



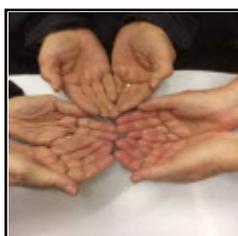
THE HEACHAM NEWSLETTER

February 2019

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



 **Heacham Parish
Western Shore**

Who Cares?

New Year - New Start

Come and join us at our first drop in Coffee Morning at the Church Hall (17 High Street)

Monday 4th February 2019
10am-12noon

(Mon March 4th, Mon April 1st)
Can we help you with advice and support?



**Heacham in Bloom
Quiz Night**



Monday, 25th February 2019

Raffle

Prize for the
Winning Team

7pm for 7.30pm start

Fox & Hounds, Station Road

£2.50 per person (max. 4 per team)
includes nibbles

Tickets on the door or email –

heachaminbloom@btinternet.com to book a table

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your letters..



Sandringham Drive

Dear Newsletter

Fly tipping

Several weeks ago, I noticed a mattress that had been dumped, then elsewhere a second one. The first one - bright red - is in the cut through alongside Crew Cottage, leading to the field where dog walkers were once allowed to roam. This land apparently belongs to Freebridge. The second is in a field entrance, on the track leading from Lamsey Lane up the side of Foreman Close. As far as I can gather, this land belongs to Sedgeford Hall Estate.

Being old mattresses, it could be that they pose a health hazard, I would suggest.

However, the Heacham operative (no idea of his official title) who keeps the village tidy cannot do anything and suggests I contact the PC, but saying at the same time that the PC is not equipped for disposal. The Borough Council Public Health Department tell me that they cannot do anything as the mattresses are on private land, and it is the landowner's responsibility to shift them. The BC can only clear stuff on public land. In a flush of public spiritedness, I offered to put my health at risk and drag them onto public land so the BC can shift them. But no, then I would be guilty of fly tipping.

Meanwhile, an eyesore, and a potential health hazard remain there - next to a pavement where children pass on the way to school, and next to a track which is one of the few remaining dog walking routes in the village.

We just can't win, can we?

As a PS, I rang BCKLWN and Sedgeford Hall. The lady at the Hall said she would tell the estate manager to ensure the removal of their one, and the lady at BCKLWN rang me back to say Freebridge had also been instructed to do the same. Result! But what sort of people dump stuff like this?

Pete Widdows



Heacham

Dear Newsletter

Polluted Air – Fires & Wood Burners

Whilst we accept for one week we have bonfires as a celebration of our history, this is getting very out of hand. We find we cannot leave our windows open for long periods because of the pervading smell and pollution caused by wood burners (possibly due to use of incorrect fuel) and also by garden fires and trade rubbish burning.

We need fresh air! People with allergies and lung diseases suffer even more from this extra pollution. We have excellent local facilities for the disposal of rubbish so open-air burning is not necessary. The Environment Secretary has said wood burners are becoming an increasing problem and are worse pollutants than all other forms of domestic fuel.

Our village should be kept fresh and healthy; it is becoming unpleasant.

A Heacham Resident
(Name & address supplied)

Moira Barnes

It is with sadness that we have to mark the passing of our friend and ex-colleague Moira Barnes, who sadly passed away on 4th December 2018.

Moira was well known in the village and, after her retirement, gave much of her time to helping her community both in the village and further afield. Along with being a stalwart of the Newsletter Team, which she served for 19 years, Moira was also a volunteer at the League of Friends shop at the Q.E. Hospital in King's Lynn for a number of years; both being significant and valued commitments.

We, the Newsletter Team, extend our sincere sympathies to her husband Ron, daughter Carole and family.

THN



Heacham

Dear Newsletter

Thank you

I wish to thank the two ladies who helped me on Christmas Eve after I had fallen over with my Cycle loaded with shopping. A gentleman also came to see if he could help.

A big thank you to the young lady, Emily, who lives in Neville Road for walking back home with me pushing my Cycle and carrying my shopping.

A huge thank you to these kind people.

Liliane Byatt



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New Planning for Heacham Woodland

Many of you will be aware of the new planning application for Development in the woodland along the Hunstanton Road for Glamping, Ref no: 18/02130/fm.

This has already been refused, last year, but was again entered into planning on 3rd December. With the holidays, it was possible that it could go through without any objections, but are you aware of the next application entered the week later on 10th December for three houses on the same strip of land Ref no: 18/02144/O?

If either of these applications go through it will mean the end of one of the last pieces of woodland left in Heacham. This is an important strip of woodland that links the countryside with the wash marshes, used by much wildlife. We should be saving our trees not destroying them, not just for wildlife but for our own health.

There is still time to put your comment on the planning website: <https://online.west-norfolk.gov.uk/online-applications/search.do?action=simple&searchType=Application>
Help to save our woodland before it is too late.

Rob



Heacham

Dear Newsletter

'Festive Afternoon Tea'

On 24th November the Pine Residents Art Group held a festive afternoon tea to raise money for Tapping House. A big thank you to everyone who attended and supported us in raising a big £518.70.

Once again we are overwhelmed by your generosity.

Jan Andrew
Pine Residents Art Group



Heacham

Dear Newsletter

The Children's Society

Thank you to all who attended and gave generously for the collection at the village Christingle service in December 2018.

We raised £141.92 for The Children's Society.

Mrs Alison Hoyle

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news & events in the community ...

Recycling Centre – your views?

Following on from the letter by Pete Widdows on page 2 of this Newsletter regarding Fly-tipping, has any of our readers experienced difficulties in disposing of household items at the Recycling Centre, especially if payment was asked for? If so, please write in or email and tell us about it.

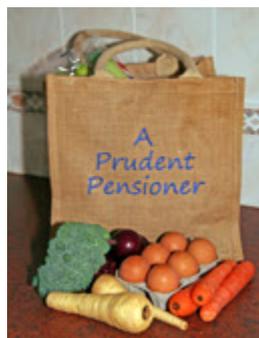
THN

13th February 2019
10am-12noon
Tea
Coffee
Raffle
Community
Coffee Morning & More
K's Savouries
All Ages Welcome
Quiz
Old Friends Hall
Chat
Sunnyside off Caley Street
Cakes
Heacham - PE31 7DU
In Support of the Community Building Project

Heacham Carpet Bowls Club

New Year, new skill to master or practise or just give up on as its too pesky! But if you don't try and give a new thing a go, how are you going to know? When you raise the gold cup later in the year in our competition and amaze yourself with your new skills. And of course, all the new friends you are going to meet just waiting to greet you. SO ...

Come and join us Tues/Wed/Thurs mornings 10.30am till 12noon at the Public Hall, Station Road. Fun and games for a princely £1 fee, plus tea and coffee; what more could you possibly wish for! See you there.



Another recipe from The Prudent Pensioner

When the skins of Bananas are turning brown they may not be too appealing to peel and eat but they are full of flavour and ideal for this very easy recipe.

Banana & Walnut Cake

100g/3 ½ oz. walnut pieces
170g/6 oz S.R. Flour
45g/1½ oz butter softened
145g/5oz soft brown sugar
2 large eggs
Approx 120g/4oz really ripe bananas peeled and mashed
1 teaspoon Vanilla essence (optional)

Line and grease a 2lb loaf tin. Set oven at 350/180c gas 4

Put butter, walnuts, sugar and bananas into a large mixing bowl and mix well. Add eggs and vanilla essence (if using) and mix well. Add flour into mixture and fold in. Put mixture into loaf tin and cook for approx 50mins or until done when tested.

For details of Doreen's book, more recipes and 'How to' Video clips visit the Prudent Pensioner's page on www.doreenreedpoet.com

HEACHAM LIBRARY

BOOKS • INFORMATION • NEWS • INTERNET

New Year, New Books, New Adventures. There's no sign of Harry Potter as J.K Rowling reinvents herself as the thriller writer Robert Galbraith breathing life into the broody PI Cormoran Strike. The Library's Ian Rankin collection also has some fresh new blood!!!! Fans of the ever-popular Nora Roberts will be pleased to know that the Library now has a complete set of her Guardian series. And if that was not enough, there is also the latest from both Jeffrey Archer and Peter James.

The Library also has 3 computers with internet access available at no charge; a printer is also available for a small charge.

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

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NEW CLASS!!!
FITSTEPS BEGINNERS
STARTING MONDAY 14th
JANUARY 2019, HEACHAM
PUBLIC HALL 10:15-10:55am.

If you've tried my FitSteps class in the past, enjoyed it, but worried that you're always two steps behind the rest of the class but you'd really like to participate, then here's your chance. Taking you slowly through the steps, (only four steps each routine, then you just repeat, easy peasy) focusing on the benefits and posture of each move until you feel ready to move on. We'll break it all down step by step, rise by fall, kick by flick...until it just clicks. It may be slower pace than the original class but you're still guaranteed an amazing yet gentle work out. Stick with this class for as long as you like, dip in and out of the more advanced class or do both. It really is up to you but just as long as you leave the self conscious you at home, dance like no one's watching and enjoy yourself, you'll be sure to feel the benefits for both body and mind!!

10:15 BEGINNERS FITSTEPS £4

11-12 FITSTEPS £5

Do the class back to back with the existing FitSteps class at 11-12 and pay just £7 for both classes

Dance yourself fit and happier into the new year! Everyone welcome.

About FitSteps - Created by STRICTLY stars, Ian Waite and Natalie Lowe, Fitsteps is a dance fitness class featuring all of your favourite Strictly dances. It is designed to give you real measurable fitness results. It's suitable for all ages and abilities and you don't need a partner.

For more information visit www.fitsteps.co.uk

Hope to see you there. Happy New Year Jaime Parry



Heacham and Sandringham Camera Club

Are you interested in photography, do you want to improve your knowledge of your camera, then why not come along to our meetings?

We meet the first and third Tuesday of each month at the West Newton Social Club - 7.00pm.

During the summer months we arrange an outing on the third Tuesday with a theme to take photos. We then have some evenings where we all bring in photos to show and talk about.

A good social evening to have a drink and talk to other like-minded people.



Do Something Amazing Today

Save a Life

75 people attended the blood donor session at the Public Hall on 5th December 2018 and 65 units were collected. There were 6 new donors. Thank you all. Please note that the next visit to Heacham is on **Wednesday 27th March 2019**. To make an appointment ring the Helpline 0300 123 23 23 or online at National Blood Service information www.blood.co.uk

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CHURCHES TOGETHER IN HEACHAM



LOVE IS ALL AROUND US!

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 Bible tells us, in 1 Corinthians Chapter 13, that:-

⁴Love is patient and kind. Love is not jealous, it does not brag, and it is not proud. ⁵Love is not rude, it is not selfish, and it cannot be made angry easily. Love does not remember wrongs done against it. ⁶Love is never happy when others do wrong, but it is always happy with the truth. ⁷Love never gives up on people. It never stops trusting, never loses hope, and never quits.

Love between people is great 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

**Revd Veronica Wilson- Team Rector, Western Shore
Team- Heacham and Snettisham**

Heacham Parish Church in February

3rd	10am	Holy Communion
	4pm	Service at Pine Mall
10th	8am	Holy Communion
	10am	Morning Prayer
17th	10am	Holy Communion
24th	10am	Morning Prayer



Who Cares Coffee Morning at Church Hall

New Year – New Start. Come and join us at our first drop in Coffee Morning Monday 4th February 10am-12noon at the Church Hall. Can we help you with advice and support? Come and meet us and have a chat. The Church Hall re-development plans can also be viewed. Who Cares will continue every month on the first Monday of the month, March 4th and April 1st. We would love to meet you.

St Mary's Church Hall Redevelopment

We have plans to redevelop the Church Hall. Watch out in the coming weeks for details of an open meeting for you to come and see what we have planned and give us your views.

St Mary's Christian Bookshop, Heacham

Please come and visit our bookshop which is opposite the Methodist Church in Station Road, Heacham. There are a collection of Christian gifts and cards, as well as bible reading notes; please ask if you would like anything ordered. The Bookshop is open from 10am-4pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays 10am-4pm.

CHURCH CONTACTS: (telephone code: 01485)

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

email: heacham.church@gmail.com

HEACHAM METHODIST CHURCH

February 2019

Sunday Services: 10.30am Morning Worship

3rd February	Philip Batstone
10th February	Rev. Andrew Maguire –Holy Communion
17th February	Helen Neale
24th February	Irene Garrard

MIDWEEK ACTIVITIES

Midweek Communion Service

The February Midweek Communion service will be on Wednesday 13th February at 10.30am conducted by our Minister Rev. Steve Oliver. All who love the Lord are welcome.

Bible Study

The Bible Study Group will meet on Thursdays 7th and 21st February at 10.40am. Anyone who would like to join a lively discussion group led by Minister Steve Oliver will be most welcome.

Bowls move to Afternoons

As from Friday 1st February, the Short Mat bowls are moving from evening to afternoons – starting at 2.30pm and finishing at 4.30pm, so here is your chance to join a competitive but fun-loving group of varying standards, and still be home in time for tea. New members will be most welcome – why not come and try and see if you like it?

Book these dates in your diary

The Fellowship starts its 2019 season on Tuesday March 5th at 2.45p.m with a Shrove Tuesday theme.

The Social Evening returns on Thursday 14th March at 7.30pm with a talk by Joanna Crosby on Victorian Cookery called 'Death in a Pot'.



Hunstanton Catholic Parish

A very Happy, Healthy and Holy New Year to you all. Although the social calendar has not yet been finalised at the time of writing, there will be a pancake supper on the evening of Shrove Tuesday at St Cecilia's, which this year is 5th March.

This year's 'Women's World Day of Prayer' will be held on Friday 1st March and is led by the Christian women of Slovenia. The topic of this year's service is 'Come-everything is ready'. 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.

Exceptional voluntary work within the parish of Hunstanton with Dersingham was recognised recently when, at the end of the parish's popular Wednesday morning Mass on December 19th, a Diocesan Medal was presented by Canon Peter Rollings to parishioner Stuart Grant. This was in recognition of his work in the parish over a long period of time. Stuart is a real stalwart of the parish and has, among other things, been treasurer for many years, as well as going above and beyond to ensure that the needs of parish priests, visiting priests and retired priests are catered for. He was instrumental in the organisation of the recent parish church refurbishment, and did notable work in making sure the house at Dersingham was made ready for the welcome arrival of retired priest Fr Henry MacCarthy in our parish. Stuart has been a key figure in the support provided to enable Fr Henry's ongoing ministry, and his work has been significant in providing continuity for parish life during periods of change.

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

1 Peter 1:3

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

www.hopeevangelicalchurch.org

Fr Peter added a personal thanks to Stuart for all his support in managing the parish finances and building and grounds maintenance for Hunstanton parish which has been a great help to Fr Peter as Parish Priest of Hunstanton and also of the larger adjacent parish of King's Lynn.



Stuart Grant Medal Presentation

Foodbank 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.

There is a Fair Trade Stall at St Cecilia's after the 9am Mass on the first Sunday of every month. Please support this very worthwhile cause by

buying fairly traded goods to support families abroad trying to earn a living. For more information please contact Caroline Brooks on 01553 673069.

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

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

Daily Masses will be 10am in the Convent during winter months and in the parish church from spring at Hunstanton on Monday, Tuesday, Thursday and Friday. Wednesday mass is at 10.15am at St Cecilia's, Dersingham.

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

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

Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org

Next Messy Church

Saturday 23rd February 10-12noon

At St Mary's church, Heacham.

More information from Veronica Wilson 570697 or Church Office 572539

You will be welcome to join us!

NMCSS CHURCH

Star Wars Stuff in Heacham

Nature never fails to surprise. And a recent evening this January, proved the point pretty well. For as Sue drew the curtains in our front room a large moth flew out, and after zooming briefly around, settled on the wall close by. Unlike many moths this one is not at all difficult to identify and leads me to a memory from my first year in a Secondary School set deep in the Sussex countryside.

One Monday morning, Mr Evans, a keen and kindly class teacher, swept into the room and proclaimed in a voice tense with excitement: 'Boys, you will never believe this but yesterday afternoon when I was working in my garden, I saw aHumming Bird!'

Being country boys, we soon put him right, for it was, like our find, a Hummingbird Hawk **Moth**. But he should not have been, and was not, ashamed of his mistake as the similarities of this beautiful insect to a Humming Bird, though largely superficial, are enough, after a sighting, to persuade some people to contact the Royal Society for the Protection of Birds!

We usually see these amazing moths several times in our garden from July to October when they come in like Star Wars warriors on a whizz and a hum from the sky to feed on our Phlox flowers, only to whizz off again equally rapidly a minute or so later. They cannot hang around, as, with their high-speed lifestyle and constant hovering at a wing beat of 70-80 a second, which produces a deep hum, they need to replenish their 'muscle engines' constantly with lashings of 'high octane' nectar.

This is sucked up from each flower through a long tube or proboscis which when not in use is coiled under the front of the body. In fact, so great is these moths' need for replenishment that they only feed on plants with 'heads' of many small flowers,

or florets, and therefore oodles of grub in easy reach. Indeed, they will test florets on different parts of the 'head' to see if it's worth staying a bit longer to polish off the lot!

So remember, if you are keen to sit in your garden on warm summer days and watch these fabulous insects, plant Phlox, Buddleia, Red Valeria, or Jasmine, and enjoy!

Meanwhile, we'll let our beautiful moth sleep in our garden shed, dreaming of glorious days to come.

John Bird



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NEWSLETTER SUDOKU Answer Page 42

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

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

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FINANCIAL MANAGEMENT



Outstanding Norfolk Carers Recognised.

There were celebrations for Norfolk's Extra Hands care company this week when the winner of a special award was revealed.

A total of 64 staff members were nominated for the Gill Chase award and the competition was extremely tough, but 25-year-old carer Lorren Payne took the title after reaching the final shortlist of eight for the second year running.

One finalist from each of the company's two Norfolk offices in Heacham and Norwich were chosen before the winner was announced.

Lorren was described a 'caring and compassionate person' and 'an asset to the company' by service users and the recently-promoted team member was delighted to receive the award after working for Extra Hands for three years, based at its Heacham office.

She studied health and social care at Fakenham College and had a spell in retail before embarking on her career with Extra Hands which saw her providing help and support for around 20 people a week within their own home. Having been promoted, Lorren is now a rapid response team member. She said her work was incredibly rewarding and added that the award was for the whole team because they all supported each other. "I love my job and it's incredibly rewarding - I would recommend it as a career to any young person wondering what they could do," she said.

The second finalist was carer Mark Potter (54) of Cromer, who works from the Norwich office of Extra Hands, and has only been with the company a year. His cheerful nature and willingness to 'go the extra mile' saw him take the runner up spot in this year's awards. Mark said he was delighted to have

made the final and he gave his presentation bouquet to his wife Kaye who also attended the ceremony.

Each of the other six finalists was presented with a certificate by the company's founder David Evans. Extra Hands Norfolk celebrated its 25th anniversary this year and was started by David and his wife Hazel. It now employs more than 150 staff and offers care and support across the county.

The Gill Chase awards were started four years ago in memory of a long-standing committed carer who died suddenly in 2014 aged 68, and the company wanted to ensure she was always remembered.

Company director Hazel Evans said staff always looked forward to the award and she praised the entire team for their dedication and care.

The Heacham office finalists were also:- Daniella Silva who 'always asks if there is more she can do' and her nomination added: "The fact that the day starts well if Daniella is the carer says it all." Daniella has a positive attitude and provides an excellent service.

Oksana Trofimova is a 'calming influence and is never hurried.' She is "excellent at sorting out any problems and is patient, understanding perfectly others' needs with a positive attitude and always goes the extra mile."

Julie Woodberry always treats the service user with dignity and respect and adapts care as necessary. She is described as "kind and understanding" and is always encouraging.

From the Norwich office:- Jess Mills encourages independence where possible and is very respectful, always caring and always "goes the extra mile in little ways."



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John Thompson always adapts and is caring and thoughtful along with being patient and efficient with a good sense of humour. His meals were “always appetising and he is “always ready to lend a hand” while promoting independence.

Joanne Warrant plans ahead, is well-prepared and has a great knowledge of dementia. She has a “warm personality” and “does whatever she can to improve service users’ quality of life” while promoting dignity and independence.

Donna Semmens

All the finalists with David Evans, back, centre



Staff, service users and friends enjoy the awards.



Lorren Payne receives her award from David Evans, director and founder of Extra Hands Norfolk.

Lorren Payne with Zoe Back, of Extra Hands.



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1st Heacham Cubs

Way back in November 2018, Heacham Cubs returned after the half term break to their usual Games Night, but as Kaa could not be with us it was up to the Young Leaders (in Training) Chil and Mang with Hathi to come up with the games. Mang had them playing a card game which involved them in two teams turning the BIG cards over; if Black they went to the back of the line, if Red they could take another go, if Red Picture card they went to the back of the hall. First team all to be at the back of the hall - WON. Mang also played the Key Game in which they have to retrieve a bunch keys from under the chair of a blindfolded Cub without getting caught. They are not known for their stealth or keeping quiet.

Chil's games involved a cricket bat and ball plus an obstacle course with said cricket bat and ball.

Hathi did the Broomhandle game which involved the Cubs knowing their left from their right!

We also renewed our Law and Promise.

Our second week, 8th November, we started their Art Badge with the Cubs drawing a still life of fruit, which was generously donated to us by Leanne from Kemp's Fruit and Veg in Hunstanton. They also donated some grapes for them to munch on while drawing.

Afterwards they played Land, Sea and Air and we Invested Tyler into Blue Six.

On Remembrance Sunday the Cubs that could come attended the wreath laying ceremony at St Mary's Church.

15th November saw us having a talk about re-cycling, who recycles what and why. Then we played our re-cycling games of putting different rubbish in the four correct bins. Afterwards

they played a game involving hopping across the hall to meet another Cub to then play Rock, Paper, Scissors. Whoever won could carry on and try to get to the other end before another Cub came out to challenge them.

While the Cubs enjoyed their evening the Young Leaders with Ziggy were in the kitchen preparing for the week of Pizza making as part of their Module 2 training. They had to do a time plan, risk assessments and allergy plans plus a letter to Tesco Express to request some pizza base and toppings donation.

So on the 21st November I didn't really have to do a lot (I hear them now saying "You don't do a lot anyway" - How rude!).

While Rikki and Hathi played Ship/Shore with the Cubs, the Young Leaders and Ziggy were in the kitchen prepping the veg for the pizzas. The Cubs then covered the bases in tomato puree, cheese and toppings of their choice and, while the pizzas were in the oven cooking, they iced and decorated biscuits. Many thanks to Tesco Express for help in this matter and helping Chil and Mang complete part of their training.

Cubs ended the evening by playing Dodgeball.

29th November was back to the Art Badge and Cubs put garden string around an empty tin can and decorated it with Christmas decorations, which they filled with sweets, again kindly donated by Leanne. When they had finished and cleared up the mess that was made, they played Ship/Shore.

At the end of the evening we proudly were able to award Harley, Jacob and Mattie their Silver Awards which is the highest award in the Cub Scout Section. It is not an easy achievement as there are seven Challenge Badges to collect and each badge has anything from 4 to 8 stages to be completed for each badge. So Very Well Done. We also invested Hayden F.

On our normal last evening they finished off the Art Badge; they were given a circle of wire which they tied felt rags to all the way round (took a while, but they all persevered) and when that



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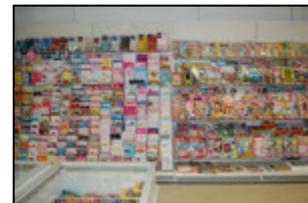
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was completed, they tied Christmas decorations to it with a star hanging in the middle. At the end of the evening we were able to award Art Badges to Alexis, Harley, Hayden F, Hayden J, Jacob, Samuel and Tyler.

They finished the evening off with a quick game of Ship/Shore with a twist; the instructions called out were either the analogue time or from the 24 hour clock.

We had an extra night which was just games to finish off our term and 2018; they threw balls at each other over chairs, Cubs verses Young Leaders and, when the whistle blew, who had the least balls won, a bit like our snowball game. Then they played the Rock, Paper, Scissors game until the end. It turns out Hathi quite likes this game and can get a bit carried away hopping over hoops and mats.

The evening ended with Hayden J getting the only 100% certificate this term and Alexis being awarded the Cub of the Term and they all went home with a selection box from the Leaders. Blue Six won the end of term sweets for the most points earned during the term.

By the time you read this we would have started again in 2019 with the Young Leaders, Chil and Mang, taking a more active role in the planning etc of the meetings for their module training on top of the training unit program they are doing once a month.

Rikki has returned to help after a little break and Ziggy is stepping down due to work commitments but will see the Young Leaders through their training and appear whenever she can and hopefully come back and help with any outside activities. Thank you Ziggy for all your support over the last six years, (but you don't get away from us that easily!)

Happy scouting to all our Cubs.

**Akela (Sam), Ziggy (Julie), Kaa (Rob)
Rikki (Tommy), Hathi (Jemma)**

Young Leaders (in Training) Chil (Nat) & Mang (William)



2nd Heacham Rainbows

For Halloween week the Rainbows enjoyed dressing up in costumes and playing Halloween games (which were musical statues and musical bumps renamed as "monster bumps" and "monster statues" by the Rainbows). The girls enjoyed using plastic tweezers (borrowed from work – perk of working in a nursery!) to pull some spooky jelly shapes out of a tray of jelly and eating a lot of them!

The next week the Rainbows made a wreath for the Remembrance Day parade. They each painted a wreath that I later stuck together (to hopefully withstand the weather) and each made three poppies to go on the wreath.

Before we started our Christmassy activities, the Rainbows enjoyed playing with some colourful modelling clay. The girls enjoyed letting their imagination run wild and making whatever they liked; making the globe seemed to be a popular choice.

On 19th November the girls made a sweet personal Christmas present. They made salt dough then all had a ball of dough and made a hand print in the dough. I added each girls name, took them home and dried them out in the oven ready to be painted the next week.

On 3rd December we had Rebecca from Hunstanton Brownies and her daughter come and help us make Gingerbread Man Christmas cards. Thank you Rebecca for your help and teaching us a new game that the girls loved!

For our final week before Christmas we had a little Christmas party where the girls wore Christmas jumpers or outfits and enjoyed decorating biscuits, making a Christmas tree and eating lots of popcorn and chocolate coins. All provided by Leanne, one of the parents - we are all very grateful for her generosity.

I hope everyone had a good Christmas and Happy New Year!

**Kathryn Couzens
Unit Leader**

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NEWS FROM HEACHAM FIRE STATION

Hello everyone and welcome to another year of reports from your fire station.

The first news of 2019 is that we have had to say goodbye to one of our local officers, Station Manager Bob Ayers, who has retired after completing 30 years' service.

He began his career in Suffolk before moving to Norfolk Fire Service in the year 2000. We got to know him well over the last 7 years whilst he was working in the King's Lynn area and especially during the time when he was responsible for our station.

In some circles, Bob was known as 'The Duck Whisperer', a name he earned through carrying out numerous rescues of ducklings over the years. This is a service that the brigade provides, usually at the request of the RSPCA, and it normally involves the hapless youngsters having fallen down roadside drains. Bob is pictured with our Leesa, holding just one of many grateful ducklings after a classic piece of 'whispering' a couple of years ago.

His links with Heacham continued right to the very end of his time in the brigade, as our former Mercedes fire appliance played a part in Bob's retirement function, providing the backdrop to the event which was attended by a large number of serving and former colleagues.

He has said how much he will miss the brigade but he isn't one to let his retirement get him down. Indeed, there's been a suggestion that there may be some seasonal work available for him in the future should he wish to continue practising his art, but it might not pay the bills. Whatever he chooses to do next, we're sure he'll take to it like a duck to water.



Good luck
Bob.....

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1st Heacham Rangers Trip to London

We boarded the 9.45am train from King's Lynn to King's Cross and sat down and prepared ourselves for a day in London.

Our main objective was to celebrate the 100th Anniversary of Votes For Women in which the Rangers have been participating and creating activities to celebrate this. We also decided that it would be great if the Rangers could do their Promise Badge in front of the Emmeline Pankhurst statue.



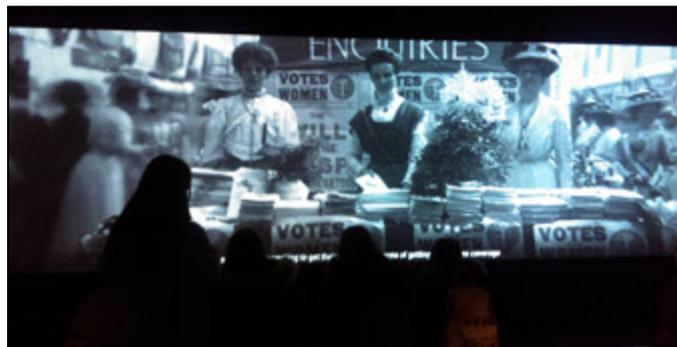
We arrived at 11.45am and, after taking the tube train, we found the museum where we spent well over an hour having a look at all the posters, badges and a small documentary on the plight of these women. This was really interesting but we had to leave as we wanted to have lunch first before going to Westminster.

We arrived at Westminster but were disappointed that Big Ben was covered up. We

headed towards Victoria Park and there she was, Emmeline

Pankhurst. They had even put ribbon around in the colours of Purple, Green and White.

Here the Rangers and myself made our Promise and it was amazing. The girls enjoyed the experience and received their badge and certificate.



Because we were in London the Rangers decided that we all had to go to Hamleys, so onto the underground we went and headed for Regent Street. I have to say it was so busy that we walked through the door and then straight back out. It was a shame but we didn't really think that it was worth all the pushing and shoving. The Rangers then made the decision that they wanted to go to Selfridges and Primark. By now it was getting dark and I have to say the Christmas lights were amazing.

Once the Rangers had finished doing their bit of shopping, we headed to Nando's in King's Cross for our dinner which also was very nice.

Back to the station to get the 6.42pm train to King's Lynn and we arrived home by 8.30pm. The whole day was brilliant and the Rangers were amazing - a joy to be with.

Debbie De Grussa
1st Heacham Rangers Leader

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On Saturday 1st December the Heacham & Criteuil-la-Magdeleine Twinning Association held a Quiz and Social evening at the Old Friends' Hall.

The winners of the Nicholas Brimblecombe Trophy were Michael Ruston, Simon and Carol Bower and Christine Earnshaw, collectively known as the "4 Amigos" – who are pictured with questionmaster for the evening and Vice Chairman of the Association - John Stares and his team Sue and Peter Colvin.

Many thanks to all those who came along and also to Trish at The Pantry for providing an excellent buffet.

The next Quiz evening will be in the Autumn.

Members of the Heacham and Criteuil-la-Magdeleine Twinning Association enjoy visits to our twinned village, situated a few kilometres south of Cognac in the Charente department of south-west France. On alternate years we host our friends on their return visits to Heacham. Our aim is to foster good relationships between the peoples of our two communities by encouraging exchange visits between them.

During the past year the Association organised a variety of events, not only to raise funds. but primarily to enjoy ourselves including a Heacham Open Gardens afternoon in June, a Beetle Drive in October and a coach outing to the Christmas Market in Bury St. Edmunds in November.

We are always looking to welcome new members of all ages not just from Heacham but from the surrounding area.

It is worth pointing out that the ability to speak French is not a requirement to become a member of the association or indeed to enjoy oneself during the exchange visits and our social functions.

If you are interested in learning more about the association and becoming a member why not come along to one of meetings in the Parish Office, Pound Lane, Heacham details of which can be found on our Facebook page at www.facebook.com/heachamtwinning or you can telephone us on 01485 579465 or email us at heacham.twinclub@hotmail.com





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Ruffle's Walks – Dinosaurs!

by Rachel Greaves

Fresh snow had fallen and covered the ground with a clean white blanket around the station and surrounding countryside. In the station garden Ruffle was busy taking in all the new scents that had arrived with the snow. He was joined by Jamie, the youngest grandson of Eric, the station master. Ruffle had become interested in a set of strange prints in the snow next to the wire mesh that surrounded the small pond in the middle of the garden. Jamie went over to where Ruffle was sniffing, his nose buried in the white coldness. Jamie knelt down in the snow and looked closely at the print – three long toes at the front and a fourth long toe at the back.

“Dinosaur!” exclaimed Jamie excitedly. He placed his five year old hand against the clearest of the prints. “It must be – it’s so large! And what strange feet – dinosaur feet!”

He quickly stood up and began to run back towards the station hut, calling to Ruffle as he went. “Come on Ruffle! We need to follow the trail! A dinosaur in the garden! Grandad! Grandad!”

Jamie ran into the hut where Eric was busy checking the station supplies. He turned as Jamie arrived, Ruffle close at his heels.

“Grandad, we’ve found some dinosaur prints in the garden! Ruffle is going to lead me to the dinosaur! Can I take some sandwiches – we may be gone a while!” Eric smiled. Jamie’s favourite animals (after Ruffle) were dinosaurs!

“Why don’t you take the jam sandwiches I made for your snack? That should keep you going. And what about those little binoculars I keep up here on the shelf?” Eric went across to the other side of the hut and reached up for a small pair of well-worn binoculars. “They might come in handy for dinosaur spotting!”

“Thanks Grandad,” replied Jamie, fetching the paper bag containing the jam sandwiches and squashing them into his coat pocket. “Come on Ruffle! Let’s track a real dinosaur!”

Eric watched them run out of the hut back to the little pond. Jamie knew not to go out of the garden and besides, Ruffle was with him. Eric pulled up a stool and watched the great dinosaur expedition from the hut window – intrigued as to what Ruffle had found.

At the pond, Jamie pointed to the animal prints and turned to Ruffle. “Find him Ruffle, find him!”

Ruffle sniffed the prints again – they smelt a little fishy. One of Ruffle’s favourite foods was fish so Ruffle was only too willing to follow the scent! The trail of prints led Ruffle around the pond, across the garden and over to the fence that separated the garden from the field next to the station. The fence had wire netting across so Ruffle wasn’t able to continue his tracking any further. He looked over the fence into the field towards the middle where a larger pond was partly hidden by the snow.

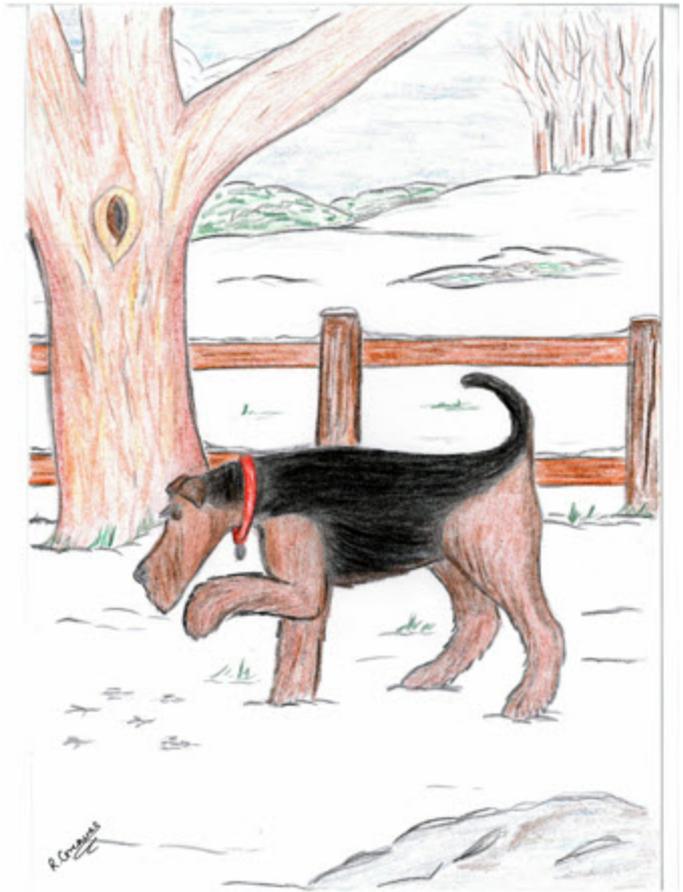
“Wow – there it is!” cried Jamie who had joined Ruffle at the fence and was looking in the same direction. He quickly took out the binoculars and looked across towards the pond. He had just focused the binoculars when his dinosaur spread its wings and took off.

“A pterodactyl! Fantastic! I knew they were dinosaur prints!”

They both watched as the pterodactyl gracefully flew across the sky into the distance.

Satisfied with his expedition, Jamie sat down on the bottom rail of the fence and took out a very flat packet of jam sandwiches. Ruffle sat down beside Jamie, eager to share in the feast. Dinosaur tracking could be hungry work you know...

Can you guess what made the footprints that Jamie thought was a pterodactyl?



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**Happy New Year from
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Hello from West Norfolk CCG. I imagine your first thought on reading this was who are West Norfolk CCG? Well, the fact that most of you had this thought was the reason I decided to reach out to you. West Norfolk CCG is the NHS organisation which buys, or as we call it commissions, the NHS services you use every day. We pay for GP and hospital services, mental health services, the ambulance service, the community nursing service. In fact, the only NHS services that we don't buy are pharmacies, opticians and dental services.



I am Paul Williams, the chairman of the CCG, and I was a full time GP in Upwell for 30 years until I took partial retirement last summer. I still do one session a month in Upwell and spend a lot of time working at the CCG. For some time, I have been writing a blog on our CCG website and you can read previous entries here www.westnorfolkccg.nhs.uk.

Recently, however, I became aware that my words were only reaching a small proportion of the people we serve and I am keen to reach as

many local people as possible. I want local people to understand what we are doing to provide healthcare, what problems we have and I want to give you advice about how you can best access our services and stay healthy.

I saw the New Year in on Westminster Bridge watching the fantastic firework display this year. It's something I've always wanted to do and it was a memorable experience. However, what was obvious was how much planning, preparation and post event work was necessary to stage that 10 minute spectacle. This is of course also true of health services. As you probably know the trusts who run the Queen Elizabeth Hospital and the area's mental health services are both in special measures at the moment. That means they have extra scrutiny and help to reorganise themselves to ensure the service you, the patient, experience in the short time you have contact with the health services, gets better.

We are doing what we can to support them to deliver those improvements and I think we will all see significant changes in how those services are delivered in the coming year or two.

There have been stories in the media recently raising the fear of losing services at the Queen Elizabeth Hospital. In truth there have been no decisions taken to do anything to threaten the future of the hospital and I want to assure you the CCG understands that we need a hospital in King's Lynn and we will be doing all we can to ensure its continuation.

So what changes are going to happen? The key theme to all the plans in place is integration, which essentially means working more closely together. At the moment there is an enormous amount of money spent on health and social care but those two broad areas are funded separately and by different organisations. Communication and seamless working is difficult when the services are fragmented in this way. In an effort to improve this and get better integration the government formed STPs - yes more confusing abbreviations. STP stands for Sustainability and Transformation Partnership. They are essentially a way to bring together all the organisations who are involved in delivering health and social care to enable more seamless working which should reduce waste and improve the patient experience.

In our area the STP covers Norfolk and Waveney, an area which includes 5 CCGs, three large hospitals, and is mostly covered by Norfolk County Council. There is one provider of community health care and one of mental health services and there are many district councils and even more voluntary organisations involved in delivering health and social care in this large area. In order to make things more manageable the area is sub divided and we have a west division within the STP which is focused on delivering that improved integrated care to you.

I chair the Local delivery Group in the West which is the group where all the organisations I have mentioned above come together to plan how we can work more smartly and more closely together to improve services. I will go into more detail about this in future issues, but already we have seen practical

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improvements as a result of that closer working. We now have what we call West Norfolk escalation avoidance team (West NEAT) where a group of NHS and social care professionals drawn from a range of different disciplines and based at St James' Hospital in King's Lynn act as a single point of contact for health and care professionals such as GPs, community nurses, mental health workers, paramedics from the ambulance service, social workers or therapists.

The aim of the NEAT is to make sure the patient gets the help and support they require. If they really do need to go to hospital they will, but in most cases, they are helped to stay at home where they want to be. Sometimes voluntary groups will be able to offer some ongoing support to ensure other issues in the person's life are addressed, such as loneliness. So just like the New Year's Eve fireworks a short positive experience for the patient is brought about by considerable thought, planning and negotiation behind the scenes.

Finally, I expect many of you will have started the New Year with new enthusiasm for a healthier lifestyle, in particular you may be having a dry January. I listened to an interesting item on Inside Science on radio 4 this week where they discussed some good research into what, if any, benefits there were to having a dry January. You can listen to the programme yourselves on this [link](https://www.bbc.co.uk/sounds/play/m0001v18) on the internet, <https://www.bbc.co.uk/sounds/play/m0001v18>.

I was quite surprised to hear just how big the range of health benefits there were from this simple act. Notably for me was the reduction in diabetes risk and cancer risk that followed not drinking alcohol. So, if you are considering a period of abstinence, I urge you to go ahead with that, you will do your body a favour.

Happy New Year!

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Alternative Therapies

I'm not really into looking backwards to rehashing the past or the last year, the 'what ifs', the 'why fore's' but if you are reflecting and learning from that reflection, for we are all a mirror reflecting back ourselves and our 'stuff', then we can change and learn from that and re-empower ourselves.

So how are you at this moment compared to last year? Are you well, healthier, fitter and if not, why not? What or who has stopped your change into greater health and wellbeing (the govt's favourite buzz word at the moment!). Are you in control/charge of it, whatever the 'it' is in your life, or is it chasing you round in ever decreasing circles? To regain control of our life, it's the you, me and I, for who else is going to? It's your body and mind and Spirit so it's your responsibility to change. You can ask for help but and it's a BIG BUT the ultimate responsibility lies with you and your actions. It's not the responsibility of the helper to make you well or cure you or change your life, only you can do that. So if you're not in a better place what are you going to do about it?

If you choose the doctor/drug route, then at least take their drugs and follow their advice otherwise you are just wasting appointments and making the drug companies lots of money to the detriment of our amazing NHS.

Or you can walk alongside the Alternative Therapists who will walk with, but not carry you, and give you all their knowledge and skills to help you help yourself become more whole and well.

So step up to be the change you want to be and see and walk away from those limiting actions and beliefs that are holding you in an unhealthy place and step boldly into the new and new you; how amazing is that! Welcome.

And yes, all the alternative therapies will help you to do this within the sphere of their actions, so change will happen in you, which is a reflection of a healthy way of being. Change and transformation is growth and the more we grow and change the more in our own power/self we become and the healthier we get.

So instead of doing the things that make you sad and unhappy **DO the things that make you happy and laugh out loud.**

As ever any question or for more info email me on Alison.shaman.healer@gmail.com

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Borough Council News

February 2019

A little late, but Happy New Year to you all. However, thanks to some remarkably insensitive planning decisions, residents elsewhere in the Borough had Christmas and New Year somewhat ruined.

On the 17th December residents around South Wootton were given a present of 575 houses across two adjacent sites. This was around double the allocation in the Local Plan and was opposed by hundreds of residents, several Parish Councils, several Borough Councillors, the Mayor, and Henry Bellingham. Sounds familiar? The same area now faces an application for another 600 houses and efforts to try to prevent this being nodded through are being made by local Parish Councils who are asking for support from anyone along the A149 corridor. If you commute to Lynn, your life will get harder as these houses build out.

On the 7th January, two parcels of Borough land came to planning. One went to houses, one to 16 light industrial units. Neither were needed and the second was completely illogical. It is a greenfield site adjacent to the Hardwick Industrial Site and to houses. A much loved haven for wildlife visited and utilised by local residents who objected to its likely loss in their hundreds. They were supported by their Borough Councillors. Vacant units and vacant plots, some on the Hardwick site were dismissed at planning committee as irrelevant. Using appropriate brownfield sites before wasting this greenfield one was a suggestion dismissed.

Heacham has a parcel of land owned by the Borough Council which has, until recently, been used as bowling green. It is situated just off the High Street. No doubt property services will

get around to selling that off too. Have you any suggestions as to what you would like done with it, or not done with it?

Other local issues arose after the December publication of this Newsletter was written. I put an update into the January copy of Hunstanton Town and Around in the hope some of you would see it:

There is a second application for glamping pods in the woodland off Hunstanton Road. Application number 18/02130/FM. Adjacent to but separate from this application is another application, 18/021440/O for 3 houses. At the time of writing these applications are still live and comments are being accepted.

In January's Town and Around I also brought up the subject of Hunstanton's Neighbourhood Plan. They have allocated land adjacent to the Hopkins Homes site for more development, removing some woodland adjacent to the A149 in the process. As their plan also stipulates that a green buffer needs to be maintained between the village and the town this seems an unfortunate and unwelcome proposal. The last date for public comment was 18th January. If you were unaware of these proposals and wish your views to be aired please let me know.

Whilst in Hunstanton, the plan to develop the Sheepfield Community Housing site is gaining momentum. There is a further public consultation on 31st January and I hope publicity being given out as I write this has reached interested parties. The development proposes some affordable homes restricted to local people. The website is www.west-norfolk.gov.uk/sheepfieldhousing

In January's Town and Around I also stated that traffic issues on the A149, including traffic speed and road junctions (including Lamsey Lane) were being reviewed by NCCs Highways officers. Their report is due to be presented to County Councillors around the middle of January so, by the time you read this, there might be good news. (Newsflash, a brief article in the EDP on 12th January, referring to the forthcoming meeting, has confused the matter as Heacham is not mentioned. I hope to have investigated this by now.

Local small planning applications have been dealt with more or less appropriately. One or two controversial ones have been refused or modified and have underlined that it is useful to bring concerns to the attention of the Parish Council and Borough Councillors. It has also proved useful for applicants to discuss their ideas before submitting a planning application.

**Terry Parish
Independent Borough Councillor**



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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 £6. 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
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
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
FIT 'N' DANCIN' 9.30am – 10.30am. Peg 01485 54162
THE HEACHAM YARNERS 1 – 3pm Charity knitting. Last Monday in every month. Call Michelle 07712268869 (OFH)
TABLE TENNIS League Matches in the Hall 7pm (SC)

TUESDAYS

WEST NORFOLK MIND support for those suffering or caring for those with mental health issues. 1-3pm, 4 Poplar Avenue, call Lynda on 01485 532024
OVER 60? Enjoy improving your health and bone density with Active for Life Exercise Classes at Heacham Surgery Classroom 10.15-11-15am Tel: Pat 298429
CARPET BOWLS 10.15am - 12 noon Tel: 570776 (PH)
HEACHAM CARERS SUPPORT GROUP meets 1st & 3rd Tuesday monthly 1-3pm at A Piece of Mind 4 Poplar Avenue Tea Coffee & a chat For more info Tel: 572707
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 5pm (OFH)
ZUMBA 7-8pm £4 per class or £7 for both Tuesday & Wednesday classes Tel: Michelle 07585002124 (SG)
PARISH COUNCIL MTG 3rd Tuesday monthly 7pm (PC)
HANDS & NEEDLES GROUP every other Tuesday 7.30 – 9.00pm Tel: Joan Careless 570363 (MC)
HEACHAM & SANDRINGHAM CAMERA CLUB meets 1st & 3rd Tuesday monthly 7.30pm Sandringham Club West Newton Email: heachamdigitalcamerclub@yahoo.co.uk
POCAHONTAS PLAYERS Drama Group 7.30 – 9.30 pm Tel: 570402 (PH)

LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds
HEACHAM CRAFT & KNITTING GROUP 6.45 – 8.45pm. Call Shirley Milborn 01485 572247

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

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)
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)
CAR BOOT SALES 7am – 12noon (Gates open 6.30am for Booters) Weather permitting (HSC) Sports Field

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 2pm 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)
YOGA for healthy living 9.30-10.30am £6. For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)

HATHA YOGA at Heacham Infant School 7.45 – 8.45pm. £6 per person 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)
 RAO BUFFALOS 8pm (HSC Top Room)
 QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds
 TEA DANCE every week. Old time line dancing and sequence 2pm – 4.30pm at the Public Hall. Call George 01775 670294
 NORFOLK KNITTERS first and third Thursday in every month 2-4pm at Cunningham Court, Station Road
 LINE DANCING 10-12noon at St.Mary's Church Hall. Improvers £3.50 contact Diane 571166

FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon 3rd Friday of the month Contact Sue Spencer bereavementgroup53@yahoo.com or Tel: 572029 (SM)
 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
 TAI CHI & KUNG FU 6-7pm Beginners Tai Chi 7-8pm
 Advanced Tai Chi 8-9.30pm Adult Kung Fu
 Tel: Derek 01553 674779 (PRH)
 INDOOR BOWLS CLUB (Carpet) 2.30pm (MC)
 CASH BINGO 7pm (PH)
 WILDFOWLERS CLUB 1st Friday monthly 7.30pm (HSC Top Room)
 COFFEE AFTERNOON 1st Friday in every month at Fridhem Rest Home 2-3.30pm. £1 inc tea/coffee & cake. All welcome
 NORSEMANS BOXING CLUB Tuesday 6-7pm Juniors 15yrs and under. 7-8pm Seniors 16yrs and over
 Friday 6-7pm Juniors 15yrs and under. 7-8pm Seniors 16yrs and over Unit 12 Heacham Hall Ind Est. Juniors £2, Seniors £3
geezersales@btinternet.com

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

SATURDAYS

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

SUNDAYS

SUNDAY AFTERNOON SERVICE 4pm 1st Sunday Monthly Everyone welcome For details Tel:579440 (PRH)
 HATHA YOGA 7.30-8.30pm For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)
 SUNDAY SCHOOL Heacham 10.30am at Methodist Church, 4 – 11 years. Open to all. Rev.Steve Oliver 01485 57232 or email buzzard177@msn.com

HEACHAM DIARY

Friday 1st February GIG 'JAM with DNA' 8.30pm at The Fox and Hounds, Station Road
 *** 'Poker in the Club' 7.30pm, Social Club, Station Road
Monday 4th February Heacham Parish Western Shore 'Who Cares?' - Coffee Morning at the Church Hall, High Street 10am – 12noon. Advice and support.
Thursday 7th February 'Norfolk Knitters' 2-4pm at Cunningham Court, Station Road.
Friday 8th February GIG 'After Hours' 8.30pm at The Fox and Hounds, Station Road
Wednesday 13th February 'Coffee Morning and More' 10am – 12noon at Old Friends Hall, Sunnyside. All welcome.
Friday 15th February GIG 'Groove Cartel' 8.30pm at The Fox and Hounds, Station Road

Thursday 21st February 'Norfolk Knitters' 2-4pm at Cunningham Court, Station Road
Wednesday 20th February 'Lorraine's Prize Bingo, in the Club 1.30pm at Social Club, Station Road
Friday 22nd February GIG 'Nightride' 8.30pm at The Fox and Hounds, Station Road
Saturday 23rd February 'Messy Church' 10am – 12noon at St.Mary's Church. Call Veronica 570697 or Office 572539.
Monday 25th February 'The Heacham Yarners' Charity knitting projects supporting QEH neonatal and cancer units, 1pm – 3.30pm at Old Friend's Hall, Sunnyside. £1 donation.
 *** 'Quiz Night' hosted by Heacham in Bloom 7pm for 7.30pm start at Fox and Hounds, Station Road. £2.50 pp (max 4 per team) includes nibbles. Tickets on door or email heachaminbloom@btinternet.com

TIDE TABLES FOR FEBRUARY & MARCH 2019

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST, starts 31st March									
February 2019					March 2019				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 F	03 38	5.8	16 00	6.1	1 F	02 00	5.4	14 24	5.4
2 SA	04 40	6.1	16 50	6.4	2 SA	03 19	5.5	15 31	5.7
3 SU	05 29	6.3	17 33	6.7	3 SU	04 24	5.8	16 25	6.2
4 M	06 10	6.6	18 12	6.9	4 M	05 14	6.2	17 11	6.6
5 TU	06 46	6.6	18 48	7.0	5 TU	05 52	6.4	17 50	6.8
6 W	07 19	6.7	19 22	7.2	6 W	06 24	6.6	18 24	7.0
7 TH	07 48	6.7	19 53	7.0	7 TH	06 54	6.7	18 58	7.0
8 F	08 18	6.6	20 23	7.0	8 F	07 24	6.8	19 31	7.2
9 SA	08 47	6.6	20 51	6.8	9 SA	07 53	6.8	20 01	7.0
10 SU	09 17	6.3	21 21	6.7	10 SU	08 21	6.8	20 29	7.0
11 M	09 50	6.2	21 57	6.4	11 M	08 48	6.7	20 58	6.9
12 TU	10 30	5.8	22 42	6.2	12 TU	09 20	6.4	21 32	6.7
13 W	11 23	5.6	23 42	5.8	13 W	09 57	6.2	22 17	6.3
14 TH			12 35	5.5	14 TH	10 45	5.7	23 15	5.8
15 F	01 01	5.7	14 10	5.6	15 F	11 53	5.5		
16 SA	02 40	5.8	15 25	6.0	16 SA	00 38	5.6	13 35	5.5
17 SU	03 57	6.3	16 26	6.6	17 SU	02 33	5.7	15 04	5.8
18 M	05 00	6.8	17 20	7.0	18 M	03 51	6.3	16 08	6.4
19 TU	05 57	7.3	18 09	7.5	19 TU	04 52	6.8	17 02	7.0
20 W	06 47	7.5	18 54	7.9	20 W	05 44	7.3	17 50	7.5
21 TH	07 33	7.6	19 38	8.0	21 TH	06 30	7.5	18 36	7.9
22 F	08 14	7.6	20 19	8.0	22 F	07 14	7.6	19 20	8.0
23 SA	08 53	7.4	21 00	7.8	23 SA	07 52	7.6	20 00	8.0
24 SU	09 32	7.0	21 42	7.3	24 SU	08 28	7.4	20 40	7.8
25 M	10 14	6.6	22 27	6.7	25 M	09 02	7.0	21 19	7.3
26 TU	11 00	6.1	23 22	6.1	26 TU	09 37	6.7	22 00	6.6
27 W	11 59	5.6			27 W	10 15	6.1	22 49	6.0
28 TH	00 35	5.6	13 10	5.4	28 TH	11 06	5.6		
					29 F	00 02	5.4	12 24	5.2
					30 SA	01 32	5.1	13 47	5.2
					31 SU	02 52	5.2	14 58	5.5

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OTHER EVENTS

Saturday 2nd February GIG Dancing to 'The Spree' 8.30pm at United Services Club, Homefields Road, Hunstanton.

Saturday 9th February GIG Dancing to '54321' 8.30pm at United Services Club, Homefields Road, Hunstanton.

Friday 15th February Anmer Social Club presents 'A Star is Born' 8pm start, doors 7.30pm. Admission £3 on the night.

*** 'Quiz Night' with food 8.30pm at United Services Club, Homefields Road, Hunstanton. £3 per person.

Saturday 16th February Syderstone Village Cinema with the support of Creative Arts East presents 'King of Thieves (15)' 7.30pm at Amy Robsart Village Hall, Syderstone. Advance tickets £3.50 or £4 on the door. 01485 578171/578244.

*** GIG Dancing to 'Kenny and the Motives' 8.30pm at United Services Club, Homefields Road, Hunstanton.

Monday 18th February Hunstanton U3A meeting 'Talk on Norfolk's Trees' 2pm at Community Hall, Hunstanton – speaker Dr. Gerry Barnes.

Wednesday 20th February The Village Cinema presents 'The Old Man and the Gun' 7pm screening, doors 6.30pm at The Memorial Hall, Snettisham. Tickets £5 on the door.

Saturday 23rd February GIG Dancing to 'High Definition' 8.30pm at United Services Club, Homefields Road, Hunstanton.

Tuesday 26th February Dersingham Village Screen presents 'Darkest Hour' 7.30pm in the Dersingham Village Centre. Entry fee of £5 includes tea or coffee.

Thursday 28th February The West Norfolk Members Group illustrated talk 'Birds, Blooms and Beasts' 7.30pm at Hunstanton Methodist Church Hall, Austin Street. £2 members / £3 visitors.

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 9.30-11am (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

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

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

Wednesdays

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

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

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

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

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

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

Thursdays

TEA DANCE 2 – 4.30pm at Hunstanton Community Centre Live Music Sequence & Ballroom £3 All Welcome

FITSTEPS 6 – 7pm at Snettisham Memorial Hall To book Tel: Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

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

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

Saturdays

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

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

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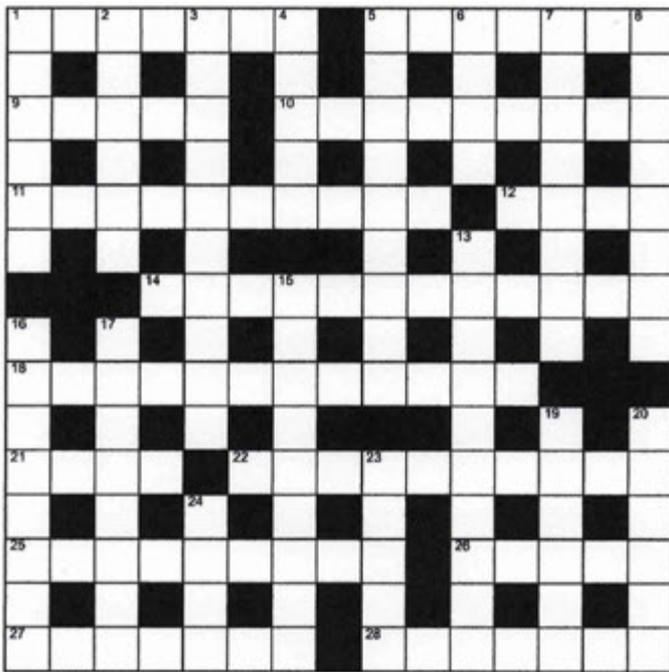
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FEBRUARY CROSSWORD



CLUES:

Across:

1. Grouser has bird in hand (7)
5. One's heard these old records (7)
9. Part of wall made good by expert (5)
10. Turned away from strange date, restless (9)
11. Letter to store, intended to be read out loud, concerns causeway (10)
12. Cold bitter hits throat (4)
14. Goods are found after being wrapped up in this place (4,8)
18. Having posed with ring, is basking in contentment (12)
21. Frank has nothing to write (4)
22. Keep a firm grip! (10)
25. Having difficulty with prelims, is off colour (2,7)
26. It's essential I binge during my defence (5)
27. Rosemary could be a long time with brush (7)
28. Defendant is questionable (7)

Down:

1. He assembled notes for cycle ride (6)
2. In more ways than one, this person needs identification to drink (6)
3. Kind of effect obtained by following party line? (10)
4. Unruly king attends Mass (it's his place) (5)
5. Let student off to work under top web producer (9)
6. Prune – a fruit for a silly person? (4)
7. Written....and well read! (8)
8. Indirectly get from plane to customs (8)
13. Willing to take first seat available (2,3,5)
15. Take up and put down (a motion easily handled) (9)
16. Villa area is hot – surprise! (8)
17. An inspector called as witness (8)
19. Scrap 4 down (within reason) (6)
20. Cut off by deep snow? (6)
23. They bake most of scone mix with Victor (5)
24. Get someone's back up with exercise (4)

Answers on Page 42

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Thank you to everyone who took the time to complete and return the Heacham Neighbourhood Plan Residents Questionnaires. We had a total of 518 completed forms returned, just over 19% of those delivered - a fantastic return rate.

All responses from the questionnaires have been recorded and tables produced giving responses for each question. These are now available on the Neighbourhood plan website <http://www.heachamplan.co.uk/evidence-documents/>

This information, plus information gathered from our two consultation events, has enabled us to identify areas of most concern.

Housing

Development size - Of respondents expressing an opinion 75% would prefer to see smaller development of less than 15 dwellings, and 74% would like to see these developments built in small cul-de-sacs.

Type of housing - The majority of respondents (55%) consider starter houses/flats with 1 or two bedrooms as the type of property the village needs most of, and Executive houses with 4 or more bedrooms as the type of property we need least of (71% of respondents).

Affordable housing - 83% of respondents to the questionnaire consider that this percentage should be over 50%. Many respondents expressed a concern that the current calculation used by Government for affordable housing means house prices are still out of the reach of local people on an average income.

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Style of housing – Building design that reflects the scale and style of existing buildings was identified as most important to the majority of respondents (54%). 63% of respondents ranked modern building styles and materials as least important to them. Interestingly 34% would like to see high levels of energy conservation in new buildings.

Footprint of house compared to size of plot – 53% of those responding consider that only half of an individual plot should be covered by the house and associated buildings, and 71% consider that parking for 2 vehicles should be provided.

Second homes/holiday lets

83% of respondents believe there should be a limit on the number of second homes/holiday lets in the village, and 87% of these would like this to be capped at a maximum of 30%.

Most important planning issues affecting our Parish?

Responses to this question were given in free text. 58% of respondents highlighted the need for infrastructure to keep pace with development, many expressing concern about: impact on health services (which they feel are already overstretched); capacity of the Heacham Water Treatment/sewage works to cope with further residential development; roads and access.

Jobs and the Economy

66% of respondents were in favour of more land being allocated to encourage employment.

The type of employment respondents would like to see encouraged locally are shown below. They were asked to check all options that applied.

Retail shops	76%
Light industry	57%
Community Services	53%
Tourism, leisure and craft	46%
Agriculture related	46%
Pubs, restaurants and cafes	32%
Financial and professional services	31%
Caravans and other holiday accommodation	13%

Responses to what would encourage new businesses to locate to the Parish were as follows:

More purpose built premises	46%
Better broadband/mobile phone reception	57%
Improved road/network access	58%

Other suggestions put forward included:

Lower council tax/rents

Allocated sites with low monthly weekly rents for small pop up shops (possibly in the area of the new Community building,) which may encourage new cottage industries.

Purpose built premises to create an 'innovation park' for new start ups.

Traffic, Transport and Access

Residents were asked what aspects of road traffic in the Parish give them concern – responses are shown below. Again, they were asked to check all that applied. Junctions (68%), traffic speed (59%) and pedestrian safety (52%) scored highest. Unsurprisingly, the junctions giving most concern are Lamsey Lane/A149 (61%) and Hunstanton Road/Lynn Road (opposite Tesco). Many expressed concern about Cheney Hill, with particular concerns about this being exacerbated when the new housing development commences.

Improving Community Services

This section of the questionnaire was designed to get a feel for how respondents viewed their community, and the services that were accessible to them.

	Good/ Adequate	Needs Improvement
Fire	438	28
Police	209	262
GP	231	267
Community library	346	39
Leisure/recreation	162	168
Young people	99	274
Hall facilities	377	66
Access for disabled	184	168
Public footpaths	242	247
Mobile reception	207	272
Broadband	180	273

While there are some high numbers shown in the 'Needs Improvement' column, when these are compared with the combined 'Good/Adequate' responses the differences are fairly low. The one exception to this relates to Facilities for Young People.

Respondents suggested a great number of other services they would like to see available in the village, which included an NHS Dentist; Optician; walk-in Health Centre/minor injury unit; a Bank; more independent retail shops (not supermarkets); fitness facilities, including basic exercise equipment in the Recreation ground, for adults as well as children; more cycle ways; a Community cinema; bus shelter(s) with seating for the elderly; Museum/heritage centre.

Protecting and Preserving our Natural Environment

All areas in this question scored highly, but the two areas that proved to be most important to respondents were maintaining clear space between Heacham and Hunstanton and other

neighbouring parishes (89%) and improved protection of the natural environment e.g. ancient Woodland, wildlife habitats, SSI etc (84%).

65% of respondents would be prepared to pay an increase in the Parish Council element of Council tax to take over responsibility for grass and hedge cutting. While not proposed for financial year 2019/20, it may be worth the Parish Council investigating the options and benefits of this approach.

Work is now underway, using the data collected, plus information gathered from our two consultation events to draft policies for the Neighbourhood Plan. We hope to hold some open days towards the end of March to seek your views on these policy proposals.

Tracy Raby



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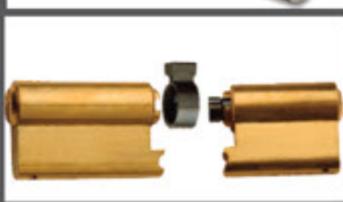
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around & about...

in good health

#HelpUsHelpYou

Just a reminder from the NHS in Norfolk and Waveney about how to help us help you this winter.

All of us should be making sure our medicine cabinets are stocked. It's also sensible to order any regular medicines you need in good time so you don't run out, taking care to only order what you need.

But if you do feel poorly, seek advice from your local pharmacist before it gets worse.

If it's urgent, then a call to your GP or NHS111 is the next step, and they'll advise you what to do.

Common sickness bugs

Suffering from norovirus or other common sickness bugs? Don't spread it around by visiting your GP or other public places. Stay at home and rest. #HelpUsHelpYou

Find [more advice here](#)

Home First – your bed is the best bed!

None of us want to go into hospital or a care bed, but if we do it's good to get home if we can. The NHS and social care across all of Norfolk and Waveney are stressing that if someone needs a hospital or temporary care bed they will get one, but our aim is always to help people get back home as soon as possible. This is because older people in particular can lose independence rapidly. Being back home can also help a speedier recovery. So, if you know a friend or relative, particularly if they are older, who has to go into hospital, it would be kind to make sure they have all they need to get back home, including checking the heating works and they will have food in the house, the washing is done and they feel OK.

New Year, New You

With the start of a New Year people's thoughts turn to getting fit and improving their health. To stay healthy or improve health, adults need to do two types of physical activity each week: aerobic and strength exercises.

How much physical activity you need to do each week depends on your age. Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active daily by doing at least 150 minutes of moderate aerobic activity such as cycling or walking, and strength exercises on two or more days a week.

Why not join a local walking group, go for a swim or join a local class; your library should have information about groups near you.

There are many local services that can enable older people to be more active. A wealth of information can be found through the [Norfolk Community Directory](#).



NEW DATES FOR HUNSTANTON DRAMA FESTIVAL.

The HDFA Drama Festival of One Act Plays held at the Princess Theatre in Hunstanton, is on the move. This year it will be held in June for the first time.

Previously held in July, the new dates are June 28/29 and 30th. There will be four sessions either at 7.30 or 2.30 in the afternoon.

It is Open to Adult Amateur Drama Companies from all over the Eastern area as well as schools and youth and community groups. To take part, the group must provide a One Act Play or part of a full three act play complete with simple set which can be performed within 50 minutes. It must have no less than three persons in it. It can be a play with music but not a full musical. There are prizes and cups to be won for the best actors, designers and writers of the session plus a chance to see some excellent acting from some highly talented performers.

Original scripts are particularly encouraged but comedy and classical theatre have their place too. The sessions are adjudicated by fully qualified professionals with notes given from the stage and a full written report following the session.

This is a chance for your group to perform on a professional stage with the lighting and tech team of the Theatre behind you to advise and assist.

The Entry fee is just £45.00 and entry forms and full details are available from the Festival Director Mr Stephen Hayter at: stephenpehayter@btinternet.com or packs can be collected from the Hunstanton Tourist Information Office on the Green. 01485 532610.

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The West Norfolk Members Group invites you to:
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(following a brief AGM)

Birds, Blooms & Beasts

of British Columbia and Alberta, Canada

by our chairman, Geoff Randall

*a photographic ramble through the tiger reserves of
Central India*

Thursday 28th February - 7.30pm

Venue: Hunstanton Methodist Church Hall, Austin Street.

Cost: £2.50 members / £3.00 visitors.

Dersingham Village Screen

26th February at 7.30pm
in the Dersingham Village Centre

'Darkest Hour'

starring Gary Oldman as Winston Churchill.

Entry Fee of £5 includes free tea or coffee.

Other drinks available at reasonable prices.

Ringstead Village Hall

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.

The 7th March meeting, we have local artist Barbara King on the Norwich School of Painters. Then on 4th April Andrew England will be talking about War Memorials of Norfolk.

Refreshments are available and we hold a raffle at each meeting.

All welcome.

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On Saturday 16th February 2019

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Venue: Amy Robsart Village Hall,

Syderstone PE31 8SD.

Start time: 7.30pm.

Advance Tickets £3.50 On the door £4.00

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NEW YEAR NEW YOU!!

New Year Resolutions - how long do they last if you're doing it on your own? But with a few 'buddies', it is much easier to maintain if there's someone to encourage you and give support when things become a bit challenging.

SINGING is now recognised as one of the ways to **improve mental well-being**; especially if done within a group.

SO, if you:-

can hold a tune (be it 'Nessun Dorma' or 'My Way' down at the pub)

are prepared to exercise those grey cells

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- Sat Feb 9th – 8.30pm: Dancing to '54321'
- Fri Feb 15th – 8.30pm: Quiz Night with Food £3per person
- Sat Feb 16th – 8.30pm: Dancing to 'Kenny and the Motives'
- Sat Feb 23rd – 8.30pm: Dancing to 'High Definition'

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ANMER VILLAGE SOCIAL CLUB

FILM NIGHT

Friday 15th February 2019 at 8.00pm

'A STAR IS BORN'

Starring Lady Gaga, Bradley Cooper and Sam Elliott. A musician helps a young singer find fame, even as age and alcoholism send his own career into a downward spiral.

Venue – Anmer Village Social Club

Admission by ticket - £3 at the door

Doors and bar open 7.30pm

New members and guests welcome

Email: films@anmerclub.co.uk or telephone 01485 579465.

For details of this and other forthcoming events, including trailers of future films, visit our website at: www.anmerclub.co.uk

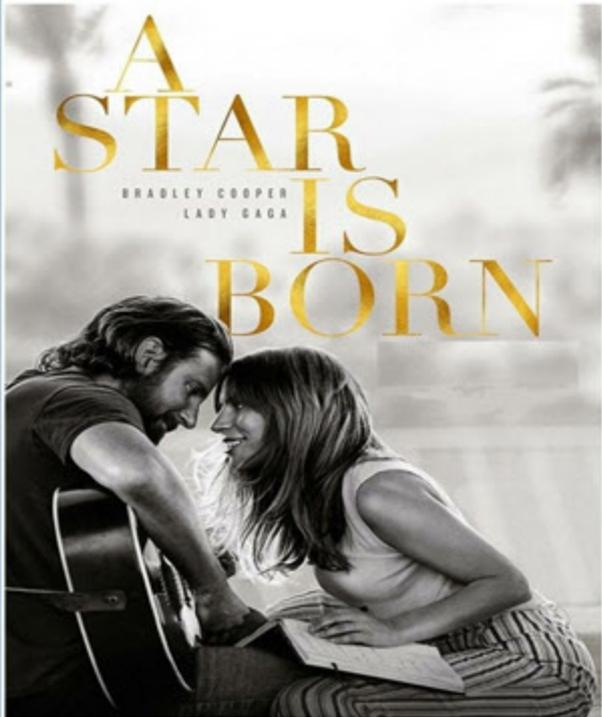
Hunstanton Conservative Club

Entertainment for February 2019

Sunday 10th Feb - Cream Teas served from 3.30pm

Saturday 16th Feb - Valentine Dinner with entertainment by Micky Johns

Eileen Hamilton
Chairman



ANMER SOCIAL CLUB
FRIDAY 15th FEBRUARY 2019
Film starts at 8.00 p.m.
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The Village Cinema in Snettisham

Each month from February through to December The Friends of St Mary's Church, Snettisham, organise a film screening at The Memorial Hall, Snettisham. This takes place on a Wednesday evening at 7pm with doors and bar opening at 6.30pm. There is ample parking and a warm comfortable atmosphere. Do join us one month!

On 20th February, we are screening 'The Old Man and The Gun' which stars Robert Redford in his last role as an actor. Now in his early eighties Redford has had a long and successful career as a film star and who can fail to forget Butch Cassidy and The Sundance Kid which launched him into Hollywood stardom.

The film 'The Old Man and the Gun' will surely provide Redford with an Oscar nomination at the very least and is based on the true story of Forrest Tucker (Robert Redford), from his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public.

Wrapped up in the pursuit are detective John Hunt (Casey Affleck), who becomes captivated with Forrest's commitment to his craft, and a woman (Sissy Spacek), who loves him in spite of his chosen profession. Not a film to miss!

On March 20th, the film will be 'The Children Act' starring Emma Thompson.

Dates for your diary for The Village Cinema in 2019 are: March 20th, April 10th, May 22nd, June 19th, July 17th, August 21st, September 18th, October 16th and November 20th.

If you are a film buff and would like to help run The Village Cinema please call Marian on 01328 738183 and come and help provide this valuable facility for your local community.

Marian Abramovich
Contact 01328 738183 or 07989 177079
mmrabramovich@gmail.com



Robert Redford
 Casey Affleck
 Danny Glover
 Tom Waits
 Sissy Spacek

the OLD Man & the GUN

**The Village Cinema at
 The Memorial Hall, Snettisham
 Wednesday February 20th 2019**
 Tickets £5.00 on the door.
 Bar and door open at 6.30pm for
 7pm screening of the film



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Committee agrees to reduce speed limit on A149.

The meeting on 18th January of Norfolk County Council’s Environment, Development and Transport Committee met as part of an annual programme of meetings, scheduled back in 2018. The agenda was set months in advance and the reports were published on 10 January 2019.

Cllr Martin Wilby, Chairman of Norfolk County Council’s Environment, Development and Transport Committee, said:

“I am extremely sympathetic to everyone who was involved in Thursday 17th incident and wish everyone a speedy recovery. But it is not our place to speculate on the cause of last night’s incident.

“We have been looking closely into the safety of the A149 for some time. A detailed report was submitted to Environment, Development and Transport Committee by Norfolk County Council officers last week along with a recommendation to approve, at today’s meeting, the implementation of a 50mph speed limit and to install road safety cameras.

“Based on the report and our dedication to the safety of the people in Norfolk, the committee has agreed to reduce the speed limit of the A149 to 50mph on two sections of the road and approved the Norfolk Camera Safety Partnership scheme to install road safety cameras along the road.

“I am also aware of local concerns about some of the junctions along the A149. In light of this, we have agreed that further work must be added to the Norfolk County Council’s Highways forward plan to investigate whether additional road safety measures need to be implemented.

“All the approved and future work will be carried out within the

Snettisham WI would like to welcome new members to join our group based at:

British Legion Hall on Church Road, Snettisham

We meet on the second Thursday every month (bar August). Doors open at 7.15pm and the session starts at 7.30pm.

Local and regional activities and trips are available, plus much more. We have an active Book Club, Bowling Club and new this year ‘Ladies Who Lunch’. As a visitor you can have up to 2 taster meetings (per year) at £3.00 per session, either come alone or bring a female friend or family member. You don’t have to live in Snettisham, and you will receive a warm welcome.

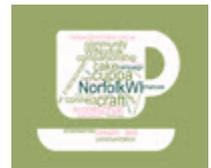
Our programme is a mixture of speakers, crafts and demonstration of skills; see below for the next 3 months programme. We do monthly competitions and raffles. **There is always cake!**

March 14th – Performing the ‘Life of a housemaid at Blickling Hall’, a true and funny story.

April 11th - The work of the Hunstanton RNLI Station (our nominated charity for the year).

June 13th – Learn ‘Laughing Yoga’.

For more information call Sue on 01485 542371 or Janet on 01485 545989



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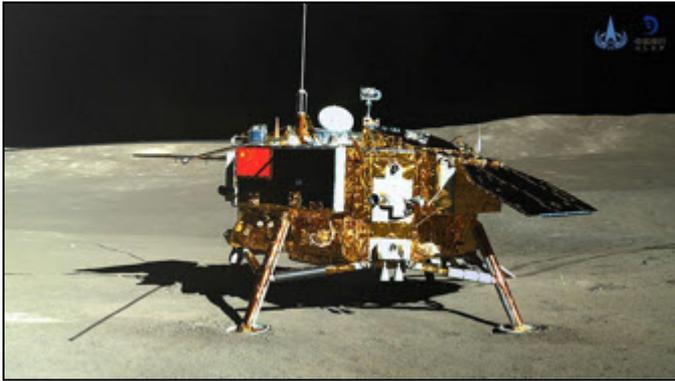
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Heacham at Night

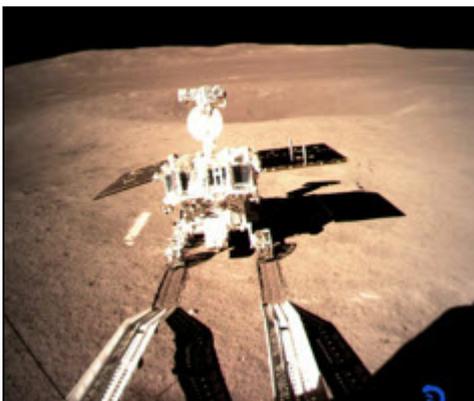
Only 11 months to go to 2020. A constant will be the perfectly predictable motion of the planets and their moons. Two Super Moons to go this year and a transit of Mercury too. The superest Super Moon is on the 19th with the Moon just 356,846 km away. It will be 8 years before it is as close again.

We had a bit of space history last year and a hint of the developing future. The 50th anniversary of Apollo 8 – the one that orbited the Moon – happened. The 50th anniversary of Apollo 11 - the first Man on the Moon - is this year. At Christmas the Chinese landed a robotic craft on the far side of the Moon at the other side of the south pole in a deep crater. I imagine they will determine whether water is extractable as that is the key to a planned lunar base.



The Chinese lander taken by its rover. Internet

The farside of the Moon is not the darkside. There is no darkside, all the Moon's surface gets its share of day and night. We don't see the farside because the Moon rotates once in the same time as it orbits the Earth. It is (gravitationally) locked. The farside has been investigated by orbiting craft and through seismic data collected by instruments set down by the Apollo missions. The crust is thicker than on the nearside and there has been little outflow of lava. Consequently, there are no great 'seas' – plains – which we observe on the familiar surface of the Moon. There are far more craters because few have been obliterated by selenological activity (Selene is the Greek Moon goddess and geo, as in geological, is Greek for Earth).

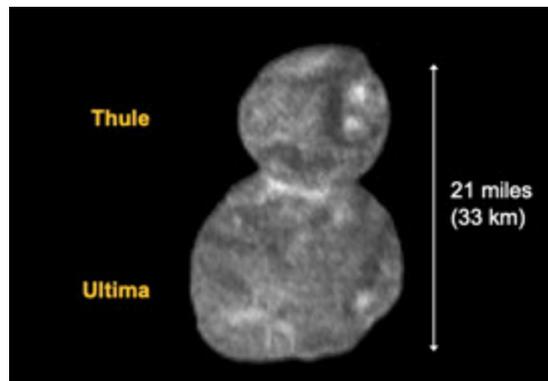


The rover leaving the lander. The red colour is not correct. Internet

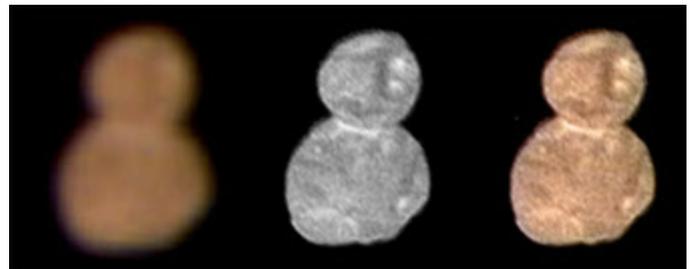
Voyager 2 left the solar system (outside the boundary of the solar wind) becoming the second vehicle to do so. Voyager 1 left it 6 years ago and is 22 billion km away

travelling at 61,000mph. it will approach a star in about 40,000 years. Both Voyagers still send back data and 2 has a significant working instrument on board. Both machines were launched in 1977 with technology developed in the 60s.

Meanwhile, New Horizons, the Pluto probe, shot past Ultima Thule which has been revealed as a snowman. The probe is now in excess of 6.5 billion km out. There is enough fuel to target another far off object and the plutonium powered thermo-electric generator will keep making electricity until the 2030s.



Ultima Thule courtesy of New Horizons and NASA



Merging a colour image with the high definition black and white reveals the snowman is a bit pink. NASA

And, last of the space vehicle appreciation paragraphs, I remain on Mars on the Insight Lander whilst simultaneously orbiting the asteroid Bennu as my son submits my details to anything going a long way away. (Some of you will have read this before but never mind, I don't). Bennu has a lot of boulders on it which is going to make collecting samples harder.

Before Christmas I saw Comet Wirtanen from Heacham but cloud stopped me trying for a picture on subsequent nights. It was a pretty boring comet, a large, diffuse, grey blob with no pretty tail. Better observers picked up its greenish colour and, if you could have stuck your head in it, it would have smelled a bit of marsh gas.

Fog, drizzle and cloud blocked out most of my predicted observations though others did see the Venus Jupiter conjunction. I don't know if I saw the total eclipse of the Moon on the 21st January as I am writing this before then. Lets say I didn't.

Anyway, February Fill Dyke looms, though some weather predictions I have just heard give a good chance of Frozen Drain being the better expression to use. As astronomers are beginning to produce climate models for some very far off exoplanets, it will be interesting to see if Earth models are accurate. Nothing exceptional to see this month but any clear sky is always worth looking up at.

Mars is still with us in the evening sky and Uranus and Neptune are still there too. Mercury becomes an object to seek just after

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sunset in the latter half of the month. Jupiter, Venus and Saturn are around in the SE prior to sunrise.

With binoculars (for Uranus and possibly as an aid for Saturn) and a telescope (for Neptune), given a clear sky, a fair wind, and some luck, it is possible for you to see all the planets of the Solar System between sunset and sunrise. The best opportunity for this heavenly feast is on the 19th. On this date, Mercury has risen just about high enough over a flat WSW horizon and is also bright. It gets higher until the very end of the month but also less bright. On the 19th, too, Neptune is just below Mercury. It is unlikely you will see Neptune without a telescope. However, you may be satisfied with looking towards it as, if you find Mercury, you will be. Mercury appears just as an intense spark of light. I have had success seeing Mercury from Heacham Beaches and from the sea defence path towards Hunstanton.



If you can see it, there is a tiny white dot just right of centre about a quarter of the way up. This is Mercury from Heacham South Beach. Parish

Between the 9th and the 17th Mars passes Uranus. This observation is due to the relevant movements of those bodies and of Earth. Earth travels faster than Mars and both are much faster than distant Neptune so inner planets are always overtaking those further out. The closest, apparent, approach of the two planets is on the nights of the 12th and 13th (two dates because it depends where the observation is from). Good binoculars held stationary should pick Uranus up alongside Mars - a faint blue blob next to a hint of red on brighter Mars (Mars's colour has faded with increasing distance).

Look WSW to see this conjunction of the red planet with the blue. Mars should be easy to see about a third of the way up the sky. From the 9th to the 11th, Uranus will be just above it, after the 13th an increasing distance below it.

The pre-dawn sky is busy with planets. This time you are looking towards the region where the sun will rise so take care if using any optical instruments - don't stray to where the sun will

actually pop up. I have talked about Mercury being out there and so is Venus, still bright in the SE.

Look SE from about 6.15am at the beginning of the month, earlier as the month proceeds. Venus is quite low in the sky and gets lower each day. Jupiter is always at a little higher level and to the right. This picture carries on until about the 11th when, depending on your horizon, Saturn pops up exactly SE and to the left of Venus. Each day afterwards, Saturn appears higher and more southerly (to the right) whilst Venus moves lower and towards the east. Their closest approach, conjunction, is on the 18th. Towards the end of the month the Moon also joins in this line of planets.

If you have got your Newsletter early and it is clear on the 2nd then you have a chance of spotting Saturn next to the thin crescent Moon. Both pop up from a good SE horizon at 7am.

When looking at these morning planets it is worth understanding that you are looking across the Solar System. Mercury and Venus are either side of the Sun, Mercury to the left and Venus to the right. Mercury is moving, in its orbit, towards us, Venus away. Relative orbital speeds mean Mercury will overtake Venus so it can only be observed for a few weeks. Meanwhile, Jupiter and Saturn are on the far side of the Sun, further from Earth than when they are on the same side and, hence, dimmer. Earth's higher orbital velocity will bring us back to the same side as these gas giants later in the year and they will, once again, be bright in the night sky.

This dance of the planets has been going on for a few billion years and will continue for a few billion more and older, newer, and yet to be formed planets, are also doing what they do or will form their own patterns of movement.

Factoid. Whilst writing this I have had the radio on - the numbers programme. A question was asked. 'Which planet comes closest to the Earth? I answered this incorrectly, partly (my excuse) due to the fact that Mars came closest last year. The answer most picked was Venus because its orbital distance from the Sun of about 67 million miles is just 26 million short of Earth's 93 million. However, as just discussed, planets orbit slower the further from the Sun they are, so planets overtake each other. In consequence, Mars is, overall, closest to Earth 18% of the year whilst Venus is closest 36% of the year.

This is not the end of the tale. Mercury which orbits at an average distance of 36 million miles, 57 million miles short of Earth, (though Mercury's orbit is very elliptical), is the closest planet to the Earth for 46% of the year. Strange but true, apparently. A good pub quiz question if few customers read this article - likely true.

That will have to do for this month.

Terry Parish

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Local Dog Lovers' Solution to Modern Day Loneliness

Volunteer dog cuddling is being offered by Barking Mad (North West Norfolk) as an antidote to the problem of loneliness in modern society. For those who are retired or work from home and are spending large chunks of time alone, caring for a waggy-tailed companion on a temporary basis and meeting other like-minded dog lovers could really help to overcome feelings of isolation.

The perception of loneliness as mainly an issue for the older generation is now proving inaccurate, as a study from the Office for National Statistics suggests that young adults are more likely to feel lonely than older age groups. Due to huge advances in technology, the number of freelancers and remote workers is rising, with an article in Business Leader claiming that 'business owners think that one third of the workforce will work remotely by 2020.'



Tania Stowe of Barking Mad said: "Whilst remote working has obvious advantages, working alone under pressure and not having the physical presence of a team to support you can lead to loneliness that can't be fixed by any kind of app. Caring for a friendly dog not only provides canine cuddles (far better than any virtual hug) but also the motivation to go and take a walk at lunchtime, increasing the likelihood of adhering to New Year fitness resolutions."

The community of Barking Mad host families mainly consists of active retired people and those who either work from home, or have extended periods away from work. It offers the opportunity to care for dogs in your own home, while their owners are away on holiday. Hosts experience all the benefits of dog companionship without any of the emotional or financial responsibilities of full-time pet ownership and they receive 24/7 support from the Barking Mad team.

To find out more about becoming a Barking Mad host, you can call Tania Stowe on 01485 205715 or visit www.barkingmad.uk.com/local/norfolk/west-norfolk

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News from Heacham Social Club (January 2019)

We have had another good year of trading and all is going well at the club.

2019 Memberships are now due (£6 single £10 joint). In the last two years we have been able to tarmac the public hall car park and modernise the hall adding a new bar as well as completely re-decorating the hall, plus re-decorating the club. This is only possible with your membership payments and your participation in club activities.

As this goes to press we are replacing the 10 old rotten windows in the hall and we have many plans for the future. As we are on a very assured financial footing I think we can move forward and encourage new members to join the club with the next generation of volunteers, helpers and staff. Our sporting facilities are brilliant and they are: Badminton, Bowls (outdoor and indoor carpet bowls), Cricket, Football Minors and a very serious senior football club (as it should be), Judo, Table Tennis and Tennis. We now have food available in the club Thursday to Sunday. With a Thursday Lunchtime Special, Fish & Chips Friday and Saturday and the very popular Sunday Carvery (booking advisable as it averages around 100 covers). We continue to push HEACHAM FORWARD.

I would like to thank all staff and volunteers for their continued help and all of the many user groups and committees.

The club is going upwards and onwards with the help of so many volunteers and I wish you all a very happy new year.

Mark Pishorn (Club Chairman).



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WHAT'S ON IN FEBRUARY 2019

1st Friday in the month **Poker in the Club 7.30pm**

Every Thursday **Tea Dancing in the Hall from 2pm to 4.30pm**

Every Monday **Table Tennis League Matches in Hall 7pm**

Every Friday **Bingo in the Hall 7pm...All Welcome**

Every Thursday **Judo in the Hall**

Wednesday 20th February **Lorraine's Prize Bingo in Club Starts 1.30pm**

All Welcome

Sunday Carvery

12 noon - 4.00 pm

All you can eat

One plate one visit

Small plate £5.95

Large plate £7.95

Desserts £3.00

Booking advisable



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Heacham Community Building Project (HCBP) Update Article

The Parish Council first announced its intentions for a major building investment, aiming to develop the former Dairy Crest site, on 24th April 2014, with the first meeting taking place on 25th January 2015.

During the past 6-8 months, the committee have had a number of meetings addressing future plans for the site including the layout of it. The process of the building project has been vitally important in deciding whether the residents of Heacham wished to retain or demolish the building on the site. It is full of history and has housed various organisations over the years.

Whilst submitting the pre-application, the planning officer advised the committee that they consider the building a non-statutory designated heritage asset in the village.

As a result of this, committee members decided it was vitally important upon this basis to create a referendum asking the simple question, 'retain or demolish?'

The votes were counted with the clerk recording and Michael Jennings to witness the count. There was a grand total of 593

votes casted, with 388 voting retain and 196 votes for demolishing the old building. It was further noted that there were 7 spoilt papers and 2 duplicated papers. This is approximately a 2:1 ratio for retention. From this result the committee have completely focused on giving the village what they want.

In the meantime, consultation has taken place with the public that use the library, office staff and the clerk regarding the future location of the library and the parish council office.

The architects, Atelier Associates, have been working alongside the committee to design and draw up plans for the project, aiming to make the building as eco-friendly as possible; as well as carrying out an important Heritage Impact Assessment.

Sarah Barker-Willis from Atelier Associates, commented, "We are delighted to be involved with this project. The building design will incorporate the existing building to ensure the character of the area is retained with new additions providing light and flexible space for the whole community. This is an exciting opportunity and we look forward to working with the residents of Heacham to deliver a modern, considered building fit for the future."

Currently, there is no parking for the library, parish council office or the Old Friends Hall. However, when the building is



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completed there will be at least 12 parking spaces on the site, meeting the needs for those using the building's facilities.

The re-location of the library into the new community building will give easier access and a more relaxed space which will enable library opening hours to be extended. The library will aim to arrange more events targeted at younger readers and collaborating with village groups by helping run specific features.

Margaret Gilbert is a Parish Councillor, a member of the building project committee, library volunteer and frequently organises the coffee mornings at The Old Friends Hall. She expressed her views on the development, "The new Community Building will be a modern, open and tailored facility offering a real opportunity for people to come together in the village and it's wonderful that the Library itself will be a central part of the mix of services on offer there. It will be great to watch this new asset for Heacham finally come to fruition over the next year or so, and specifically for us at the Library; we just can't wait to move in!"

In terms of financial benefits, the current location of the library and the parish council office costs approximately £18,000 per annum for rent of the two buildings. However, this money can be put towards a public works loan at a very favourable rate with a completed building at the end of it.

Terry Clay, Chair of the Community Building project commented, "After many long months of very hard work and dedicated aspects from every member of the building project committee, we've actually got a consensus on what we want to deliver to the village. The village has been consulted with a huge response from the referendum on demolishing or retaining the building. When the project is finally complete I'm sure it will be a huge asset for every age group."

He continued, "It is vital to remember we have one of the very few parish-run libraries, so this project will be extremely beneficial to the community. We are also very keen that the local history group will have somewhere to store their archives for the village."

Members of the project committee are faithful that the new Community Building will become the "hub" of the village, being in the centre of the village, combining not only the parish office but also meeting rooms for local groups.

Vice chair of the Heacham Community Building Project Committee, Michael Williamson, also commented, "The building will retain something of its character for another 50 years or so. We should also be proud of the fact that, in this time of cuts at County and Borough Council levels, we are able to provide our parishioners with our own village library, which will

also be moved into the new building, thus continuing to provide and improve on a much needed community service. I'm sure that this will be a great asset to the community of Heacham for years to come."

It is expected that building renovation will take from 12-18 months to complete after planning permission is granted.

The Heacham Community Building Project committee members would like to thank Terry Clay, as chairman of the committee and driving force behind the project, and also all the members of the committee both past and present who have given so much time and thought into the project. Also, thanks to Steve and his team at Atelier Associates for their very useful advice.

THN



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Scam Alert – Telephone cold calls claiming to be from Citizens Advice – 17 January 2019

We are warning about telephone cold calls claiming to be from Citizens Advice.

This follows a report from a Norfolk resident who received a cold call claiming to be from the ‘Citizens Advice Debt Service’ during which the cold caller attempted to engage with the call recipient about ‘debts’.

Citizens Advice advise that they **do not** cold call or authorise others to cold call on their behalf.

If you receive one of these calls do not give or confirm any personal information. Hang up and report the call to us via our partners the Citizens Advice consumer helpline on 03454 04 05 06.

Scam Alert – Text messages claiming to be from ‘DVLA’ stating you have a ‘vehicle tax refund’ – 15 January 2019

DVLA
You have a vehicle tax refund of **£89.72** from an overpayment
Process your refund at <https://licensetaxrefund>

DVLA
You have a vehicle tax refund of **£89.72** from an overpayment
Process your refund at <https://licensetaxrefund>

We are warning about text messages circulating claiming to be from ‘DVLA’ stating ‘you have a vehicle tax refund’ from ‘an overpayment’, the text goes on to offers a link to ‘process your refund’.

These text messages are FAKE. DVLA do not send text messages or emails about vehicle tax refunds. It is also likely that there will be a several versions of this message circulating quoting different amounts.

If you receive this or a similar text message delete it.

If you have received a text message which you believe to be a scam you can report it to us via our partners, the Citizens Advice consumer helpline on 03454 04 05 06.

Scam Alert – Facebook messages claiming to be from a friend asking if you could ‘receive a payment’ via PayPal – 15 January 2019

We are warning Facebook users about scam messages asking to use your PayPal account to ‘receive a payment’.

These messages come from a Facebook friend’s account but are actually sent by Fraudsters who have hacked the friend’s Facebook account and changed their password and phone number.

The fraudsters then message the hacked victims’ friends to ask them to receive payments through PayPal for various

hi i was wondering if i can ask a quick favour? I sold something online not realising i needed a paypal account so i was wondering if you could receive the payment for me, withdraw then send it over through online banking? would be great if you can xx



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reasons. They often also ask for their phone number, so they can communicate through WhatsApp.

The fraudsters then convince the victim to receive funds into their PayPal account and transfer them into a bank account of the Fraudsters choice.

Having received the transfer a chargeback is then initiated through PayPal, leaving the PayPal account holder out of pocket.

If you receive a suspicious message from a friend on Facebook, contact them directly via other means to check the message is genuine.

You can find out more about keeping your Facebook account secure, including activating login alerts and two-factor authorisation on the [Facebook website](#).

Information Alert – Changes to pension cold calls regulations– 13 January 2019

As of last week (9 January), companies that make unsolicited phone calls to people about their pensions will be liable to enforcement action, including fines of up to £500,000.

The ban has been introduced in a bid to prevent people falling victim to cold calling scams that can lead to them losing their life savings.

As many as eight scam calls take place every second - or a massive 250,000,000 calls a year – according to research from the Money Advice Service.

Victims of pension scams can lose their life savings and be left facing retirement with limited income. According to the Financial Conduct Authority, pension fraudsters stole on average £91,000 per victim in 2018.

If you receive a cold call about your pension, get any information you can, such as the company name or phone number, and report it to the [Information Commissioner’s Office via their website](#) or on 0303 123 1113.

If you have been a victim of this type of fraud, report it to Action Fraud by calling them on 0300 123 2040 or by using their [online fraud reporting tool](#).

Cold Calling Alert – Doorstep cold caller enquiring about ‘insulation’– 11 January 2019

We are warning residents to be on their guard after receiving a report of a doorstep cold caller in the Mulbarton area.

A resident received a doorstep cold call from a man who claimed he was ‘representing the local authority’ and they were ‘inspecting homes for fibreglass insulation’. The cold caller then offered to ‘conduct an insulation survey’. The resident declined the offer and reported the cold call to us.

We advise to be very wary of claims made by doorstep cold callers and **never** give access to your property, agree to services, buy items or for return visits if approached in this manner. Impartial advice on energy saving and accessing grant schemes is available from the [Energy Saving Trust](#).

Anyone concerned about doorstep cold calling in Norfolk can contact us through our partners the Citizens Advice consumer helpline via their [online reporting form](#) or by telephone on 03454 04 05 06.

To manage your contact details, additional information and subscriptions, please login through the [member portal](#).

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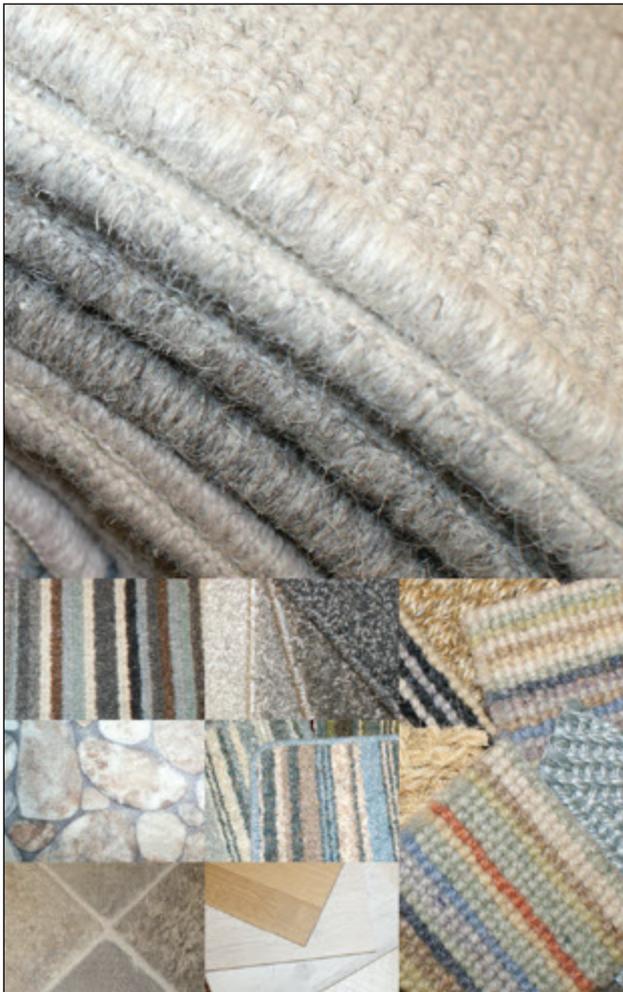
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1	6	5	2	9	8	3	4	7
9	2	7	4	3	6	8	1	5
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6	5	4	9	8	7	1	2	3
3	8	9	5	1	4	6	7	2
4	7	6	8	2	3	5	9	1
5	1	2	6	7	9	4	3	8



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t: 01485 572202 email: rushmoreflooring@btconnect.com

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HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

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

Co-option: The Council was pleased to co-opt two new members, bringing the number of Councillors up to 16. The new Councillors are Mrs Margaret Gilbert and Mr John McIntyre, both of whom have been Heacham Parish Councillors before and decided they missed the action too much and asked to come back. The Parish Council and Clerk look forward to working with them again.

Vacancy: There is still a vacancy for a Parish Councillor. Please contact the Parish Clerk for further details.

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

NEW COMMUNITY BUILDING



As reported in the November Newsletter issue, things are moving on with regards to the new Community Building. The plans have been submitted to the Borough Council and we are patiently awaiting the outcome. The aim is to provide a more user-friendly space, incorporating the Parish Council office, Library, hall area and meeting rooms. Plans and a scale model are available for viewing in the Parish Council office.

The Parish Council office is open to the public Tuesday to Friday 10am-12 noon.

PLEASE COME AND TAKE A LOOK.

!!WANTED!! PARISH COUNCILLORS

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

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

If you are interested, please contact the Clerk for more details.

OLD FRIENDS HALL

The Old Friends Hall on Sunnyside is available for private functions. More information and prices available from the Parish Council office.

HEACHAM LIBRARY

Please note the library has a new telephone number. All services and opening hours remain the same.

07398 647119

Please note this telephone is for library use only, not for use of the general public. Also due to legal restraints the library is not able to allow charging of private mobile phones etc.

Thank you to all who continue to support our library.



Heacham Carnival Parade and Fete 2019

This year's Heacham Carnival will be held on Sunday 4th August; please make a note in your diary. More details will be provided in the following months.

CARNIVAL COLLECTION

Applications for local organisations to hold the street collection at this year's carnival parade should be submitted in writing to the Parish Clerk.

This year we will see a new band performing at the carnival and the Parish Council are in need of a volunteer to provide and drive a lorry for the band to ride on. Anyone interested please contact the Parish Clerk.

GRASS AND HEDGE CUTTING

Heacham Parish Council are looking for quotes for the Grass and Hedge cutting of the Recreation Ground, Brays Pit and Woodside Avenue. Anyone interested please contact the clerk.

HEACHAM NEIGHBOURHOOD PLAN

A total of 518 completed Residents Questionnaires were returned, which equates to just over 19% of those delivered - a fantastic return rate. Thanks to all who completed and returned their forms.

Work is now underway to use this data, and information collected at the two consultation days to develop draft policies for inclusion in the plan.

HAPPY NEW YEAR TO EVERYONE FROM HEACHAM PARISH COUNCIL

Any queries should be addressed to:
Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
Norfolk PE31 7ET
Tel 01485 572142

Email: heachampc@btinternet.com
Website: heacham.norfolkparishes.gov.uk
Open Tuesday - Friday 10.00am-12 noon.

HELP LINES

HEACHAM GROUP PRACTICE 01485 572769

HEACHAM MON TO FRI 08.30 TO 18.30
SNETTISHAM MON TO WED 08.30 TO 12.30 14.30 TO 18.00
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

HEACHAM CHEMIST 570297

OPEN MON - FRI 09.00 TO 18.30 SAT 09.00 TO 17.30

Between 13.00-14.00 prescriptions and certain other products only

available if the Pharmacist is in attendance

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

Mr C. MANNING 07885 258392

Mr T. PARISH 07885 258428

NORFOLK C C MICHAEL CHENERY 07920 286638

PARISH LIBRARY 07398647119

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

HEACHAM POST OFFICE 570330

OPEN MON - FRI 08.30 TO 17.30 SAT 09.00 TO 13.00

EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

NHS Helpline 111

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

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

POLICE 101

SAMARITANS 01553 761616

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRIC 0800 3163105

ANGLIAN WATER 0345 7145145

GAS ESCAPE 0800 111999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280

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

THUR and SAT 10.00 TO 13.00

HEACHAM CHALK PIT RECYCLING CENTRE

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

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

HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

HEACHAM HALLS

Public Hall 570776

Pine Residents Hall, Wilton Road Pat Toppin 779208

Methodist Church Hall, Station Road Mike Careless 570363

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

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

Lynx Coastliner No.36

(Please follow old Coasthopper signs for the new Lynx service)

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lynx (lynxbus 34 & 35) & Coastliner (36)

Service 34, 35 & 36 (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd

0654 & 0709 first buses to King's Lynn then 4 an hour from 0729

0704, 0722 first buses to Hunstanton then 4 per hour from 0758

Service 34 - (Mon-Sat)

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

0709, 0759 first buses to King's Lynn then twice hourly from 0829

0722 first bus to Hunstanton then twice hourly from 0828

Services 34, 35 & 36 (Sundays)

0844, 0914 & 0945 first buses to King's Lynn then each route hourly

0808, 0843 first bus to Hunstanton then hourly

0945 (Service 35) then two hourly

XXXXXXXXXXXXXXXXXXXX

Smithdon High School Bus

Service 10

Via:- Lodge Road, Station Road

0755 to Smithdon School

1512 from Smithdon School

Service 34, 35 & 36

0758, 0808 to Smithdon School

1510 from Smithdon School (Service 35)

XXXXXXXXXXXXXXXXXXXX

Bus Enquiries

www.lynxbus.co.uk

Tel: 01553 611955

XXXXXXXXXXXXXXXXXXXX

WNCT - DIAL-a-BUS Service

Heacham to King's Lynn via Snettisham, Ingoldisthorpe, Dersingham,

Sandringham, & Castle Rising Every Tuesday, Wednesday & Friday

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

Tel: 01553 770310

XXXXXXXXXXXXXXXXXXXX

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

ROUTE WEL 124

(Mondays)

ROUTE WEL 123

11th/25th

February

4th/18th

COLLINGWOOD CLOSE	09.55	ROBIN HILL	10.40
SOUTHMOOR DRIVE	10.10	RINGSTEAD ROAD	11.00
SANDRINGHAM DRIVE	10.30	NEVILLE COURT	11.45
FENSIDE	10.45	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.00	PINE MALL	12.30
WOODSIDE AVE	11.45	SITKA CLOSE	12.50
ROLFE CRESCENT	13.55	SUNNYSIDE	14.15
WOODEND ROAD	14.15	MEADOW RD	14.40
GIDNEY DRIVE	14.30	POPLAR AVE	15.25
BANKSIDE	14.50	GYMKHANA WAY	15.45
MARRAM Way/Norway CL	15.05	JENNINGS CLOSE	16.10
MARRAM Way/Spruce CL	15.20	COLLEGE DR/Gonville	16.45
MARRAM Way/Neville RD	15.35		

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