre 'Open Day' 11am-5pm Free entry&parking

**Monday 7th September** Deadline for entries into the Hdfa 'Town Calendar Photographic Competition' For full details & rules [www.hdfa.org.uk](http://www.hdfa.org.uk) or from the Tourist Information Centre

**Sunday 13th September** KLWNBC 'Classic Car Day' at Tuesday Market Place King's Lynn More info at [www.west.norfolk.gov.uk/events](http://www.west.norfolk.gov.uk/events)

**Saturday 26th September** 'Harvest Moon Festival' 10am to 10pm at Stanhoe Village In aid of 'A Change of Scene for Children'

WANT TO PLAY BRIDGE? Hunstanton Bridge Club welcomes players of all levels and ability. Please call Roger Pearce 01485 572121 for more information

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

### Mondays

U3A HUNSTANTON meets 3rd Monday monthly (except Aug & Dec) 2pm at Hunstanton Community Centre for details Tel: Chris (Chairman) 535065 or Barbara (Secretary) 571484  
FITSTEPS 6.30 - 7.30pm at Ingoldisthorpe Village Hall To book Tel:Jaime 571395 or 07765433100 or email [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

FIRE CADETS at Hunstanton Fire Station 7-9 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07919 492294

### Tuesdays

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

COASTAL STROKE GROUP 10.30am - 12.30pm at Hunstanton Methodist Church Austin St For more info Tel: Julie Manning 600930 or Gemma Smith 01366 377803

LINE DANCING 1.30 - 3.30pm at Snettisham Memorial Hall £3.50 Tel: 532317 Yvonne

SLIMMING WORLD 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence 'all ages' 6.30 - 8.30pm at Smithdon High School For details contact Ian on 07806 622154

HUNSTANTON COMMUNITY CHOIR Rehearsals 7-9pm at Hunstanton Town Hall £3 per session For info Tel: 532392

### Wednesdays

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

RESTORATIVE YOGA 10 - 11am Sedgeford Village Hall Contact Sandee Tel: 01485 570485

SING FOR WELLBEING Snettisham Community Choir 10am-12noon at St Mary's Church Hall Snettisham For info Tel:Carol O'Neill on 01328838616

LYMPHOEDEMA SUPPORT GRP meets the 2nd Wednesday monthly 10.30am-12noon For info please Tel: Sue 570823

NICE & GENTLE Fitness 1-2pm £3 pp Inc's Tea or Coffee at Hunstanton Community Centre tel: Michelle 579074

CATKINS TODDLER GROUP - Wed afternoons 1.00-3.00pm term time only Sedgeford Primary School Ringstead Rd Sedgeford - Tel: 01485 579489

ROLLASON STAGE SCHOOL Dance Classes under 6yrs Ballet/tap/modern 4.30-5.15pm 12yrs+ Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm at Hunstanton Town Hall Basement Tel: 579074

WEST NORFOLK TAI CHI CHUAN - weekly local Tai Chi classes [www.west-norfolk-tai-chi.com](http://www.west-norfolk-tai-chi.com) for information.

### Thursdays

LINE DANCING 10.30am - 12 noon at Hunstanton Community Centre £3 Tel: Diane 571166

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

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

FITSTEPS 6.15 - 7.15pm at Snettisham Memorial Hall To book Tel:Jaime 571395 or 07765433100 or email [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

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

### Fridays

BRANCASTER BABY & TODDLER MUSIC GRP Simms Reeve Inst. Hall Brancaster 10-11.30am(term time) 1st & 3rd Friday monthly £1.50 per family (see Tuesday for info details)  
ZUMBA at Docking Ripper Hall 6.15-7.15 £4 pp for info Tel: Michelle 579074

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

### Saturdays

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

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

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

### Sundays

CAR BOOT SALE at Glebe House School Hunstanton

## The Princess Players Poetry Morning Haiku Competition - Results

The Princess Players Poetry Morning "Songs of the Sea" took place on Wednesday 15th July in the Hunstanton Town Hall Basement. Twenty five members attended and several of them entered the sea side Haiku competition.

It was a close fought contest, but the winner was Mr Ken Arnott of Hunstanton with his 17 syllable poems as follows:-

The sea entrances,  
The coldness invigorates,  
Do we have to leave?  
And  
Harbour Lights beckon,  
The long journey is ending  
But where is our home?

Congratulations to Ken who won a bottle of wine.

The next Poetry Morning will be on September 16th from 10.30am – 12 noon. Entrance £2.00 includes refreshments.

### NEWSLETTER SUDOKU No. 94

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

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

Solution to  
Newsletter  
SUDOKU  
No. 93

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

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### Twilight Specials - August

- 18 holes after 3pm from only £18.00pp
- Two people with a buggy from only £23.00pp

### Groups & Societies

**20% off groups of 10 or more in August.**  
**From only £19.00pp including coffee and bacon roll**

Visit our website [www.heacham-manor.co.uk](http://www.heacham-manor.co.uk)  
or call 01485 536 030

Heacham Manor, Hunstanton Road, Heacham, West Norfolk PE31 7JX

## Heacham Beach Party

The weather wasn't quite what we hoped for, in fact we all got 'sand blasted' on more than one occasion, but this year's Beach Party was enjoyed by everyone none the less.

Party goers enjoyed a tasty barbeque then got into the spirit of things with the opportunity to make and fly a kite whilst wearing a temporary tattoo or two. Andy Groom was his usual entertaining self and kept the crowds guessing with his musical games and limbo competitions - how low can YOU go?! Mick Richardson helped everyone create their own personalised graffiti t-shirt. Not everyone can say they've been designing their clothes with the help of the man who created the controversial Freddy Mercury Gorilla a few years ago!!

Of course, Heacham Parish Council couldn't have hosted the Beach Party without a lot of help, so we must say a huge thank you to Jennings Caravan Park, Hunstanton and District Ladies' Circle, Heacham Co-op and Heacham Tesco Express for their support.

Next year, we thought we might host an event in the Recreation Ground instead. What do you think? Ideas please...



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# around and about...

## Burnham Market Craft Fair

Burnham Market Craft Fair (which is now in its 40th year) will be held on Saturday 15th August.

This popular event is run by local volunteers with stallholders contributing 10 per cent of their takings to local good causes.

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

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

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

Ample parking is available on the Creak Road Playing Field for a small fee, or why not come into the village on the Coasthopper bus?

(Enquiries regarding the Craft Fair to Geof Hanley on 01328 738503 or email [geof.hanley@gmail.com](mailto:geof.hanley@gmail.com))

**Hunstanton Lifeboat  
Sandcastle Competition  
Tuesday 4 August 2015**

Start 2.00 pm registration from 1.00 pm  
**On the beach at Old Hunstanton**  
in front of the RNLi boathouse and shop  
**Entry £1 only**  
**Everyone welcome, especially children with families**  
The competition lasts for about an hour and is in three age groups  
Prizes will be vouchers for the RNLi shop  
Parking available at the Le Strange car park

Tel/Fax: 01553 777391  
Mob: 07517 458233

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## Campaign to reduce pressure on A&E

### this summer

Holidaymakers and tourists will be encouraged to 'Choose Me Not A&E' as part of a campaign to help people find the right NHS service for them this summer.

The Choose Me Not A&E campaign aims to provide people with vital information about which health care service is right for the symptoms they have.

Dozens of people every month attend A&E at King's Lynn's Queen Elizabeth Hospital (QEH) but are sent home requiring no treatment. Others who wait for hours could receive more appropriate treatment closer to home, at pharmacies, local GP surgeries, or via the 111 service.

The campaign is being led by West Norfolk Clinical Commissioning Group (WNCCG) and Wisbech Local Commissioning Group, in collaboration with the QEH. Dr Sue Crossman, Chief Officer of WNCCG, said: "During the summer months visitors flock to this area to enjoy the coastal resorts and beautiful countryside. To ensure that both locals and visitors can always access the NHS services they need, we want to encourage everyone to stop and think before going to A&E.

"A&E is there for life-threatening emergencies such as loss of consciousness, suspected heart attacks, breathing difficulties, or severe bleeding that cannot be stopped. If it is not a serious medical emergency, A&E is not the right choice."

Clive Walsh, Chief Operating Officer at the Queen Elizabeth Hospital, said: "People attending A&E who could obtain care elsewhere, put undue pressure on both the department and the hospital as a whole. On many occasions it would have been better for the patient and the hospital if they sought treatment from a more appropriate service. We want our staff to concentrate on those staff who really need their specialist expertise."

Terry Hicks, West Norfolk senior locality manager for the East of England Ambulance Service (EEAST), said: "In Norfolk our 111 service can provide help and advice on a wide range of health conditions. Please only use 999 or A&E in an emergency - such if someone has collapsed and isn't breathing - as if you arrive at A&E by ambulance you will still have to wait unless your condition is urgent. Make use of the great support out there from 111, GPs and pharmacists; they will get you the help you need and save you time."

Choose Me Not A&E launched across West Norfolk and Wisbech on Monday, June 15 and will run until the end of August.

Local people, as well as holidaymakers and tourists will be given information about summer health issues and where to go for help in the area.

The message will be plain for all to see and hear, with advertising at train stations and bus stops, a billboard in West Street, Wisbech, and adverts on local radio station KL.FM. NHS staff will also be out and about in King's Lynn to help spread the message.

Choose Me Not A&E leaflets providing advice about summer health issues and where to go for help in the area will be readily available, and posters promoting the NHS 111 service and pharmacies will be displayed in GP surgeries, pharmacies and local groups and organisations.

Tourists staying at local holiday parks will be able to pick up a pamphlet containing summer health advice and details of local services and useful numbers.

**NHS**

# Choose Me NOT A&E

By calling NHS 111 you can get medical assistance quickly from a team of trained advisers, supported by nurses and paramedics.

Call the 111 service 24 hours a day if:

- You need medical help fast, but it's not a 999 emergency
- You don't know who to call for medical help or you don't have a GP to call
- You think you need to go to A&E or another NHS urgent care service
- You need health information or reassurance about what to do next

**Choose Me Not A&E and save a life this summer.**  
For non-urgent health needs speak to your local pharmacist or GP. In life-threatening situations call 999 for emergency care. Please keep A&E free for emergencies only.

To find out more information, visit: [ChooseMeNotAandE.co.uk](http://ChooseMeNotAandE.co.uk)

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## NORFOLK COUNTY COUNCIL

### Home Fire Safety Community Volunteer

#### Role Description:-

##### Purpose of Role:

Norfolk Fire and Rescue Service is wholly committed in its work to ensure that Norfolk is a safe place to live. Home Fire Safety Checks play a pivotal role in protecting people from the risk of fire in their homes. The aim of this role is to carry out home fire safety check visits and fit smoke alarms for older and vulnerable members of local community. Necessary equipment and reasonable travel expenses will be provided.

##### Key Activities:

- To visit households as requested by NFRS to carry out home fire safety visits with the occupier, including identifying fire hazards and inspection/fitting smoke alarms.
- To liaise regularly with the nominated person to receive details of visits to be carried out.
- To collect necessary equipment from a specified fire station as requested.
- To complete the relevant paperwork and return to the Service in the agreed timeframe.
- To attend volunteer group information, training and review update sessions arranged at mutually convenient times.
- To undertake the induction process for volunteering and any necessary training to enable you to carry out your role effectively.
- To follow the Service's procedures and standards at all times.

##### Experience and skills required for this role:

- Good interpersonal skills and confidence when talking to the public.
- Practical skills, including use of stepladders and small tools.
- Access to transport as the role will require travel within a defined area.
- Reliability and regular commitment to volunteering.
- Friendly and approachable manner.
- Ability to acquire and develop (with training) a good understanding of community safety issues.
- Good written skills and ability to complete the required paperwork to record the visit and actions taken.
- Experience of working or volunteering with diverse members of the community.

##### Benefits for the volunteer:

Volunteering with us is rewarding and provides the opportunity to:

- Become involved in delivering a valuable service to the community.
- Meet new people and undertake new challenges and experiences.
- Increase confidence and gain new knowledge and skills.
- Make real contribution to the safety of the communities in Norfolk.

##### Support and Training given:

All Volunteers receive an induction into the volunteer programme and then continuous relevant training to support their activities undertaken as a volunteer. NFRS staff will take regular observation of visits to help ensure volunteers feel able to carry out their role. Training updates will be given as necessary and as refreshers. Reasonable travel expenses are payable. All

volunteers undertake any necessary checks at the appropriate level for their duties.

##### Location:

Primarily within your local area although it is hoped that Volunteers would be willing to travel further if necessary.

##### Time Commitment:

Specific times and days are flexible and to be agreed with the Volunteer Co-ordinator. We ask you to commit to doing at least four hours a month for at least six months, so that we may create a long-lasting and meaningful role for you.

##### Age:

Volunteers have to be over the age of 18 for insurance purposes and are expected to conduct themselves to the same high standards of behaviour expected of all NFRS staff.

##### Safeguarding:

Norfolk Fire and Rescue is committed to safeguarding and promoting the welfare of children and vulnerable adults, and expects all employees and volunteers to share this commitment.

##### Responsible to:

Community Volunteer Co-ordinator.

**Community Volunteers Scheme  
Norfolk Fire and Rescue Service  
Headquarters  
Hethersett, Norwich NR9 3DN  
01603 810351  
[www.norfolkfireservice.gov.uk](http://www.norfolkfireservice.gov.uk)**

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HUNSTANTON  
Festival 3 by the Sea

## TOWN CALENDAR PHOTOGRAPHIC COMPETITION 2015

OPEN TO ALL AGE GROUPS  
SCHOOLS, INDIVIDUALS,  
AND PHOTOGRAPHIC CLUBS

Hunstanton & District Festival of Arts are looking for 12 amazing photographs, in digital format only please, to showcase our beautiful area in the Hunstanton Town Calendar, 2016.

Entries must have been taken recently, within the West Norfolk area, and seasonal ideas will of course be the first choice. So if you have a brilliant seascape in winter or an unusual close up shot of snowbells in spring, or windsurfers at the beach, then please do send it in to us. The loose title is "Flights of Fancy" this refers to a stretch of the imagination and not just birds at Sunset!

We are looking for interesting, imaginative and different ideas suitable for a very special seaside calendar.

Full details and rules are available from:  
[www.hdfa.org.uk](http://www.hdfa.org.uk)

Or to collect from Hunstanton's Tourist Information Office

**PRIZES: £100.00** for the first prize which will appear on the cover of the calendar and **£25.00** each for 11 runners up.

This calendar will be sold in the Town's Tourist Information Centre with full credits to the winners.

Entries must be submitted by  
September 7th 2015.

Further info from: Ann McKimm on 01485 533933

Borough Council of  
King's Lynn &  
West Norfolk



**H DFA**

Hunstanton & District Festival of Arts

H DFA Registered Charity Number: 1044797



**Heacham  
Social Club**

Sat 1st live music with Liza Wolfe from 8.45 onwards.

Wed 5th live music with waddo from 1.30-4.30

Sat 8th live music with Kenney Bernard from 8.45 Caribbean evening with cocktails.

Sat 15th live music with sound station from 8.45 onwards

Sat 22nd live music with Trev Budgie Walton from 8.45 onwards

Bank hol weekend

Sat 29th live music with Phil Christopher from 8.45 onwards

Sun 30th live classic 50's Rock n roll band with reckless jivin.  
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**Sat 26th Sept 10 'till late**  
**Stanhoe Village Green, Stanhoe, Norfolk**

Live Music all day, Stands, Workshops  
 Activities, Barbecue, Beer Tent, and much much more  
 raising money for  
**A Change of Scene for Children**

**Harvest Moon Festival**  
**26th September 2015 - 10am-10pm**

**Stanhoe Village**

This is the annual fundraising event for 'A Change of Scene for Children', a local charity providing sanctuary for animals and children.

The festival is an end of summer celebration of the harvest, environmentally friendly living and a time to relax, listen to live music and just 'chill out'. We have ten confirmed acts as I type, most of them returning from last year because "we had such a good time can we come next year?" and we loved them all. Morganway, Yve Mary B, Jodie Richardson, Natalie Lake, Billy Brotherton, Katherine Brittain, Two Bit Operators, Abigail Blake, GOZ Unplugged, Patchwork, so already a great line up with more to follow, playing throughout the day from 10am until 10pm; so make sure you plan to stay for the day so as not to miss anything.

Local camping is available in and around Stanhoe (just about walking distance), Dreamy Hollow, The Paddocks, Mill House, and The Rickles. For further details please call. Of course you could also ask 2Posh2Pitch about a bell tent in your garden for friends to stay for the weekend, so you can all come along.

As well as live music, we will have a mini Beer Festival organised by Fox Brewery, Heacham, BBQ by the wonderful Annie & Adam during the day, then by popular demand, Corriander & Lime will be keeping everyone topped up with their fabulous curries for the evening session. Whin Hill Cider will also be on site as will lots of stalls selling fantastic local food and drink. Polly's Pickles will be giving a talk about the history of preserves with a demonstration for all of you who fancy having a go. Raynham Forge will be providing a demo of their amazing skills and have also donated a raffle prize as has Bridgeworld Oak for our 'posh raffle'. There are activities, games and lots of space for children to run about, along with traditional crafts and demonstrations with maybe a few scarecrows dotted about.

Only £5 for the whole day with children free. If anyone is interested in having a stall, donating a prize, sponsoring a band or wanting to play a set please get in touch - Pauline 07584 192846 [cosfc@btinternet.com](mailto:cosfc@btinternet.com)

All in aid of 'A Change of Scene for Children' - info <https://www.facebook.com/pages/A-Change-of-Scene-for-Children/158833610813457>

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There is an exciting month ahead for the HDFA's Festival 3 by the Sea promotion "and there are 3 brilliant musical events on their way" says Elaine Clutton, Chairman of the HDFA.

On 8th August, 'Nelson's Shantymen' will be at The Spinney at the end of the High Street to entertain from 1.30 - 3.30pm. These are a diverse group of enthusiasts driven by a love of singing and the desire to keep the tradition of the sea shanty alive and kicking! Absolutely free.

Next, we are proud to announce that on Saturday 15th August 2.00 - 11.00pm will be the first ever Hunny Folk Festival 'Acoustic Roots' at the Hunstanton Community Centre in Avenue Road.

This new event is billed as an afternoon and evening folk music festival, featuring Kerry Devine, The Hobbler and Lynn Wykes, Jake Morrell and Stone Pony plus many others. More acts are being added as we speak and it promises to be a brilliant day of new music for the town.

There will also be outside artisan stalls and food and an indoor bar. Tickets cost £8.00 from the Tourist Information Centre on 01485 532402. Book early as indoor seating space is limited.

Interested stallholders should contact Viv on 01485 534566 for information.

Finally, on Sunday 16th August, you can enjoy 'A Picnic in the Park' on the Town Green with the Hunstanton Town Concert Band. They will be playing a medley of popular songs from 2.00 - 4.00pm at The Bandstand on the Green. Absolutely free! Please bring your own food, seating and sun hat!

The popular HDFA craft fairs are running at the Town Hall on August 1st, 5th, 26th & 29th. Open 10.00am - 4.00pm. Entry free. Here you can buy lots of lovely local and original handmade crafts.

Have you entered the HDFA Photo Calendar Competition yet? Closing date is 7th September!!

Further information on all these items can be obtained from our website [www.hdfa.org.uk](http://www.hdfa.org.uk) or email on [info@hdfa.org.uk](mailto:info@hdfa.org.uk) or contact Ann McKimm 01485 533933.



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## Hunstanton Conservative Club

The following entertainment will be taking place at the Hunstanton Conservative Club for the month of August:-

1st August Dancing to Lesley  
 8th August Dancing to Pride  
 15th August SUMMER DINNER followed by Dancing to Rick Roberts  
 22nd August Dancing to Kenny Rich  
 29th August Dancing to Mike Fox  
 Members free; guests £1.

**Eileen Hamilton**  
 Chairman

## SEDFORD VILLAGE HALL

**Film Night**  
 Presents:

**On Friday 14th August 2015**

**"Cinderella" (U)**

Directed by Kenneth Branagh and starring Cate Blanchett and Helena Bonham Carter, this family film will appeal to both children and adults.

Venue: Sedgeford Village Hall,  
 Jarvie Close, Sedgeford. PE36 5NG.

Start time: 6.00pm.

Admission (incl complimentary glass of fruit squash) –  
 £4.00 adults. £3.00 children.

Payment on the door

(The film should finish at approx. 7.45pm)

Contact 01485 579355 or 570097 for more information

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HOW TO FIND US



## The Summer Budget 2015: Top 10 Highlights

by Kathryn Gigg,  
Chartered Accountants, Hunstanton

George Osborne delivered his 2015 Summer Budget on 8 July 2015. **The Chancellor was keen to stress that this was a Budget for working people – to increase employment, make work pay and reduce the welfare bill.** Being at the start of a new parliament Mr Osborne had an opportunity to set out his stall for 5 years and did so by presenting a landmark Budget, one of the most complicated that I remember.

I set out below 10 of the key announcements that may impact upon your business and personal tax affairs:

### 1: Big changes to the taxation of dividends will be introduced from April 2016.

Company dividends currently carry a tax credit of 10% but from 6 April 2016 this tax credit is to be abolished and the first £5000 of dividend income will be tax free in the hands of the shareholder. (Note that the £5000 dividend allowance is separate to the £1000 allowance for “savings” income, which was announced previously and is also due to start in April 2016.) Above that, the rates of tax will be:

	Post <b>6.4.16</b>	To <b>5.4.16</b>
Basic Rate (20%) taxpayers	7.5%	NIL
Higher Rate (40%) taxpayers	32.5%	25%
Additional Rate (45%) taxpayers	38.1%	30.6%

As a result, where someone receives significant amounts of dividends above the new £5000 allowance, their tax burden will increase in 2016/17, compared with the position this year.

This measure will clearly affect those owner managed businesses where dividends have been used as part of their remuneration planning. Although a rapid assessment of the ‘old’ dividend versus salary calculation tells us that dividends are still better than salary, and the difference is still worth having, consideration will now need to be given to the structure of owners’ profit extraction strategies, especially before the changes come in April next year.

### 2: New rules will be phased in which will restrict tax relief for finance costs for higher rate taxpayers who use a mortgage or loan to finance Buy-to-let properties.

The restriction is to be phased in over 4 years, starting in April 2017 and relief will be restricted to Basic Rate (20%) only by April 2020, whereas currently individual landlords receive Income Tax relief at their highest rate of tax.

This rule will not apply where the property meets the HMRC criteria of a “Furnished Holiday Letting”, nor does it appear to apply to corporate landlords, just individuals.

Additionally, **in April 2016, landlords who let out furnished property will lose the 10% Wear & Tear Allowance**, which will be replaced by a new system that will only allow them to get tax relief when they actually replace furnishings. (This seems like a backward step as the 10% allowance was originally introduced in order to reduce the administrative burden for landlords.)

Capital Allowances will continue to be available for landlords of qualifying “Furnished Holiday Lets”.

Finally on the property front, one pleasing change is that **Rent-a-Room relief** for those who rent out a room in their own home will increase to £7500 in April next year, from the current limit of £4250. (Frozen at this level for the past 18 years!)

**1.3: The Pensions Lifetime Allowance is to be reduced from £1.25m to £1m** from 6 April 2016, rising only with inflation from 6 April 2018. The **Annual Allowance remains at £40k but will be subject to a tapered reduction** from April next year for taxpayers with ‘adjusted income’ (e.g. including salary sacrifice funded contributions) in excess of £150k, meaning the Annual Allowance is reduced to the **minimum of £10k once earnings reach £210,000.**

**2.4:** For most people, the largest asset still held at death is the family home. As house prices keep rising, more estates are predicted to come within the Inheritance Tax (IHT) net. The government had already made a manifesto pledge that it would introduce a **new IHT relief** (now described in the Budget documents as the “**Main Residence NIL Rate Band**”) of **up to £175k** where parents leave the family home to children or grandchildren. The relief will be welcome but it is certainly not tax simplification! It will be phased in over 4 years from April

# Kathryn Gigg

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2017, although it will be tapered where an Estate is worth in excess of £2m. **The existing NIL Rate Band** was previously frozen at £325k until April 2018. **It will now remain fixed at £325k until 2020/21.**

The relief will also be available where a person has sold a main residence in order to downsize, or to realise a capital sum, for example to pay for care home fees. The "Main Residence NIL Rate Band" can be used against assets in the Estate of an equivalent value to the home which was sold. **The existing NIL Rate Band** was previously frozen at £325k until April 2018. **It will now remain fixed at £325k until 2020/21.**

**3.5:** To incentivise business, the **Annual Investment Allowance**, which gives immediate tax relief to business for qualifying capital expenditure, and which was previously increased temporarily to the current rate of £500k, **will be set permanently at £200k with effect from January 2016** (it had been due to fall back to £25k). This will, at least, give some stability for the next 4 years and avoid the complexities that have been suffered in the past few years with constantly changing limits.

**4.6:** A surprise measure was the **cut in the Corporation Tax Rate from 20% to 19% from April 2017, and again to 18% from 2020.** This will be welcome news for profitable companies.

**5.7:** The National Insurance Contributions **Employment Allowance** for small firms will be increased by 50% to **£3000 from April 2016.** This allowance provides relief from Employers Class 1 NIC. New anti-avoidance rules will be introduced to prevent abuse by companies where a sole director is the only employee.

**8:** A new **National Living Wage (NLW)** is to be introduced for workers aged 25 and above. **From April 2016 the new NLW will be set at £7.20 per hour**, being a rise of 70 pence relative to the current National Minimum Wage (NMW) rate, and 50p above the NMW increase coming into effect in October this year. The wages of younger workers will continue to be underpinned by the NMW.

**9:** One of the few main taxes to remain relatively unchanged was **Capital Gains Tax (CGT).** **No changes** have been made to the rates of CGT or the annual exemption. Entrepreneurs Relief remains at a rate of just 10% with a lifetime allowance of £10m.

**10:** A new **Vehicle Excise Duty (VED)** banding system will be introduced for cars registered on or after 1 April 2017. It is expected that 95% of car owners will pay the Flat Standard Rate of £140 p.a. The VED will be used to pay for a new road building and maintenance programme. Cars with a list price of

over £40k when new will pay a supplement of £310 p.a. on top of the Standard Rate, for 5 years.

**N.B.** The Budget proposals may be subject to amendment in the Finance Act and some matters will not be implemented until later. You should therefore keep your affairs under constant review and always take advice before taking any action as a result of the contents of the above summary.

If any of these issues affect you and you are in need of further advice, please contact either myself or my assistant Nicola Tarry FCA, who will be pleased to talk matters through with you.

Mrs K H Gigg FCA

Please contact Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 / email [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk) if we can assist in any way.

**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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**2015 SUMMER FETE**

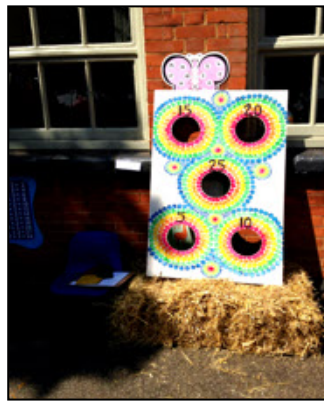
Our summer fete on Saturday 11th July was an amazing success.

We had a great variety of stalls, games, rides and not forgetting the fantastic snail racing. Our families all had a great time as did we, and the sun shone to make it perfect!



We raised a staggering £920 for PTA funds and Barclays Bank have kindly offered to match some of the money raised as part of their community funding scheme. This will give our total a huge boost, so thank you to Mark Jones and Barclays Bank for organising this.

We would like to thank G J Peel and Co for the fantastic ride, Karen for the bouncy slide, Sharon Wagg, Jason Sandle, Chris Gillings and Sarah Drew for the tasty BBQ, Mrs Taylor, Nikki Fuller and Ella for our refreshments, Tracey Swann for selling our raffle tickets, Ed Hammond for the hay bales, Jillian Carr for the great bean bag throwing game, Heacham Fire crew, the Parish Council



and Steve Wagg for borrowing their tables, Louise Rudd for her delicious cakes, the lovely stall holders for supporting our school, and all our other helpers - Louise Jackson, Miss Young, Mrs Ruddock and Adrian, Mrs Sindle,

Mrs Graves, Mrs Kellythorn, Mrs Steadman, Mrs Tuckwood, Hollie, Stuart, Gracie and Emmie Ashley, Sarah White, Luke Enters, Karen Frary and Tegan, Sandy Richardson, Lauren and Jack Sandle. We could not have managed it without you. Sorry if we have missed anyone.

The last thank you goes to everyone who donated to the raffle, tombola, cake and book stall and especially to all who came and supported us on the day. Without your support we would not raise so much money for our school and our children.



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Saturday August 8th	Matt Pierce
Saturday August 15th	Pat Martin
Saturday August 22nd	Travis Graham
Bank Holiday Sat 29th	Craige Powell
Bank Holiday Sun 30th	War Time Memorabilia with Steve Perry

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## Making Hypnosis Work for You

What can hypnosis do for you other than provide a fascinating new experience? What can you gain from it?

The answer is that hypnosis can be used to improve your general functioning – to enable you to feel better mentally or physically. You may also be concerned about what hypnosis can do to you. It is important to remember that Hypnosis is not in any way harmful, but it is completely understandable for a beginning hypnotic subject to have some reservations. You may want to ask a few questions to assuage your curiosity and allay your fears. The questions which follow are representative of those most frequently asked of Hypnotherapists are:-

*When I am in a trance can you make me cluck like a chicken?  
Bark like a dog? Act like a new-born baby?*

*Will I tell you something I've never told anyone?*

*Will I talk about things that are private?*

*Could I stay 'frozen' in one position and never come out of it?*

*Could I harm myself?*

What these questions are getting at is this: Can a Hypnotist make you do something that is embarrassing, shocking or irreversible? No. You will not do anything you do not think is acceptable. That is, you cannot be 'made' to violate your own values or accepted patterns of behaviour.

It is important for you to remember that a trance state can be terminated by you at any time. It is your choice to enter the trance state and you can always choose to leave it. If you were left in a trance state by your hypnotherapist or by your hypnotic tape, you would either return to full consciousness on your own, or enter a natural sleep and awaken after a pleasant nap. No one has ever disappeared for long.

Now that you know that the trance state is safe territory, you can examine the ways in which it can be used. Listed below are some of the regularly basic beneficial functions most commonly associated with hypnotherapy. Of course individuals needs vary. Because of this, there are as many applications as there are hypnotic subjects. Included here are only a few of the specific applications that hypnotherapists, such as myself, regularly employ.

### **Beneficial Function**

**Produces anaesthesia in the body.**

**Improves sleep, reduces stress.**

**Controls painful symptoms.**

**Controls some organic functions (such as bleeding and heart rate).**

### **Application of Function**

**A patient visiting the dentist can anaesthetise his mouth, cheek and gums to greatly reduce pain.**

**Improves sleep, reduces stress, controls pain.**

**A person may remove an irrational fear of spiders (many fears can be eliminated via Hypnosis).**

**Please feel free to ask any additional questions you may have?**

**Sandra Pipe (MHS)**  
**Tel: 01485 540605**  
**Mobile: 07919 377764**



## Forthcoming events at Hunstanton Library

For further information about any of these events, or to book your place where necessary, please contact the library on 01485 532280.

### Our new Town Read:

Not sure what to read this summer? Then why not join in our library summer read?

We have chosen three very different books...

'The Bees' by Laline Paull - a wonderful thriller where the characters are bees in a hive struggling to defend itself from attack'

'Better off Dead' by Tom Wood - perfect for fans of Lee Child.  
'One Hundred Names' by Cecelia Ahern - a light-hearted tale about a journalist and the power of redemption.

The read will run until the end of August. Simply pick up the books from the library and tell us what you think!

### Library Book Group:

Come along to our friendly book group which meets on the third Monday of the month at 2.30pm. New members are welcome. For more information please call the library – telephone number above.

### Holiday events for Children:-

#### Fun with stories (under 5s). Fridays from 11.00-11.45am.

Join us for stories and activities for pre-school children and their parents or carers. Babies are very welcome too!

#### A date with the Demon Dentist! (over 8s)

Monday 10th August 10.30am-11.30am

If you are a David Walliams fan then come along to this fun morning of activities. Booking essential for this free event. Please call the library – telephone number above. (Health Trainers will also be around to offer free mini MOTs for adults).

#### My first day at school - stories and activities with Hunstanton Children's Centre.

Thursday 13th August 10.30-11.30am

For those children starting school in September. All children must be accompanied by an adult.

#### Record Breakers Challenge Event (over 8s)

Monday 17th August 10.30am-12noon

Come and take part in fun record breaking activities for children 8 years and over! Booking essential for this free event.

#### Hunger games evening (10+) Wednesday 19th August 5.30-6.30pm

May the odds be ever in your favour! This is a special event for children 10+ based on the Hunger Games trilogy by Suzanne Collins. Take part in the reaping, face challenges and much much more. Booking is essential.

#### Family Fun with the RSPB (all ages)

Friday 28th August 2.30-4.00pm. (Health Trainers will also be around to offer free mini MOTs for adults).

#### Bank Holiday Book sale

Saturday 29th August 10.00am-1.00pm. Come along and grab a bargain!

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SAT & SUN 1.0 - 5.0pm on the following weekends:-

July 25<sup>th</sup>/26<sup>th</sup> Rotary Club of Hunstanton & District

Aug 8<sup>th</sup>/9<sup>th</sup> Kings Lynn Round Table

Aug 22<sup>th</sup>/23<sup>rd</sup> Kings Lynn Lions Club

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## Third Annual Ringstead Art Exhibition

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## Hunstanton & District Rotary Club

### Rotary Matters



Every time we meet for a meal we are pleased to start by giving thanks with a grace. On Wednesday June 24th, Rotarian Adrian Evans from Heacham became our Club President for the year 2015-16, replacing President Peter Atterbury. The annual change-over took place at the King's Head Hotel, Great Bircham. Our Past Rotary President, renowned as a poet for this event, had written the grace below which sums up what we believe about Rotary:

“Oh Lord, we give thanks for the year that's gone, a year of success we agree, where we join in our thanks to our President Peter, for his guidance humour and glee. Please make us aware of service before self. Lead us in all of our ways, knowing our Club will always help others. For ever and ever the days.”

In his speech to over fifty guests, President Peter gave tribute to the work of Club members and to his Vice-President, Adrian during the year. Their hard work has meant that we have been able to earn a lot of money, all of which has been used to help others. Special success was attributed to the Norton Hill Railway weekend held in Snettisham, the Kite Festival in Hunstanton and the introduction of Associate members. Janet Eastwood was welcomed into the Club as a new member. Peter gave particular thanks to his wife, Val, for her support, and he wished her a successful year as Inner Wheel President. He was very pleased with the closer relationship that was being built up between Rotary and Inner Wheel.

In reply, President Adrian said that it was an honour to be elected Club President (*see photo*). He thanked Peter for his first-rate work for the Club. He said that the world-wide Rotary motto for the coming year is 'Be a gift to the world', urging Rotary members to give the gifts of time, talent and knowledge to improve lives in communities across the globe. He also said that our major fundraising events have gone from strength to strength.



President Adrian Evans at the Club's change-over.

Readers will be interested to know that the Club is contributing financially towards a defibrillator for use in Hunstanton when a person is in cardiac arrest. We have added to our membership, including the introduction of Associate Members. At our 'Rotary Awareness' event that we ran a year ago when President Peter was at the helm, we talked about how being in Rotary gave us the opportunity to achieve fun, friendships and fulfilment. President Adrian said that he believed that the commitment and quality of our members will enable us to meet the Club's objectives in the coming Rotary year and continue the momentum that has already built up. He was delighted to present

Peter's wife, Val Atterbury with a bouquet, and hoped that her year as Inner Wheel President would be a successful one.

Guests applauded Rotarian Maureen Hoverd for presenting President Peter with the Roger Hoverd Crystal Award for services to Rotary (see photo). This award is in memory of Maureen's husband, Roger who gave such excellent service to Rotary over the years.

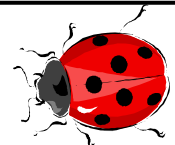


Rotarian Maureen Hoverd presenting her gift to retiring President Peter

On Sunday, 28th June, despite the poor weather in the morning, the weather improved later to help to give us a splendid response from members of the public at the Carnival held in Hunstanton. Hot dogs and burgers were quickly eaten and we are delighted to write that over £600 was made for charity. Once again we had very good fellowship with members helping to erect (and later, dismantling) the Rotary gazebo and then putting an enormous amount of work into the cooking and selling.

You can always find out more about Rotary from our website [www.hunstanton-rotary.co.uk](http://www.hunstanton-rotary.co.uk) or speak to Peter Atterbury, Club membership committee chairman (tel 01485 534820).

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## HEACHAM PARISH COUNCIL NOTICEBOARD

### Parish Council Meetings in Brief

**Local Development Framework:** The public hearing had been suspended. It is likely to be rescheduled for the autumn.

**Cheney Hill Bench:** The Council agreed to replace the old bench at the Cheney Hill/Malthouse Crescent junction.

**Parking Fees:** Councillors are to meet with Borough Council Officers to discuss parking fees at Heacham's beaches.

**Vacancy:** There is still a vacancy for a Parish Councillor (see below).

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

### NOTICE OF PARISH COUNCIL VACANCY

Heacham Parish Council is made up of seventeen Councillors. There is currently a vacancy, which the Council intends to fill by co-option.

Interested parties should contact the Parish Council Office for further information about the role of a Parish Councillor and the co-option process.

The co-option will take place at the Parish Council meeting which will be held at the Parish Office on Tuesday 18 August at 7.30pm.

Lynne Butters  
Parish Clerk

### Young Hot Shots Day

Heacham Wildfowlers' Association will be hosting their Young Hot Shots day on Saturday 8 August at Heacham Chalk Pit. Children from the age of 8 can try their hand at clay pigeon shooting, under the supervision of BASC instructors. Places must be booked in advance at the Parish Council Office. Sessions run from 10.00am – 11.30am and 12.00noon-1.30pm. and the cost is £2 per session.

### New Community Building

Message from the Community Building Committee



The Committee has received several suggestions for facilities and designs to be incorporated into the new building. Please visit the Committee's stand at the Heacham Carnival Fete to find out more about this exciting project and make your suggestions. Comment sheets are also available from the Library and Parish Council Office.

### Heacham Carnival Parade and Fete 2015

This year's Carnival Parade and Fete will be held on Sunday 2 August. Float entry forms are available from the Parish Council Office.

### Heacham Photographic Exhibition

Anyone wishing to display their work at the September Exhibition at the Old Friends Hall should complete a registration form which is available from the Parish Council Office.

### Rodney Clements



The Parish Council would like to thank Rodney Clements who has recently completed 10 years as a Parish Maintenance Officer. During that time Rodney has helped keep the village a clean and tidy place and has ensured that the Old Friends Hall runs smoothly. Parish Council staff held a celebratory breakfast, at which the Clerk presented Rodney with a new broom (having lost track of the number of new heads and handles his old one had fitted!).

### Dog Fouling



Since the 'Pink Patroller' took up post, the cut through between Strachan Close and Victoria Close has become less of a 'dumping ground', although sadly, Victoria Close itself appears to be new preferred option. Please let the Parish Council know of any areas which need attention.

Any queries should be addressed to:  
**Heacham Parish Council Office**  
Jubilee Clinic Pound Lane Heacham  
Norfolk PE31 7ET  
Tel/Fax 01485 572142  
[www.heachamparishcouncil.co.uk](http://www.heachamparishcouncil.co.uk)  
Open Tuesday - Friday 10.00am–noon

## HELP LINES

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### HEACHAM COMMUNITY WEBSITES

www.heacham-on-line.co.uk  
 E-mail admin@norfolk-on-line.co.uk  
 www.heachamgrouppractice.org  
 www.heachamnewsletter.org.uk



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**Service 10 (Saturday)**  
 Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
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**Service 10 (Sunday)**  
 Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
 0908 first bus to Kings Lynn, then twice an hour from 1054.  
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XXXXXXXXXXXXXXXXXXXXXXXXXXXX

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XXXXXXXXXXXXXXXXXXXXXXXXXXXX

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### WNCT - DIAL-a-BUS Service

Heacham to Kings Lynn via Snettisham, Ingoldisthorpe, Dersingham, Sandringham, & Castle Rising Every Tuesday, Wednesday & Friday  
 £5 return (£3 return for Concessionary Bus Pass Holders)

For more info, a Membership form or to book **Tel: 01553 770310**

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### Main pick up points for The Heacham Newsletter. First Saturday each month except January.

Jennings, Heacham Bakery, Heacham News, Post Office, Parish Council Office, Church, Co-op, Tesco's, Fish Bar, Wine Cellar

### HEACHAM HALLS

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

### MOBILE LIBRARY

ROUTE WEL 124 3rd/17th	(Mondays) August	ROUTE WEL 123 10th/24th	
COLLINGWOOD CLOSE	09.55	ROBIN HILL	10.40
SOUTHMOOR DRIVE	10.10	RINGSTEAD ROAD	11.00
SANDRINGHAM DRIVE	10.30	NEVILLE Court	11.45
FENSIDE	10.45	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.00	PINE MALL	12.30
WOODSIDE AVE	11.45	SITKA CLOSE	12.50
NOURSE DRIVE/Ingleby CL	12.25	SUNNYSIDE	14.15
ROLFE CRESCENT	13.55	MEADOW RD	14.40
BUSHEL & STRIKE	14.15	POPLAR AVE	15.25
GIDNEY DRIVE	14.30	GYMKHANA WAY	15.45
BANKSIDE	14.50	JENNINGS CLOSE	16.10
MARRAM Way/Norway CL	15.05	COLLEGE DR/Gonville	16.45
MARRAM Way/Spruce CL	15.20		
MARRAM Way/Neville RD	15.35		