



# THE HEACHAM NEWSLETTER

## October 2015



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### Heacham Fire Station Open Day

There was a good turnout of people on the 29th August to help celebrate 50 years of the current fire station in Heacham. The building in Station Road was officially opened in July 1965 by Lady Lycett Green and replaced the one in Pound Lane dating from 1932. The crew were keen to mark this significant anniversary with a special event which had a '50 years' theme.

Visitors witnessed a 'turnout' of a different kind when the crew were called to an incident at a holiday park in Hunstanton. Fortunately, they were able to return in time to see people continuing to enjoy a selection of fire engines including one dating from the Second World War owned by Jonathan England, and one that was part of the Royal Brigade at Sandringham House in the 1960s. A Mercedes appliance which was based at the station until last year, was also on display.

One of the visitors was Mr Graham Owen, a former village fireman, who was part of the crew when the station opened and he was joined by other retired members from the last 50 years.

There was lots of information on display about the history of the station and other attractions included face painting, a cake stall

and a very popular raffle which included some prizes generously donated by local businesses.

Younger visitors had great fun trying to knock over targets with a water jet.

The crew would like to thank everyone who came along and helped them raise a total of nearly £500 for the station and the Firefighters Charity.

The event was in some ways overshadowed by the news we had just been given about the possible closure of the fire station because of budget cuts. Some people had already heard the news ahead of the official announcement and there was general shock and disbelief at the proposal. The crew were grateful for the messages of support given on the day and now we need the whole village to get behind the station or there may not be any more open days to enjoy in the future.

Details of what people can do to help and the reasons why Heacham fire station should remain open, can be found elsewhere in this newsletter.

**Chris Wood**

**Heacham Fire Station**

**More details on page 23**

### Deadline for the next edition is 12 noon, Tuesday 20th October

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 NEWSLETTER VOLUNTEER TEAM: Moira Barnes - George Bradley - Jackie Davis

Roger Drinkwater - Brian Faulkner - Kerry Long - Mary Sheldrick - Robby Topliss

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

# letters...



Sunnyside Close

Dear Newsletter

## In grateful celebration and support of our RAF Family

A great British Fish and Chip Lunch was held on 12th September at Sunnyside Close, in aid of the RAF Benevolent Fund and their wonderful work in supporting our Airforce personnel and their families. Tasty fish and chips were followed by gateau and washed down with wine.

This celebration was attended and enjoyed by 27 residents and raised £280.00 for the charity, with a game of bingo, a prize number board and kind donations from those present.

I would like to thank all those who kindly donated and assisted me to make the lunch a great success.

Alan Smythe-Hudson



\*\*\*\*\*



Hunstanton Road

Dear Newsletter

## The Children's Society

Please would anyone kind enough to have a Children's Society collecting box, bring it to me so that I can empty the contents and send it to the Society.

My address is 19 Hunstanton Road, Heacham. It would be a good idea to check that I will be in and my phone number is 01485 571110 or mobile 07775 514585.

Jeremy Gullan-Whur

\*\*\*\*\*



Neville Court

Dear Newsletter

## Macmillan Coffee Morning

Neville Court would like to thank all those who helped, donated and came to the coffee morning. We raised £568.50.

Thank you all.

Mrs Eileen Snow

\*\*\*\*\*

HEACHAM PARISH COUNCIL

## JOB VACANCY

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**12.5 hours per week - mornings**

**For full job description and job specification  
please contact the Parish Council Office on  
01485 572142**

**Deadline for applications is 9th October 2015**



Fenway

Dear Newsletter

## Thank You

As the Car Boot season is nearly ending, I would like to thank all the generous people who have helped to make the League of Friends Fund swell to £1728 pounds.

A special thank you to Trevor & his boys!! And the lovely Canteen Crew.

We still need spare wool to keep Cora happy throughout the winter with her blanket making.

Once again thank you everyone.

Phyllis Sanderson

\*\*\*\*\*

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**C.A.L.M. SUPPORT GROUP**  
(Caring, Advising, Listening and Mentoring)  
11.00am to 1.00pm  
St Edmunds Church Hall, Hunstanton

CONCEPT: the group was developed by Debra / Lenny. With support and encouragement from Mr Willie Cruickshank and Claire Gilbert of the Norfolk and Suffolk Dementia Alliance, and Glynda Jermy, Manager at Norsecare, Rebecca Court Residential Care Home, Heacham.

OUR AIM AND COMMITMENT - is to actively listen, offer assistance, and care for housebound elderly and dementia sufferers. We will provide one-to-one discussions, help, support, and advice for family members and carers, along with contact details for professional advice when needed within the community.

PLEASE COME AND JOIN US - for community links, information, unity, support, FUN.

Special thanks to Reverend John and his parishioners for providing the venue and the spiritual guidance.

LIGHT REFRESHMENTS WILL BE PROVIDED.

PLEASE NOTE THIS IS A NON-PROFIT MAKING ORGANISATION

For information on the group please contact Debra on 01485 535320 or email: [debra.sautner@dementia-alliance.com](mailto:debra.sautner@dementia-alliance.com) OR Glynda, telephone 01485 570421. Other contacts are: Reverend John 01485 531532, or Lenny 07786 430589.

WE LOOK FORWARD TO MEETING YOU ALL - and listening to your feedback and ideas as to what we can bring to your lives in our future groups. YOU MATTER. WE CARE.

New group dates:-

**2015:**

November 14th, December 5th.

**2016:**

January 2nd, February 13th, March 12th, April 9th, May 7th, June 11th, July 9th, August 6th, September 3rd October 1st.

Heacham & Criteuil-la-Magdeleine  
Twinning Association

**SATURDAY 14th NOVEMBER 2015**

7.00 p.m. for 7.30 p.m. Start

**THE OLD FRIENDS' HALL**

Sunnyside off Caley Street, Heacham

Tickets £2.50 per person

For details and tickets please telephone  
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or email: [twinclub@hotmail.co.uk](mailto:twinclub@hotmail.co.uk)

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**King's Lynn & Wisbech area: 01945 581102**  
**[nickie@bantoftaccountancy.co.uk](mailto:nickie@bantoftaccountancy.co.uk)**

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# News & Events in the Community...

## FRIDHEM BINGO

Monday 26th October 2015

Eyes down 7.00pm sharp!

Refreshments

Come and join us

Proceeds go into the Residents Entertainment Fund

Fridhem Rest Home  
79 Station Road, Heacham

## Pout at the Devil

Saturday November 21st, at Heacham Public Hall sees the very welcome return of the excellent POUT AT THE DEVIL, the best tribute to 80's rock and metal, quite possibly the most hedonistic era rock music has ever seen. The big hair, the spandex, suggestive lyrics, these boys have got their act down to a fine art. Two hours of bon jovi, def leppard, whitesnake, you name it, Pout have got a classic song from all the top 80's rock bands in their vast set list. Extremely entertaining as well with some near the knuckle humour from the almost legendary star of stage, screen, public bar and boudoir, DIRK STEELE. Also on the bill are the excellent TATTOOED LIES who will be taking a break from playing after this gig, hopefully a temporary one, as they are one of the top bands in Norfolk.

Tickets available from me - a very reasonable £6. This is half price as the gig coincides with my 60th birthday, so either pop round the house or give me a call on 07747 156204. Also, we have got the superb 'Roxoff' playing in the Fox on Friday 13th November (what better date for a rock and metal gig). This superb rock and metal covers band from Suffolk have been part of the East Anglian rock scene for many years and put on a great two hour show.

Look forward to seeing you all at either one, hopefully both.

Trev Frammingham



2 high street heacham kings lynn norfolk pe31 7er  
01485 571395  
chopnchange2@hotmail.co.uk

Bliss Hair & Beauty Ltd is open 6 days a week, early mornings and late night appointments are available, but please book in advance as we are a very busy salon.

As of the beginning of September, Steve from Blue Beard Barbers joined the team as resident barber. To book an appointment with Steve please use the land line number 01485 571395 and disregard the mobile number given in last month's newsletter. Steve is available for appointments on Mondays and Tuesdays 8am until late.

I am delighted to let you know that we have a new stylist Jo who will be joining the team at Bliss. Jo is a fully qualified stylist with years of experience and would like to offer her clients a 10% discount on all colour and perm services during the month of October. Jo will be available for appointments Wednesdays, Thursdays and Fridays. To book an appointment with Jo please call the salon on 01485 571395.

Jaime Parry



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## Come and join our Coffee Morning

on 6th November 2015

9.30am – 2.30pm

and help us raise funds in aid of



There will be cakes!

Bring & Buy

Sweepstake, Tombola and much more!

Catherine Allen and The West Norfolk Tapping Circle invite you to their Coffee Morning, to raise funds in aid of Marie Curie, and everyone is invited.

All the money raised from the Coffee Morning will help Marie Curie provide expert care, guidance and support to help people with a terminal illness, and their families, to get the most from the time they have left.

Marie Curie nurses work night and day, in people's homes, providing hands-on care and vital emotional support, and the Marie Curie hospices offer specialist round-the-clock care.

Marie Curie also supports people throughout their illness by giving practical information, support from trained Helper volunteers and being there when someone wants to talk.

The charity is also the leader in research into better ways of caring for people with terminal illness.

Seven out of 10 carers say that people with terminal illness do not get all the care and support they need. As the UK's leading charity for people living with terminal illness, and their families, Marie Curie doesn't think that is good enough.

## So, Join us

**The Pine Residents' Hall, Wilton Road. Heacham.**

To help or for more information, please contact Catherine Allen – 01485 571936.



## PALM BEACH HOLIDAY PARK

WELCOMES YOU BACK FOR 2015 AND HERES TO ANOTHER GLORIOUS SUMMER!!!

### 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)

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10.30 AM TO 1.00 PM  
10th Oct 2015  
All local produce and  
suppliers.  
Donations in aid of  
Macmillan**





## CHURCHES TOGETHER IN HEACHAM



### What colour is the wind, Daddy?

Autumn is upon us, bringing strong winds and vivid colours and it's turned my thoughts to Charlie Landsborough's song which so touches hearts. Charlie is an international country singer who loves our Lord Jesus, and always gives Him the glory in words and music.

Like the child who asks the question, there are many folk who actually imagine all things in colour but, of course, we also talk in colour: eg., we see red, feel blue, and can be green with envy. And if we were chameleons we could change our skin colour to fit our moods: red and yellow for anger, and purple, blue and yellow with green spots if we were in love!

How we can praise our Creator God for the wonder of colour, which we take so much for granted! He could have made it all in black and white but He has even used glorious hues in the ocean depths, which seems an almost unnecessary luxury.

The child in the song sees his father's love as gold (and we were golden crosses). How apt, since our Lord conquered death for us by showing His colours and nailing them to the mast (His cross). This is the culmination of His golden love for you and me, so we can continue forever to revel in His artistry and brilliance in the restored Paradise He's promised us. And He's used His rainbow colours to remind us that He won't let us down. If you have never done so, will you match His colours by putting your trust in Him and nailing your colours to His mast?

Jenny Sparks

Heacham Church Ministry Team Member



## HEACHAM METHODIST CHURCH

### Sunday Services: 10.30am Morning Worship

4th Oct.	Jenny Sparks
11th Oct.	Elizabeth MacLeod
18th Oct.	Stephen Harrington
25th Oct.	Church Fellowship
1st Nov.	Cathy Fielding

### MIDWEEK COMMUNION

Every month we hold a midweek Communion Service conducted by our Minister, Rev. Stephen Oliver. It is held in the Hall to make it more informal. The October Service is on Wednesday 14th at 10.30am. All who love the Lord are welcome to attend.

### CARAVANNERS' PARTY

On Thursday 8th October at 7.15pm we shall be holding a party to say goodbye to all our summer caravan visitors. Senior Steward Mike Careless hosts what has become a very enjoyable evening to which, of course, you are invited too.

### MIDWEEK ACTIVITIES

Monday -	Indoor Bowls, 7pm weekly
Tuesday -	Ladies' Fellowship, 2.45pm on 13th and 27th October
	Hands & Needles Club 7.30pm on 13th and 27th October
Tuesday -	"Open Door" 10.00am-12 noon weekly
Wednesday -	Midweek Communion, 10.30am 14th Oct.
Thursday -	8th Oct at 7.15pm - Caravanners' Party
	29th Oct. at 10.30am Bible Study
Friday -	Indoor Bowls, 7pm weekly

### LADIES' FELLOWSHIP

Guest Speakers at the Ladies' Fellowship are Peter Parker of the Norfolk Hospice on 13th and Ros Marsden on 27th – come and hear what they have to say. Meetings start at 2.45pm.

### INDOOR BOWLS

A friendly bunch turns out on Friday evenings at 7pm to play Indoor Carpet Bowls. You may join them if you wish.

### "OPEN DOOR"

A reminder that the Church is open every Thursday morning from 10.00am-12 midday, just for you – an opportunity to come and pray, or share thoughts and/or problems with Rev. Stephen Oliver.

### BIBLE STUDY

Our monthly Bible Study, led by Rev. Stephen Oliver, will be on Thursday 29th October at 10.30am. We shall be looking at St. Luke chapter seven. All welcome.

## THE PARISH CHURCH OF ST. MARY

### Sunday Services in October 2015

8.00am	Holy Communion (BCP) 11th and 25th October
10.00am	4th Holy Communion 11th Morning Prayer 18th Morning Prayer and a Baptism 25th Morning Prayer
6.00pm	4th Holy Communion 11th Evening Prayer 18th Evening Prayer 25th Evening Prayer



## October 2015 Services at Nursing/Residential Homes

Tues 6th 2.30pm at Rebecca Court  
Mon 12th 11.00am Holy Communion at Millbridge  
Wed 21st 2.30pm at Summerville  
Fri 23rd 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
	Rev'd Gary Bowers (Curate)	544387
St Mary's Church Office		* 572539

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



### **Hunstanton Catholic Parish**

A dozen or so people took part in this year's sponsored walk including Fr Henry and two dogs. There was some delicious soup to give the walkers sustenance beforehand and tea and cake as a reward upon their return. All money raised will go towards the Parish Church development fund. Work on the parish church refurbishment has now started and is expected to take approximately 20 weeks to complete.

There will be a Ladies' Shared Lunch at St Cecilia's Dersingham on November 7th at 12:00 to 2:30 pm. All ladies from the local area are invited to join us at what is always a happy social event. There is no charge, but please bring a plate of food to share.

The Bishop, Alan Hopes, has invited every member of the East Anglian Diocese to join him for a candlelit procession of witness in Norwich on the 2nd October, to mark the next stage in a commitment to the New Evangelisation. It will start with prayers at the Castle Mound at 8pm, then the procession, with the Blessed Sacrament will begin the walk to St John's Cathedral where an all-night prayer vigil will take place. A similar procession was held in 2013 to mark the end of the Year of Faith when 1,000 people walked in silence through the streets of Norwich city centre. It is hoped that even more people will be involved from parishes all over the Diocese for all or part of this event as part of the 2nd evangelisation year.

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 go to the Development fund.

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)



Be one in a million  
to a child in need  
this Christmas



## Operation Christmas Child

It will be October when you read this and already many will be thinking about Christmas and all that it involves. Giving and receiving of gifts is one of the most pleasurable events that we experience. The excitement of opening unknown surprise presents is hard to describe and even though there are many occasions when we do not see the event we can imagine their pleasure and joy.

The same applies to shoeboxes; you have carefully selected the items that you hope will appeal to the child receiving this box, packed them with care and love. A child you will probably never see or hear from is going to receive that box and it will have a profound effect on their lives sending a clear message that somebody really cares.

Since 1993 over 125 million boxes have been sent worldwide and last year Britain sent nearly 1 million boxes of which over 100 came from Heacham and surrounding villages. Thank you to all who donated those wonderful gifts.

There will be a service at St Mary's Heacham on Sunday 15th November highlighting the work of Operation Christmas Child and giving thanks for the boxes we will be sending this year. It would be helpful if all the boxes were delivered to the Church or Christian Bookshop by then as they will be dispatched the following week.

Information leaflets and boxes, should you need them, are available from the Church, The Christian Bookshop or John Whitbread (01485 579326).

It only takes one act of kindness, one gift of love from one person, to change the life and outlook of another. We have so much, let us share in the name of love.

**John W Whitbread**  
Churchwarden St Mary's Church

**UNION CHURCH**  
Sandringham Road, Hunstanton  
(Opposite The Library)

**AUTUMN FAIR**  
**SATURDAY**  
**24th OCTOBER**  
**10.00am—1.30pm**

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## Old Friends Hall Photographic (OFH) Exhibition

September saw the Photographic Exhibition at the OFH; the two days of the show went by in a flash, with many people dropping in to see the array of photographs on display. Our thanks go to all the individuals who entered and also the Brancaster Camera Club and the Heacham and Sandringham Camera Club.

During the event, visitors were given the task of ranking their favourite three pictures and explain why they were chosen, but only using a maximum of three words. Some found the assignment very hard; those that completed the chore tended in the main to express the emotion that the pictures engendered within them.

From the poll, ninety percent of the pictures received a vote, which tends to indicate the very wide compass and taste of our visitors, though many said that their choice was made so very difficult by the standard of the works on display. The result of the voting was very close with the top six pictures being:



“Harvest Mice.” by David Langley (Which can be seen in the foreground of the picture)

“Whitby Abbey.” by James Till (Brancaster Camera Club) (A black and white study shown right)



“Days of Thunder.” by Alan Walker (A black and white study of steam trains as shown)

“Flatford Mill.” by Viv Walker (Heacham and Sandringham Camera Club) and in joint fifth “Woodland Wedding.” by Jemma Greef and “Footprints on frozen pond.” by Alan Walker (Heacham and Sandringham Camera Club)

Once again, our thanks go to all who took part and those that helped in creating the exhibition.

The committee recently met to discuss forth-coming events, their thoughts inevitably turned to Christmas, I know its October but the “C” word is with us already. Cards and selection boxes adorn the shops, gift ideas bombard our senses, but I digress (humbug). The committee is considering not organising the Santa’s Grotto this year but rather provide a Christmas Lunch for local residents. More details will be forthcoming in the Christmas edition of The Heacham Newsletter. However if you have any thoughts on these matters or other issues relating to the OFH please share them with the committee.

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

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## Heacham in Bloom



On Thursday 17th September, the Anglia in Bloom 2015 results were announced. We are very pleased to tell you that Heacham was awarded a 'Gold Award' for the third year running which, we are sure you will agree with us, is an amazing achievement considering that we are a voluntary group.

Heacham also received nominations in three of the Special Award Categories: Environmental Quality; for which the village is judged as a whole on its cleanliness, tidiness and environmental awareness, Best Industrial/Commercial Area; The Old Railway Station and the End of World War 2 Commemoration Award; Heacham Remembers initiative and planting of the Poppies. We are pleased to announce that Heacham was the winner in the Environmental Quality Category after being nominated six out of seven years.

We would like to take this opportunity to thank all of our Supporters and Sponsors, as we could not achieve what we do without the help and support of the wonderful residents and businesses of Heacham.

By now, the last of the summer bedding and the baskets and troughs will have been removed and we will be preparing the beds in readiness for the winter bedding.

Our next fundraising event is going to be a Quiz Night on 2nd November at the Fox & Hounds. Cost £2.50 per person, max 4 per team, price includes sandwiches and nibbles. We hope to see you there.

Heacham in Bloom Committee  
heachaminbloom@btinternet.com



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**Tue 6th Oct - Dave Thomas**

**Tue 13th Oct - Retro Rockets**

**Tue 20th Oct - TBC**

**Tue 27th Oct - Keno Kings**

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**Fri 9th Oct - Andy Acoustic**

**Fri 16th Oct - Hillybilly Cats**

**Fri 23rd Oct - Ed & Laura**

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



## Heacham Group Practice Patients' Participation Group

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[mike@heachamgrouppractice.org](mailto:mike@heachamgrouppractice.org)

## Heacham Group Practice Participation Group

### Breaking News...

The Heacham Group Practice Patient Participation Group is pleased to announce the re-publication of the Practice News. Once again we can bring you news about the Practice, the local health care set-up and hopefully inform you about the local NHS and how to make it work for you and your families. There is a new editor who will be pleased to have your comments and suggestions for articles. Contact details are included in the Practice News.

The first copies will be available in each surgery. Funded by the Practice Amenity Fund, the plan is to have three or four editions each year.

Pleasant reading.

**Mike Press**  
Chairman HGP- Patients' Participation Group

## HEACHAM GROUP PRACTICE 2015 FLU CAMPAIGN.



This year's flu campaign will be held during the months of October and November 2015 at Heacham and Snettisham.

### We are now booking Flu appointments

When booking your appointment can we ask you to call 01485 572769 **AFTER 11.00 a.m.** to avoid the busiest time of day.

To qualify for a Flu Vaccination you will need to fall into the following category:

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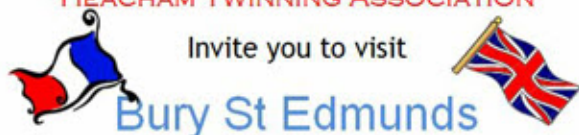
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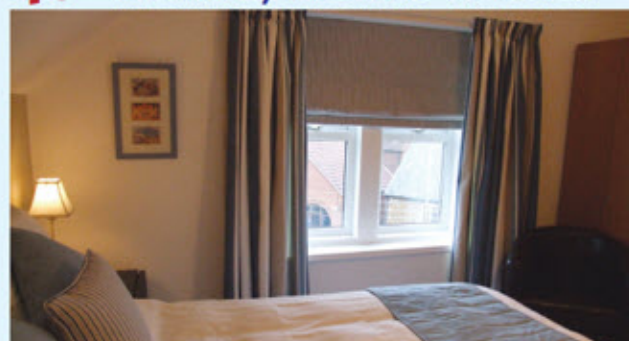
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## CHARITY SHOP GOES FROM STRENGTH TO STRENGTH

The Heacham Youth and Community Charity Shop, in the High Street, which was opened by the Mayor of King's Lynn in June this year, is doing very well, thanks mainly to all the wonderful support that we have had from villagers and volunteers alike!

The opening hours have been extended to include Saturdays, when we are open from 10am - 1pm. On Thursdays we are also open 10am - 1pm, but for the rest of the week, excluding Sunday, we are open 10am until 3pm daily.

Donations are greatly appreciated, but we regret that we cannot accept electrical items, duvets and the like. We have been inundated with books too, so will not be taking any more until we have cleared a few of those that we have in stock! Talking of which, we are reducing them in price to 20p for paperbacks and 40p for hardbacks, so do please come and see if there are any that you would like for the long Autumn nights ahead! We have many cookery books and lots of novels too!

Please do not leave donations outside the shop when it is closed, as we have had thefts, and things can get damaged too!

One of the highlights of our shop, apart from the ridiculously low prices (who said "pile 'em high, sell 'em cheap"?), are the lovely window displays done, with great skill and artistry, by Lydia Page. Sometimes she has to do them two or three times in a day, as everything is displayed so well, that it gets sold, which is frustrating at times, but that's why she does them!

A big "Thank You" to all our regulars customers, and donors, and if you haven't called in as yet, then we would encourage you to do so, as you will be sure of a very warm, and friendly, welcome!



**Raymond Sparvell**

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## THE KITCHEN GARDENER

October – mid-autumn. A bit of planting and weaving in the fruit garden, using up some windfall apples and a sad goodbye to a tree, but some hope for a happier replacement.

In another life when I sold fruit and veg, bakes, preserves and chutneys at my then local farmers' market, I had a standing order from two or three customers for all the loganberry jam I could produce. It wasn't that mine was better than anyone else's but that I was the only one growing the fruit.

I think that, along with the old fashioned strawberries, the loganberry is the most beautifully perfumed of the soft fruit but it's a bit of a faff and understandable that not everyone wants the work involved. The fruit is very sharp and distinctive and not eaten raw. It makes superb preserves, sweetened compotes and freezes well. A three to four minute soften of the fruit in the preserving pan followed by the application of the potato masher then an equal amount of warmed sugar and a rolling boil of four to five minutes gives up the most delicious jam.

Loganberries produce vigorous long rambling canes (their parents are the blackberry and the raspberry) which have to be tied in. They make a good fence cover and mine have done better there than in the open in the fruit cage, covering an area of roughly three panels – a total of 18 feet in length. They like a fertile well drained soil and a sunny site and four wires are needed as supports. I put nails in the top of the fence from which I suspend nets before the long conical fruit ripen to their dark purple red.

September and October are good times to cut out the old canes from the bottom three wires at the end of the fruiting season. During the summer the new canes are trained up through the

centre of the fruit and tied along the fourth (top) wire. Once the old canes are cut back to ground level and removed it's time to carefully let down the new canes and weave them between the lower three wires. The reason they are woven up and down the three wires is to use up some of their length and so conserve space.

This month I'll be preparing the ground for another blackberry and raspberry hybrid - the tayberry. I've always wanted to try them and, as some of the raspberries have not fared well the last couple of seasons, I'll remove about a third of the canes and make up for the loss of crop with the tayberry. It will need the same support and general cultivation as the loganberry and I plan to plant the new fruit in November.

Also this month I'll be washing down the inside and outside of the polytunnel and greenhouse to keep up reasonable levels of hygiene in the hope of reducing pests and diseases over the winter months and, just as importantly, to allow in as much light as possible.

I'll be starting to collect up leaves for rotting down in their chicken wire cage and picking the last of the long keeping apples and pears – these develop their flavour and ripen in store to be eaten through to mid-spring next year. The Brussels and broccoli will have their second set of ties put in; if I don't stake and tie they end up blown to the ground by winter winds. I'll clear away dead and diseased leaves at the same time.

The early and mid-season apples are ready for use and there's always some odd windfalls hanging around to be made into chutneys and sharp apple sauces which go with pretty well anything piggy, or if sweetened and lightly spiced to go with anything and everything dairy.

There are a couple of very old apple recipes specific to Norfolk. The Norfolk Biffin/Beefing is a Norfolk apple certainly grown from the early 1800s and still on sale from specialist nurseries today. It's a cooker and will keep until April by which time its sugars have developed so it can be eaten as a dessert apple. This often happens with the long keepers.

The apples used to be slowly dried whole in bread ovens, probably as the ovens cooled down after the baking was done, and likely they were dried over several visits to avoid firing up the oven just for the apples and so conserve precious fuel. They were packed down in layers as they dried ending up as round flattened Biffins and this was how they were eaten. The slowly cooked juice within the apple would have concentrated and sweetened to produce a very popular dried fruit delicacy of the time.

There are apple soup recipes certainly dating as far back as 1400 and farther back than that I'm sure. Without doubt cooks would have used what was available at the time. Making a soup? Got

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a few apples? Throw them in. I do – they are great if you need to stretch a tomato dish or even if you don't they add texture and sweet or sharpness depending on which apple you use.

An apple soup from the 1800s called for five pints of mutton broth and four pounds of windfall apples cut up but not peeled or cored. All was simmered together until soft, pressed through a strainer and seasoned with ginger and salt then reheated with pearl barley. Once the barley was thoroughly cooked the soup was served as a winter night warmer.

Maybe we are a bit too tidy with our apples when preparing them for cooking, or maybe we feel we don't have the time for the extra work, but I notice that a lot of the old recipes call for apples to be cooked with their cores and pips as these give the apple flavour and a pleasant aroma. I certainly cook my plums with the stones in and notice the difference. Pips and cores are still vital additions to the pot when slow cooking apples and crab apples for jellies and preserves.

On the subject of jellies, my quince tree – purchased and planted solely for that purpose - has had to go. I haven't had a single fruit from it in all the time it's been in the garden. Not liking like the soil conditions and light rainfall it was sickly, losing its leaves each July and not thriving. Now gone to my neighbour's wood burner, it will eventually find its way back to me in the form of wood ash to feed the garden.

I so love quince jelly and plan to plant a quince japonica or Chaenomeles to replace the quince for jelly making. The small japonica fruit give off a wonderful perfume as they ripen indoors; a friend puts some in her sugar to scent it for baking. I put a few in with a box of eating apples where they add their scent and give the apples a fascinating combination of flavours. This practice should be avoided if you want your stored fruit to remain untainted.

### Norfolk Apple Pudding:

Grease a 1½ pint pudding basin and put 2 rounded tablespoons golden syrup in the bottom. Make a suet crust pastry with 6oz self-raising flour, 3oz suet, a pinch of salt and enough liquid to make a dough. Keep back one quarter for the lid and roll the rest out thinly and line the basin. Finely slice 1lb (after peeling and coring) cooking apples. Put them into the lined basin with 1oz brown sugar and the grated rind of a lemon. No liquid is required. Put on the top crust and cover with greaseproof paper and cover again with a pudding cloth or foil. Place in a saucepan of boiling water cover and steam for 3-3½ hours, keeping an eye on water levels in the pan. If you have a pressure cooker this would be the time to use it.

I'm wondering if October will be cold enough to have a good excuse to make a Norfolk Apple Pudding. Actually, do we need an excuse for pudding?

Hilary Dellar-Lane

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## Heacham at Night

A shorter article this month as, at the time of writing, I have just returned from the Star Party at Kelling Heath. This even made the EDP with a whole page and an editorial comment devoted to it.

No pictures of me though, even in this article. Below are two sights at Kelling which I liked; the sheep are not to aid sleep as the idea is to stop up all night, though clouds at midnight on Friday and about 11pm Saturday meant most people got more sleep than expected. I say 'most' because my inflatable mattress collapsed and the Heath has an unforgiving texture.



The second picture is of hand crafted astronomical binoculars or bino-viewers. The device goes onto a handmade mount, optics are added and away you go. Engineered by veterans who take you back to a time when people knew how to make things.



The third picture shows Bob Mizon MBE, who was awarded the honour for voluntary service to astronomy and the environment. He has led the campaign for dark skies for many years and the EDP should have recognised that the Norfolk dark skies they eulogised about, are under threat. Before any of you think all the

lights have to be turned out, Mr Mizon advocates intelligent lighting solutions which give necessary light with the minimum of sky pollution.



A form of lighting too many people have in their back gardens, is certainly not intelligent. I refer to sodium 'security' lights which glare out every time a moggie passes by. They are too bright, deter any

passing burglars not at all and are a nuisance. Be aware, it is an offence to allow light from such lamps to spill over into neighbours' gardens:

'The Clean Neighbourhoods and Environment Act 2005 makes light nuisance subject to the same criminal law as noise and smells. It applies to "artificial light emitted from premises so as to be prejudicial to health or a nuisance". 'Nuisance floodlights from neighbours are now most definitely covered.'

So, if you have any kind of external lighting consider turning it off or, most certainly, ensure it does not shine into neighbouring property.

Now, what to look for in the night sky in October: Around 11pm in the middle of the month, 9pm at the end, look straight up then a little SE towards the nearest corner of The Square of Pegasus (4 not very distinct stars forming a rectangle). Look for a fuzzy blob, binoculars (not a telescope) will help a lot. This is M31, the Andromeda Galaxy. This is the only large galaxy visible to the unaided eye. It is two and a half million light years away (the time it has taken the light from it to enter your eyes) and contains 1 trillion stars. It is moving towards us and will merge with our own Milky Way Galaxy in 4.5 billion years. The Heacham Newsletter will undoubtedly record this event.

A brighter spectacle is the Pleiades star cluster which is within our own galaxy. Again, start from straight up and move due east about two thirds across the sky (or do it the other way round). Mist in the sky might make them appear as a bright fuzziness but binoculars will bring the stars out. They are the famous Seven Sisters. See how many you can count with the naked eye. It used to be easy and 14 are still visible in dark, clear skies. A telescope can reveal one thousand.

On a good viewing night, running overhead broadly NE to SW you should see a wide, tenuous, glimmer of light as though from an extensive, longitudinal cloud. This is the Milky Way, our galaxy, and you are looking into it. The glimmer is the overlapping shine of millions of stars. Use binoculars to scan

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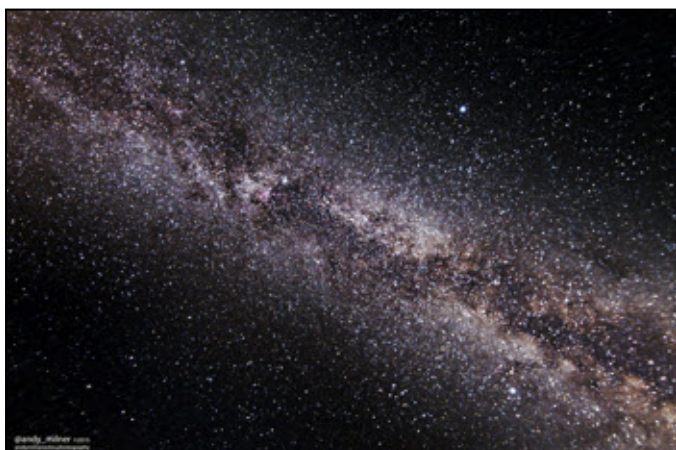
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along it. The picture below shows the Milky Way photographed just last week from a dark sky site in Dorset (Andy Milner King's Lynn and District Astronomy Society). It could look like this over your house if artificial lighting was intelligent and controlled.



More opportunities to see meteors: October 8th /9th look for the Southern Taurids, weak with odd fireballs; during October 20th to 27th, see the Orionids (remnants of Halley's Comet), possibly 15 to 30 meteors / hour sometimes more; at the end of the month the Northern Taurids begin, peaking in November.

The planets: Uranus and Neptune are relatively high in the sky but a wide aperture telescope is needed to see these blue/green members of the solar system (Uranus is visible to a young eye in a dark sky); look SSE and consult Stellarium or a sky chart.

It is Heacham in the Morning for a quartet of planets; Venus, Mars, Jupiter and Saturn. Look ESE at 6.30am between the 8th and the 11th and a waning crescent Moon will be in the sky. Close to it (below on the 8th, above from the 10th) will be Venus,

Mars and Jupiter. Binoculars held steady will bring them out. Venus will be brightest, Jupiter next, Mars should show a tinge of red. Follow the line of moon and planets down to the horizon and you might see the fiery spark of Mercury close to it. Avoid the Sun!

You can try seeing all four again on October 16th – 6.45am; ESE, Venus, Jupiter, Mars, Mercury all strung out in a line. Jupiter and Mars very close. A bright star may be seen to the west of Jupiter/Mars – Denebola.

And again on October 26th at 6am; this time Jupiter and Venus are very close Mars below them; Denebola much closer to all three; Mercury very close to the horizon. Note that this 6am would have been 7am because BST ends the day before, on the 25th. Also note that the four planets can be seen in similar positions every morning from the middle to the end of October. The dates given have more interesting juxtapositions.

A brief note on three space missions: New Horizons has been busy sending streams of data about Pluto back to Earth. Some wonderful images are appearing, just Google to see them. The Rosetta, comet orbiter, and Gaia, the mission to map the precise position of a billion stars are both a year old; Google them too.

And, for hedgehog fans: both night visitors appear to be doing well and certainly scoff a lot. On their behalf, I will be attending 'The Day of the Hedgehog' at Telford International Centre on 21st November. Google 'The British Hedgehog Preservation Society' for details and for ways of helping hedgehogs survive. They are as endangered as dark skies.

Even darker nights are ahead; wonderful (but, please, no clouds and no glaring lights).

**Terry Parish**

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## Would you like to learn Bridge?

Sorry for the lack of an article in the September magazine. I neglected to submit my copy on time. No excuse apart from age and inefficiency.

Here is the solution to the August hand:

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

Remember when playing a hand in bridge before you play a card in response to the opening lead of the 6♥, you have to make a plan. First of all you need to decide how many tricks you can win using your top cards. In this case you have the A,K,Q,J of spades which is 4 tricks. Then A,K, of hearts which is another 2 tricks. Then A of clubs which is 1 trick making 7 in all. To make 3NT, you have to make 9 tricks and therefore you need 2 more. Where do you get these from – look at diamonds. You have K,Q,J of this suit and therefore if you get rid of the A, the other 2 will be winners – giving you 9 tricks in all. You have made your plan.

Therefore, win the 6♥ with the A♥ and play the 3♦ if West wins the A♦, you can play the 6♦ and the KQ♦ are now promoted and will win you 2 tricks. Of course West might be awkward and not play his A♦. In this case, you win the K♦ and play another ♦. If West now plays his A♦, your Q♦ will win a trick and you still have 9 tricks. If he does not play A♦, you have your two diamond tricks and then you cash your other winners.

You therefore make 9 tricks; 4 spade tricks, 2 heart tricks, 2 diamond tricks and one club trick. Try it!

This month's hand is a suit contract. See below.

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

South is to play in 4S and West leads the JD. See if you can make 10 tricks with hearts as trumps. A small tip. Remember in a suit contract you can trump losers in dummy which gives you extra tricks. Good luck.

Any queries to me on [brb.carrick@gmail.com](mailto:brb.carrick@gmail.com).

**Bob Carrick**

### Stephen Gibson

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## TIDE TABLES FOR OCTOBER & NOVEMBER 2015

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST ends 25 Oct									
October 2015					November 2015				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TH	08 01	8.1	20 27	7.8	1 SU	09 12	7.0	21 23	6.8
2 F	08 44	7.7	21 06	7.3	2 M	10 01	6.4	22 08	6.3
3 SA	09 30	7.3	21 49	6.7	3 TU	11 02	5.9	23 10	5.8
4 SU	10 21	6.5	22 40	6.2	4 W			12 16	5.6
5 M	11 27	5.9	23 50	5.7	5 TH	00 28	5.6	13 28	5.5
6 TU			12 48	5.6	6 F	01 41	5.7	14 34	5.7
7 W	01 08	5.6	14 07	5.6	7 SA	02 45	5.9	15 31	6.1
8 TH	02 22	5.8	15 17	5.8	8 SU	03 38	6.3	16 17	6.4
9 F	03 23	6.2	16 13	6.3	9 M	04 22	6.5	16 56	6.7
10 SA	04 14	6.5	16 55	6.5	10 TU	05 00	6.8	17 29	6.9
11 SU	04 56	6.9	17 31	6.8	11 W ●	05 37	6.9	18 02	7.0
12 M	05 33	7.0	18 04	7.0	12 TH	06 13	7.0	18 35	7.1
13 TU ●	06 08	7.1	18 32	7.0	13 F	06 50	7.0	19 09	7.1
14 W	06 42	7.1	19 03	7.1	14 SA	07 27	7.0	19 40	7.1
15 TH	07 16	7.1	19 34	7.1	15 SU	08 01	6.9	20 11	7.0
16 F	07 47	7.0	20 02	7.0	16 M	08 36	6.7	20 45	6.8
17 SA	08 17	6.9	20 30	6.8	17 TU	09 17	6.4	21 26	6.5
18 SU	08 48	6.7	21 01	6.5	18 W	10 06	6.1	22 17	6.3
19 M	09 26	6.3	21 41	6.3	19 TH	11 12	5.8	23 24	6.1
20 TU	10 15	5.9	22 35	5.9	20 F			12 42	5.8
21 W	11 26	5.6	23 52	5.7	21 SA	00 48	6.1	14 02	6.1
22 TH			13 14	5.6	22 SU	02 06	6.4	15 06	6.4
23 F	01 29	5.9	14 35	6.1	23 M	03 10	6.8	16 03	6.9
24 SA	02 41	6.4	15 38	6.5	24 TU	04 08	7.3	16 53	7.3
25 SU	03 40	6.9	16 31	7.0	25 W ○	05 02	7.5	17 39	7.5
26 M	04 33	7.5	17 19	7.5	26 TH	05 53	7.6	18 23	7.6
27 TU ○	05 22	7.9	18 03	7.7	27 F	06 42	7.7	19 06	7.6
28 W	06 10	8.0	18 45	7.7	28 SA	07 29	7.6	19 45	7.5
29 TH	06 57	8.1	19 26	7.7	29 SU	08 13	7.4	20 23	7.3
30 F	07 43	7.9	20 04	7.6	30 M	08 56	6.9	21 01	7.0
31 SA	08 27	7.6	20 43	7.3					

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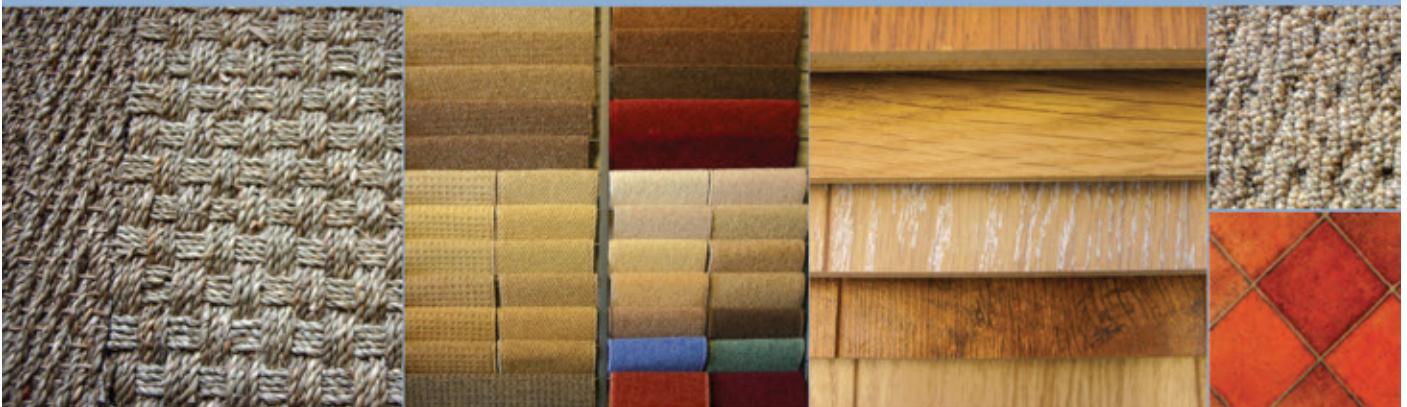
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## THE SONG REMAINS THE SAME

### Monthly musings on music by Frank Edmonds

*Great songs – again, again, again, again!*

It was the year of Watergate, and West Germany winning the World Cup; the year the world was introduced to Rubik's Cube, and Dungeons And Dragons; the year Ali beat Foreman in the Rumble In The Jungle, Stephen King published his first novel, Carrie, and Harold Wilson won the General Election for the fourth out of five times, to become Prime Minister with a three-seat majority.

Welcome to 1975 ... when there were one or two good songs around, too!

• **THIS TOWN AIN'T BIG ENOUGH FOR BOTH OF US** Sparks (Island, WIP 6193, No 2)

"Zoo time / Is she and you time / Mammals are your favourite type / And you want her tonight / Heartbeat, increasing heartbeat / You hear the thunder of stampeding rhinos / Elephants and tacky tigers"

Haven't you just gotta love a song that starts with the words "Zoo time"? Isn't that enough to warrant it getting to No 1 alone? But then This Town is a bafflingly bonkers song, from a brilliantly bonkers band.

The lyrics – if you're able to decipher Russell Mael's off-the-scale, soaring and dipping falsetto – seem to be alluding to the anxiety of meeting a girlfriend. But they pinball around the strangest subjects in between, from zoos, to airplanes, cannibals, the weather and census figures ... with a bit of a Western shoot-out thrown in for good measure!

And what, can someone tell me please, is a "tacky tiger"?!! I haven't got a clue ... but I want one!



Sparks were a band that seemed to explode all over us, like some dazzling firework, with this weird but thoroughly wonderful hit. But unlike a lot of others of its day, This Town really has stood the test of time – probably because it's as insanely catchy as it is completely bizarre.

And so was the band – based around pint-sized, colourful, curly-headed Russell, and his tall, thin, stuffily-dressed and always-silent brother Ron, he

*"Look! A tacky tiger!" Russell and Ron Mael, of Sparks*

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of the Hitler moustache and comically staring eyes. It truly was as astonishing an assault on the eyes as it was on the ears.

Sparks went on to have a string of hits, such as Amateur Hour, Beat The Clock, and The Number One Song In Heaven. And just when you think they might have finally fizzled out, what do they do? Turn up again this year, as one half of a supergroup with Franz Ferdinand, called FFS!

And what was one of the most popular songs FFS performed at their live shows? Why, This Town Ain't Big Enough For Both Of Us, of course!

• **HOW LONG** Ace (Anchor, ANC 1002, No 20)

"Oh, you said you were never intending / To break up our scene in this way / But there ain't any use in pretending / It could happen to us any day"

What a great little band Ace were. In fact, you might say they were ace – but then again, perhaps you ought not to. A classic early to mid-Seventies band, when there seemed to be a modest but talented and usually only slightly successful pop-rock band lurking around every corner.

(Anyone remember a band called Blue from this period, for example? No – not the boy band! I mean the Scottish soft rockers, who featured Hughie Nicolson, who used to be in Marmalade? Or Home – now there was a band! – probably best known now for featuring Laurie Wisefield, who went on to play with Wishbone Ash, and Cliff Williams, who later joined AC/DC. But I digress. Sorry about that).

A skilled bunch of musicians, Ace turned out polished and quietly catchy tunes like Sniffin' About, and Ain't Gonna Stand For This No More. But their trump card (sorry!) was unquestionably How Long, a minor classic in the pop music cannon, which has been covered by people as diverse as Rod

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*Just walking' the dog ... Oops, no, that was Rufus Thomas!  
This is Ace, with a youthful Paul Carrack, second from right*



Stewart, Bobby Womack, Barbara Dickson, and, er, Yazz (with Aswad) (and why not?).

The song was written and sung by Ace's secret weapon – a youthful Paul Carrack, perhaps best known for singing The Living Years, as a member of Mike And The Mechanics. Possessor of a beautifully soulful voice, he has also worked with Elton John, Eric Clapton and Ringo Starr, and his own songs have been covered by the Eagles, Diana Ross and Tom Jones.

How Long is a devilishly clever song, because both the verses, and the refrain of "How long / Has this been going on?" lead you to jump to the conclusion that it's about the discovery of an affair. Well, sort of.



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Carrack actually wrote it after discovering that Ace's bass player, Terry Comer, had been working with other groups behind the band's back! And what is even more ironic is that Comer came back to Ace to record How Long – which is especially notable for his brilliantly catchy bass-line intro!

• **DOWN DOWN** Status Quo (Vertigo, 6059 144, No 1)

"I want all the world to see / To see you're laughing – and you're laughing at me / I can take it all from you / Again, again, again, again, again, again, again / Deeper and down"

Critics – and let's face it, where Status Quo are concerned, there have been one or two – might say this is an overly simplistic song. And I really don't know what they mean. Just because the chorus consists of: "Down down, deeper and down," (repeat), (repeat again), (add: "Get down," and repeat one more time) ...

But I think the critics would be missing the point. Just as they do, if I may say so, Again And Again, when they bang on interminably about Quo being three-chord wonders (that joke stuck, though – Quo even called one of their albums In Search Of The Fourth Chord).

Surely the point is that simple things are often the best, and besides, when your boogie rock is as brilliant and as head-shakingly infectious as the Quo, then what does it matter? I think this is a point worth making again, again, again, again, again, and again, quite frankly.

Besides, has it not occurred to you that lines like the ones quoted above could actually be a subtle dig at the band's critics, hmm?!

Amazingly, Down Down was Quo's first and only No 1 single. No, Caroline wasn't (that got to No 5). Nor was Whatever You Want (No 4), or even Rockin' All Over The World (No 3). Perhaps Down Down should have been called Up Up, then?!



*Heads down, no-nonsense mindless boogie – just how we love it! Status Quo's Francis Rossi, Rick Parfitt and Alan Lancaster (drummer John Coghlan is in the dry ice somewhere!)*

Anyway, the fact is, Status Quo have released over a hundred singles, and spent over 200 weeks in the UK singles chart – and that's longer than The Beatles did. Down Down was the third in an unbroken run of 32 Top 40 hits.

Not bad for a band that can "only play three chords," huh?!

Our thanks to Frank for sharing his considerable knowledge, insights and enthusiasm for music and the musicians over this series.

I hope readers have enjoyed them, but due to other commitments this is the last one for now.

THN

## SAVE HEACHAM FIRE STATION

There has been an organised fire brigade in Heacham for over 100 years run by various councils and the National Fire Service during the Second World War. To some people, this is a piece of interesting history but we find ourselves in a position where the fire brigade in Heacham may become just that – a piece of history.

Along with all other County Council departments, Norfolk Fire & Rescue Service (NFRS) has been asked to provide options for saving various percentages of its budget. The most modest cut of 8% proposes an option to close the fire stations at West Walton and Heacham.

The Parish Council has been told that computer modelling has shown closing our fire station will not have a significant effect on the response of NFRS to emergencies. It's all very well a computer saying that, but just try convincing the people of Heacham, Snettisham, Sedgeford, Docking, Stanhoe and all the other small communities in between, that they won't get a poorer service and be more at risk than they are now!

There are over 9,500 people that have Heacham as their nearest fire station when they are in need, the highest number served by a station on the West Norfolk coast. The population of Heacham itself is approaching 5,000 and according to the census of 2011, it is the largest settlement on the coast between King's Lynn and Sheringham. It is also has a greater population than a number of towns across Norfolk.

Looking at the population in more detail, the Brigade's own Integrated Risk Management Plan (IRMP) for 2014-17 highlights this area as a hotspot with regard to one segment of the community. There is a higher than average proportion of elderly residents and this is a group of people that sadly is shown to be at greater risk from fires in the home. A map showing exactly what this means with regard to our area, can be found on the brigade's own website by searching for 'IRMP' and then selecting the option for the 2014-17 plan. The map on page 40 illustrates very well that there are more people in this area considered to be at higher risk than vast areas of the rest of Norfolk.

Furthermore, there are 12 caravan parks in Heacham alone with over 1850 caravans. A conservative estimate of visitor numbers sees our population double during the holiday season and there is the very real potential for there to be over 7,000 additional residents, even if only three-quarters of the caravans were occupied at any one time. In Snettisham, there are over 600 caravans presenting a similar additional risk on top of the resident population.

Most of these visitors arrive by car and the A149 is well known for the volume of traffic using it to head to the coast. Inevitably,

accidents or road traffic collisions (RTCs), happen and the Heacham junctions have been notorious for these in the past. Whilst, thankfully, road safety measures have reduced the number of incidents, they still occur as they do on the B1454 between Heacham and Docking, a road which has seen at least nine brigade attendances at RTCs so far this year. At last month's Parish Council meeting, the Deputy Chief Fire Officer for NFRS reported that this area was a 'red risk' for RTCs.

As a station, Heacham attended more calls in the 2014/15 year than they did in the previous two years and attendances are up again this year on the same point in 2014.

In addition to the local information given here which supports the station, there is a case to be made that there should be no cuts to any fire engines or fire stations in the county. NFRS is now the cheapest brigade per head of population in the country and at a County Hall meeting on 9th September, there was cross-party support from some committee members for ring-fencing the Brigade budget to protect it from these proposed cuts. If more of the councillors were persuaded to adopt the ring-fencing option, it would save not only Heacham fire station but any other under threat. At the end of the day, all stations rely on each other and it would be a black day if any were to close.

What can you do to help?

Whilst it was important to outline why we need the fire station to remain in Heacham, by now you have probably heard enough facts and figures and just want to do something to help..... Well you can!!!

The best way of getting the message across to the people who make the decisions, is for individuals to write letters. There is a list of postal and email addresses of the people to contact coming up at the end of this article.

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As well as using the information given here, both the local facts and the option of **ring-fencing**, you may have your own reasons why you think the fire station should stay open so please include those in your letters and write to as many of the people listed as you can. If desired, letters can be left unstamped at various collection points around the village including the Post Office, Parish Library, Parish Council office, Heacham Fish Bar, the Fox & Hounds and the West Norfolk. They will be collected and posted so all you have to do is write them, but please don't delay as it would be good if the committee members know the strength of feeling against this before they make their recommendations later this month.

As a final thought, the fire brigade often talks about 'life risk' as a key factor in deciding where any new stations should be. In other words, 'where do people live' as most fire deaths occur in the home.

Well, members of the County Council, the Communities Committee and the decision makers of Norfolk Fire & Rescue Service, believe your predecessors got it right when they opened a new fire station in Heacham 50 years ago. The people were here then and they are here now in ever increasing numbers!

Please write your letters objecting to the proposed option of closing Heacham fire station to:-

#### **County Councillor**

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There is also a **facebook** page called 'Save Heacham Fire Station'. Please join the 1,000 people who have 'liked' it so far.

#### **A concerned Heacham Resident**



Five year old Kathryn Pelling has a go at hitting the targets helped by firefighter Damon Heffer.



Owner Jonathan England with his 1942 Austin fire appliance



Fire appliances on display



Bonita Espley (7) tries her mum Leesa's uniform for size!



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HEACHAM IN BLOOM 3rd Monday Monthly @ 7pm (PC)  
INDOOR BOWLS CLUB 7pm (MC)  
LINE DANCING 7-9pm £3.50 Yvonne Tel:532317 (PH)  
WEST NORFOLK TAPPING CIRCLE meet 3rd Monday  
Monthly 7-9pm For more information Tel:571936 Catherine  
or email [mcatherineallen1@gmail.com](mailto:mcatherineallen1@gmail.com). (PRH)  
HEACHAM WIVES GROUP – 2nd Monday of most months at  
7.30pm (HSC) Top Room Contact Sue Scott Tel: 572252

### TUESDAYS

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

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](http://www.westnorfolkmind.org.uk)  
SCALLYWAGS PLAYGROUP 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  
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/](http://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)  
OVER 60? Enjoy improving your health and bone density with  
Active for Life Exercise Classes at Heacham Surgery  
Classroom 10-11am Tel: 298429 or 579125  
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](mailto: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)

## HEACHAM DIARY

**Friday 2nd October** GIG 'Blackdog' 8.30pm at the Fox & Hounds Station Road

**Saturday 3rd October** GIG 'Mark Wilkinson Quartet' 8.30pm at Fox & Hounds Station Road

\*\* GIG 'Bob Stevenson' at Silver Sands

**Tuesday 6th October** GIG 'Dave Thomas' 8.30pm at Fox & Hounds Station Road

**Friday 9th October** \*\* GIG 'Andy Acoustic' 8.30pm at Fox & Hounds Station Road

**Saturday 10th October** 'Farmers Market - Food Fair' at Palm Beach Holiday Resort Jubilee Rd North Beach 10.30am – 1pm  
All local Produce & Suppliers

\*\* GIG 'Jamie Neale' at Silver Sands

**Tuesday 13th October** GIG 'Retro Rockets' 8.30pm at the Fox Hounds Station Road

**Friday 16th October** GIG 'Hillbilly Cats' 8.30pm at the Fox & Hounds Station Road

**Saturday 17th October** GIG 'Budgie' at Silver Sands

**Tuesday 20th October** GIG 'T.B.C..' 8.30pm at the Fox & Hounds Station Road

**Friday 23rd October** GIG 'Ed & Laura' 8.30pm at Fox & Hounds Station Road

**Saturday 24th October** GIG 'Dave Ryka Howard' at Silver Sands

**Monday 26th October** 'Bingo' at Fridhem Rest Home Station Rd Eyes down 7pm sharp Refreshments Come and join us

**Tuesday 27th October** GIG 'Keno Kings' 8.30pm at Fox & Hounds Station Road

**Friday 30th October** GIG 'Jam Session with DNA' 8.30pm at the Fox & Hounds Station Road

**Saturday 31st October** 'Messy Church' at St Mary's Heacham 10am–12 noon

\*\* GIG 'End of Season Party with The one & only Matt Pierce' at Silver Sands

**Monday 2nd November** Heacham in Bloom Quiz night at the Fox & Hounds Station Road 7.30pm. Teams of four.

**Friday 6th November** 'Coffee Morning' to raise funds in aid of Marie Curie Cancer Care 9.30am-2.30pm at The Pine Residents' Hall Wilton Road Bring & Buy Tombola etc To help or for more information Tel: 571936 Catherine Allen

**Sunday 15th November** Deadline for receipt of the shoeboxes for Operation Christmas Child Boxes can be delivered to St Mary's Church or the Christian Bookshop Information leaflets are available from the Church, the Christian Bookshop or John Whitbread (Tel: 579326)

**Saturday 21st November** GIG 'Pout at the Devil' at Heacham Public Hall Also appearing 'Tattooed Lies' Tickets £6 from Trev Framlingham Tel: 07747 156204

**Sunday 29th November** Heacham Twinning Association trip to 'Bury St Edmunds Christmas Market' Cost £12 (£6 child) Departs 9am 1st pick-up point - opposite the Public Hall 2nd pick-up point - Lodge Rd Bus Stop To reserve your seat Tel: 572252 Sue

Please turn to the next page for 'Other Events' ➡



# The Mulberry Restaurant

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AA Rosette Award





The Mulberry Restaurant  
HEACHAM MANOR HOTEL

## October Lunch and Dinner Voucher

*Lunch – 2 courses for £10 or 3 Courses for £15 (excluding Sat and Sun lunch)*  
*Dinner - 2 courses for £15 or 3 Courses for £20 (excluding Fri and Sat night)*

Terms & Conditions: Vouchers must be presented on arrival. 1 Voucher per table. Vouchers are subject to availability in the restaurant & cannot be used in conjunction with any other offer/promotion. No drinks included. Vouchers are valid until 31st October 2015

**DON'T FORGET...**

Our NEW Sunday Roast Lunch, every Sunday from 12:00-2:30pm from £11.95 for 1 Course & our superb Traditional Afternoon Tea every day from 2:30-5pm for £11.95 (24 hours notice required)



## Book early for our Beaujolais Nouveau Evening

Thursday 19th November 2015, 6:30pm  
£28.50 pp includes: A deliciously warming French 3 course meal, 1/2 a bottle of carefully selected Beaujolais Wine, Coffee & Petit Fours

**Please call 01485 536 030 to book**

**HEACHAM MANOR HOTEL**

Hunstanton Rd, Heacham, West Norfolk, PE31 7JX [www.heacham-manor.co.uk](http://www.heacham-manor.co.uk)

HN

## OTHER EVENTS

**Saturday 3rd October** Hunstanton & District Festival of Arts 'Craft Fair' 10am-4pm at Hunstanton Town Hall

**Friday 9th October** Sedgeford Village Hall Film Night present 'A Royal Night Out' 7.30pm Admission £5 (inc's a glass of wine) For info Tel: 579355 or 570097

**Sunday 11th October** 9th Annual Family Walk at Holkham Hall for Brain Tumour Research & Support 10am-4pm

**Tuesday 13th October** Brancaster Camera Club An original presentation by Dave Jordan 'The three 'Cs' of photography' 7.30pm at Brancaster Staithe Village Hall For info Tel Jim Till 210013 or Wendy Callow 01553 674725

**Wednesday 14th October** Hunstanton & District Festival of Arts 'Literary Supper' at Hunstanton Town Hall Tickets £5 available from the Tourist Information Centre

**Friday 16th October** Anmer Village Social Club Film Night 'A Little Chaos' 8pm Tickets £3 For more info Tel 579465 or email films@anmerclub.co.uk

**Saturday 17th October** Hunstanton & District Festival of Arts 'Craft Fair' 10am-4pm at Hunstanton Town Hall

**\*\* Cinema in Syderstone presents 'Dark Horse' 7.30pm at Amy Robsart Village Hall Tickets in advance £3.50**

Tel 578171 or email cinema@syderstone.com

**Wednesday 21st October** Hunstanton District Festival of Arts 'Creative Writing Course' at the Town Hall Chambers 10.30am to 4.30pm Cost £16 To book Tel: 533367

**\*\* Smithdon High School PTA 'Prize Bingo' Doors open 6.30pm Eyes down 7pm Raffle Refreshments Fun**

**Thursday 22nd October** Norfolk Wildlife Trust 'The Secret World of a Norfolk Wood' an illustrated talk by Mike Stew 7.30pm at Hunstanton Methodist Church Hall Cost £2(members) £2.50(non-members)

**Saturday 24th October** 'Autumn Fair' at the Union Church Hunstanton 10am to 1.30pm Tea Coffee Snacks & Lunches Various stalls to include Gifts Crafts Plants Preserves etc

**Tuesday 27th October** Brancaster Camera Club Annual Print Competition 'Open Monochrome' Judge Chris Holt 7.30pm at Brancaster Staithe Village Hall For info Tel Jim Till 210013 or Wendy Callow 01553 674725

**Friday 30th October** Sedgeford Village Hall Film Night present 'On the Box' 7.30pm Admission £5 (inc's a glass of wine) For info Tel: 579355 or 570097

**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

**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

**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 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

**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

### Sundays

**CAR BOOT SALE** at Glebe House School Hunstanton



# around and about...



## Fun Quiz and Club Nights with the Princess Players.

The Princess Players held a fun quiz night on Tuesday September 1st in the Town Hall Basement in Hunstanton. This event was the first of a series of new "Club Nights" hosted by the Theatre Company which will include play readings, theatre skills workshops for beginners and speaking in public for the terrified! These events will run for those people not included in the current production, which is now in rehearsal for the November show at The Princess Theatre.

These courses are booked to run from 7 – 9pm in The Town Hall Basement, which started in September, through till Christmas, on the first Tuesday of each month - Oct. 6th, Nov 3rd, December 1st, and more are planned.

Each session will cost £2.00 and refreshments will be available. So if you would like to add to your theatrical skills or take the first step in serious acting – now's your chance.

Workshops will be under the direction of Ann McKimm, a fully qualified and experienced teacher of Speech and Drama and one of the adjudicators for the Hunstanton & District Festival of Arts Drama Festival. Call Ann on 01485 533933 for more information.



## Age UK Norfolk

**A little of your time could make a big difference...**

Age UK Norfolk is a local charity helping local people. Each year we provide support to thousands of older people in Norfolk and have been doing so for 68 years.

Our free Information, Advice and Advocacy services offer support to older people and carers on a wide range of issues that impact upon their lives, such as benefits and entitlements, money matters, housing and care options, social opportunities, practical support after bereavement and much more!

These services would not exist without our volunteers and **we are currently in urgent need of new volunteers!**

We are looking for volunteer advisers and advocates and have vacancies that need filling throughout Norfolk.

No experience necessary – our volunteers are fully trained and supported in their roles.

### Could you help?

Volunteering for Age UK Norfolk is an opportunity to learn new skills, meet new people and work within a friendly, professional organisation and have the satisfaction of knowing that you are making a real difference to people's lives.

*"Since volunteering for Age UK Norfolk, I have gained a tremendous amount. I have a personal feeling of being able to help, if only in a small way, and giving something back to the community of which I feel a part. So to anyone who is considering becoming a volunteer for Age UK Norfolk, I would say "go for it, you won't regret it!" Volunteer Adviser.*

However you would like to get involved, we have lots of opportunities to suit you!

Call our volunteer recruitment line on 01603 785241 or check out our website [www.ageuknorfolk.org.uk](http://www.ageuknorfolk.org.uk) to find out more.



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

Presents:

**On Saturday 17th October 2015**

**“Dark Horse” (PG)**

A rags-to-riches story about the racehorse ‘Dream Alliance’ who was trained by (and became the soul of) a small Welsh mining community, depressed after the closure of the Pit. It is hard to overestimate the popular appeal of this little film. It has had audiences all over the country cheering on their feet.

Venue: Amy Robsart Village Hall,  
Syderstone PE31 8RX.  
Start time: 7.30pm.  
Advance Tickets £3.50  
Contact 01485 578171  
Email: [cinema@syderstone.com](mailto:cinema@syderstone.com)



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

**The Secret World of a Norfolk Wood**

on

**Thursday 22nd October - 7.30pm**

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



## SEDFORD VILLAGE HALL

**Film Night**

Presents:

**On Friday 9th October 2015**

**‘A Royal Night Out’ (12A)**

This is a gentle drama based on the evening of VE night when Royal Princesses Elizabeth and Margaret escape the Palace and meet the people. The film stars Emily Watson and Rupert Everett.

**On Friday 30th October 2015**

**A musical comedy  
‘On the Box’**

**by the Bowjangles Theatre Company**

This is a show they performed at the Edinburgh Fringe last year to excellent reviews. The video preview of the show performed by two men and two women, is very funny with brilliant musicianship.

Venue: Sedgeford Village Hall,  
Jarvie Close, Sedgeford. PE36 5NG.  
Start time: 7.30pm.

Admission (incl glass of wine): £5.00 – Payment on the door  
Contact 01485 579355 or 570097 for more information

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Norfolk. PE31 7JT

**Tel: 01485 570611**

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

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







**A Little Chaos**  
A FILM BY ALAN COOPER

**ANMER SOCIAL CLUB**  
**FRIDAY 16th OCTOBER 2015**  
**8.00 p.m.**  
Doors open 7.30 p.m. Admission - £3

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

### Anmer Village Social Club Film Night

Friday 16th October 2015 at 8.00pm

#### "A Little Chaos"

Romantic comedy starring Kate Winslet, Alan Rickman and Stanley Tucci, in which two talented landscape artists become romantically entangled while building a garden in King Louis XIV's place at Versailles.

Venue – Anmer Village Social Club

Admission by ticket - £3 at the door

Doors and bar open 7.30pm

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

For details of this and other forthcoming events, including trailers of future films, visit our website at:  
[www.anmerclub.co.uk](http://www.anmerclub.co.uk)

### Brancaster Camera Club

We have two meetings planned for October:

Tuesday 13th October 2015

An original presentation by Dave Jordan:  
'The three 'Cs' of Photography'

Tuesday 27th October 2015

Annual Print Competition

'Open Monochrome'

Judge – Chris Holt.

We meet in Brancaster Staithe Village Hall at 7.30pm on the relevant evenings. Visitors always welcome. Contact either Jim Till on 01485 210013 or Wendy Calow on 01553 674725.



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## West Norfolk Mind Celebration of therapeutic art at Furniture Store

West Norfolk Mind will be celebrating World Mental Health Day (10th October) with fundraising and awareness raising activities throughout the area, one of which is an Art Exhibition which will include many exhibits from people who have found art, crafts, photography etc to be therapeutic and beneficial to their mental wellbeing.

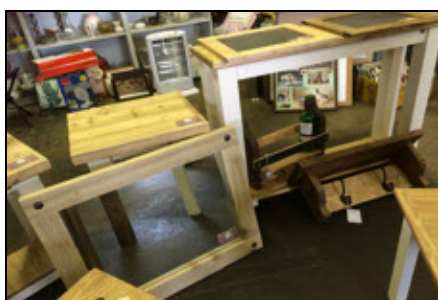
The exhibition will run from 5th – 9th October 10am – 3pm at West Norfolk Minds Furniture Store situated at Saunders Yard, Austin Street, Kings Lynn PE30 1QH. The store has been trading



for 20 years as a social enterprise which supports the charity's services – and tends to be a bit of a hidden gem (tucked away on the left hand side just past Lidl). The art exhibition has free admission and it is hoped that people

who have never visited the store will enjoy the artwork but also see what good quality pre-owned furniture, beds, white goods, bric-a-brac etc can be found at very reasonable prices. The exhibition also coincides with the project introducing new lines - picket fence panels (£25 per panel), hand crafted furniture made from reclaimed wood (Penny Wood Recycling) and undertaking house, loft and garage clearances.

If you would like to know more about the exhibition, need a particular item of furniture, quote for a house clearance or wish to donate furniture please call the Furniture Store on 01553 763193



More details about West Norfolk Mind and their services can be found at [www.westnorfolkmind.org.uk](http://www.westnorfolkmind.org.uk) or at their Head Office 01553 776966

**Zena Penty**  
Volunteer Co-ordinator  
West Norfolk Mind  
01485 572707

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OCTOBER**



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**Charity Ball  
& Casino**

In aid of  **Mind** | West Norfolk

**The Dukes Head Hotel**  
Saturday 7th November 2015  
6.30pm for 7.00pm 'til midnight

3 Course Dinner    Martians Folly  
Phase One Roadshow    Auction

**Tickets £40**

To book please speak to Sharon at West Norfolk Mind on 07535 752741  
or email her at [charityball@westnorfolkmind.org.uk](mailto:charityball@westnorfolkmind.org.uk)

West Norfolk Mind is a registered charity no. 1137888









**NINTH ANNUAL  
Norfolk Family Walk**  
at  
Holkham Hall  
for  
**BRAIN TUMOUR  
RESEARCH & SUPPORT**

**SUNDAY  
11th  
OCTOBER  
2015  
10am-4pm**

Adults : £5    Children : FREE  
Car Parking : £2.50/car can be redeemed at the cafe or shop  
The walks are: 1, 3, 6, or 10 miles.  
The one mile walk for children has activities along the way.  
Prams, trikes, wheelchairs and animals on leads are welcome.

**Brain tumours now account for more deaths among children and those under 40 than any other cancer.**  
Join others and **raise sponsorship** for your chosen brain tumour or cancer charity and **help us all find a cure** for this devastating disease.

The 2015 "World Walk" for Brain Tumours is a project of the International Brain Tumour Alliance (IBTA) and is in its ninth year. We hope to achieve enough mileage world-wide to encircle the Earth at the Equator many times. The "World Walk" symbolically unites all those around the globe whose lives have been touched by a brain tumour.

Go to **[www.astrofund.org.uk](http://www.astrofund.org.uk)** to download a sponsorship form  
and for a link to create a justgiving page or contact via email  
**[info@astrofund.org.uk](mailto:info@astrofund.org.uk)** or telephone **01485 572767**

Organised by the Norfolk Branch of Astro Brain Tumour Fund, charity no. 1133561







**Hunstanton Conservative Club**

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

3rd October	Music and dancing with Replay
12th October	Coffee, Brandy and a scone for £1.50 from 10.00am - 12.00noon
17th October	(No entertainment arranged)
24th October	Karaoke with David George
31st October	Music and dancing with Mike Shelby

**Eileen Hamilton  
Chairman**

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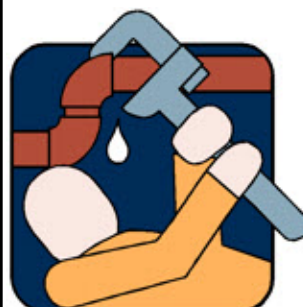
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WEDNESDAY 21 OCTOBER 2015

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Eyes down 7pm

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## NEWSLETTER SUDOKU No. 96

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

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

Solution to  
Newsletter  
SUDOKU  
No. 95

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



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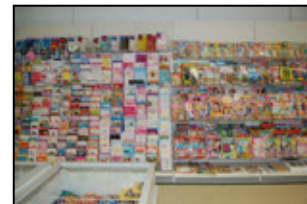
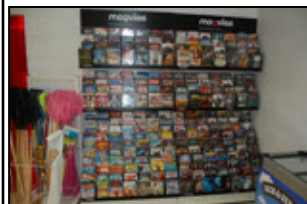
Newspapers, Magazines, Toys, etc.

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## DATES & DEADLINES - OCTOBER 2015

Supplied by Kathryn Gigg, Chartered Accountants,  
Hunstanton

**1 October 2015: NMW:** the National Minimum Wage rises to £6.70 per hour for workers aged 21 and over; £5.30 for those aged 18 to 20; £3.87 for those aged 16 to 17; and £3.30 for apprentices (i.e. those aged under 19, or 19 or over and in the first year of their apprenticeship).

**5 October 2015: INCOME TAX:** last date for individuals not already registered for Self Assessment to notify HMRC of chargeability to Income Tax or Capital Gains Tax for 2014/15. This requirement also applies to Trustees and any other persons potentially within Self Assessment.

**6 October 2015: PENSIONS:** deadline for Pension Administrators to give a pensions savings statement to scheme members if their pension inputs in the scheme in 2014/15 exceed the Annual Allowance of £40,000.

**15 October 2015: TAX:** deadline for US expatriates to file 2014 US Tax Returns if they have obtained a filing extension. If 2014 returns have not been filed by this date, the IRS may accept a written request for a further two months' extension to 15 December 2015.

**31 October 2015: INCOME TAX SELF ASSESSMENT:** deadline to file tax returns for 2014/15 in paper form. The form must reach HMRC by midnight. If the notice to file was issued after 31 July 2015, the paper filing deadline is the later date of 31 October 2015 or three months from the issue date. This deadline does not apply where the return falls into one of the categories which cannot be filed online (for which the deadline is 31 January 2016) e.g. politically sensitive individuals and, locally here, anyone working for Sandringham Estate.

**INCOME TAX RETURN:** returns for 2013/2014 filed on paper after today attract a further penalty of up to 100% of the tax outstanding on 31 October 2014.

**COMPANY ACCOUNTS:** private companies with 31 January 2015 year-ends, should file their accounts at Companies House.

**CORPORATION TAX:** returns for accounting periods ended 31 October 2014 should reach HMRC.

Mrs K H Gigg, FCA

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

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OCT 10TH - JAMIE NEALE

OCT 17TH - BUDGIE

OCT 24TH - DAVE RYKA HOWARD

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## HEACHAM FOOTBALL CHARTER STANDARD CLUB

Come and support your local teams, a good way to spend your Saturday afternoons. Our catering facility which provides, burgers teas and coffee etc., has been just been awarded 5\* catering. Many thanks to Sally and Darren Bailey for all their hard work.

Heacham FC Chairman - Dave Page - Tel 07874 654848  
 Sec Treasury - Garry Mortimore - Tel 07912 384061  
 First Team Manager - David Griggs - Tel 07581 878414  
 Res Team Manager - Les Deadman - Tel 07836 558834  
 A Team Manager - Andrew Dix - Tel 07786 093684  
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### Seniors Fixtures

#### **First Team Fixtures:**

5/9/15 - Discovery Away  
 19/9/15 - Snettisham Away  
 26/9/15 - Watlington Away  
 10/10/15 - Bishops Lynn Home  
 24/10/15 - Snettisham Home  
 7/11/15 - Woottons Home  
 21/11/15 - Castle Rising Home  
 28/11/15 - Gayton Home  
 5/12/15 - Ingoldisthorpe Away  
 12/12/15 - West Lynn Home  
 19/12/15 - Discovery Home  
 2/1/16 - Birchwood Home  
 9/1/16 - Watlington Home  
 16/1/16 - Gayton away  
 23/1/16 - Dersingham Home  
 30/1/16 - Ingoldisthorpe Home  
 6/2/16 - Bishops Lynn Away 3G Away  
 13/2/16 - Castle Rising Away  
 20/2/16 - The Woottons Away  
 5/3/16 - Birchwood Away  
 12/3/16 - West Lynn Away

12/12/15 - Redgate Away  
 19/12/15 - Ingoldisthorpe Away  
 2/1/16 - Marshland Saints Away  
 9/1/16 - Castle Rising Away  
 16/1/16 - Greyfriars Home  
 30/1/16 - Hunstanton Away  
 6/2/16 - Redgate Away  
 13/2/16 - Castle Rising Home  
 20/2/16 - Greyfriars Away  
 27/2/16 - Thornham Home  
 5/3/16 - Marshland Saints Home  
 12/3/16 - River Lane Rangers Home



#### **Res fixtures:**

5/9/15 - Hunstanton Home  
 12/9/15 - Terrington Away  
 26/9/16 - Redgate Home  
 3/9/15 - Docking Home  
 24/9/15 - Thornham away  
 7/11/15 - Massingham Away  
 21/11/15 - River Lane Rangers Away  
 28/11/15 - Docking Away  
 5/11/15 - Terrington Home



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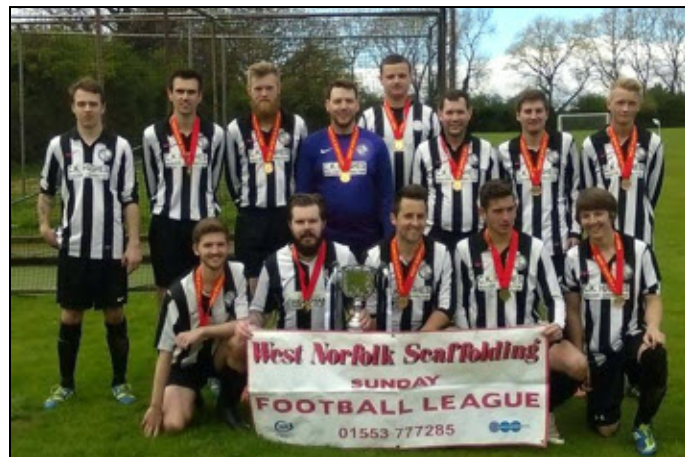
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### A Team fixtures:

12/9/15 - South Creake Away  
 26/9/15 - Denver Home  
 3/10/15 - Woottons Away  
 24/10/15 - Pentney Home  
 31/10/15 - Hunstanton res Away  
 21/11/15 - Upwell Town A Home  
 28/11/15 - Hungate Home  
 5/12/15 - Denver Away  
 2/1/16 - Springwood Away 3G  
 9/1/16 - Birchwood Res Home  
 16/1/16 - Birchwood res Home  
 16/11/16 - Woottons Res Home  
 23/1/16 - Hunstanton Res Home  
 30/1/16 - Pentney Away  
 6/2/16 - South Creake Home  
 13/2/16 - Birchwood Away  
 20/2/16 - Watlington Res Home  
 27/2/16 - Hungate Away  
 5/3/16 - Springwood Home  
 12/3/16 - Upwell Town A Away



*Heacham Sunday Side Team*



### Wash Art Group

#### Snettisham Methodist Church

This is to advise that the above group now has vacancies for membership. If you are an existing artist or beginner, you are very welcome to come and join us. There is help available if required and you are welcome to come along for a free taster session to see if you would like to join.

All particulars of the group will be explained if you do so. The current charge is £2 per session. The group meets every Thursday morning 10.00am-12.00noon at the Snettisham Methodist Church Hall and refreshments are available, or telephone 01485 572844.

**June Cunningham**

**SJP**  
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## 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.

### Colour yourself calm at the library:

Colouring in is an easy way to calm the mind. If you've never tried it, why not come along to this new free 4 week course at Hunstanton Library on Mondays 10.30-12noon. This course started on 28th September and runs through to 19th October. Colouring books, colouring pens and refreshments will be provided. Places are limited so please book in advance by calling the library.

### Stoptober and Mini health MOTs:

Wednesday 7th October from 1.00-5.00pm.

The Health Trainer Service will be offering free Mini Health MOT's plus advice on going smoke free. No need to book, just pop in to see them! For further information, contact the library, or visit [www.mytimeactive.co.uk](http://www.mytimeactive.co.uk) [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree).

### Fun with stories:

Hunstanton Children's Centre presents stories, crafts and rhymes for parents, carers and their pre-school children. There's no need to book, just come along.

Fridays 10-30-11.15am on Oct 9th, Nov 6th/20th, Dec 4th/18th.

### Bounce and rhyme with Jo:

There's no need to book, just come along.

Alternate Fridays from 10.30-11.15am - Oct 2nd, 16th, Nov 13th/27th, Dec 11th.

### Minion making afternoon:

Monday 26th October 2.00-4.00pm.

Come along and join the Minion craft afternoon. Tickets are £3 per child payable in advance. Please book your place by calling the library. Please note we will be using acrylic paints so please don't wear your best clothes!

### Hunstanton Library Book Group:

Monday October 19th 2.30pm.

Come along to our friendly book group. New members are welcome. For more information please call the library.

### Knit and natter group:

Thursday 8th October.

Come along and knit for charity or if you're a beginner we'll help you get started. Even if you're just visiting Hunstanton, come along too! Refreshments available for a donation. For further information, contact the library.

### Also, at nearby Dersingham Library...

Sky High and Smiling - Wednesday 7th October 1.00-2.00pm  
Join us at Dersingham Library for a book talk by local author Susan Barnett. With a background as a VIP Liaison Officer for British Airways, freelance broadcaster and more than two decades working in tourism, theatre and the arts, Susan is often asked to reveal some of the behind-the-scenes secrets of jet-set travel and the theatre world. You can hear a reading from her new book "Sky-High and Smiling", ask questions and get some tips on getting yourself published. Tickets are free and must be booked in advance by calling 01485 540181.

### Dementia Workshop with the Alzheimer's' Society:

Wednesday 21st October 6-7.30pm.

Come and join us for a friendly information session on Dementia. Learn what we can do to make our local community more Dementia friendly. Please book this FREE session by calling 01485 540181.



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## HUNSTANTON & DISTRICT FESTIVAL OF ARTS

### The Autumn Programme

Just because "the holiday season" is over doesn't mean that the HDFA have finished their programme of Arts for All!... Not at all!!! Visitors and residents are both in for a cultural treat!

On Wednesday 14th October at Hunstanton Town Hall, there will be a Literary Supper entitled: "Going to bed with a Good Trollope!"

This fun talk will be given by Michael G Williamson, JP DL, and International Chairman of the Trollope Society and is billed as "A presentation in celebration of the bicentenary of the birth of Anthony Trollope."

Anthony Trollope (1815-82), the renowned Victorian author whose works include The Barchester Chronicles and The Pallisers series of novels, will be the subject - with extracts and readings by an expert in this field. Michael has travelled all over the world lecturing on this subject and there will be a question and answer/ discussion session at the end.

NB: Michael Williamson, who lives near Cambridge, also chairs the Hunstanton Drama Festival Committee each year and is chief adjudicator for this event.

Tickets will cost £5.00 and wine and light refreshments will be available. Tickets available soon from the Hunstanton Tourist Information Centre on 01485 532610.

Next, on 21st October, there will be our second Creative Writing Course, with tutor Sue Burge. This one takes the title "The Winter Sea" and is a follow up to the excellent "We do like to write beside the Seaside" course held in the spring. This one will take place in the Town Hall Chambers, with its wonderful sea views, from 10.30am – 4.30pm. It's on the first floor of the Town Hall but there is a lift available.

The course will cost £16.00 with a one hour break for a packed lunch or eating out in the surrounding town's many delicious cafes and restaurants. To book please contact The HDFA Treasurer; 01485 533367 or email; [2chrisearnshaw@gmail.com](mailto:2chrisearnshaw@gmail.com)

Finally, there will be two more popular Craft Fairs at the Town Hall on 3rd and 17th October from 10am – 4pm. Entry is free and delicious homemade cakes and teas are always available!

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

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**Fund raising events at  
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Abramovich : talk and recital"**

No admission charge but retiring collection.  
Refreshments available after the recital.



**Fund raising events at  
St Mary's Church Snettisham**



Lunchtime recital on  
Saturday October 17th at 12pm  
in church.

**John Bennett (tenor and  
Gillian Smith (piano)**

No admission charge but retiring collection.  
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## Hunstanton & District Rotary Club

### Rotary Matters

Readers of our articles will know that as well as helping the local community, we also try to help people who need it elsewhere in this country and abroad. Our Hunstanton Club began a scheme in July 2013 which we are finding to be successful in that we are able to help a lot of people abroad who may otherwise have some difficulty in making a living.

It is our **'Lend with Care'** scheme and we are one of the first Rotary Clubs to invest in the scheme. During the last two years we have successfully loaned out money to 124 entrepreneurs in different countries covering Africa, South America and Asia. These are people who, typically, need some help in getting a business started. The **'Lend with Care'** scheme is designed to help disadvantaged people in foreign countries. Whether the loan given is to help a person open a market stall, or perhaps a small tailoring business, or diversifying the crops they grow, people across the world are bursting with business ideas – all they need is a helping hand to get started.

We have now become one of the first Clubs to give some of the responsibility for administering the scheme to a school. Since the month of May, senior pupils at **Smithdon High School in Hunstanton**, under the supervision of teacher Steve Chapman, have been running the scheme; they have been loaning money to entrepreneurs and monitoring their repayments. The Rotary Club members are able to oversee their progress through access to the Care International webpage. It is proceeding well; every entrepreneur loaned money has repaid the money on time. Rotary Clubs at all levels are taking a keen interest in how well the scheme is working. We are sure that the scheme will be taken up by many other schools across the UK. Since August, three donations have been made by Smithdon School pupils from our **'Lend with Care'** Account. They were made to three entrepreneurs, totalling £223.07 with the aid being spread around three different countries – the Philippines, Ecuador and Pakistan. Two examples of entrepreneurs are Nancy Lubino, running a general store in the Philippines and Haydee de Fatima Gonzales aNasco, running a clothes shop in Ecuador.

Haydee is a single mother with a young son. She runs a shop selling women's clothing and handbags in the city of Loja. She buys all her stock from the town of Guayaquil and the town of Huaquillas, which is on the border with Peru. Her loan will help her to purchase stock for the new season. Another example is Chantha from Cambodia. She has been farming for 20 years, growing maize and cassava. She uses a tractor to farm her 20 acres of land and has applied for a loan to purchase key agricultural implements. She also needs to purchase insecticide and weedkiller and hire additional labour to farm the land.



The photo shows Chantha, farmer from Cambodia

Recently, we have been able to give a generous donation to the West Norfolk Branch of the National Autistic Society. We felt we would like to emphasise the work that the Branch does. Charlotte Hitchings from Sedgeford gave us an inspiring talk

earlier in the summer when she told us about the problems that children with an autistic spectrum condition (ASC) and their families may have. These people have problems with social communication and can have sensory problems with touch, sounds, sight, taste, smell and with balance and spatial movements. ASC is a neurodevelopmental disorder; the amount of extra care that a person with ASC needs varies from person to person. It is likely that all children with ASC require extra support and specialist interventions. ASC is still a disability very misunderstood by the public. The speaker kept us spellbound, telling us about the social activities provided by the West Norfolk Branch. A great deal can now be done to offer support to children and adults with an autistic spectrum condition.

Don't forget our Rotary website! -  
[www.hunstanton-rotary.org](http://www.hunstanton-rotary.org)

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## The Village Cinema at Snettisham Church Hall



Matinee screening of the film  
"Paddington" at 2.30pm  
on October 24th

Tickets available from The Grapes Gallery.  
Adults £5.00 Children £2.50  
to include tea and cakes.



Saturday October 31st at 7pm at  
St Mary's Church Snettisham.

The Hunstanton Community Choir  
will perform songs old and new.

Tickets are £5.00 and available from  
The Grapes Gallery Snettisham.

Fund raising for St Mary's  
Church Snettisham.



# Christmas Party Nights



**It is never too early to book your Christmas Party Night and avoid disappointment.**

Searles Party Nights have been running for over 24 years and prove very popular with couples, small groups, and for company parties. All Party Nights include an arrival drink of either red or white wine, and a pre-ordered choice of dishes served to your table.

Following your meal you can sit back and enjoy the entertainment or dance the night away to our fabulous 'Pulse Roadshow' disco.



Party Nights are on Friday 11th or Friday 18th December.  
Sorry, Saturday dates are now sold out.

All Party Nights are priced at £29.95 per person  
Private Company Parties also available.

For enquiries please email Emma at  
[emilsom@serales.co.uk](mailto:emilsom@serales.co.uk) or call 01485 536002



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## HUNSTANTON LIONS

### TURKEY TINSEL LUNCHES 2015

We are delighted to announce that we are holding our successful Turkey Tinsel Lunches at The United Services Club, Homefields Road, in Hunstanton beginning Monday 30th November to Friday 4th December 2015. These lunches are open to **all Senior Citizens** in Hunstanton and the surrounding area.

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

The lunches cost **£6.00 per person** (non-refundable unless 48hrs notice is given) for a delicious three course meal, including a free cup of tea/coffee after your meal.

**Soup**  
**Traditional Christmas Turkey with all the trimmings.**  
**Christmas pudding.**  
**Special dietary requirements will be met.**

Please complete and tear off the Booking Form below and return as soon as possible to the address given below on the form. Confirmation will be sent to you.

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

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

## TURKEY TINSEL BOOKING FORM 2015

Name: .....

Address: .....

.....

Telephone Number: Home: .....

Mob No: .....

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

Email: .....

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

**Monday 30th Nov**

**Tuesday 1st Dec**

**Wednesday 2nd Dec**

**Thursday 3rd Dec**

**Friday 4th Dec**

Please **circle** which **time** you would like to have lunch:

**12.00noon or 1.00pm**

Please state any special dietary requirements:

.....

.....

.....

Please enclose **£6.00 per person** (cheques made payable to:- **Hunstanton & District Lions Club**) and return this form to:- Mr Chris Holt, 4 Bewick Close, Snettisham, PE31 7PJ. For further enquiries contact Mr Chris Holt on: 01485 541534 or via email: [mail@chrisholtphotographic.co.uk](mailto:mail@chrisholtphotographic.co.uk)

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## At the going down of the sun and in the morning,

My Grandad was one of the lucky ones who survived the First World War. When you have read the following you'll realize how fortunate he was to have survived.

He was called Leonard Johnson and was born on July 2nd 1889. Before he volunteered for the army he was working as a grocer's assistant in Haywards Heath in Sussex.

He joined the 4th Battalion Royal Sussex Regiment in November 1914 and was part of the British Expeditionary Force who were among the first men to fight the Germans in France and Belgium. After being promoted to Lance Corporal, he was sent to fight at Laventi, which was a diversionary battle before the first battle of the Somme in 1916. During the battle he was shot in the ankle (possibly shrapnel) and also wounded in the elbow and head. He was left for dead and only found two or three days later by which time his leg had become gangrenous and had to be amputated. This was done at Mirville hospital after a canal journey by barge. The operation was a success but the surgeon didn't leave enough skin on his stump and he had pain from it for the rest of his life.

For reasons we don't understand, he was transferred to 2/6 the Royal Warwickshire Regiment and taken back to England to convalesce at the Northampton War hospital.

In June 1917, he was admitted to the Royal Pavilion Hospital in Brighton where he stayed until he was discharged from the army.

Despite his horrendous war experiences, he married my Granny and they had five children of which the eldest, Douglas, was my father.

Grandad lived until he was ninety seven.

**We will remember them.....**

**Martin Johnson**

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## HEACHAM PARISH COUNCIL NOTICEBOARD

### Parish Council Meetings in Brief

**Heacham Fire Station:** The Council welcomed officers from Norfolk Fire and Rescue Service and members of Heacham Fire Crew to discuss the possible closure of Heacham Fire Station. Mr Harold, Deputy Chief Fire Officer, stated NFRS's position. The County Council has asked all services to demonstrate possible savings of 25% to meet a £110million funding gap. One option is to close Heacham's fire station as response times would deteriorate only slightly because of its proximity to Hunstanton. There is to be public consultation on the proposals at the end of October. Mr Wood outlined Heacham fire crew's position, which is against any cuts to existing services. The Council approved a resolution to support the retention of Heacham's Fire Station.

**Parish Maintenance Officer:** It was agreed that the vacant PMO post should be advertised at 12.5 hours per week.

**Donations:** The Council agreed to make a donation of £100 to The Norfolk Hospice, Tapping House, and £1000 to St. Mary's Church, Heacham, towards the upkeep of the churchyard.

**The next Full Council meeting will be held on Tuesday 20 October at 7.30pm at the Parish Council Office.**

### Dog Fouling



An example of a local business working with the 'Pink Patroller' to point out the antisocial aspect of allowing your dog to foul. 'These premises are for food, not to be used for a dog's toilet'.

### Young Hot Shots

Heacham Wildfowlers' Association held a very successful day in August for children to have a go at clay pigeon shooting. The sessions at Heacham Chalk Pit proved very popular, and thank you to the Wildfowlers for organising the day.



### New Community Building

#### Message from the Community Building Committee



Heacham resident David Allen has been co-opted onto the Community Building Project Committee to assist in the process leading up to placing a contract with a builder. As a building consultant, he will assist us (for free) in respect of the construction costs, buildability and any contractual & tendering matters arising during this process. We still need similar assistance in respect of accounting, design, legal and tax matters, and, as such, would love to hear from other Heacham residents.

### HEACHAM PARISH COUNCIL JOB VACANCY PARISH MAINTENANCE OFFICER 12.5 hours a week - mornings

**For full job description and application form  
please contact the Parish Council Office.  
Deadline for applications is 9 October 2015.**

#### Job Vacancy

Robert Bradley, one of the Parish Council's two Parish Maintenance Officers, will be leaving us on 9 October. This means that there is a vacancy for a new PMO.

The post is 12.5 hours per week, worked over 3 days, (Wednesday, Thursday and Friday) starting at 7.30am. The rate of pay is £7.15 per hour.

The main duties involve routine maintenance work around the parish, including litter picking, street sweeping, clearing vegetation and ensuring that areas such as Brays Pit and the Recreation Ground are tidy and safe.

We are looking for someone with a good knowledge of Heacham, a clean driving licence, the ability to work with minimum supervision and a willingness to work out of doors at all times of the year.

For more information and an application form please contact the Parish Council Office. The deadline for applications is 9 October and interviews will be held on 16 October.

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

<b>HEACHAM GROUP PRACTICE</b>				<b>01485 572769</b>
<b>HEACHAM</b>	MON TO FRI	08.30 TO 13.00	14.00 TO 18.30	
<b>SNETTISHAM</b>	MON TO WED	08.30 TO 12.30	14.00 TO 18.30	
	THURS/FRIDAY	08.30 TO 12.30	Closed p.m.	

**OUT OF HOURS DOCTOR** **111**  
For out of hours service, please call the NHS Helpline

**HEACHAM & DISTRICT COMMUNITY CAR SCHEME** **534777**

**HEACHAM CHEMIST** **570297**  
OPENING HOURS MON TO FRI 09.00 TO 18.30  
SAT 09.00 TO 17.30

Between 13.00-14.00 prescriptions and certain other products only available if the Pharmacist is in attendance  
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**HEACHAM PARISH COUNCIL OFFICE** **572142**  
OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT **572142**  
BOROUGH COUNCIL OFFICE **01553 616200**

BOROUGH COUNCILLORS  
Mr P. COLVIN **01485 572625**  
Mr C. MANNING **07885 258392**  
NORFOLK C C MICHAEL CHENERY **01328 823411**

**PARISH LIBRARY** **571928**  
OPEN MON, WED, FRI 10.00 TO 16.00 SAT 10.00 TO 12.00

**HEACHAM POST OFFICE** **570330**  
OPEN MON – FRI 08.30 To 17.30 SAT 09.00 To 13.00

**EMERGENCY SERVICES**  
QUEEN ELIZABETH HOSPITAL **01553 613613**  
NHS Helpline **111**  
DENTIST Emergency only for patients not registered with a dentist **01553 769264**  
COMMUNITY MIDWIFE (Ask for Hunstanton M/W) **01553 613613**  
POLICE **101**  
SAMARITANS **01553 761616**  
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### HEACHAM CHALK PIT RECYCLING CENTRE

Summer opening times are 9am - 6pm. Winter opening times, which apply from 1st October to 31st March, are 9am - 4pm.

### HEACHAM COMMUNITY WEBSITES

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

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Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
0647 first bus to Kings Lynn then three times an hour from 0826  
0654 first bus to Hunstanton then three times an hour from 0918

#### **Service 10 (Saturday)**

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
0647 first bus to Kings Lynn then three times an hour from 0826  
0714 first bus to Hunstanton then three times an hour from 0918

#### **Service 10 (Sunday)**

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
0908 first bus to Kings Lynn, then twice an hour from 1054.  
0843 first bus to Hunstanton, then twice an hour from 1016

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

### **Smithdon High School Bus**

#### **Service 401**

Via:- Folgate Road/Fengate, Station Road  
0816 to Smithdon School  
1530 from Smithdon School

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

### **Coasthopper Service**

Kings Lynn to Cromer & Fakenham Via Heacham (Norfolk Lavender, Lodge Rd & Heacham Manor) Hunstanton, Holme, Thornham, Titchwell, Brancaster, Wells, Sheringham.

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Via:- Fox & Hounds and Lodge Rd  
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0709 first bus to Hunstanton then twice an hour from 0954

#### **Service 35 (Sunday)**

Via:- Fox & Hounds and Lodge Rd  
0906 first bus to Kings Lynn then twice an hour from 10.41  
0834 first bus to Hunstanton then twice an hour from 1009

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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, Heacham Fish Bar

### HEACHAM HALLS

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

### MOBILE LIBRARY

ROUTE WEL 124	(Mondays)	ROUTE WEL 123
12th/26th	October	5th/19th
COLLINGWOOD CLOSE	09.55	ROBIN HILL 10.40
SOUTHMOOR DRIVE	10.10	RINGSTEAD ROAD 11.00
SANDRINGHAM DRIVE	10.30	NEVILLE Court 11.45
FENSIDE	10.45	NEVILLE ROAD 12.15
HEACHAM INFANT SCH	11.00	PINE MALL 12.30
WOODSIDE AVE	11.45	SITKA CLOSE 12.50
NOURSE DRIVE/Ingleby CL	12.25	SUNNYSIDE 14.15
ROLFE CRESCENT	13.55	MEADOW RD 14.40
WOODEND ROAD	14.15	POPLAR AVE 15.25
GIDNEY DRIVE	14.30	GYMKHANA WAY 15.45
BANKSIDE	14.50	JENNINGS CLOSE 16.10
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MARRAM Way/Neville RD	15.35	