



THE HEACHAM NEWSLETTER

February 2018



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Deadline for the next edition is 12 noon, Tuesday 13th February

The next Messy Church will be on

Saturday 24th February

10.00am-12.00pm

Heacham St Mary's Church

Check out our Messy Church web pages on <http://www.stmarysheacham.net.uk/>

For more information contact Brian 01485 579313 or Veronica 01485 579397 or griffid48@virgin.net

**Community
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All Ages Welcome

14th February 2018

Tea / Coffee 10am – 12noon Cakes/Chat

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In Support of the Community Building Project

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

E-MAIL: theheachamnewsletter@yahoo.co.uk www.heachamnewsletter.org.uk

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

your letters..



Dear Newsletter

Leaside

Heacham Royal British Legion SGM

GREAT NEWS!

The reformation of the Heacham Royal British Legion can move to the next level. The formation of the committee.

King's Lynn RBL, who will run the meeting, have given me two possible dates 7th / 8th February 7pm in the community room of Cunningham Court, Station Road PE31 7HW.

I'm asking all members, including other interested parties, to contact me on 01485 570170 and leave their preferred date so I can maximise on the date.

I will default to the earlier date if necessary.

If a committee is successfully elected, the next and last level is the RBL membership organisation.

In the event of not being able to form a committee, the membership will be assimilated into the King's Lynn membership with members given the choice of joining local branches and Heacham will no longer exist. If a committee is formed and we are accepted by the membership organisation, and then we fail the branch, as long as there is one member left with a computer then Heacham RBL will continue.

Colin Toule



Dear Newsletter

Hunstanton

Friends' Dance Night

On behalf of the Friends of Hunstanton Library we would like to say a huge thank you to all the lovely people who supported our first venture at the newly refurbished Heacham Public Hall – looks great by the way!! The idea behind the dance was to bring people together for an evening of good company, fun and laughter – the dance floor was full and lots of new friends made. The 2 + One band were brilliant with a wide range of hits from the last 50 years and are looking forward to entertaining us again next month.

So, we are hoping to see an even bigger turnout at our Valentine's dance on Saturday February 17th, Heacham Public Hall, 7-11pm. Tickets are just £8.50 with a special deal of £15 for two – ideal present for that someone special in your life!! See the diary dates for where to get your tickets – now!!

With thanks.

Nikki, Sandy and Roger

Long Woods Heacham. Ref no. 17/00773/fm

<https://online.west-norfolk.gov.uk/online-applications/search.do?action=simple&searchType=Application>

Once again, we ask for the help of Heacham residents and beyond, to help stop the destruction of the last piece of ancient woodland in Heacham. New planning application has gone in for 25 large camping huts to be installed in the woods. Any form of development will mean the end of this woodland. We have 11 holiday parks here already, there is no need for more. It is crammed between two very busy roads, surrounded by residential houses. Please put in your objections now before it is too late.

Rob.



Dear Newsletter

Heacham

Community Building

I attended the excellent Neighbourhood Plan event at the Public Hall back in October, and had the chance to view the concept models, and listen to, and consider, the ideas behind the two different designs for the new Heacham Community Building. Both parties spoke with passion and in detail about their visions of what it would look like, what facilities would be provided, and how the building would be financed.

Having been born and brought up in the village I have very fond memories of going to the baker's shop in Pound Lane (the existing Dairy Building) and being able to choose a treat for tea... would it be a date slice, a mincemeat square, or perhaps a jam doughnut?! Part of the experience was standing outside looking at the window display before going into the shop. I really like the idea of retaining the existing Dairy Building and having it incorporated into the new Community Building; I feel it's part of my heritage, and I would hate that particular building, in the centre of the village, to unnecessarily disappear.

I have been wondering what the latest is regarding moving forward with the scheme, and I do hope that the design which incorporates the Dairy Building is the one which comes to fruition.

A Heacham Resident

(Name & address supplied)

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Broadway

Dear Newsletter

Proposed Community Building

In December's issue, there was a letter from Mike Jennings (on behalf of the Heacham Y&C Trust) relating to their alternative concept of the building. I would wish to comment as follows:-

In respect of the cost stated (£600,000), there are no details of either the area of the proposed building or whether it includes all necessary demolition, external works, fencing/gates, external drainage, incoming power/services, fitting out and the like. Without this information, it is impossible to comment further on this element of his letter.

It is worth noting however, that the Heacham Parish Council's scheme costs less than £450,000 and includes all the above. The design caters for all regular village requirements, including space for functions/activities currently held in the Old Friends Hall, bearing in mind of course that Heacham already has a large village hall. Furthermore, for a relatively nominal additional cost, the first floor of the existing building can be refurbished to include further offices, meeting rooms, etc. This scheme would then provide overall some 350 square metres (approx 3,750 square feet), which I would imagine is an area not dissimilar to that proposed by the HY&CT, but costing less per square foot. It is not entirely impossible that income could be achieved from letting part or all of the first floor.

The £450,000 cost of the HPC scheme includes for any structural work necessary to ensure that the building will last for many, many years.

Along with the majority of Heacham residents, I cannot comment on the appearance of the existing building in the 1940s, but I believe that today it is very representative of Heacham in terms of appearance, style, etc. and that it would be tantamount to a crime to replace it with a steel-framed, factory-like building.

I must admit I was pleased to read that the Trust recognises HPC's scheme as professional, which of course it is. However, it was misleading for the Trust to say the cost of the design was expensive. Invitations to quote for the design were sent to a number of designers, the most competitive of which was chosen. Also, the detailed cost analysis of the scheme was prepared free of charge by a member of the Building Committee.

It is worthwhile noting that the HPC's proposal could be considered as Phase 1 of the site's redevelopment, in that the existing barn could be refurbished at a later date to provide additional space if viable. The current design takes into account this potential.

Mike Jennings suggests that the cost of HPC's development would place a Rates burden on the village. The Trust were present at many committee meetings, wherein it was stated that a loan would be used to pay for the cost of the building work, the repayment of which would be funded by the rent that would then not have to be paid for the existing council offices and the library. Selling the Old Friends Hall will also raise funds. In addition, there are many sources of funding via grants, which I believe are being actively sourced. It is interesting to note that no mention was made in his letter of the burden that the Trust's scheme would place on the village, which suggests that the Trust have the funds available. If so, then may be the Trust would be willing to use this money to support the more popular and economic HPC scheme?

I apologise for the length of this letter, but hopefully it has brought some clarity and reality to the situation.

David Allen



Heacham

Dear Newsletter

Christmas lunch

Thank you to the organisers and all concerned for the wonderful Christmas meal. It really was FANTASTIC!.

Colin Childs (OAP)



Paris Larham

Heacham Neighbourhood Plan Update

Heacham Neighbourhood Plan are in the early stages of developing a Neighbourhood Plan for the village. The Neighbourhood Plan is a community led plan to help guide development, regeneration and conservation in the village. After the plan is made, it will sit alongside the Borough's Local Plan and will carry the same weight in the decision making process.

Currently, work is starting to progress on developing the draft vision and questionnaire based on comments gathered at the consultation day held in October.

Also, the group has contracted with Small Fish to undertake a Strategic Environmental Assessment and are in the process of the scoping document. This work will be funded with the money from the Heacham Neighbourhood Planning Group's grant.

If you are interested in volunteering for the working group, just becoming involved, or just want further information, contact: enquiries@heachamplan.co.uk

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

Keep up to date with the Facebook page.

THN

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news & events in the community ...



Age UK Norfolk

Many older people are entitled to claim benefits – but not everyone is aware of what their entitlements are, and how to claim. Age UK Norfolk is working hard to raise awareness so that those in later life, and their carers, can claim; and helping them along the way to make those claims.

The awareness campaign began in January and the charity is aiming to ensure that the people concerned:

- Will be better informed.
- Know their rights.
- Are claiming their entitlements.
- Are fully informed about attendance allowance, pension credit, council tax benefit etc.
- Get the help and assistance they need to claim those benefits.

Age UK Norfolk hopes to achieve this by offering:

- Benefit entitlement checks.
- Free and confidential advice about home safety, housing, care issues etc.
- Providing this service in a place of a claimant's choice, either in their own homes, at Age UK Norfolk's premises, in a care home, or any other venue that is deemed suitable.

To find out more about benefit checks, call the Age UK Norfolk advice line on 0300 500 1217, Monday-Friday 10am-4pm.

Heacham Carpet Bowls Club

I was often asked last summer to play big bowls; what, outside in the fresh air on that nice lawn? Having learnt carpet or short mat bowls many many years ago, I have the ability to over correct and go sailing past the jack and into the ditch with every bowl. So now as it's that cosy-up to the fire time of year, come and play indoor bowls, in the warm, with tea, coffee and, mostly, chocolate biscuits every Tues, Wed or Thurs at the Social Club between 10.15 and noon. Thursdays are quieter so you get more goes!



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Old Friends Hall (OFH) Antique Valuation Evening

Friday 16 March sees a new venture for the OFH, Sunnyside, off Caley Street. For this is the night when Keys Fine Auctioneers of Norwich visit Heacham to host an Antiques Valuation evening. Tickets are limited to a maximum of only sixty (60) people. Our own antiques road show will allow each person the opportunity to bring along two pieces that they wish to discover more about. The expert from Keys Fine Auctioneers will appraise each item and select a few to delve further into their past and enlighten the audience on the history and potential value of the objects. There may also be the opportunity for items to be taken to one of their regular auctions for them to realise their true potential.

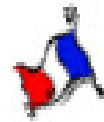
Tickets are available from the Parish Office (Tel 01485 572142) on a strictly "first come, first served" basis, costing £5 per person. Monies raised from the evening will be donated to a charity of Keys Fine Auctioneers choice and the Community Building Fund for our own village.

Doors open at 6.30pm and entrance will be by ticket only. Car Parking will be available thanks to the help of our local Scout Group. This will be an exciting evening; who knows what treasures may be unveiled.

We look forward to seeing you there and, remember, the OFH is available for hire for a multitude of purposes.

Roger Drinkwater
Tel: 01485 571659

On behalf of the OFH Management Committee



Beele Drive

Saturday 17th March
7:30pm

At the Old Friends Hall, Sunnyside Close, Heacham



Entrance £2.50

Please bring your own drink and nibbles

Further information: See: 01485 572252



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CHURCHES TOGETHER IN HEACHAM

LOVE, LOVE, LOVE!



February is the month for love, when celebrations of love seem to be everywhere. The shops are full of hearts, flowers, doves, chocolates and other symbols of love and affection. Pubs, restaurants and cafés have valentine menus and specials. That's fine for those in happy romantic relationships, but it can be a hard time for those in difficult relationships, or no relationships at all, or those who partners have died or gone.

I think that we should celebrate love, though not with all the pink tacky hearts etc, and I think that, whatever our circumstances are, we can still celebrate all that love is. The love between people is great, when it works, but the best love is that which God has for each of us.

I believe that God made each of us, he knows each of us by name, and he loves each of us. He loves us in a way that goes beyond the greatest love that any person can have for another. It is deeper, and wider, and higher and broader than any other love. His love is unconditional, and lasts forever; he loves me and you because of who we are, not because of what we do or don't do.

My prayer this month is that each of us gets a glimpse of the great love God has for us.

With my prayers and best wishes for February.

**Veronica
Team Rector**

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

Sunday Services at St Mary's - February 2018

| | |
|------|--|
| 4th | 10am - Holy Communion 4pm - Pine Mall Service |
| 11th | 8am - Holy Communion 10am - Morning Prayer |
| 14th | 10am - Ash Wednesday Communion Heacham 7pm - Ash Wednesday Communion Snettisham |
| 18th | 10am - Morning Service and Baptism 6pm - Evening Praise with Bishop Graham |
| 25th | 8am - Holy Communion 10am - Morning Prayer 6pm - Evening Praise for Lent |

Lent Reflections and lunches on Mondays

11am-1pm Reflections on Special Places for you and God followed by a soup and roll lunch. Donations to The Bishops Lent Appeal Papua Guinea.

19th, 26th Feb and 5th March at Snettisham Church Hall
12th, 19th and 26th March at St Mary's Heacham

Heacham and Rising Deanery Ecumenical Lent Services on Wednesdays

"Jesus, the same Yesterday, Today and Forever"

21st February 7pm Shernborne Church
28th February 7pm Hunstanton Methodist Church

ST. MARY'S CHRISTIAN BOOKSHOP

Please come and visit our bookshop which is opposite the Methodist Church in Station Road, Heacham. During the winter months it will be open from 10am-4pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturday 10am-4pm. We have a good selection of birthday, get well and bereavement cards, as well as individual cards for that Valentine in your life!

ST MARY'S CHURCH, HEACHAM

We are looking for someone to assist with the church accounts. This would involve a few hours a week over one or two days to suit individual commitments. A background in or knowledge of accounts/book-keeping would be most helpful.

If you have the spare time and feel you would like to help your parish church in this way, and for further details, please contact the Church Office on 572539 or e-mail.

heacham.church@gmail.com

HEACHAM METHODIST CHURCH February 2018

Sunday Services: 10.30am Morning Worship

| | |
|----------|---------------------------|
| 4th Feb | Hazel Miles |
| 11th Feb | Rev Steve Oliver |
| 18th Feb | Church Fellowship Service |
| 25th Feb | Jenny Sparks |

Midweek Communion

The February Midweek Communion service will be on Wednesday 14th February at 10.30am in the church hall led by Rev Steve Oliver. All welcome.

Bible Study

Our bible study is now twice a month on Thursday mornings at 10.40am. We are currently studying Revelation and invite you to come and join us as we discover the truth of the bible and how

it's applied to life today. It is a lively hour of learning and discussion led by Rev Steve Oliver. February dates are the 8th and 22nd.

Hands and Needles

The craft club for all who like sewing, knitting etc meets fortnightly on Tuesday nights at 7.30pm. February dates are the 6th and 20th.

Short Mat Bowls

Short mat indoor bowls is played weekly on Friday evenings at 7pm. New members welcome.

The Fellowship and Social Evenings have no meetings this month. Both begin their programmes for 2018 in March. Look out for details next month.

MIDWEEK ACTIVITIES

Tuesday - 10.00am-12noon - Open Door weekly
- 7.30pm Hands and Needles – 6th & 20th
Wednesday - 10.30am Midweek Communion 14th
Thursday - 10.40am Bible Study – 8th & 22nd
Friday - 7.00pm Indoor Short Mat bowls weekly

New members are welcome at all our events and activities - why not give them a try in this New Year?

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

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

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

Steve Oliver (Rev), Heacham Methodist Church

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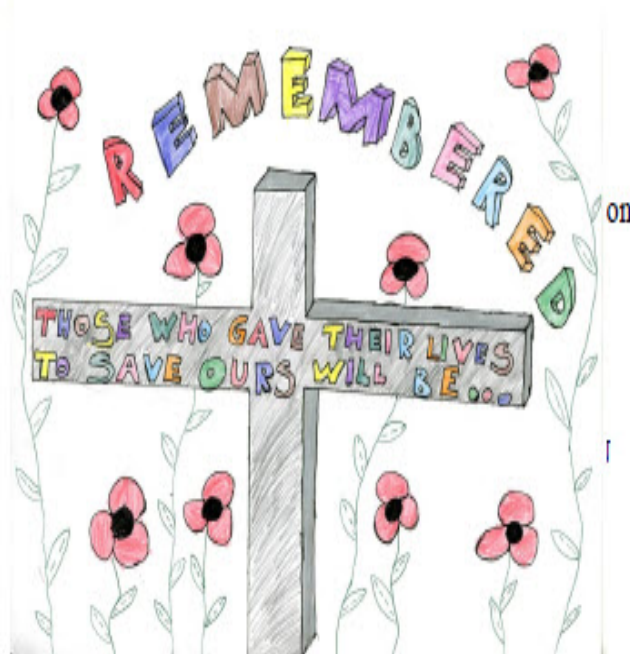
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Hunstanton Catholic Parish

A very Happy, Healthy and Holy New Year to you all. Both churches looked beautiful at Christmas, thanks to all the flower arrangers and other volunteers. We recently had a celebration at St Cecilia's for the 90th birthday of one of our regular parishioners Bert Whittaker. Although the social calendar has not yet been finalised at the time of writing, there is always a pancake supper on the evening of Shrove Tuesday at St Cecilia's, which this year is 13th February. We had the usual 'Burns Night Supper' on 27th January.



This year's 'Women's World Day of Prayer' will be held on 2nd March and is led by the Christian women of Suriname. The topic of this year's service is 'All God's Creation is Very Good'. Further details will be available shortly regarding this year's local venue. You can search the website www.wwdp.org.uk to find lots of information and resources.

F o o d b a n k supplies are still required. Items can be left in the porches of both churches. Please ensure that all items are well in date. Thank you for your continued support of the scheme.



There is a *Fair Trade Stall* at St Cecilia's after the 9am Mass on the first Sunday of every month. Please support this very worthwhile cause by buying fair traded goods to support families abroad trying to earn a living. For more information please contact Caroline Brooks on 01553 673069.



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

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham.

Please come along, you will be most welcome.

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

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

Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org

Britain's Favourite Dogs - Top 100

Local dogs film with Ben Fogle and Sara Cox for new ITV programme

What are Britain's Favourite Dogs? This was the question asked by two local dogs when they headed off to London for a day of filming for a new ITV programme presented by Ben Fogle and Sara Cox.

'Lily' from Heacham, and 'Gizmo' from Hunstanton, are canine repawters for the Barking Bugle. They heard about the production when they were repawting from Crufts last Spring.

'Lily', a cross Jack Russell/Border Terrier is one of the breeds featured in the top 100. 'Gizmo', a Blenheim Cavalier King Charles Spaniel, said 'I was lucky enough to get a cuddle and have my photograph taken with Ben, it was a very exciting day.' It is hoped that both dogs will appear in the opening and closing scenes along with their human handlers.

The programme will run down the chart from 100 - 1 and features celebs Geri Haliwell, Michael Ball, Philip Schofield, and even an appearance from Prince Harry, the latter whom Gizmo has met several times.

Britain's Favourite Dogs - Top 100 was shown on ITV on Tuesday 16th January 2018.



'Gizmo' with Ben Fogle



'Lily' with Ben Fogle

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West Norfolk Mind calls out for votes to bag a share of Tesco's bag fund

West Norfolk Mind is bidding to bag a massive cash boost from the Tesco Bags of Help initiative.

Tesco teamed up with Groundwork to launch its community funding scheme, which sees grants of up to £4,000, up to £2,000 and £1,000 raised from carrier bag sales in Tesco stores awarded to local community projects.

Three groups in every Tesco region have been shortlisted to receive the cash award and shoppers are being invited to head along to Tesco stores to vote for who they think should take away the top grant.

West Norfolk Mind is one of the groups on the shortlist.

Their project is to raise awareness of a new Carers Support Group meeting in their Heacham Centre 1pm – 3pm every Tuesday.

Zena Penty, Volunteer Co-ordinator said, "There are many complexities to caring for (or about) a person with mental health challenges which can cause the carer to become isolated. Connecting with a small group of people who will listen and may understand the challenges can be a lifeline for some people. I really hope the local community will support us at Hunstanton Store and Heacham Tesco Express and vote for this project."

Voting opened in all Tesco stores in January and continues throughout February. Customers will cast their vote using a token given to them at the check-out in store each time they shop.

Tesco's Bags of Help project has already delivered over £40 million to 9,700 projects up and down the UK. Tesco customers get the chance to vote for three different groups every time they shop. Every other month, when votes are collected, three groups in each of Tesco's regions will be awarded funding.

Alec Brown, Head of Community at Tesco, said: "We are absolutely delighted to open the voting for January and February. There are some fantastic projects on the shortlists and we can't wait to see these come to life in hundreds of communities."

Groundwork's National Chief Executive, Graham Duxbury, said:

"We've been thrilled to see the diversity of projects that have applied for funding, ranging from outdoor classrooms, sports facilities, community gardens, play areas and everything in between. We're looking forward to learning the results of the customer vote and then supporting each group to bring their project to life."

Funding is available to community groups and charities looking to fund local projects that bring benefits to communities. Anyone can nominate a project and organisations can apply online. To find out more visit www.tesco.com/bagsofhelp

Children's Society

Thank you from the Children's Society.

Donations at the Christingle Services (held on Christmas Eve 2017) amounted to £215.13.

Donations in House Collecting Boxes amounted to £846.38; thus, grand total (for 2017) was **£1,061.51**.

If anyone would like to start with a House Collecting Box for 2018, please contact Alison or Bryan Hoyle, Tel: 570215.



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White Horse Coastal Walk raises funds for West Norfolk Mind

Staff from the White Horse at Brancaster Staithe joined by other Head Office members of Anglian Country Inns, took part in a 10 mile walk from Hunstanton along the coastal path to Brancaster Staithe to raise awareness and funds for their chosen charity West Norfolk Mind.

Zena Penty, Volunteer Co-ordinator for West Norfolk Mind, took part in the walk and said: "It was a beautiful walk, an opportunity to get to know some of the staff and a challenge for most of the walkers – and their dogs! I would really like to thank Beata Arnoczki for organising the event

and to everyone who supported it."

If you would like to sponsor the team please use the justgiving link www.justgiving.com/fundraising/acirobwilliamson

For more information on services please visit www.westnorfolkmind.org.uk

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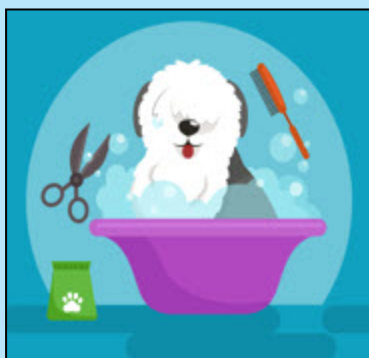


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Ruffle's Walks – ponds again!

by Rachel Greaves

It was a lovely early Spring morning as Ruffle began his tour around Eric's garden. Ruffle enjoyed sniffing the smells – old and new – that were there after a cold night that left a damp carpet of dew on the grass. There was even warmth in the sun which Ruffle could feel through the black hair on his back.

Eric came into the garden and called Ruffle over to him. 'Come on, Ruffle – let's see what's going on in the pond this sunny morning!'

Ruffle followed Eric over to the large pond. In summer it was hard to spot because Eric let the grass grow quite tall around it as cover for the wildlife who lived in or near it. But at this time of year the grass was yet to grow so the pond could be easily seen.

As Eric and Ruffle stood patiently at the side of the pond, a small, greenish-brown head suddenly popped out of the water. Then another, then another. One of the heads began to croak and was very soon joined by the others. Ruffle made a move towards the pond but Eric quickly grabbed hold of Ruffle's collar.

'No you don't, Ruffle. It's not the time of year for pond dipping!' laughed Eric, remembering the time Ruffle jumped into the pond to fetch his toy ball.

Ruffle watched as the heads disappeared then appeared again in a different place in the water – as though teasing the fascinated Ruffle.

'That's good,' explained Eric to Ruffle. 'If there are frogs in the pond it means that hopefully we will get frogspawn again very soon and eventually some more frogs.'



Keep an eye out for frogspawn in ponds at this time of year and watch and listen for frogs as they pop their heads out of the water. But remember to go with an adult – be wary of ponds like Ruffle. He doesn't like getting his toes wet, despite what all the dog books say about Airedales loving water...

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1st Heacham Cubs

So here we are - a New Year and another year for our Cubs to try different things, go on trips, camps and achieve badges and work towards their Silver Awards.

But first we had to finish off 2017, so way back in November when we returned after the half term break, we started off with Kaa's Games Night which also involved repeating our Law and Promise and remembering what it is to be a Cub. While Kaa and William organised the games, Rikki and myself were really brave and started tackling the Scout unit cupboard - not for the faint hearted. We cleared out all the old craft bits and pieces and replaced the pens, pencils, felt tips, pens etc and made sure what it said on the box was actually in the box! We did manage quite a bit and made a bit of a mess in the process. At the end of the evening Jacob told us all about his collection of "Hero Clicks" for his Collectors Badge; Freddie also got his Home Help Badge.

The following week on the 9th November we all went off to 'Paint Me Ceramics' to see Suzie and paint some Christmas hanging decorations. The Cubs had a great evening and also got squash and biscuits at the end.

As per our picture in the December Newsletter, Heacham Cubs attended the Remembrance Sunday wreath laying service at St Mary's Church.

On 16th November we started our Navigator 1 by learning the four cardinal points of the compass. Kaa did this by playing a version of Ship/Shore but exchanging this for North/South etc. It was Zack's turn to do his Collectors Badge and his was on 'Rocks and Crystals'. Alexis and Samuel got their Book Reader Badge. Freddie received his Swimming 1 & 2 plus his Sailing 1 & 2 from his activities outside Scouting. We made Jacob Seconder of Green Six.

23rd November saw us very low on numbers due to an early start on a school trip the next day for some of the Cubs, but the ones that could come did another part of their Navigator Badge with locating themselves on a simple map and identifying a number of features on the map. After, they played the Key Game and the Broom Handle Game. William helped me with the evening, while it was the turn of Ziggy and Rikki to tackle THE cupboard. They sorted out all the food/camp stuff and managed to fill two rubbish bags. Alexis did his Collectors Badge with his 'Fossil collection'.

30th November saw us finish off the Navigator badge; they had to draw a simple map of where they lived or where the Cub hut was and had to explain how to dress properly for an outing out, whether it was just a walk or a hike. Kaa played a game of N - E - S - W bingo with them to finish off the badge. We were able to award Dominic, Freddie, Harley, Jacob, Samuel and Zack their Navigator 1 Badge. Freddie brought his collection from Snettisham beach in for his Collectors Badge.



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Our final evening before our Christmas break was 7th December and Ziggy made Snowmen with them from odd socks and rice. It was a bit messy but went ok. I even made one when I was paired up with James. Harley showed his Collection of 'Skyland Giants' for his Collectors badge. At the end of the evening we gave out Book Reading Badges to Harley and Zack; Personal Challenge badges to Alexis, Freddie, Harley and Jacob as part of their Silver Award; 100% Certificates went to Alexis, Freddie, Harley, Jacob and Samuel. Zack was made Cub of the Term. All the Cubs went home with a selection box and a Christmas card from Cubs.

So that was the end of another year in the History of Heacham Cubs.

Happy Scouting to all our Cubs.

Akela (Sam), Ziggy (Julie), Kaa (Rob)

Young Leaders Rikki (Tommy), Hathi (Jemma)

and William



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Spiral Word Puzzle

Beginning at 1, complete the grid clockwise with four-letter words from the clues below. The last letter of each word becomes the first of the next. When complete you will find the answer to the puzzle in the shaded boxes. Good luck, let's keep those little grey cells stirring.

| | | | | | | |
|---|----|--|----|----|----|---|
| 1 | | | 2 | | | 3 |
| | 9 | | | 10 | | |
| | 14 | | | 15 | | |
| 8 | | | | | 11 | 4 |
| | | | 16 | | | |
| | 13 | | | 12 | | |
| 7 | | | 6 | | | 5 |

- 1) Worn on the foot
- 2) Found in Piccadilly Circus
- 3) Take a drink
- 4) Ring a medal?
- 5) Evening dress
- 6) Midday
- 7) End of a finger?
- 8) Final one
- 9) Found on some roofs
- 10) Adam met Eve here
- 11) Often blown
- 12) Finishes
- 13) Object in the night sky
- 14) Not false
- 15) King of Africa?
- 16) No feeling

Puzzle Word: What farmers will be busy doing soon

Answers on page 39

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| HIGH WATER AT HUNSTANTON | | | | | | | | | |
|--|---------|-----|-----------|-----|----------|---------|-----|-----------|-----|
| Heights above chart datum | | | | | | | | | |
| Time Zone UT (GMT) BST begins 25th March | | | | | | | | | |
| Feb 2018 | | | | | Mar 2018 | | | | |
| Date | Morning | | Afternoon | | Date | Morning | | Afternoon | |
| | Time | m | Time | m | | Time | m | Time | m |
| 1 TH | 06 44 | 7.5 | 18 55 | 7.7 | 1 TH | 05 45 | 7.2 | 17 53 | 7.4 |
| 2 F | 07 32 | 7.6 | 19 39 | 7.8 | 2 F | 06 34 | 7.4 | 18 39 | 7.7 |
| 3 SA | 08 15 | 7.5 | 20 20 | 7.8 | 3 SA | 07 17 | 7.5 | 19 22 | 7.8 |
| 4 SU | 08 56 | 7.3 | 21 00 | 7.6 | 4 SU | 07 55 | 7.5 | 20 01 | 7.8 |
| 5 M | 09 36 | 6.9 | 21 40 | 7.2 | 5 M | 08 30 | 7.3 | 20 38 | 7.6 |
| 6 TU | 10 15 | 6.5 | 22 22 | 6.7 | 6 TU | 09 04 | 7.0 | 21 13 | 7.2 |
| 7 W | 11 00 | 6.0 | 23 12 | 6.1 | 7 W | 09 35 | 6.6 | 21 48 | 6.7 |
| 8 TH | 11 55 | 5.6 | | | 8 TH | 10 08 | 6.2 | 22 27 | 6.1 |
| 9 F | 00 16 | 5.6 | 12 59 | 5.4 | 9 F | 10 49 | 5.7 | 23 21 | 5.5 |
| 10 SA | 01 33 | 5.4 | 14 08 | 5.4 | 10 SA | 11 53 | 5.3 | | |
| 11 SU | 02 49 | 5.4 | 15 14 | 5.7 | 11 SU | 00 45 | 5.1 | 13 18 | 5.2 |
| 12 M | 03 54 | 5.7 | 16 08 | 6.1 | 12 M | 02 15 | 5.1 | 14 35 | 5.4 |
| 13 TU | 04 46 | 6.0 | 16 55 | 6.4 | 13 TU | 03 26 | 5.4 | 15 36 | 5.8 |
| 14 W | 05 29 | 6.3 | 17 35 | 6.7 | 14 W | 04 22 | 5.9 | 16 25 | 6.2 |
| 15 TH | 06 06 | 6.5 | 18 13 | 7.0 | 15 TH | 05 04 | 6.3 | 17 06 | 6.6 |
| 16 F | 06 41 | 6.7 | 18 50 | 7.1 | 16 F | 05 41 | 6.6 | 17 45 | 6.9 |
| 17 SA | 07 16 | 6.8 | 19 24 | 7.2 | 17 SA | 06 17 | 6.8 | 18 23 | 7.1 |
| 18 SU | 07 50 | 6.9 | 19 56 | 7.2 | 18 SU | 06 52 | 7.0 | 18 59 | 7.3 |
| 19 M | 08 21 | 6.9 | 20 27 | 7.2 | 19 M | 07 26 | 7.1 | 19 34 | 7.4 |
| 20 TU | 08 52 | 6.8 | 20 59 | 7.1 | 20 TU | 07 57 | 7.1 | 20 07 | 7.5 |
| 21 W | 09 26 | 6.6 | 21 36 | 6.9 | 21 W | 08 30 | 7.1 | 20 42 | 7.4 |
| 22 TH | 10 06 | 6.3 | 22 21 | 6.6 | 22 TH | 09 04 | 6.9 | 21 21 | 7.1 |
| 23 F | 10 56 | 6.0 | 23 20 | 6.2 | 23 F | 09 43 | 6.5 | 22 08 | 6.6 |
| 24 SA | | | 12 03 | 5.7 | 24 SA | 10 33 | 6.1 | 23 07 | 6.1 |
| 25 SU | 00 36 | 5.9 | 13 35 | 5.6 | 25 SU | 11 40 | 5.7 | | |
| 26 M | 02 19 | 5.9 | 15 01 | 6.0 | 26 M | 00 33 | 5.7 | 13 15 | 5.6 |
| 27 TU | 03 43 | 6.3 | 16 08 | 6.5 | 27 TU | 02 19 | 5.8 | 14 44 | 5.9 |
| 28 W | 04 49 | 6.8 | 17 04 | 7.0 | 28 W | 03 40 | 6.2 | 15 51 | 6.4 |
| | | | | | 29 TH | 04 41 | 6.7 | 16 45 | 6.9 |
| | | | | | 30 F | 05 32 | 7.1 | 17 34 | 7.3 |
| | | | | | 31 SA | 06 15 | 7.3 | 18 18 | 7.6 |

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Christmas Lunch at The Church Hall, 25th December 2017

A wonderful Christmas Lunch was provided for twenty-eight guests on Christmas Day.

Mary Sanders has helped to organise this lunch for many years and, again, did so this year, together with arranging lifts for guests on both the inward and homeward journeys.

Mark Fisher (the Chef) and his wife, Val (Fisher), organised all the food and everyone present agreed that it was a delicious Christmas Lunch.

Adrian (Flower) together with the Reverend Paul Nieimic (accompanied by his wife Helen), asked everyone to introduce themselves which was much enjoyed by all the guests – some people knew many people at the lunch and others not so many so this 'exercise' helped to 'break the ice'.

Jean Flower and her two granddaughters, Amanda and Becky, helped to serve the lunch together with Georgina, Caroline and Victoria – all under the superb instruction of Val. Martyn and Kath Veasey provided transport and helped with the washing up.

Revered Steve Oliver popped in to wish all the guests a Happy Christmas.

John (Harris) played the piano for 'Pass the Parcel' and had prepared a medley of music which was much appreciated.

By 3pm the guests were ready to go home and, by all the comments made, everyone had enjoyed this part of their Christmas Day.

A sincere and big thank you must go to Mark, the Chef, Val and to Mary for making this all possible.

Susan Riddiford



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Edgar of Heacham - Part 4

When was he alive and what was he like?

Previous readers will know that I had taken Edgar, our skeleton, to Oxford last year for carbon-14 dating. Professor Higham, the deputy director of the Oxford Radiocarbon Accelerator Unit took a small skull sample.

Radioactive, or carbon-14, dating determines the age of an object containing organic material. Carbon-14 is a radioactive isotope (ref.1). It is found in the air in carbon dioxide molecules. Plants incorporate the carbon-14 by photosynthesis. Animals eat the plants. So, there is a small amount of carbon-14 in all living things because it has entered the food chain. When an animal dies it stops taking in carbon-14. The carbon-14 it contained at the time of death begins to decrease as it undergoes radioactive decay. The older a sample is the less carbon-14 is left to be detected and measured. The approximate time since the sampled organism died can be worked out.

Edgar's carbon-14 results show that he died between 419 and 553AD so he was born between 389 and 523AD.

Who else was here when Edgar was alive in Heacham? The Roman army was finally withdrawn by Emperor Honorius in 410AD and by about 450AD the Saxons 'were arriving in increasing numbers, not as raiders but as invaders' (ref.2).

So, who was he? I had decided last Spring that his bones looked Anglo-Saxon (they just did, no scientific basis). He was quite tall – 180+cm or nearly 5ft 11in - and strong, his bones indicated good muscle attachments. His skull shows a long face with a firm jaw. A spear point was found close to the skull. I would say he was a soldier or someone used to fighting; if he was Saxon he would be a freeman or ceorl. I think he would have looked quite forceful, maybe even a little scary in life.

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Was he born and raised locally? This is difficult even to guess at, but there is a test which can be done on teeth. When teeth are formed they contain certain isotopes of oxygen. So does bone, but while bone is renewed about every 10 years and so will then contain different isotopes, teeth are not renewed in this way. The teeth still retain the isotopes of oxygen they had when they were formed.

When we re-bury Edgar the plan is to retain 2 teeth to test them to find what oxygen isotopes are present. This information may tell us where he was when his adult teeth were formed.



Spear point copyright SHARP

The spine which remains in the ground is lying in a SW to NE direction. Archaeologists usually say that Christians are buried with an E/W orientation. If Edgar was an early Anglo-Saxon he was a pagan (ref.3).

We found several pot shards in the soil excavated from the builders' trench. Ann Smith and Neil Faulkner from SHARP kindly analysed these. They conclude that 5 pieces appear to be coarse pottery from the Iron Age, 2 burnished ware pieces are likely late Iron Age /early Roman and 6 shards of Roman pottery include coarseware for cooking and storage and fineware for presenting foods at table. All the pot shards appear to come from the time of the Roman conquest – 50 to 150AD. It is unlikely that these were Edgar's pots.



Roman fineware shards copyright SHARP

While Terry was digging the trench for the new soakaway he found some hand made iron nails. They were about 5 metres north of the skull at a depth of 50cm. We don't know if these are related to the other garden finds.

Thanks to:

ref.1 Wikipedia and BBC GCSE Bitesize.

ref.2 Celtic Fire and Roman Rule, Robinson and Gregory, Poppyland Publishing.

ref.3 The North Folk Angles, Saxons and Danes, Bond, Penn and Rogerson, Poppyland Publishing.

June Parish and Edgar of Heacham



Guidance on burning wood and coal

The Borough Council of King's Lynn & West Norfolk is urging residents who heat their homes or businesses by burning wood or coal, to take note of DEFRA's guidance.

The use of open fires and wood-burning stoves has risen in popularity over the last few years, and domestic wood and coal-burning are now the largest contributions to harmful particle emissions; making up around 40% of the total in 2015.

DEFRA (Department for Environment, Food, and Rural Affairs) has issued advice on how to minimise the negative effect that burning wood and coal may have on air quality.

Fuel use:

- Consider burning less – is the fire being lit necessary? Could less fuel be used?
- Buy 'Ready to Burn' fuel – wood that bears the Woodsure Ready to Burn logo is guaranteed to be good quality dry wood that can be burned immediately.
- Season freshly chopped wood – wet wood contains moisture which creates smoke and harmful particulates when burned, so it should be allowed to dry for two years.
- Use approved smokeless fuels – they produce less carbon and smoke compared to house-coal, and provide more heat, so are more economical.
- Don't burn treated waste wood or household rubbish – treated waste wood, like old furniture, can emit harmful fumes and household rubbish can release toxic pollutants when burned.

Maintenance:

- Stoves should be regularly maintained and serviced, and chimneys should be regularly swept.

Smoke control areas:

- There are areas in King's Lynn & West Norfolk where only authorised smokeless fuels or exempted appliances may be used. Residents can check whether they live in a smoke control area on www.west-norfolk.gov.uk

Cllr Ian Devereux, cabinet member for Environment, said: "Open fires and wood-burning stoves are more popular than ever, especially at this time of year. We're asking everyone to take note of DEFRA's guidance on burning wood and coal, and help to improve our borough's air quality. Better air quality means less health problems like asthma and other breathing problems. The three simple steps you can take to help are: thinking whether you need to burn; burning seasoned wood (including Ready to Burn); maintaining stoves and sweeping chimneys regularly."

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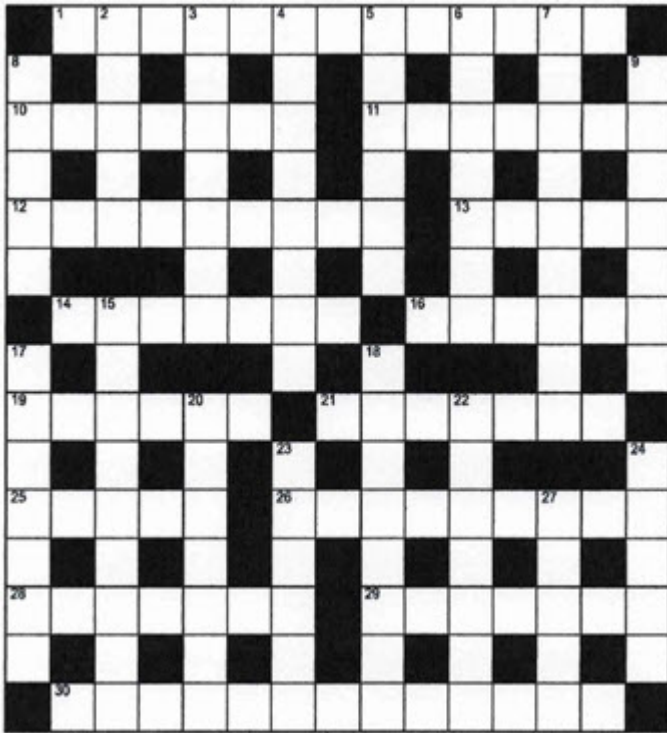
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December Crossword.....apologies!!

To those of you who are crossword buffs, you will have noticed that the clues in the December/January edition of the Newsletter did not fit in with the answers! This is because the crossword clues from the November edition were inadvertently copied over. Apologies for this - we will make sure it doesn't happen again!

Above is this month's crossword and has all the right clues and answers!

THN

CLUES:

Across:

1. Wild rat in tenement is a source of amusement (13)
10. Flyers put out by sailors (7)
11. Support offered before fight and after (4,3)
12. Direct, being in charge after last tube is withdrawn from Central line (9)
13. Strike out, move carefully and keep right (5)
14. Showing resentment, drizzle gin all over the place (7)
16. Is not working and has no money, facing ultimate ruin (6)
19. Discipline favourite after Arc debacle (6)
21. Bishop appears before and after...(7)
25. ...Welshman starts fly fishing in Scottish river (5)
26. In the open, keeping in close proximity to lightning (9)
28. One player puts card game first (7)
29. Peak the day before the others (7)
30. Looking to pick up a number at a giveaway price (5,3,1,4)

Down:

2. Name a woman or man, possibly (5)
3. Serious work is presented in French (7)
4. Pull round after taking drug – that's massive! (8)
5. To exert influence I meet politician over move (6)
6. Don't understand share I'm allocated (7)
7. Guineas still feature in this modern place of business (9)
8. Comic makes a fine partner, it's said (5)
9. Enrol as doctor in French city (7)
15. Left page in binder (9)
17. Without difficulty cover majority of cost and produce a feeling of joy (7)
18. Incentive offered to kind of press buzzer, right? (4,4)
20. Cathedral city is (up to a point) heavenly (7)
22. Broadcast cuts into dance (7)
23. Vaguely roots around for missing alternative (4,2)
24. Condition voice (5)
27. Gorse seen regularly producing fresh colour (5)

Solution on page 39

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We would like to thank all those who made donations to our Toys and Tins Appeal. Due to your generous donations we were able to help several families with toys and food in the

festive season who would otherwise have been without.

We also say thank you to everyone who donated during our carol playing. All money collected will be used locally.

The following is a list of all the activities at The Salvation Army, Snettisham:-

Sundays - 11.00am - Morning worship

Mondays - 10.30am - CAMEO Club

Come and meet each other (for over 50s).

Many activities including Quizzes, Keep Fit, speakers etc.

Wednesdays - 2.30pm - Friendship Club

A club for all which has a varied programme

Thursdays - 10.00am – noon - Coffee Morning

Monthly:

3rd Wednesday - 7.30pm - Men's Fellowship

Speakers, visits to places of interest etc

Last Tuesday - 10.30am - Bible Study

Look out for our varied programme of other events throughout the year (new programme for 2018 to be arranged shortly).



**Sallywags Parent,
Baby & Toddler
Group**

Wishing you all a Happy New Year and here we are, in February already! Lovely to see everybody back at the

hut on a Wednesday morning, and some new faces too. Thanks all for coming along in January and livening up some grey and chilly mornings out there!

Stripes, shapes, playdoh and bird feeders have been on the craft table so far this year, alongside lots of toys and books; the slide's been in too! A big thank you to Joy Dawson for giving us some very special sound and pop-up books, a lovely addition to our bookcase. Thanks also to the Dutton family for thinking of us and bringing another low level table and chairs our way; what with puzzles, playdoh and paint 'n' things another table is just what we need for our toy kitchen meals to be laid out on! Thank you.

And a quick look back to Christmas at Sallywags - thank you Rachael and Jack for wrap wrap wrapping - a great help; and to all our lovely parents, grandparents, childminders and children for your cards and surprises - Liz and I look forward to lots more play, mess, songs, noise (my singing), cuppas 'n' snacks with you all in 2018!

Sallywags Parent Baby & Toddler Group meet at The Scout Hut Sunnyside every term time Wednesday 9.30-11am. We ask £2 per family to cover rent, refreshment and resources. If you'd like any more info, please text/call Jo on 07521 447284.

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Tuesday 6th - John's Blues Crew

Friday 9th - JAM with DNA

Tuesday 13th - Blues Situation

Friday 16th - Retro Rockets

Tuesday 20th - Whiskey Twist

Saturday 24th - Mojo Preachers

Tuesday 27th - Chicago One Zero

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

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Sat 12-2 6-8:45. Sun 12-2. Sunday lunch menu £7.50.

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

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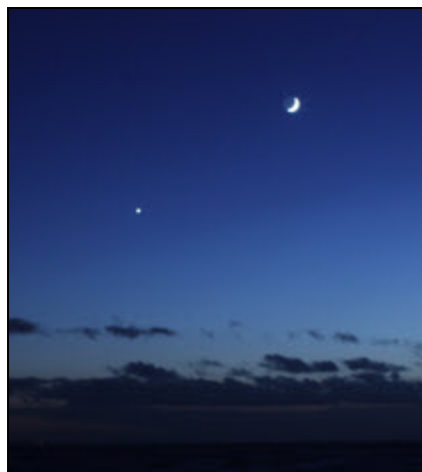
Follow us on Facebook @foxandhoundsheacham

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

Heacham at Night

I hope you managed to see the night sky in December and January. I must admit it was a little hit and miss but another month dawns and there is a chance to see one or two planets after sunset too.

Bright Venus creeps over the horizon at dusk from around the 16th. Look WSW from 5.45pm. Venus will only be about 2 degrees above the horizon and you will be looking just after the Sun has set. Take care you don't use any binoculars until the Sun has gone. Two degrees is about the width of a fat knuckle seen at arm's length so seeing Venus will depend on a clear horizon over the Wash. As the month progresses Venus will rise higher to about 6 degrees, more than half a hand's width, above the horizon.



Venus favourably seen across the Wash. Some Earthshine visible on Moon

At the end of the month that elusive spark Mercury will be below and to the left of Venus. Not easy to spot but worth a go. Binoculars mounted on a tripod or wedged against something will help.

On the 16th, very low in the sky, just below Venus, look for a very thin crescent Moon. It will only be a few hours old. As the

month progresses it will obviously get fatter and you can look for Earthshine – the faint glow of that part of the Moon not brightly lit by the Sun. The illumination comes from sunlight reflected off the Earth to the Moon and back again to our eyes. Binoculars will amplify the effect and a camera image brings it out well. Over expose the sunlit part of the Moon.

I read recently something which hadn't occurred to me before or, if it had, I had forgotten; the brightness of Earthshine indicates the amount of cloud cover across the bulk of the Earth. Plenty of clouds means lots of light reflection and, consequently, bright earthshine. Few clouds mean sunlight is falling on the oceans which don't reflect so much light back into space.



Earthshine clearly visible in this image. The jagged edge (terminator) between sun lit Moon and earth lit Moon reveals craters, valleys and mountains.

I got a date wrong last month, full Moon was on 2nd January and also on the 31st which was a Blue Moon (but why?). And the Moon causes a partial eclipse of the Sun on the 15th. Just pop down to Antarctica for the best view, Tierra del Fuego to catch a glimpse.

The early morning sky is, again, rich in planets. Mars, Jupiter and Saturn are all visible. From the 7th to the 11th at 6.30am-ish look between SSE and S in the direction of the half Moon. Strung out either side will be Saturn, Mars and Jupiter in that order. Mars should be distinctly red, Jupiter quite bright. Saturn will look a tad yellow in binoculars.

On the 7th the Moon is just above Jupiter; on the 8th the Moon is between Mars and Jupiter. On the 10th it is between Saturn and Mars. Due to the lightening mornings you will likely only catch faint Saturn at 6am at the latest. The three planets are visible later in the month too but you will have to get up earlier and earlier to avoid dawn washing them out.

On the 12th, Mars is close to the red giant star Antares. The name of the star means 'rival of Mars' so here is a chance to easily compare the two.

If you stay up late then Jupiter rises about 2am and if you get up early, Mars rises 3am and Saturn at 5am. When they rise they are on the horizon so you have a more realistic chance of seeing them several hours afterwards depending on how much your SE horizon is obscured by houses or trees.

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Find Orion in the SW. A splendid constellation of the northern sky which looks like the hunter it represents, including a belt and the glowing sword containing the famous nebulae which is 24 light years across and 1300 light years distant. Seven hundred or so stars are being created in that mist. I have written before about blue white Rigel (864 light years away) in the bottom right corner and supergiant red Betelgeuse (642 light years away) in the top left.

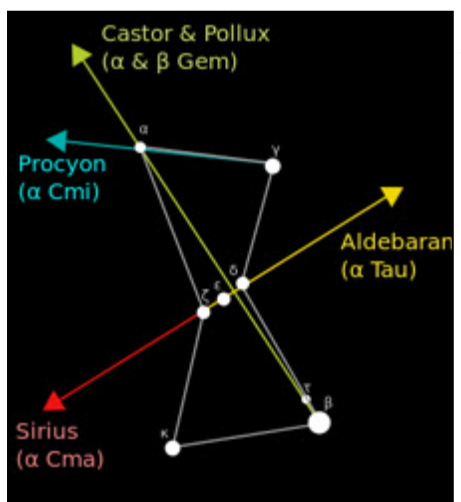


Internet

Now go east from Rigel until you see another bright, twinkling, star. This is blue white Sirius, the Dog Star (8.6 light years away). Draw a line from this, back through Orion's belt to the west and the bright star that meets your

eye is the orange giant Aldebaran (651 light years away).

Go up the sky from Aldebaran and see bright, golden, Capella (43 light years away). This is a matched double – two golden stars. Go up the sky directly from Sirius keeping Orion well to the right and come to white Procyon, 11 light years away.



A guide from Wikipedia which may be useful too.

Between Procyon and Capella, and directly above Orion, is the constellation of the stick figures of Gemini. The heads of these figures are, to the left Castor, and to the right Pollux. Castor is a multiple star system

made up of 6 stars and is 81 light years away. Pollux is an orange giant, 34 light years away.

I have given colour details to remind you that stars fall into broad classes which include size and temperature. The colours are more visible to young eyes and binoculars help. The distances of all these stars put them in our back yard which is why they are bright. However, notice the big difference in the distance of Sirius compared to, say, Rigel. Which one is actually brighter if you could place yourself at the same distance from each and compare their *absolute magnitude*? The answer, by a long way, is Rigel.

If you observe the other stars named above and consider their distances from us, you will be able to come to some judgement of their *absolute magnitude* rather than their *apparent magnitude* (what they look like). Stars like Castor confuse things a bit as their apparent brightness is the combined effect of the stars which make up their combined system – when they were named it was not known that they consisted of several stars.

Whist staring SW towards Orion and Gemini draw a line between Betelgeuse and Aldebaran. Make this the hypotenuse of a right-angled triangle. The 90-degree corner marks the

approximate position of the Crab Nebulae, the remnants of a star which exploded and made Chinese (and likely other stargazers) excited in 1054 (for newsletter readers approximately 500AE).



Hubble Crab Nebulae

This fuzzy patch is designated Messier 1 and is 6,500 light years away so the supernova occurred about 7,500 years ago. Since then it has been expanding at 930 miles/second. To us that makes it

pretty big (11 light years across) but it is nothing on the cosmic scale. Apparently, it can be seen in good, steady binoculars in a very dark, clear, sky. Messier listed it so there was no confusion when he was looking for new fuzzy objects - comets.

The beginning of February sees Astrofest in London, a two-day conference and exhibition for Astronerds. I will be there as my son purchased a pass for me as a Christmas present. I will report on it next month.

The dark skies are getting shorter but, hopefully, will be more visible.

Hedgehog news; small hedgehog before Christmas avoided capture but a fatter one turned up in the same spot on January 13th and took food on two nights.

Terry Parish



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WHAT'S ON REGULAR EVENTS

PC=Parish Council Office, Pound Lane
MC = Methodist Church Hall, Station Road
SM = St Mary's Church Hall, High Street

OFH = Old Friends Hall, Sunnyside
PRH = Pine Residents Hall, Wilton Rd
SG = Scout & Guide Hut, Sunnyside

HSC = Heacham Social Club
PH = Public Hall
NC = Neville Court

MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room
YOGA for healthy living 9.30-10.30am For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)
ART CLASS 10am – 12noon For info Tel: Shirley Milborn 572247 (PRH)
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)
Coffee Morning 10.30am Tel : 570492
FITSTEPS 11am – 12noon To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (PH)
HATHA YOGA 11am-12noon For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)
FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey 07900 818311 (PH)
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 – 6pm Contact Kathryn Tel:572138 (MC)
FOOTBALL Under 10's 'Magpies' 5-6.30pm Contact Debbie 07506887545 U12's 6.30-8pm Contact Jason 07867527706 (HSC) playing fields
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School Contact Sandee Tel: 01485 570485
LINE DANCING Absolute Beginners/Beginners 6-7pm Improvers 7-9pm £3.50 Contact Diane 571166 (SM)
HEACHAM IN BLOOM 3rd Monday Monthly 7pm at Heacham Parish Library
LINE DANCING 7-9pm £3.50 Yvonne Tel:532317 (PH)
WEST NORFOLK TAPPING CIRCLE meet 3rd Monday Monthly 7-9pm For more information Tel:571936 Catherine or email mcatherineallen1@gmail.com. (PRH)
HEACHAM WIVES GROUP – 2nd Monday of most months at 7.30pm Contact Sue Scott Tel: 572252 (HSC) Top Room

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: Pat 298429
CARPET BOWLS 10.15am - 12 noon Tel: 570776 (PH)
HEACHAM CARERS SUPPORT GROUP meets 1st & 3rd Tuesday monthly 1-3pm at A Piece of Mind 4 Poplar Avenue Tea Coffee & a chat For more info Tel: 572707
LINE DANCING 1.30 - 3.30 pm Improver/Intermediate £3.50 Contact Diane 571166 (PH)
THE FELLOWSHIP 2.45pm Every other Tuesday (MC)
1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen 07833747059 or just come along (MC)
1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs) 6 – 7.30pm Tel: Alison 07737642828 (SG)
WEIGHT WATCHERS 6pm (OFH)
ZUMBA 7-8pm £4 per class or £7 for both Tuesday & Wednesday classes Tel: Michelle 07585002124 (SG)
PARISH COUNCIL MTG 3rd Tuesday monthly 7pm (PC)
HANDS & NEEDLES GROUP every other Tuesday 7.30 – 9.00pm Tel: Joan Careless 570363 (MC)
HEACHAM & SANDRINGHAM CAMERA CLUB meets 1st & 3rd Tuesday monthly 7.30pm Sandringham Club West Newton Email: heachamdigitalcamerclub@yahoo.co.uk
POCAHONTAS PLAYERS Drama Group 7.30 – 9.30 pm Tel: 570402 (PH)
LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds

WEDNESDAYS

WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar Ave Heacham Tel: Joyce Armstrong 07704338775 www.westnorfolkmind.org.uk

SCALLYWAGS PLAYGROUP Term Time 9.30 – 11am £2 Tel: Jo 07521447284 (SG)

CARPET BOWLS 10.15 – 12 noon Tel: 570776 (PH)
THE OLD SCHOOLGIRL FRIENDS of Heacham School meet for a 'Coffee and a Chat' the last Wednesday of the month 10.30am at Norfolk Lavender Tel: 570742 or 579126
MIDWEEK COMMUNION 2nd Wednesday of the month 10.30am (MC)
PATIENT ADVICE & LIAISON SERVICE 2 – 4pm on 2nd & 4th Wednesdays monthly (PC)
HEACHAM LITTLE DRAGONS Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)
FOOTBALL Under 9's 6-7pm Contact Sam 07803790402 (HSC) playing fields
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)
LINE DANCING 7 - 9pm Improver/Intermediate £3.50 Contact Diane 571166 (SM)
BINGO 7.30pm Neville Court Grouped Home
HEACHAM TWINNING ASSOCIATION 2nd Wednesday monthly at 7pm New members welcome Tel: 579465. (PC)
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)
WEST NORFOLK SINGERS 7.30-9pm For info Tel: 541851 Peter Gray www.westnorfolksingers.org.uk/ (MC)
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5 welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older people dementia friendly) 9.30–3pm For info Joyce Armstrong 07704338775
TABLE TENNIS CLUB 10am (PH Top Room)
OVER 60? Enjoy improving your health and bone density with Active for Life Exercise Classes at Heacham Surgery Classroom 10-11am Tel: 298429
CARPET BOWLS 10.15am - 12 noon Tel: 570776 (PH)
MOTHERS' UNION 4th Thursday monthly 2pm (SM)
TREFOIL GUILD 1st Thursday monthly 2 - 4pm (PRH)
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for over 60's) Tel: 570492
FOOTBALL Under 8's (5yrs up) 4.30-5.30pm U12's 5.45-7pm Contact Jason 07867527706 (HSC) playing fields
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC) 5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)
1st HEACHAM CUBS ages 8 – 10yrs Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
HATHA YOGA at Heacham Infant School 7.45 – 8.45pm. £5 per person (limited spaces) Call Alison: 01485 571062
CHILDREN'S YOGA 7 to 11yrs 4 – 5pm (limited spaces) To book call Alison: 01485 571062 (SG)
SOCIAL EVENING 2nd Thursday monthly 7.30pm (MC)
FLOWER CLUB 4th Thursday monthly 7.30pm Flower arranging & demonstrations Tel:Alayne Seymour570560 (SM)
RAO BUFFALOS 8pm (HSC Top Room)
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon 3rd Friday of the month Contact Sue Spencer bereavementgroup53@yahoo.com or Tel: 572029 (SM)
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last Friday of the month at 2pm

FOOTBALL Under 10's 'Minors' 5-6.30pm Contact Jay 07711779415 (HSC) playing fields
 1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to 8yrs Term time 6 - 7.15pm Tel:572890 Julian Geraghty (SG)
 TAI CHI & KUNG FU 6-7pm Beginners Tai Chi 7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu
 Tel: Derek 01553 674779 (PRH)
 INDOOR BOWLS CLUB (Carpet) 7pm (MC)
 CASH BINGO 7.30pm (PH)
 WILDFOWLERS CLUB 1st Friday monthly 7.30pm (HSC Top Room)

SATURDAYS

FOOTBALL U13's 10-11.30am Contact Mike 07804927764 (HSC Sports Field)
 HEACHAM YOUTH CLUB Term Time School years 6-11
 Tel: Louise 07411457017 (SM)

SUNDAYS

SUNDAY AFTERNOON SERVICE 4pm 1st Sunday Monthly Everyone welcome For details Tel:579440 (PRH)
 HATHA YOGA 7.30-8.30pm For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)

HEACHAM DIARY

Friday 2nd February GIG 'Dead Horse' 8.30pm at Fox and Hounds, Station Rd

Friday 2nd February 'Poker Night' in the club. 7pm at the Social Club, 13 Station Rd. Members and non-members welcome

Sunday 4th February GIG 'Robin Bibby Acoustic Blues' 1pm at Fox and Hounds, Station Rd

Tuesday 6th February GIG 'John's Blues Crew' 8.30pm at Fox and Hounds, Station Rd

Friday 9th February GIG 'JAM with DNA' at Fox 8.30pm and Hounds, Station Rd

Tuesday 13th February GIG 'Blues Situation' 8.30pm at Fox and Hounds, Station Rd

Wednesday 14th February 'Coffee Morning and More' 10am – 12noon. Old Friend's Hall, Sunnyside (Off Caley Street)

Friday 16th February GIG 'Retro Rockets' 8.30pm at Fox and Hound, Station Rd

Saturday 17th February 'Band 60/70/80's' in the hall. 7.30pm at the Social Club, 13 Station Rd. Members and non-members welcome

Tuesday 20th February GIG 'Whiskey Twist' 8.30pm at Fox and Hounds, Station Rd

Wednesday 21st February 'Lorraine's Prize Bingo' starts 1.30pm at the Social Club, 13 Station Rd. Members and non-members welcome

Saturday 24th February 'Messy Church' 10am – 12noon at Heacham St.Mary's Church. Call Brian 01485 571348 or Veronica 01485 570697

Saturday 24th February GIG 'Mojo Preachers' 8.30pm at Fox and Hounds, Station Rd

Tuesday 27th February GIG 'Chicago One Zero' 8.30pm at Fox and Hounds, Station Rd

March 2018

Friday 2nd March 'Poker Night' in club. 7pm at the Social Club, 13 Station Rd. Members and non-members welcome

Saturday 3rd March 'The Happy JAX' in hall. 7pm at the Social Club, 13 Station Rd. Members and non-members welcome

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NEWSLETTER SUDOKU No. 118

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

Answers page 39

| | | | | | | | | |
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OTHER EVENTS

Tuesday 13th February 'Print Discussion' Presented by Brancaster Camera Club with Kings Lynn Camera Club, Brancaster Staithe Village Hall 7.30pm.

Wednesday 14th February 'Poetry Morning' HCP, 10.30am – 12noon Town Hall Basement (with lift) £2.50 includes refreshments. Tel: 01485 533933

Friday 16th February 'Victoria and Abdul' Anmer Village Social Club. Doors 7.30pm, Admission on the door £3 **Saturday 17th February** 'Quiz night' at The Salvation Army Snettisham at 7.00 pm. Tickets £5.00 to book Tel: 01485 541978

Monday 19th February 'Hunstanton U3A meeting' 2.00pm at Community Hall, speaker Jim Scott about RSPB Wildlife at Snettisham Reserve

Thursday 22nd February 'Ann illustrated talk' NWT's Ancient Woodlands by Steve Collin. The North West Members Group, 7.30pm start. Hunstanton Methodist Church Hall. £2.50 members, £3 visitors

Saturday 24th February Cinema in Syderstone presents: 'Victoria and Abdul' (PG) Village Hall, Syderstone PE31 8RX. 7.30pm start Advance tickets £3.50. Tel 01485 578171/578244

Tuesday 27th February 'Club tutorial evening on preparation of Digital Projected Images for competitions' Presented by Brancaster Camera Club, Brancaster Staithe Village Hall, 7.30pm Tuesday 27th February Dersingham Village Cinema Presents: 'The Man who knew Infinity' 7.30pm in the Dersingham Social Club Entrance £5 to include free tea or coffee

Friday 2nd March 'Women's World Day of Prayer', 2pm start Salvation Army Snettisham

Mondays

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

Tuesdays

BRANCASTER BABY & TODDLER GROUP Simms Reeve Inst.Hall Brancaster 9.30-11.30am(term time) £2 per family For info email: brancasterbabyandtoddlergroup@yahoo.co.uk
COASTAL STROKE & SUPPORT GRP 10.30am – 12.30pm at Hunstanton Methodist Church Austin St
LINE DANCING 1.30 – 3.30pm at Snettisham Memorial Hall £3.50 Tel: 532317 Yvonne

SLIMMING WORLD 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059
HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence 'all ages' 6.30 - 8.30pm at Smithdon High School For details contact Ian on 07806 622154
HUNSTANTON COMMUNITY CHOIR Rehearsals 7-9pm at Hunstanton Town Hall £3 per session For info Tel: 532392

Wednesdays

DOCKING MARKET 9am - 1pm in The Ripper Hall
Local Produce Craft and Gift Stalls Tel: 576233
RESTORATIVE YOGA 10 - 11am Sedgeford Village Hall Contact Sandee Tel: 01485 570485

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

LYMPHOEDEMA SUPPORT GRP meets the 2nd Wednesday monthly 10.30am-12noon For info please Tel:Sue570823HUNSTANTONBRIDGECLUB'DuplicateBridge' 6.50pm for 7pm at Hunstanton Conservative Club

FIRE CADETS at Hunstanton Fire Station 7-9 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07710 066145

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

Thursdays

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

TEA DANCE2 – 4.30pm at Hunstanton Community Centre

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KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY meet in Kings Lynn 4th Thursday monthly at 7.30pm

Fridays

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

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

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

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

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2nd Heacham Rainbows

Happy New Year from Heacham Rainbows! But before we kick off the new year, let's go back in time to last term. It seems like a very long time ago but we started the term with a Halloween party. The girls dressed as witches and cats (I was a Princess). They made hanging pumpkin decorations; the Rainbows were each given two cardboard pumpkins. They used Quality Street wrappers for a stained glass window effect in the eyes and smile. For our next meeting we went to Paint-Me-Ceramics and had a lovely time with Suzy painting Christmas hanging decorations. The Rainbows really enjoyed painting angels, snowflakes and gingerbread men and were very excited to get them back once they were baked and shiny.

For our next meeting we used an activity provided by Girl Guiding as part of testing the new programme. The Rainbows all listened to the story 'Goldilocks and the Three Bears' then were tasked with remembering the important parts of the story and drawing them as pictures on small pieces of paper. When they finished all the pictures, they attached them in order to a stick and recalled the story using their 'story stick'.

The next week (while secretly wishing for snow) the Rainbows made little snowman out of toilet roll tubes, lots of cotton wool and little cardboard hats eyes and noses. They were very sweet even though the Rainbows got very frustrated with sticky fingers and cotton wool fluff!

Our next week was a special outing planned by our Leader-In-Training Danielle. The Rainbows were invited to Smithdon High School to make and decorate cupcakes with three A-Level students - Chrissy, Kitty and Gemma - and their teacher Mrs Barnham. The Rainbows had lots of fun making yummy cupcakes and helping the girls out with their A-Level studies.

The last two weeks were very Christmassy. The Rainbows recycled old photo frames into Christmas decorations; I tied three right angle pieces together into a Christmas Tree shape and the Rainbows decorated it with lots and lots of glitter, pompoms and sequins. The last week before Christmas we had a party; the Rainbows wore Christmas jumpers or Christmas costumes - we had our very own Angel and Elf! The Rainbows enjoyed dancing to Christmas music, playing party games and receiving their Christmas presents from the unit.

Kathryn - Unit Leader

Sadly, our numbers have dropped again and we lose two girls to Brownies at Easter bringing the number down to four. We are in desperate need to boost our numbers. If you think your daughter (aged between 5-7 years old) or a little girl you know, would enjoy activities such as I've written about above, look up Girl Guiding online and follow the instructions to register her to 2nd Heacham Rainbows or contact me on 07423 054790.

Borough Council News

Happy New Year to you all.

The expected appeal regarding the Cheney Hill development site has not yet materialised and there is no sign of any work starting on the houses given permission.

The proposed glamping site went back out to consultation mid-January. The 100 or so people who commented the first time should have had letters. There should still be time to comment now. Old comments will still be considered so make new ones

Downham Market gets its fair share of nonsense too. A site was allocated 140 houses, permission was given for 170 and then the developer increased it to 300. This was thrown out by the planning committee. It returned with 250 proposed. This was, again, thrown out by committee. Officers supported each application. The planning committee is under considerable pressure not to encourage appeals, not the least by the government which has put in place measures to 'fine' planning authorities each and every time they lose one. There is no balancing mechanism to fine developers who lose appeals and waste public money. Letters to your MP about bullying and pandering to big business might be in order.

The process determining the next allocation of development sites continues - Local Plan 2. More news regarding Heacham and adjoining areas later in the year. Meanwhile, please fill in the Neighbourhood Plan questionnaires which will soon be distributed. It will give the village some influence on what happens.

The Hopkins roundabout has been mentioned several times, not by me, in recent planning committee meetings as an example of what not to do at other proposed developments. Hopkins Homes have a raft of landscaping conditions to meet yet; I have reminded officers. Lidl has had approval for 8 signs; surface water drainage measures have been agreed with the County, and the highway changes are also signed off. So be prepared for some temporary local traffic disruption in the not too distant future.

Councillor Terry Parish



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Heacham Fire Station and the 1953 East Coast Floods

The 31st January 2018 marked the 65th anniversary of the devastating East Coast Floods of 1953. A deep Atlantic depression moved into the northern North Sea bringing with it storm force winds which combined with high spring tides to produce a tidal surge which swept down the eastern side of the country. Over 300 people were killed in the United Kingdom and over 1800 on the continent. Much has been written about the disaster over the years but the story of our local fire crew's experiences is perhaps less widely known and this is the subject of my article this month.

The following information is taken from original station documents, the testimony of some of those involved and the official Norfolk County Council report of the work of the Norfolk Fire Service during the floods.

The Brigade's involvement in the emergency began at 18.28 hours, around an hour before the predicted high tide, when a call was received to rescue persons at Page Stair Lane in King's Lynn. This was in an area where flooding was not uncommon during high spring tides and the fire service control room in the town had been notified of the possibility of such an occurrence that evening, but only about half an hour before it started to happen.

At 19.00 hours, Station Officer Shirley who was in charge of the fire brigade in Heacham, received a call to assist persons trapped at Snettisham beach, and so despatched a Major Pump Unit with a crew of Leading Fireman Fred Peacock and firemen Ted Nelson, Jack England, Dick Groom and Francis Hart. It was around this time that the seriousness of the situation in King's Lynn was becoming apparent as the Brigade was called out to

rescue a patient from an ambulance stranded in flood water on London Road. An appliance from the town's Common Staithe Quay fire station was out of commission after it was flooded.

At 19.16, Hunstanton Fire Brigade were attending Southend Road in the town to assist with the rescue of trapped persons. The situation was made worse at around 19.30 hours when the Brigade lost the use of their King's Lynn control room owing to flood water affecting the telephone cables. A temporary control room was established at the nearby Swan Inn but it could not operate as effectively. Reinforcements were called into the borough from surrounding brigades.

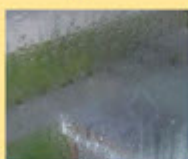


At 19.50 hours, Station Officer Shirley received a second call for assistance, this time to Heacham South Beach where two persons were reported trapped in a bungalow. He took the station's second appliance with a crew

of Leading Fireman Harry Dade and firemen Johnny Reynolds, Stan Lee and Ted High. On reaching the South Beach Road level crossing, they found it unsafe to proceed any further with the appliance and instead went on foot, scrambling along a hedge bank that was visible above the water. They were only able to reach as far as Plumb's farmhouse and a bungalow on the opposite side of the road where the water was 3-4 feet deep. Both properties had occupants who were apparently safe and didn't wish to leave their homes. (The farmhouse will be known to some readers as Raines' farm and is still standing on the landward side of the inner bank which was built up to its current height after the disaster). Station Officer Shirley wrote at the time that a quarter of a mile further on towards the beach, five lives were lost. "It was impossible to reach the spot even by boat, the wind and current being too strong..... their bungalows had been smashed to pieces and swept away by the first inrush of water an hour before we were called out. Not a trace was seen of these bungalows next morning and the bodies were found two miles away."

Meanwhile, at 20.05 hours, District Officer Khan who had also been sent to Snettisham beach was able to get a message back to control and it was not good news. He reported that an unknown number of persons were trapped and that the Heacham appliance could not be found. In his car he had only been able

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to proceed about half way along the road to the beach. The strength of the current, fast moving debris and the force of the gale which he estimated at 60mph meant that reaching the beach was impossible without further assistance. It was surmised at that time that the appliance from Heacham had reached the beach.

In Hunstanton, a report came in at 21.33 stating that a fire appliance sent to Southend Road had been submerged and was out of commission. This was followed at 21.40 by a message reporting that the Heacham appliance at Snettisham had been lost. An urgent request for DUKWs was received. (These were amphibious vehicles that were used as landing craft during World War Two). District Officer Khan with personnel from Snettisham's volunteer fire station and the police, made efforts to get to the beach by lashing ropes between telegraph poles to use as a life line but initially even this proved impossible. Attempts to gain access from the Heacham end of the beach also proved unsuccessful as the water was much too deep to negotiate.

At 22.35 hours, news came through that the Heacham appliance had been located and that the crew were safe. They had never made it to the beach having been engulfed in water around four feet deep which stalled the engine. They remained marooned for about three hours being bombarded by floating wreckage and in imminent danger of being swept away. Having climbed onto the roof of the vehicle to save themselves, it was only when the water began to recede that two of the crew, Fred Peacock and Dick Groom were able to wade through it and get a message back to the station.

Another crew member, Jack England, gave an account of their experience some years ago. He described reaching the rising flood water and then being suddenly overwhelmed by a huge wave which washed right over them. They found themselves on a bank but things were getting worse. Their appliance was an

Austin K2 Auxiliary Towing Vehicle (ATV) coupled to a Dennis trailer pump - both dating from the Second World War. Jack's son, Jonathan owns a similar ATV and pump which can be seen in the photograph. The officer in charge sat in the front with the driver whilst the rest of the crew were on bench seats in the back. Jack went on to say "We were completely stranded and absolutely helpless. The freezing water was well over our knees even on the ATV and still rising and we were being battered by unbelievably ferocious winds. We discussed what we would do if we had to abandon the vehicle and decided we would try to swim to a bungalow we could see in the distance."

Fortunately, they didn't have to make that decision for, if they had, they may have shared the same fate as so many poor souls that night. Jack always said he believed it was the large Dennis trailer pump which saved them as its heavy weight, around one



ton, meant that it acted as an anchor preventing the ATV from being washed away and them with it. Having been abandoned for the night, the unit was salvaged the next morning and towed back to Heacham.

The subsiding waters which had brought the Heacham crew's ordeal to an end also allowed other rescuers to finally reach the beach area. Albert Gibson, who was in charge of the volunteer station in the village, was part of a team comprising police, fire service and civilians who reached the beach using life lines and brought 15 people back to safety. A further journey was made and further trapped persons were rescued. "It was hell" said Leading Fireman Gibson. "The wind and the water. I would never have believed there was anything like it."

Nine people lost their lives in Heacham that night. In Snettisham the total was 25 and in Hunstanton, 31. Many of them would have had no idea what was happening until it was too late. We must, however, remember that despite this horrendous tragedy, a greater number of people were saved and there were many acts of courage and bravery carried out by people from all walks of life on that night.

The world today is a very different place from the one which witnessed such destruction 65 years ago but we must never forget the past because it always has so much to teach us.

Chris Wood
Heacham Fire Station

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“Nourishing Winter Meals planned by a Prudent Pensioner”

This is the title of a book I hope to have published and available on Amazon by early February. It is a no frills guide to getting the most from your budget.

I am grateful for many things in my life but I would say that being taught to eat well on a budget really had a positive impact on my personal contentment and well-being. Family and friends accept that I am not an organised person but planning meals ahead and wasting little has, for very many years, been second nature to me.

I have taken a break from writing poems and written this book showing how I plan ahead, together with recipes for 21 inexpensive, wholesome main meals, 6 soups and a few cakes and puddings.

Below is one of the recipes.

Doreen Reed

www.doreenreedpoet.com

Carrot Soup

makes 500ml / 1 pint

Ingredients:

1 medium shallot or small onion
15g / ½ oz. butter
Potato approx. 100g/4oz
Carrots approx. 200g/8oz
Vegetable or chicken stock cube dissolved in 500ml hot water
Salt and Pepper to taste.

Method:

Peel potato and carrots and cut them up into small pieces.
Peel shallot/onion and slice finely.
Place butter in a saucepan over a medium heat, add vegetables stir and mix well. Add stock, increase heat and bring to boiling point. Reduce heat and leave, covered, simmering gently, stirring occasionally, until vegetables are quite soft (approximately 20 minutes). Strain off most of liquid into a jug, put aside while you either put vegetables into liquidizer, or use a hand blender and whizz for a couple of minutes. Alternatively, use potato masher and mash well. Return liquid, 1/3rd at a time, to pureed vegetables in the saucepan stirring gently to mix well. Add salt and pepper if required. When all liquid is mixed in, reheat to boiling point stirring gently. Turn off heat, serve and enjoy.

Heacham FC

The picture was taken on Saturday 13th January before the Heacham FC win over Bungay Res 5.1 in the Anglian Combination League. We have now won all 13 of our league games so far this season.

The picture shows Chris McCullough of the Anglian Combination Football League presenting captain Danny Barr with the team of the month award for November.

David Griggs



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Wednesday June 13th

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Wednesday October 10th

Wednesday December 12th

Further information from: 01485 533933



HDFFA

Hunstanton & District Festival of Arts

CHRISTMAS TREE FESTIVAL RESULTS.

The winners of the Christmas Tree Festival held in Hunstanton in December were:

'The Refill Tree', made from plastic rubbish collected in one month from Hunstanton Beach. They were the outright winners coming in with the public vote far ahead of the rest of the field.

Winner of the Junior Section was Smithdon High School with their science project aptly named: The Chemis – Tree!

They both won £50 to put towards their new projects and we wish them every congratulation for their creative artistry.

The winning tree was on display at the Tourist Information Centre in Hunstanton the following week.

There were 28 entries in all from local charities, schools and a few shops from all over the area.

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Hunstanton & District Rotary Club – Gifts to Children in QEH Christmas 2017

Rotary Club members have donated approximately 40 Christmas gifts for children who were patients in the QEH Children's Ward leading up to and at Christmas 2017.



Rotary members Jean and Roger Raven whose idea and organisation led to this project, were joined by Mandy McMurray, the Rudham Ward Manager at QEH, who accepted the gifts on behalf of the children. Mandy said it

was heart-warming to think that Rotary were thinking of the children at Christmas and thanked them for their gifts. The gifts were displayed on the 'Rotary Giving Tree' in the Town Hall on Friday 8th and Saturday 9th December and were officially handed over to the QEH on Friday 15th December.

Hunstanton Conservative Club

Entertainment for February

17th February Valentine Dinner with entertainment by 'Pride'

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EXCITING NEW TERM FOR FESTIVAL CHORUS

A new year, a new term back at Springwood High School, and exciting new events await followers of the Festival Chorus.

The Chorus welcomes the internationally acclaimed early music group STILE (Stee-lay) ANTICO to perform, work with and sing with the Festival Chorus.

Now awarded their third Grammy nomination for their exquisite interpretation of early music (all sung without a conductor unlike the Sixteen), they will be at St Nicholas Chapel on SUNDAY 18th MARCH 2018 at 7.30pm.

The programme is one of 16th century music by the Spanish composer Tomas Luis de Victoria (syn. Vittoria).

Stile Antico will perform his Tenabrae Responsories, and then join the Festival Chorus in a performance of Officium Defunctorum (Requiem Mass).

Members of Stile Antico will be working with the Festival Chorus a couple of weeks before in a pre-concert workshop. A rare treat indeed for the Chorus who will gain enormous insight into music of this period.

Potential new members to the Chorus are always welcome. Please visit their website: www.kingslynnfestivalchorus.co.uk for details.

Tickets at £25 are already available from the Corn Exchange (tel. 01553 764864) or on-line. As seating is zoned in the Chapel, please book early to select the zone of your choice.

And for something completely different...

COME AND SING... 'OLIVER' is open to EVERYONE! This will be on SUNDAY 15th April 2018. All are welcome (under 18s free). Fancy dress encouraged but optional. Experience working with professional singers and musicians who promise a day of fun and hard work.

Details of the day, registration and fees are available on their website www.kingslynnfestivalchorus.co.uk

See you there!

United Services Club Homefields Road, Hunstanton Entertainment for the month of February 2018

- Sat 3rd Feb – 8.30pm: 'Paul Copestake'
- Sat 10th Feb – 8.30pm: 'Gemini'
- Fri 16th Feb – 8.30pm: Quiz Night - £2 per person plus Food.
- Sat 17th Feb – 8.30pm: 'Kenny and the Motives'
- Sat 24th Feb – 8.30pm: 'Lawrie Haley Duo'

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Serenity's Beauty Salon and Point'z of Interest Therapie'z Holistic Christmas Charity Evening

Serenity's Beauty Salon from Dersingham organised a Christmas charity event in order to raise money for The Norfolk Hospice Tapping House.



The event included 13 stallholders, a raffle and a tombola with refreshments available throughout the evening. Also, Serenity's Beauty Salon and Point'z of Interest Therapie'z

had their own stalls. They ranged from art and crafts to psychic readings and beauty. The event had a warm, friendly and festive atmosphere and a great turnout of attendees.

Karen Crumplin, Beautician of Serenity's Beauty Salon, commented, "The event was a great success. We raised over £331 for The Norfolk Hospice and all donations made from refreshments is going to the Alzheimers' Society. Thank you to all those that attended and showed your support."

The Norfolk Hospice Tapping House looks after individuals with any life limited illness. This takes place



in their day therapy units. Patients attend the units and carry out activities together such as forming their own gardening group, physiotherapy and circuit exercising. On Mondays the hospice have a meet-up with the patients for a social coffee morning together. The hospice also look after individuals in their own homes during the last few weeks of their lives and run a Christmas at home service. This entails sending out nurses to the homes of the patients to support the family during the last



few weeks. This year the charity successfully opened an inpatient unit. The Norfolk Hospice offers bereavement support as well as family support.

Celia McAteer, Fundraising Volunteer from the Norfolk Hospice, commented: "Thank you so much for inviting us to this lovely event. It is a wonderful opportunity to bring the needs and the publicity of the hospice to the local community."

A big thank you from the event organisers to: Bear's N Bead'z, RSPCA, Dawn International Psychic and Spiritual counsellor, Amazing Himalayan Salt Co, Magnetic Jewellery, A Little Karma, Vanessa Spiritual Medium, Michael Psychic Surgeon, Aura Readings and The Feathers Hotel.

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Visiting India and Nepal with The Leprosy Mission

Part 1

This is becoming a regular event. For the third time in four years I am composing an article for local newsletters following a trip to see and learn about the work of TLM. This year we were looking at the work of a partner organisation called Brighter Future. It was so interesting and inspiring and I am looking forward to giving presentations on the trip to both religious and secular groups in the coming months.

So we left chilly England on 23rd November for comfortably hot Vizianagaram, just inland from the Bay of Bengal, south of Kolkata. We were staying in a nice hotel which also did a roaring trade in weddings. This time of year is particularly auspicious for Hindu weddings which last a week, so every night we were serenaded by Bangla-style music and lots of drums. The first morning there was a band in the corridor waking us all up very early with loud celebrations.

I really enjoyed the Indian breakfasts; sambar (a thin vegetable soup) and chapatti, dosa, flavoured omelette, pancakes, a grainy creamy dish with lots of black peppercorns and savoury donuts. I enjoyed the lunches and dinners as well, but curry for breakfast is a bit of a novelty.

We started the first day at the Rainbow Children's Centre which is a bit like a boarding school for children from leprosy-affected families who live in leprosy communities and would not otherwise be able to afford to send them to school. It is run by Victor and his wife Mary. Both of them had a similar childhood and Victor used to go begging with his mother until he was rescued by a sponsor and placed in a Salvation Army centre. He was able to go to school, college and university and is a qualified

technical biologist and physiotherapist. He felt his calling was to rescue other children in the same situation and Brighter Future was founded in 2002. It now runs 4 school-type centres, accommodation for orphaned children and those with HIV, a mother's home for ladies with HIV, a training centre for dressmaking and embroidery, a hospice and supports 4 TLM leprosy communities.

Louise, who works for TLM and is also the volunteer head of the UK branch of Brighter Future, opened a new building at Rainbow – a lovely dining area, library and conference centre. The Rainbow Centre houses 82 children and opened in 2004 with 15. Altogether just over 200 children are accommodated and receiving education. We met 5 young ladies who came as little children and are now receiving nursing training and a group of young men who are doing either a BSc or BTech. In addition, 73 ladies are learning to sew and 2500 have been trained over the past 10 years.

We went to three of the centres in the course of the day and it was just so inspiring to learn of the difference this work makes to the lives of children who would otherwise have to beg or be in prostitution simply to earn enough to survive. Victor is one of the most warm-hearted people I have ever met, and Mary too. She runs the sewing unit and oversees lots of the general household activities.

The Leprosy Mission supports their activities for the leprosy-affected and they fundraise in their own right for the others, sourcing government grants and seeking sponsorships for individual children. To sponsor a child fully (home, food, clothes, school etc) costs £25 per month. Educational sponsorships cost £3 per month for a child at primary school, £5 at high school and £10 at college. If you would like to learn more about this, look up Brighter Future International Trust.

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Another key part of our itinerary was to visit leprosy communities. Each followed a similar pattern, so I will just detail the first one at Narsannapeta. Victor wants to phase out the term 'colony' and use community instead. This was a comparatively uneventful yet interesting journey into rural Indian life as we went past rice fields being harvested - by hand by women of course - rivers and ponds being used for washing clothes and bathing and by animals of all sorts, little villages with buildings made from wooden stakes and toddy leaf thatch, big villages with assorted stalls of fruit and vegetables and biscuits and towns with all manner of shops and services all taking place in the open. In between everything are goats, sheep, cows and dogs wandering around, cows dozing on the central reservation, kites flying overhead and herons and egrets by the water.

At Narsannapeta we started with a service in the church where we were presented with marigold garlands. The pastor is leprosy-affected and was a beggar until the Mission found him and he was so overwhelmed by everything they did for him he became a Christian and then a pastor. (See the New Day article – The Beggar Pastor.) Now he and 3 others have been trained as Champions under the CREATE scheme and work to intercede with families who reject their leprosy-affected relative and also campaign on behalf of patients to ensure they receive their legal benefits of pension etc. After the service we had a tour of the community and looked at the new permanent housing built with a combination of TLM, Brighter Future and government funds. Then we went to the community centre where a nurse was getting patients with foot problems to go through the daily ritual of soaking, scraping and oiling their feet. Victor checked them for any damage and did a bit of callous removal. Each month Brighter Future brings a food parcel for each person consisting of rice, beans, lentils, flour, oil etc which we were asked to take back to their homes – and jolly heavy they were too!

A new experience was presented though with the delivery of shoes. The resident cobbler receives sheets of microcellular rubber made from old car tyres, cuts out soles and fastens velcro straps through them. Each patient gets a new pair each 4-6 months and today was Shoe Day. We were invited to put a new pair on each patient and it was really very humbling to kneel down and place each shoe carefully on their deformed and anaesthetic feet.

Another day we had a 2 hour drive to the Salur leprosy hospital. It was only supposed to be an hour, but Victor kept stopping to show us the rice harvest, a snake pit and brickworks. Bricks are made by hand. Clay, sand and the chopped leaves from the toddy tree are mixed with water and put in a mould. They are laid in the sun for 4 days until they are firm and then stacked so they can dry. 10 days later they are fired. Toddy trees are in the tall, straight, pickly-lollipop trees you see in Indian landscapes. The

trunks are used for building supports and the leaves are dried and used to thatch the simplest form of housing, which is a timber frame and the roof. It has no electricity or running water. The leaves can also be boiled and made into alcohol - hence the phrase 'hot toddy.'

Salur has been operating (sorry!) for 110 years and has 60 beds. They treat 4500 outpatients a year and admit 500. It serves 3 districts in Andhra Pradesh - Vizianagaram, Srikakulam and Visakhapatnam. The superintendent and his wife have been there for 18 years and the daily ulcer care doctor for 40. The hospital performs 500 cataract operations a year and will do 30 a day. We saw a group of poor people coming in for pre-op checks. The hospital treats both leprosy and general patients. Treatment is free for leprosy patients, whatever they need and general patients pay what they can, but there is also a Good Samaritan fund so that no one is ever denied treatment because they cannot pay. State hospitals charge much more.

We looked round each department and ward and met some very sad cases and heard very moving stories. I was the only one who had been to a TLM hospital before, and before we went in some of the group were saying it wouldn't be very interesting etc, but by the time we came out most were in tears and so full of admiration for what is being done.

On the way back, we stopped at the Prem Nivas Children's Home and school which is for children born with HIV. Social and outreach workers, and even the police, refer cases to Victor. Children have to be well nourished before the retro viral drugs will work. Again, we have 35 children who are happy, healthy, being educated and looking forward to going to college and getting a worthwhile career such as teaching, nursing and engineering instead of just dying on the street. We were



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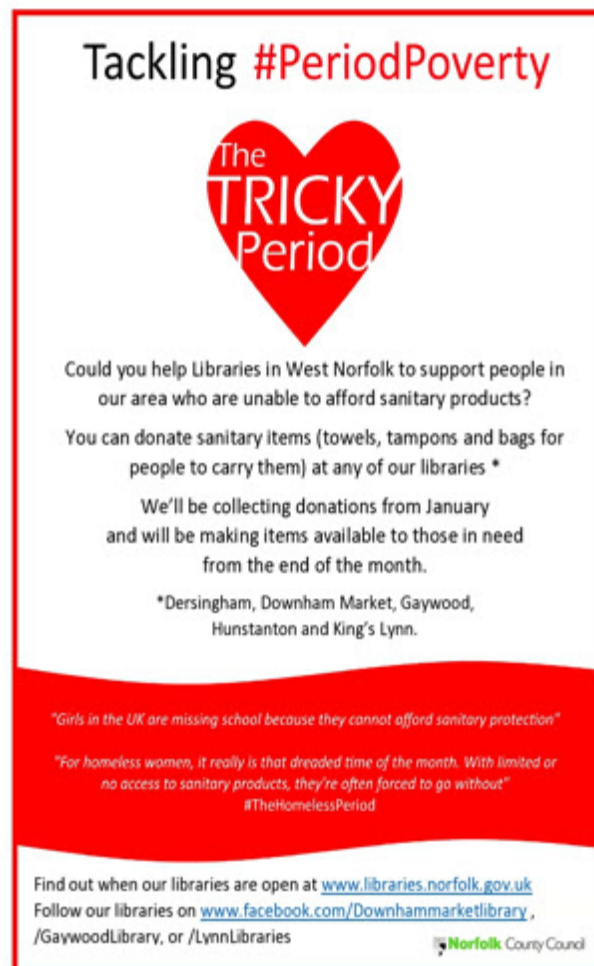
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Tackling #PeriodPoverty

The TRICKY Period

Could you help Libraries in West Norfolk to support people in our area who are unable to afford sanitary products?

You can donate sanitary items (towels, tampons and bags for people to carry them) at any of our libraries *

We'll be collecting donations from January and will be making items available to those in need from the end of the month.


*Dersingham, Downham Market, Gaywood, Hunstanton and King's Lynn.

"Girls in the UK are missing school because they cannot afford sanitary protection"

"For homeless women, it really is that dreaded time of the month. With limited or no access to sanitary products, they're often forced to go without"

#TheHomelessPeriod

Find out when our libraries are open at www.libraries.norfolk.gov.uk
Follow our libraries on www.facebook.com/Downhammarketlibrary,
/GaywoodLibrary, or /LynnLibraries

 Norfolk County Council

entertained with singing and dancing and given very impressive marigold garlands, the best so far.

We also visited the Vocational Training Centre in Vizianagaram. Here students who are from leprosy-affected families or are disabled come to learn dressmaking, bag and backpack making, electrical engineering, diesel mechanics, carpentry, welding and IT. We went round each department and met the students. A number are from the Rainbow Centre and Victor proudly introduced them to us.

After the VTC we were having the afternoon off and were being taken to the beach, about an hour's drive. We had a most wonderful buffet lunch of an entirely different quality to anything I've had in England. We each had a waiter guiding us along the selection...'this is not spicy Madam...Be careful Madam, veery spicy!'

Some of us had a paddle in the Bay of Bengal - I thought I should to see how it compared with the Wash. Then we had a walk round the headland to watch the fishing boats bringing in the day's catch. Lots were round silvery ones related to tuna. It was a lovely way to spend an afternoon.

One of the advantages of having a lady leading the trip is that she understands the necessity of shopping. We all wanted to buy kurtas – the long loose dresses worn over trousers or leggings – and there was a couple of outlets just over the road from the hotel.

One evening we visited the fabric market. Oh my goodness! 200 fabric shops selling DIY saris and salwar kameez, readymade garments such as the most lovely dresses for little girls, men's shirts and long jackets with mandarin collars and every type of fabric imaginable. I could have stayed there a week. I bought a DIY s k and some scarves. Another night we were driven to a bangle shop. It was late night shopping and the streets were

heaving. The sight of 8 European ladies squeezed into the tiny shop drew crowds and by the time we came out the road was nearly blocked. The drivers hadn't been able to park anywhere close by and we had several minutes' walk past street sellers, all calling to us to stop and buy one, motorbikes, bikes and tuktuks, beggars and lots of lads who wanted to take selfies with us. Victor had to take me by the hand at one point as I kept wanting to stop to look. I love Indian towns - such noise and colour!

Part 2 – my return to Anandaban will be published in the March edition of the Heacham Newsletter.

Veronica Welham

Brancaster Camera Club

Unless otherwise stated, all our meetings will be held in Brancaster Staithe Village Hall at 7.30pm. Visitors are always welcome. Contact details: Jim Till (Chairman) 01485 210013, Wendy Calow 01553 674725.

Tuesday, 13th February 2018

Print discussion with King's Lynn Camera Club

Tuesday, 27th February 2018

Club tutorial evening on preparation of Digital Projected Images for competitions.

Provisional Notice:

Tuesday, 13th March 2018

An evening with David Tipling, International Wildlife Photographer and Author.

Admission £5. This will be an illustrated talk about David's 25 years of Wildlife photography and his new book on that subject.

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Alternative Remedies

Trees are showing new beautiful green buds just waiting to unfurl and grow. We can do this too, well perhaps not literally! We can choose to change and grow by setting goals and then step into the new being of ourselves. Feeling stuck in a groove or may be stop/start streaming! So, look at, with real honesty, what or who is holding you in this place and then look at how you can change your situation. Knowing you can only change your actions and thoughts, you cannot change anybody else, only your reactions to their actions. It is your thoughts that give you your reality and you can control them/you are them, they are not in control of you. Although this is how we are taught in our culture, like our brain is running off on its own with absolutely no input from us, it's our brain and our thoughts so own them and if you don't like them, change them. It really is that simple. Do you get up in the morning, draw the curtains and moan at the weather, the traffic, the whatever and negative news programmes don't help either. Or do you rejoice at the new day, the sunrise and the weather. The first approach tends to bring you a grumpy day and everything and everyone is against you, the latter brings positive thoughts and interaction. It is so simple to change to the positive, but you have to be aware of those pesky thoughts sneaking in, so every time an unhelpful style thought comes in, don't feed it by adding to it, immediately replace it with something positive, however simple. 'Wow look at that amazing tree, flower', changes the thought flow and you will find you gradually change your life, hurrah. You have to do something; it's not a passive exercise.

Similarly, with those New Year resolutions, I bet most of them have been given up on by now! So, reword them and start afresh. 'I want to stop smoking, facebook, chocolate', the universe hears the emphasis on the last word so gives you more of the same. A

bit of lateral thinking is required, like Yoda, 'chocolate I have stopped'! Better would be 'I choose', this is a positive active word rather than a rationing/stopping or denying yourself something. So 'I choose to eat healthily' or 'I choose to be sober' and the power is given back to you. Stand up and say these, with feeling from the heart and things will change in your life, just like magic. Although I must admit to liking the Potter approach of just removing extra thought with a wand, maybe next week! My favourite statement or intention is 'my intention is for an amazing day' and guess what, I have an amazing day. Over to you.....

If you have any further questions or would like information relating to your health, please email me at alison.shaman.healer@gmail.com.

In Harmony.

Alison Bowyer, MNCHN

Ringstead Village Club

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

We will be playing Carpet Bowls at the meeting on 1st March; why not come along and join in the fun.



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The staff at Bliss are looking forward to another busy and creative year with some exciting offers and new services becoming available to our clients through out the coming year.

Earlier in 2017 we asked our clients, new and existing, to take part in an anonymous customer feedback questionnaire we asked you to answer the questions based on your experiences at Bliss. We had over fifty questionnaires returned and I am delighted that all were very positive and not one came back with a negative comment. It's a boost to team morale and lovely to know our clients are more than happy with every aspect of the service we provide.

This year we are delighted to offer our clients a range of beauty treatments including manicures, pedicures, waxing, spray tans and temporary eyelash extensions.

Steve the barber is on hand for all your barbering needs gentlemen. Please book an appointment with Steve, Mondays, Tuesdays and Saturdays.

On the 21st and 22nd of December last year we held a fundraiser event at the salon and on behalf of myself and everyone at Bliss Hair Salon we would like to say a big THANK YOU for helping us raise a whopping £700 for Alzheimers! I am overwhelmed at the generosity of everyone, especially so close to Christmas.



Thank you also to the team at Bliss and our Elf helpers on the day for all your hard work.

We had so many lovely raffle prizes all donated from local people and businesses, the raffle alone raised £351.50! Our donation bucket raised £138.20. Cake donations £34.75. Online Donations to the Just Giving page raised £70. My FitSteps classes raised £30 and Bliss donated an extra £75.55 to bring our amazing total to £700!!



Well done one and all and from everyone at Bliss we wish you a Happy and Elfie New Year!

Jaime Parry
2 High St



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WHAT'S ON IN FEBRUARY

FRIDAY 2ND POKER NIGHT IN CLUB STARTS 7PM
SATURDAY 17TH BAND 60/70/80S IN HALL 7.30PM
WEDNESDAY 21ST LORRAINES PRIZE BINGO STARTS 1.30PM
FRIDAY 2ND MARCH POKER NIGHT IN CLUB STARTS 7PM
SATURDAY 3RD MARCH THE HAPPY JAX IN HALL 7pm

The renovations in January have finished come and take a look at our new hall facilities and function room which is NOW available for rent for Weddings, Bands etc

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

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Micro:bit Jams



The West Norfolk Members Group invites you to

An illustrated talk:

NWT's Ancient Woodlands

by Steve Collin

After a brief AGM, the Senior Reserves Officer for Woods and Heaths will talk about the history, flora and fauna of our ancient woodlands

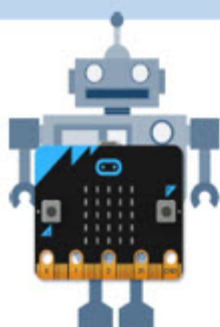
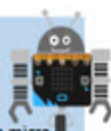
Thursday 22nd February - 7.30pm

Venue: Hunstanton Methodist Church Hall, Austin Street.

Cost: £2.50 members / £3.00 visitors.

Explore the world of Microbits with staff and volunteers. Learn to code a micro-computer and create your own games at the following libraries:

- **Dersingham Library** Monday 12th February 10.30-12 (01485 540181 to book)
- **Downham Market Library** Monday 12th February 2.00-3.30pm (01366 383073 to book)
- **Gaywood Library** Wednesday 14th February 10-11.30pm (01553 768498 to book)
- **Hunstanton Library** Thursday 15th February 1.30-3pm (01485 532280 to book)
- **Lynn Library** Saturday 17th February 10.30-12 (01553 761393 to book)



Booking is essential!

This event is aimed at young people aged 10-12 years.



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Searles Leisure Resort

Quiz raises money for West Norfolk Mind

On Thursday 30th November, the Fountain Sports Bar & Restaurant located within Searles Leisure Resort, hosted the Annual Charity Quiz Night to raise money for West Norfolk Mind.

Pauline Ring, who organised the evening, was delighted with attendance for the evening which, owing to the atrocious weather that night, was down in numbers this year. Thanks to the generosity of loyal friend Chas Abbs who gave an original seascape he had painted for auction, along with the other great raffle prizes, the money raised on the evening equalled last year's total.



Andrew Searles (Operations Director), Pauline Ring, presenting Zena Penty from West Norfolk Mind with a cheque for £410.



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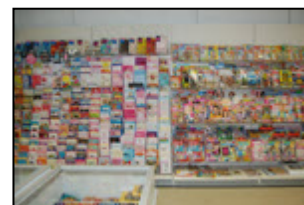
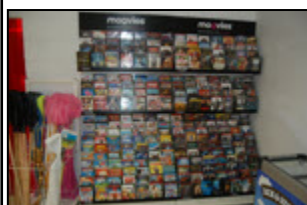
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Norfolk Coast Partnership

Share your stories of the coast:

The Norfolk Coast Area celebrates 50 years as an Area of Outstanding Natural Beauty this April.

The official designation as a protected area – given in 1968 – enables us to take action, as well as highlighting that the area belongs, in an important way, to us all. Natural systems are under threat from global warming and other factors, and there is much to be done to safeguard heritage. In this special year, we are looking back to celebrate – and forward to a healthy future for this beautiful place.

We would love to hear from anyone who has any memories of the coast, how life was, living and working in the area in 1968. If you have any stories, photos or videos of the area that you would be happy to share, please get in touch. Call 01328 850530 or email helen.timson@norfolk.gov.uk

To find out more about the Norfolk Coast AONB and the work we do, visit: norfolkcoastaonb.org.uk.

Helen Timson

Answers to Spiral Word Puzzle

- | | |
|----------|----------|
| 1) Shoe | 2) Eros |
| 3) Swig | 4) Gong |
| 5) Gown | 6) Noon |
| 7) Nail | 8) Last |
| 9) Tile | 10) Eden |
| 11) Nose | 12) Ends |
| 13) Star | 14) Real |
| 15) Lion | 16) Numb |

Puzzle Word: LAMBING

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21. Prelate
25. Taffy
26. Overnight
28. Soloist
29. Everest
30. Going for a song

Down

2. Norma
3. Earnest
4. Towering
5. Impact
6. Mishear
7. Newmarket
8. Dandy
9. Orleans
15. Portfolio
17. Ecstasy
18. Free beer
20. Elysian
22. Lancers
23. Sort of
24. State
27. Green

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| 2 | 6 | 7 | 5 | 1 | 8 | 9 | 3 | 4 |
| 9 | 3 | 8 | 2 | 6 | 4 | 7 | 1 | 5 |
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ANMER VILLAGE SOCIAL CLUB FILM NIGHT

Friday 16th February 2018 at 8.00pm

'VICTORIA AND ABDUL'

Starring Judy Dench, Ali Fazal & Tim Pigott-Smith in the true story in which Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.

Venue – Anmer Village Social Club

Admission by ticket - £3 at the door

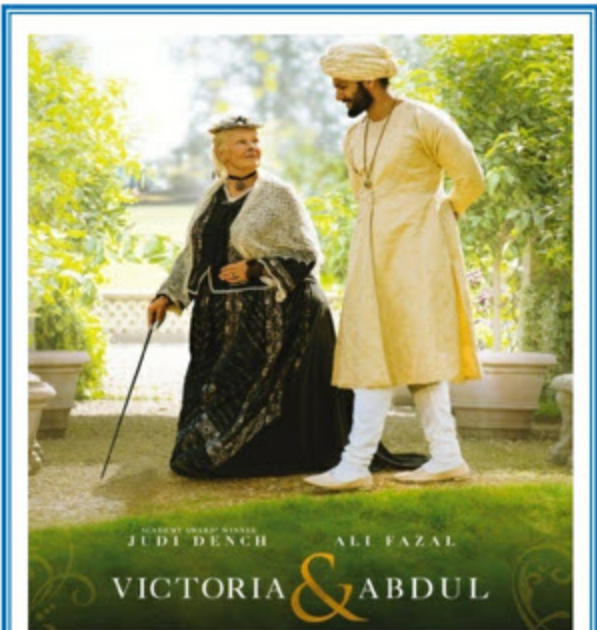
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Norfolk Constabulary (Update as at January 2018)

Message from Inspector John Bane:

It is at this time of year, when people take stock of their lives and remember events that have affected them from the past year. Whether that is the positive life-affirming occasions or those instances that just took the wind out of their sails. However, last year is last year now and we can look forward to 2018, bringing our strengths from the past year. The Police Service is no different, in that we reflect on the previous year with what we have accomplished and where we were unsuccessful in our achievements to combat crime and support the community. We look to improve on our service and achievements.

Message from your Engagement Officer:

I wanted to update you about Operation Gravity - our campaign targeting drug dealing in Norfolk which was launched in December 2016. So far, we have carried out a number of warrants and searches leading to the arrest of more than 350 people. To date, 77 of those have been convicted in court. Tens of thousands of pounds worth of heroin, crack cocaine and cash have been seized, along with 40 knives. Anyone with information about illegal drugs should contact us on 101; however, if you have information but wish to remain anonymous you can also contact independent charity Crimestoppers on 0800 555111.

What is happening in your area:

As I mentioned in last month's newsletters, that Officers would be targeting speeding drivers around the LPC, we have just received confirmation from the Camera Safety team of recent analysis of the compliance of the speed limit, which was considered to be very poor in some parishes, so do not be surprised if you come across a Camera Van parked up within your community. Officers have been proactively targeting drink drivers over the Christmas period for the traditional Christmas campaign, and it has resulted in several drivers being charged and being disqualified from driving. Also over the past few weeks, we have been receiving calls regarding Hare Coursers from vigilant parishioners observing persons taking part in this activity. We take these calls seriously and respond with all the resources possible to catch the offenders.

Neighbourhood Priorities:

We have one SNAP Priority following our recent meeting, which is Anti-Social Behaviour in and around North Wootton Park, King's Lynn. The next SNAP meeting is being held on Wednesday 14th March 2018 at 1900hrs at The Way, Down's Close, Hunstanton.

Point of Contact:

Follow us on social media www.crimestoppers.co.uk
www.norfolk.police.co.uk
SNTHunstanton@norfolk.pnn.police.uk

Partner Contacts:

Environmental Health - 01553 616200

NHS - 111

County Council - 0344 8008020

District Council - 01553 616200

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The Youth of Today

Nowadays so many people in certain age groups are negatively stereotyped by others in society. One of those age groups are teenagers, who are generally only represented as negative by the media, whether it's in newspapers or on social media.

Joseph Rumens, started off with a laptop and built a free website to create a local radio station. It took three months to set the station up properly with help from others. After 3 years since its creation, this station is now known as Radio Heacham.

Joseph's radio station has become a local success within the area; he covers lots of events and raises money for charities. He has raised money for Children in Need for the last two years and carried out volunteer work for West Norfolk Healing Hearts. Last year he raised £860 for Children in need after staying up for 24 hours.

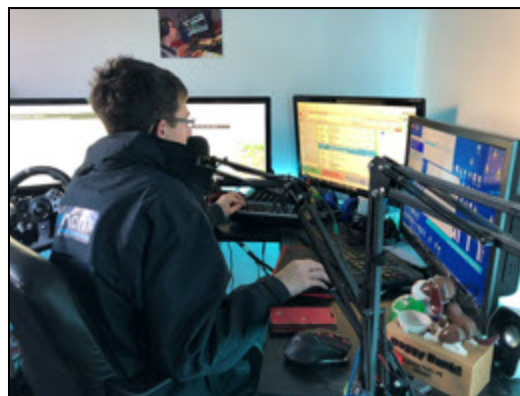
The Radio Station has taken part in the Heacham Carnival for the last two years with a float in the parade. The first year of the entry, they won the family cup.

Joseph has also attended various fire station events with his entertainment. He has worked with Dersingham Parish Council at the Christmas light switch on, as well as Heacham Parish Council at the Heacham Neighbourhood Plan Consultation day.

Due to his hard work and commitment, Joseph now works for KLFM96.7 on the promo team. He has also been a part of the Hospital Radio team for over a year.

Since then, an app for Radio Heacham has been released on the apple and android store, free to download.

Joseph is just one of many teenagers who has created a career for himself and been a positive role model for the younger generation.



Radio Heacham is always looking for new listeners to join them and donations are appreciated.

Thanks to (from Joseph):-

Dave Curtis, Jim Race, Claire, Samantha, Wayne Finch and Reece Burns for all their help.

THN

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SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS

Success for the 3rd Lewis Kerr Golf Day.

The 3rd Lewis Kerr Golf Day took place at Heacham Manor Golf Club on January 7th, 2018.

After the success of last year, more teams had entered with everyone digging deep for this year's charity The Speedway Riders Benevolent Fund. This is a charity that is very close to the Kerr family after Lewis was involved in a speedway accident in August 2015 and The Speedway Riders Benevolent Fund supported him during his recovery.

Despite a wet previous week, the weather was favorable and the green keepers had done an excellent job to get the course playable and looking good for the time of year. 15 teams took to the course and the weather, despite being chilly, held out and the scoring was fantastic.

With the best two stableford scores from a team of 4 on each hole counting, the eventual winners were Liam Kerr, Jason Kerr, Tate Bailey and Steve Smart on a superb 95 points. Other winners included Steve Smart who won the Putting competition, Ian Prudence, Sam Haines, Robbie Palmer and Matt Barter who all took Nearest the Pin prizes.

The Norfolk Building Company was the main sponsor for the day and a massive thank you must go to Sam and all of the other sponsors. Thanks also go to Kevin Moore who introduced the work of the Speedway Riders Benevolent Fund and conducted the Charity Auction

A total of £1,820 was made throughout the day for The Speedway Riders Benevolent Fund; many thanks to the sponsors and a successful charity auction.

The Lewis Kerr Golf Day is now set to be an annual event and Heacham Manor will be hosting the event again in 2019.



Photo 1: Winners, (Left to right) Lewis Kerr (and Son), Liam Kerr, Steve Smart, Jason Kerr, Tate Bailey.



WEST NORFOLK LIBRARIES EVENTS HUNSTANTON LIBRARY

February 2018

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

Regular weekly events:

Baby Bounce and rhyme – every Monday (term time) from 2.00-2.30pm.

Board Gamers – every Tuesday 2.00-3.00pm. Come and enjoy some card and board games. Refreshments provided.

Job help session - Every Wednesday 3.00-5.00pm (Booking essential). Want help to update your CV, using Universal Jobmatch, and searching for jobs online? Then why not book in for a 30 minute session with staff to get you started. Please call 01485 532280 to book!

Just a cuppa – every Friday from 10.30-11.30am.

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

Volunteers needed!

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

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

Chess Club – Saturday 3rd February 10.30am-12.30pm – new weekly club.

Knit and Natter - Thursday 8th February 10.30am-12.30pm.

Colour yourself calm – Monday 12th and 26th February 10.30am-12.00noon.

Half term book sale – Monday 12th to Saturday 17th February

Come along and grab a bargain!

Book Club – Monday 12th February 2.30pm

New members always welcome. Ask staff for details of the books being discussed.

Walk and talk group – Tuesday 13th February 2.30pm from the library

A short walk around the town and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

Micro:bit Jam at Hunstanton Library – Thursday 15th February 1.30-3.00pm

Explore the world of Microbits with staff and volunteers. Learn to code a micro-computer and create your own games. Suitable for children 10-12 years of age. Booking essential – please contact your library on 01485 532280.

2 + ONE – Live music night at Heacham Public Hall – Saturday 17th February from 7pm

This special event has been organised by the Hunstanton Library Friends group. Enjoy great music, dancing, and good company. Tickets are £8.50/ two for £15 Valentine special and are available from the library. Profits from the event are being shared between WNDIS and the Hunstanton Library Friends group.

I-Connect – 1-2-1 tablet help with Maddie – Wednesday 21st February 10am – 1.00pm

Struggling with your tablet or smartphone? Got a new tablet/smartphone and don't know how it works?

Have you got a tablet/smartphone that needs setting up? Do you need help mastering your apps? Then why not book a session with Maddie? Charges apply - 30 Mins - £10, 1 Hour - £17.50. Booking essential. Please call 07787 105581.

Need help with your computer or tablet?

Why not book a one-to-one session with library staff? Charges apply. Please ask staff for details.

Family History and Computer volunteers

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



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HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

Hunstanton Road Woodland: The applicant has made a number of amendments to the original planning application for the glamping pods, including reducing the number from 30 to 25. The amended application is now open for consultation and the Council urges all those who objected to update their objection with the Borough Council.

Speeding: The Council has applied for funding for a Speed Awareness Mobile Sign (SAM2) from the County Council's Parish Partnership Scheme. County Councillor Michael Chenery has kindly allocated £1,000 from his local member fund to help fund this. Highways are looking at potential sites within the village and hopefully the Parish Council will be successful in obtaining PPS funding in the new financial year.

Council Budget and Precept: The Parish Council approved its budget for 2018/19. Expenditure is estimated at £259,000 and income at £244,000. The Precept has been set at £107,644, an 8% increase on last year, which means that a typical Band D property householder will be paying £57.62 towards the running costs of the Parish Council for 2018/19.

Outgoing Clerk: The Chairman thanked the Clerk, Lynne Butters, for her work for the Council over the last three years.

Neighbourhood Plan: The Council approved the Vision Statement for the Neighbourhood Plan and will be undertaking a village-wide survey asking for residents' input as to what they would like to see in the Plan.

Vacancy: Following the resignation of Ms Sue Lamb from the Council, there are now two vacancies for Parish Councillors. Please contact the Parish Clerk for further details.

The next Full Council meeting will be held on Tuesday 20 February at 7.00pm at the Parish Council Office.



Heacham Parish Council welcomes Mrs Sue Eke who took over as Parish Clerk on 1 February. Sue is a Norfolk girl, brought up in Walpole Cross Keys and now living in King's Lynn with her two children and partner. Sue comes to the Council from Reffley School, where she was Business Manager for 16 years, so she brings with her administrative and financial expertise. Her immediate main tasks are to become familiar with the village, and undertaking Parish Clerk training to get her up to speed in this busy and diverse role.

!!WANTED!! PARISH COUNCILLORS

The Parish Council has two vacancies, which need to be filled before it is back to full strength with 17 members.

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



Heacham Carnival Parade and Fete 2018

This year Heacham Carnival will be held on Sunday 5 August and, as part of our 'Heacham Remembers' initiative to commemorate the end of WWI, the parish float will be themed on the ending of the Great War with a Poppy Queen and attendant princesses. Other float entries do not have to adhere to this theme - anything goes (within reason) - so put your thinking caps on; it's only six months away!

Any queries should be addressed to:

Heacham Parish Council Office

Jubilee Clinic Pound Lane Heacham

Norfolk PE31 7ET

Tel/Fax 01485 572142

Email: heachampe@btinternet.com

Website: heacham.norfolkparishes.gov.uk

Open Tuesday - Friday 10.00am-noon

LIBRARY PRINTER

Parishioners may have noticed improved printing facilities when using the computers at Heacham Library. This is thanks to Heacham Youth & Community Trust Ltd's kind donation of a new printer. A big thank you to the Trust for providing this.

PAT BARROW

Pat has been a valued member of our Library volunteer team for many years, stepping in often at the last moment to cover illness and holidays of other volunteers. She will be very much missed by all the team. Heacham Parish Council would like to thank her for all the hours she gave to our village Library.

HELP LINES

HEACHAM GROUP PRACTICE 01485 572769

HEACHAM MON TO FRI 08.30 TO 18.30
SNETTISHAM MON TO WED 08.30 TO 12.30 14.30 TO 18.30
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

HEACHAM CHEMIST 570297

OPEN MON - FRI 09.00 TO 18.30 SAT 09.00 TO 17.30

Between 13.00-14.00 prescriptions and certain other products only

available if the Pharmacist is in attendance

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

Mr C. MANNING 07885 258392

Mr T. PARISH 07885 258428

NORFOLK C C MICHAEL CHENERY 07920 286638

PARISH LIBRARY 571928

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

HEACHAM POST OFFICE 570330

OPEN MON - FRI 08.30 TO 17.30 SAT 09.00 TO 13.00

EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

NHS Helpline 111

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

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

POLICE 101

SAMARITANS 01553 761616

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRIC 0800 3163105

ANGLIAN WATER 0345 7145145

GAS ESCAPE 0800 111999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280

OPEN MON TUE & FRI 10.00 TO 17.00 WED 10.00 TO 19.00

THUR and SAT 10.00 TO 13.00

HEACHAM CHALK PIT RECYCLING CENTRE

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

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

HEACHAM COMMUNITY WEBSITES

www.heacham-on-line.co.uk

E-mail admin@norfolk-on-line.co.uk

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

HEACHAM HALLS

Public Hall 570776

Pine Residents Hall, Wilton Road Pat Toppin 779208

Methodist Church Hall, Station Road Mike Careless 570363

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

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KINGS LYNN

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Coasthopper services - King's Lynn to Hunstanton

Service H (Mon-Sat)

Via:- Heacham Lavender, Fox & Hounds, Lodge Road & QE Hospital

0600 (0719 Sat) first bus to King's Lynn then twice an hour

0643 first bus to Hunstanton then twice an hour from 0718

Service H (Sunday)

Via:- Heacham Lavender, Fox & Hounds, Lodge Road & QE Hospital

0855 first bus to King's Lynn, then hourly

0823 first bus to Hunstanton, then hourly

Service R (Mon-Sat)

Via:- Heacham, Snettisham and Dersingham & Sandringham

0934 first bus to King's Lynn then hourly

1008 first bus to Hunstanton then hourly

Service R (Sunday)

Via:- Heacham, Snettisham and Dersingham & Sandringham

(connects at Hunstanton with the 'CH' Coastal service)

0924 first bus to King's Lynn then hourly

0857 first bus to Hunstanton then hourly

Service D (Mon-Sat)

Via:- Heacham (A149 only), Snettisham and Dersingham (connects

at Hunstanton with the 'CH' Coastal service)

0902 first bus to King's Lynn then hourly

0750 first bus to Hunstanton then hourly

Service E (Mon-Sat)

Via:- Heacham, then fast to King's Lynn via South Wootton

0739 (Mon-Fri) first bus to King's Lynn then 0809 & 0834

1641 first bus to Hunstanton then 1741

Coasthopper Service (CH) Hunstanton to Cromer, via Holme, Thornham, Titchwell, Brancaster, Wells, Sheringham.

Smithdon High School Bus

Service 10

Via:- Lodge Road, Station Road

0751 to Smithdon School

1512 from Smithdon School

lynx (lynxbus)

Service 35 (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd

0705 first bus to King's Lynn then twice an hour from 0830

0659 first bus to Hunstanton then twice an hour from 0752

Service 34 - (Mon-Sat)

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

0719 (0804 Sat) first bus to King's Lynn then hourly from 0914

0848 first bus to Hunstanton then hourly from 0943

Services 35 & 34 (Sundays)

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0844 first bus to King's Lynn then 15 & 44 mins past the hour

0812 first bus to Hunstanton then 12 & 39 mins past the hour

The No.34 runs once an hour via the QE Hospital from 08.44 (to King's Lynn) and 08.12 to Hunstanton

Bus Enquiries

www.stagecoachbus.com

www.lynxbus.co.uk

Tel: 01553 776980

Tel: 01553 611955

WNCT - DIAL-a-BUS Service

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Sandringham, & Castle Rising Every Tuesday, Wednesday & Friday

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

Tel: 01553 770310

Main pick up points for The Heacham Newsletter.

First Saturday of each month except January.

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

Church, McColl's, Tesco's, Heacham Fish Bar

MOBILE LIBRARY

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| 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 |
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| BANKSIDE 14.50 | GYMKHANA WAY 15.45 |
| MARRAM Way/Norway CL 15.05 | JENNINGS CLOSE 16.10 |
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