



THE HEACHAM NEWSLETTER

March 2019

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Deadline for the next edition is 12 noon, Tuesday 19th March

13th March 2019
10am-12noon
Tea
Raffle
Cakes
Coffee
K's Savouries
Quiz
Chat

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THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET
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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

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

your letters..



Dear Newsletter

Heacham

Thank You

I would like to thank the kind people who helped me when I fell in the road earlier in the month.

Thank you all very much and I wish you a very Happy New Year.

God Bless you all.

Maisie Smalls



Dear Newsletter

Heacham

'Beauty and the Beast!'

Pocahontas Players – here we go again. How do they do it and how lucky are we in this village. It was lovely seeing some new faces, but sad some have moved on, maybe to become famous, who knows? So, well done TO YOU ALL for another outstanding performance.

THANK YOU TO YOU ALL.

Barbara Preston and Margaret Jeacock



Dear Newsletter

Heacham

The Pocahontas Players

There aren't enough words to describe their great production of Beauty & The Beast. Superb acting, magnificent costumes and credit to the writer of the script for bringing the dialogue into this technological age with characters such as "Alexa" getting us primed for more of the same. The songs plus lovely voices are a bonus.

I, for one, would not bother to book a London show with the hassle of travelling there when we have such a terrific well-produced show with a great cast who put their skills and hearts into giving us a superb performance. Just can't wait for the next one.

June Cox



Dear Newsletter

Church Farm Road

The Pocahontas Players

We would like to say what a wonderful evening we had at the production of 'Beauty and the Beast'. Excellent raised seating, we could see and hear everything very well.

We are very lucky to have such dedicated people who give their time, support and hard work to put on these productions.

Thank you to them all.

Looking forward to the next one at the end of May.

H & P Nix



Dear Newsletter

Heacham

Polluted Air – Fires & Wood Burners

Please find enclosed a follow-up to my recent letter (published in the February Newsletter) on wood burning stoves. I thought this would be of interest as the problem does need solving and it looks as though the Department of the Environment will be dealing with this problem.

A Heacham Resident
(Name & address supplied)

Below is a copy of the letter our correspondent received from the Department of the Environment dated 29 January 2019:-

"Thank you for your email of 19 January to the Secretary of State about wood burning stoves. I have been asked to reply.

"The increase in popularity of wood burning stoves and coal fires is having an impact on our air quality and now makes up the single largest contributor to our national emissions of particulate matter (PM) at 38%. This compares with industrial combustion (16%) and road transport (12%). The tiny particles in smoke can enter the bloodstream and attach to internal organs risking long term health issues as well as having more immediate impacts on some such as breathing problems or asthma attacks.

"So far, we have focused on raising consumer awareness about the impact of burning solid fuels on our health, and that of our neighbours, and working with industry to help reduce harmful emissions by encouraging people to shift from using wet/unseasoned wood to dry wood, which can halve emissions of soot and smoke. We have supported wood fuel suppliers and retailers on the 'Ready to Burn' labelling scheme, which was launched in September 2017. This scheme aims to increase consumer awareness of the benefits of high quality, dry fuel by improved labelling and point of sale information. We have also developed guidance to help inform consumers of what they can do to reduce their impact when burning solid fuels at home, such as burning less often or switching to cleaner fuels. We also suggest moving to a cleaner burning/more efficient appliance, and ensuring it is properly installed and maintained. The guidance can be found here:

[https://uk-air.defra.gov.uk/assets/documents/reports/open_fires_and_wood_burning-stoves – a practical guide \(PDF 268.01 KB\)](https://uk-air.defra.gov.uk/assets/documents/reports/open_fires_and_wood_burning-stoves_-_a_practical_guide_(PDF_268.01_KB))

"Defra's Clean Air Strategy was published this month. This recognises that so far the public debate about air pollution has been focused on outdoor sources of air pollution, particularly emissions from cars and other vehicles. One aim of the Strategy is to raise awareness of the breadth of everyday activities that contribute to air pollution. Many of these activities take place in and around the home. This is important because, alongside our strong commitment to meeting our legally binding targets to reduce the amount of pollution



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in our atmosphere, the Government's priority is to minimise human exposure to air pollution.

"The strategy sets out the further actions which Government will take to reduce emissions from domestic burning. This includes legislating to prohibit the sale of the most polluting fuels, ensuring that only the cleanest stoves are available for sale by 2022, changing existing smoke control legislation to make it easier to enforce, and giving new powers to local authorities to take action in areas of high pollution. We will also develop a communications campaign targeted at domestic burners, to improve awareness of the environmental impact of their actions. The World Health Organisation has praised our Clean Air Strategy as "an example for the rest of the world to follow" and you can find it here:

<https://www.gov.uk/government/publications/clean-air-strategy-2019>

"We have already begun work to take these actions forward and consulted on the cleaner domestic burning of solid fuels and wood between August and October 2018. The proposals in this consultation included:-

- Restrictions on the sale of wet wood for domestic burning so that it can only be purchased in volumes over a specified cut-off point;
- Applying sulphur standards and smoke emission limits to all solid fuels;
- Phasing out the sale of bituminous or traditional house coal.

"We are currently analysing the consultation responses, and intend to publish our formal response to this consultation early this year.

"I hope this will reassure your constituent that the Government's objective is to raise awareness of the potential impacts of air pollution at home and ensure that consumers are armed with reliable information enabling them to make informed choices to protect themselves, their families and their neighbours."

Daniel Garnett
Ministerial Contact Unit
Dept for Environment Food & Rural Affairs

✉ **Church Farm Road**

Dear Newsletter

Heacham Flower Club
New time – New day

Have you noticed that the Heacham Flower Club now meets on the fourth Tuesday of the month at 2.00pm at St Mary's Church Hall. We hope this will enable people to come out in the daylight.

We are a friendly welcoming group. Come and join us and have a cup of tea.

J. Mackay

✉ **Heacham**

Dear Newsletter

'Noise Pollution'

Following on from the unable to open windows letter re Air Pollution in last month's issue.

We in St Mary's Close, have to endure hearing a bored neighbour who stalks and revels by talking in his gruffly loud voice which can be heard for some distance about the actions of an innocent neighbour going about his daily life. This gives a whole new meaning to Neighbour (hood) Watch.

BE QUIET MAN and give us all some welcome peace.

Name & Address supplied

✉ **Woodside Avenue**

Dear Newsletter

May 2019 Elections

To the electorate in Fring, Heacham and Sedgeford:

Statement of Intent: I, Terence Parish, will be standing for re-election as Borough Councillor in the May 2019 elections.

I currently represent Heacham Ward. However, boundary changes mean that a new ward comprising Fring, Heacham and Sedgeford has been created and I will be a candidate for this new, larger ward.

I am an Independent Borough Councillor with no affiliation to any political party and will stand for election as an Independent again.

As an Independent I have no party machine creating publicity. There will be a poster / advert in this and other free (to the public) publications. There may be an election leaflet through your door. Meetings between myself and any interested groups living in Fring, Heacham and Sedgeford will be welcome and can be arranged. Contact details for myself follow.

Candidate for May 2019 elections Terence Parish (often identified as Terry Parish).

Address: 1, Woodside Avenue, Heacham, PE31 7EW. (Agent address the same).

tparish@btinternet.com Tel: 07525 647585

Terry Parish

This printed material is promoted by Terence Parish, acting as his own agent for the May 2019 elections. It is printed by the printers identified in the publication in which it appears.

Any advertising fee is paid for by Terence Parish.

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THE POCAHONTAS PLAYERS

Beauty and the Beast

I really do not know where to start on this? I write on behalf of Heacham Pocahontas Players; feeling that I don't want to just write a list of Thank You's because sometimes it does read quite tedious, I would like you to know why they are getting our gratitude and thanks. Without these Thank You's our village wouldn't have enjoyed Beauty and the Beast the Panto. It's all so easy to say, 'well done' to the group but the supporters are just as important.

Ray, who gave up his quiet Sunday spending his time taking hundreds of memorable dress rehearsal photos, as you can see by the final Cast photo. It was fun, but also daunting, to look out onto our magnificent hall, not just to see the completed raised seating but seeing the seats FULL for the performances. We thank Heacham Youth & Community Trust Ltd for helping towards purchasing the final top two rows. How spectacular does The Public Hall look? It takes quite a lot of precision to erect it and to take it down, as it comes completely flat packed, but with Dave Curtis, Jimma Race, Peter Everingham, Mick Yates, Michael Minns, Duncan Rix, Chris Wood, Gary Pearce, Warren Marshall and Joseph Rumens knowing where every screw, bolt and rail has to go, the job is done!

Photo – courtesy of Janice Curtis



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We thank The Thursday Judo Club for giving up their evening for us and also The Friday Bingo. It was nice to see some of the Bingo folk in. You may have not got a Full House that night but you certainly helped us to get one! We thank Mr Peter Oakes and Jenny for their generous donation, which helped towards the printing of the Programmes/Tickets/Posters. Also, our local businesses for displaying these. Heacham Infant & Nursery School and Heacham Junior School for adding a flyer in every child's school bag! Mr Mick Jennings for his continued support plus his added extra of 'A basket full of Sweets' to share out among the children who came up on stage to help to bake a cake(?) and the children who helped draw out the lucky raffle tickets. All those lovely Raffle prizes were also donated! Our efficient Front of House team, Janet Race, June Critcher, Janet Kendal, Jeannette Rix, Val Minns and Carol Marshall, escorting the audience to their seats, the selling of programmes and serrated strip upon strip of raffle tickets.

It was a last minute dash to Hunstanton Shan's Fabrics to source out black satin fabric to cover the backs of the extra height raised seating. Shan who is always ready to help us in any way she can. Nick of 'Scent with Love' florist Hunstanton, who donated the ol' Gypsy lucky heather and HUGE flowers to adorn the Dame's Hats. Thank you Shan and Nick. Thank you must also go to our local upholsterer Ashley 'Mojo's' Chilvers who donated a large sheet of foam, for the under structure of the Dame's head gear creations and to Elaine Mannerling who left a bag of assorted fabrics near our gate. This came in very handy to cover two wooden garden chairs, turning them into King Rocky and Queen Adriana's Royal Thrones.

For those who came to the show, you would have seen the Lock up Castle Doors and Spooky Trees with moving eyes - all thanks to Hunstanton Pantomime Players group. As Dame Fanny said "After all, there HAS to be a Deep Dark Wood in every Pantomime!"

It was a slow start to Warren Marshall's first ever written script with vital rehearsal nights both missing out to Christmas Day and New Year's Day, but once all the celebrations were over, the cast and crew knuckled down on Line Learning, Singing, Backdrops etc. As the show dates neared, we were also sharing with The Winter Flu bug. It really hit Gary (as the Dame) Kelsie (as Belle) and Sandra (as Juicy Lucy). All struggled through with high temperatures but with Jaime Parry of BLISS Hair and Beauty face paint artistry, they 'looked' in the best of health. Well done! They certainly had the famous line in their heads - 'The show MUST go on'.

For this production we had eight new members join the group: young Ethan Pearce and Harvey Brown, helping on the sound/lighting side of the production; Nikki Atkinson who, we are pleased to say, was virtually made redundant as The Prompt;

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Carol Marshall who helped in any way she could; Glyn Rudd who enjoyed her very first time ever on a stage as a Royal Reporter; Willow Deane who played two roles, one of a quiet Librarian and one of the Scary Black Shuck! Ewan Harris and Lynne Butters who played the fearful Peaky Blonders duo.

As you see, it isn't all about the Pocahontas Players because without all these supporters and YOU, the fantastic audiences, we wouldn't now be looking forward to celebrating our SILVER 25 years next year but before that, we have a production coming up on May 31st and June 1st 2019 of which we have already started to rehearse. There will be limited seating with limited disabled seating, so please don't leave it late to book your ticket. 'Evolution Express Judgement Day' - written by Dave Curtis and Jimma Race with Acting, Singing, Dancing and Roller Skating – it's going to be SPECTACULAR!!! Look out in next month's Newsletter for more information on that.

Thank you all, once again for your support.

from Janice Curtis on behalf of a very appreciative Pocahontas Players Drama Group



Photo (Cast) – courtesy of Ray Sparvell

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CHURCHES TOGETHER IN HEACHAM

The coming of spring makes us all feel a little better about life. The light at the end of what can seem a long winter tunnel. For the Christian community, it is also about Lent.

The word Lent comes from the Anglo-Saxon word “lencten” which means “spring-time” and with it, images of daffodils bursting forth from the ground which just a few weeks ago seemed so hard and unforgiving: delicacy and strength, beauty and resilience. Lengthening days and warmer sunshine. Lent then is a glorious word, filled with a sense of promise and hope.

It is a paradox therefore that forty days of Lent, the journey from Ash Wednesday to Easter Sunday, is often seen as a time of challenge: a calling to be a GUS Giving Up Something we enjoy, like chocolate or alcohol or to be a TOM: Taking on More, like going on a course or a new exercise regime.

Of course, careful and honest self-appraisal is never wasted and Lent provides a good opportunity for reflection. A time for communities and individuals to take stock. To recognise and celebrate our strengths and what we do well and to reflect and confess those things that we do not. Like Jesus in the wilderness, we face temptation and discouragement on all sides as we try and map the way forward through the toughest of terrains.

As I write this, the future direction of our nation and its relationship with the European Union remains unclear with no clear consensus. By the time you read this, I am hopeful that the situation may be clearer as the clock ticks towards exit day. Strong opinions and personal relationships have been severely tested but a time of healing and reconciliation must be a priority for leaver and remainer alike, the responsibility lies with each of us. As spring brings new life, so a new commitment to seek the common good can start to take root.

If Lent is really about springtime, we should see the period as a gift- our busy 24/7 always connected world can seem full on, so giving ourselves permission to stop, to reflect and just to be can only be a good thing. A time to reflect on the mysteries of new life, of the endless prodigality of the Creation, of the sheer joy of new life of the presence of hope as winter turns to spring and especially as we prepare ourselves for EASTER and the inexpressible glory of the resurrection.

Spring-time is the new life with which God in his grace refreshes our souls. That requires of us a patience and assured knowing that as seasons change, God is beside us as we journey onwards

Rev Simon Wilson



Deanery Lent Services 2019

Wednesday Evening 7pm- Journeying through Holy week with Jesus in Luke's Gospel.

- 13th March - St Edmund's Hunstanton
- 20th March - St Mary Magdalene's Sandringham
- 27th March - St Nicholas Dersingham
- 3rd April - St Mary's Snettisham
- 10th April - St Mary's Docking

Heacham Parish Church in March

- 3rd March 10am Holy Communion
4.00pm Service at Pine Mall
- 6th March Ash Wednesday
7.00pm Holy Communion and Ashing
- 10th March 8am Holy Communion
10am Morning Prayer
- 17th March 10am Holy Communion
- 24th March 10am Morning Prayer
- 31st March 10am Mothering Sunday

'Who Cares' Coffee Morning at Church Hall

Coffee Morning Monday 4th March 10-12noon at the Church Hall. Can we help you with advice and support? Come and meet us and have a chat. 'Who Cares' will continue every month on the first Monday of the month - 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 Saturday 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 March 2019

Sunday Services: 10.30am Morning Worship

- 3rd March Elizabeth Batstone
- 10th March John Miles
- 17th March Church Fellowship Service
- 24th March Rev. Pam Bayliss - Holy Communion
- 31st March Rev. Steve Oliver – Mothering Sunday

MIDWEEK ACTIVITIES

Midweek Communion Service

March's Midweek Communion service will be on Wednesday 13th March at 10.30a.m conducted by our Minister Rev. Steve Oliver. All who love the Lord are welcome to attend.

Bible Study

The Bible Study Group will meet on Thursdays 7th and 21st March at 10.40am in the church hall. We start a new series this month so this would be the ideal time for you to join a lively discussion group led by Minister Steve Oliver. How about it?

Social Evening

March should bring us warmer weather and with it starts another year of the social evenings. A series of talks, musical evenings, outings and meals. We begin

on Thursday 14th March at 7.30pm with a talk by Joella Crosby on Victorian Cookery called "Death in a Pot". If this sounds interesting to you, then come and join us – you will be most welcome.

The Fellowship - A new season of the Fellowship starts on Tuesday 5th March

which, as it is Shrove Tuesday will have a pancake theme. Come, try one and find out what shroving is all about! The meeting on 19th March will feature Deacon Lynne Ponge talking to us about Chaplaincy and all it involves.

Bowls in the Afternoons

A reminder that short mat bowls now meets every Friday afternoon at 2.30pm. Several new members joined last month and appeared to enjoy an afternoon of competitive fun with a group of various standards of playing, mainly out for an afternoon of fun and fellowship. If you would like to see if this is for you, just turn up at 2.30pm.

Mothers Day or Mothering Sunday

As we church people call it, falls on Sunday 31st March and we are having a special service at 10.30am led by our Minister Rev. Steve Oliver. It is hoped that the Heacham Guides and Brownies will join us. Why don't you come too and share in this important day in the calendar?

Midweek Activities

Tuesday - Open Door: 10am –12 noon.
The Fellowship: 2.45pm on the 5th & 19th.
Wednesday - Midweek Communion: 10.30am on 13th
Thursday - Bible Study: 10.40am. on the 7th & 21st
- Social Evening: 7.30pm on the 14th
Friday - Short Mat Bowls: 2.30pm weekly



Hunstanton Catholic Parish

There will be a pancake supper on the evening of Shrove Tuesday, 5th March at St Cecilia's, starting at 6pm.

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'. This year's venue is the Union Church, Sandringham Road, Hunstanton. The Service will start at 11am but there will be time for refreshments and a chat from 10am. All are welcome. You can search the website www.wwdp.org.uk to find lots of information and resources.

During Lent the Stations of the Cross will be celebrated in Hunstanton, followed by a simple lunch, each Friday alternating between the Catholic church of Our Lady and Perpetual Succour and the Anglican church of St Edmunds, the first of which will begin at 12 noon on Friday 8th March at St Edmunds.

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

West Norfolk Radio

Doreen Reed – Poet and Storyteller

During the first week of March Poet and Storyteller Doreen Reed will be taking a light-hearted look at **Spring Cleaning**.

You can listen, **on-line**, www.westnorfolkradio.co.uk Sunday 3rd March - 6pm.

For the night owls, overseas listeners and insomniacs, it will be repeated on Wednesday 6th March - 2am.

And for those who like to listen while having an afternoon cup of tea, Thursday 7th March - 3pm.

www.doreenreedpoet.com

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NEW MEDICAL SERVICE NOW AVAILABLE IN HEACHAM.

Janet Pitkin, Foot Health Practitioner of Heacham Foot Health Clinic in Poplar Avenue, has recently and successfully completed extensive training in Podiatric Biomechanics, Paediatric Biomechanics, Gait Referenced Casting Techniques and Orthoses Prescription Writing, under the mentorship of Health Care Professions Council Registered Muscular Skeletal Podiatrist and Surgical Chiropodist, Stephen Pinning. Janet has subsequently established, in association with Stephen, a Biomechanics Practice providing postural assessments and provision of

prescription orthotics to correct faulty foot and ankle posture and problems associated with the lower limbs.

Janet explained that some of the most commonly seen conditions we see

and treat in our weekly Clinics held in Heacham and Ingoldisthorpe, include knee, hip and lower back pain as well as foot and ankle problems including debilitating heel pain [Plantar Fasciitis] and pathologies relating to the diabetic foot and rheumatoid arthritis. Many of these painful conditions can be brought on or exacerbated through sports activity, occupation, following lower limb joint surgery or just simple everyday tasks. The pain affecting joints and soft tissue are often the symptom, the underlying cause can be incorrect postural alignment of the foot and ankle.

Pain and discomfort in the muscular skeletal system can be eliminated or greatly alleviated by establishing optimum foot and ankle posture using prescription orthotics.

We address a wide variety of muscular skeletal conditions and balance issues associated with neurological disorders such as Parkinson's Disease, by first identifying and diagnosing the problem, then formulating an orthotic insole prescription.

Orthotics are prescription medical devices that fit in the shoes, fabricated in an orthotics laboratory. The

orthotics meet the needs of the individual in the same way that prescriptive spectacles, hearing aids or false teeth do. Janet said: "we feel it is very important that the devices are not an off the shelf one size fits all; each patient has specific requirements



which need to be met to achieve maximum benefits. The foot and ankle complex primary function is to be a shock absorber and a rigid lever, moving from one to the other during the gait cycle. Correct timing during the gait cycle is paramount: if the foot is a rigid lever when it should be a shock absorber or visa versa, then pain will be the result due to the foot and ankle compensating in order to maintain postural alignment of the whole body above. It all sounds very complicated, in fact it is quite simple. We know what the foot and ankle need to do, it is our remit to establish and maintain optimum pain free function, as nature intended".



Stephen is particularly known for his many years of experience treating children's biomechanical conditions, having received countless referrals from Paediatric Orthopaedic Consultants, General Practitioners, Physiotherapists, Sports Therapists, Osteopaths, Podiatrists and Chiropodists and other medical practitioners He has also helped many people from all walks of life including professional sportsmen and women from across the UK and Europe. Stephen has also lectured on the topics of Postural Balance and Lower Limb Biomechanics.

In addition to holding biomechanical assessments, we have regular nail surgery clinics to permanently resolve the painful condition of ingrowing toenails, using local anaesthetics. A service unique to the area.

Appointments for general foot care and advice including Diabetic foot care is also available on request.

For more information or to book an appointment, call Janet at the Heacham Foot Health Clinic on 01485 570512 or 07767 733838.

Janet Pitkin
Dip CFHP MPSP MAR
Foot Health Practitioner

Stephen Pinning
FSSChP Dip Pod Med MBChPA
HCPC Registered
Podiatrist/Chiropodist



TIDE TABLES FOR MARCH & APRIL 2019

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST, starts 31st March.									
March 2019					April 2019				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 F	02 00	5.4	14 24	5.4	1 M	03 57	5.7	15 54	6.0
2 SA	03 19	5.5	15 31	5.7	2 TU	04 46	6.1	16 40	6.3
3 SU	04 24	5.8	16 25	6.2	3 W	05 23	6.5	17 19	6.7
4 M	05 14	6.2	17 11	6.6	4 TH	05 56	6.6	17 55	6.9
5 TU	05 52	6.4	17 50	6.8	5 F ●	06 24	6.8	18 29	7.1
6 W ●	06 24	6.6	18 24	7.0	6 SA	06 55	6.9	19 05	7.2
7 TH	06 54	6.7	18 58	7.0	7 SU	07 27	6.9	19 36	7.2
8 F	07 24	6.8	19 31	7.2	8 M	07 56	6.9	20 07	7.2
9 SA	07 53	6.8	20 01	7.0	9 TU	08 24	6.8	20 41	6.9
10 SU	08 21	6.8	20 29	7.0	10 W	08 56	6.7	21 18	6.7
11 M	08 48	6.7	20 58	6.9	11 TH	09 35	6.3	22 04	6.3
12 TU	09 20	6.4	21 32	6.7	12 F	10 25	6.0	23 06	5.9
13 W	09 57	6.2	22 17	6.3	13 SA	11 33	5.6		
14 TH	10 45	5.7	23 15	5.8	14 SU	00 39	5.5	13 12	5.6
15 F	11 53	5.5			15 M	02 26	5.9	14 41	6.0
16 SA	00 38	5.6	13 35	5.5	16 TU	03 38	6.3	15 45	6.6
17 SU	02 33	5.7	15 04	5.8	17 W	04 36	6.8	16 39	7.1
18 M	03 51	6.3	16 08	6.4	18 TH	05 25	7.3	17 28	7.4
19 TU	04 52	6.8	17 02	7.0	19 F ☉	06 09	7.5	18 14	7.7
20 W	05 44	7.3	17 50	7.5	20 SA	06 49	7.5	18 58	7.8
21 TH ☽	06 30	7.5	18 36	7.9	21 SU	07 27	7.5	19 40	7.7
22 F	07 14	7.6	19 20	8.0	22 M	08 01	7.4	20 19	7.4
23 SA	07 52	7.6	20 00	8.0	23 TU	08 34	7.1	20 58	7.1
24 SU	08 28	7.4	20 40	7.8	24 W	09 06	6.7	21 37	6.5
25 M	09 02	7.0	21 19	7.3	25 TH	09 40	6.2	22 22	5.9
26 TU	09 37	6.7	22 00	6.6	26 F	10 24	5.7	23 27	5.3
27 W	10 15	6.1	22 49	6.0	27 SA	11 32	5.4		
28 TH	11 06	5.6			28 SU	00 55	5.0	13 01	5.3
29 F	00 02	5.4	12 24	5.2	29 M	02 12	5.1	14 15	5.5
30 SA	01 32	5.1	13 47	5.2	30 TU	03 15	5.5	15 13	5.9
31 SU	02 52	5.2	14 58	5.5					

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My very special Mum

When celebrities win Oscars
it's nice to hear them say
a big thank you to all the folk
who have helped along the way.
'Tho I've not won an Oscar
and I'm never likely to
for the guidance I have had in life
I'd like to say thank you
to my nursemaid, cook and chauffeur
psychologist and housekeeper.
My seamstress and my counsellor
my close friend and my teacher.
I've had benefits of professions
and very many skills.
I've been guided through my life with love
in health and through my ills.
'Tho the skills have many titles
I need to thank just one,
she is all of these and so much more
she is my very special Mum

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Ruffle's Walks – A Very Important Visitor!

by Rachel Greaves

As Ruffle trotted along the platform, he could sense by all the activity that something exciting was about to happen at the little heritage railway. There were many people bustling about on the platform next to where the green engine was waiting patiently, steam slowly spiralling from the blackened funnel.

Ruffle looked round for Eric, the station master who was always happy to welcome Ruffle. Ah! There he was! Ruffle went over to where Eric was standing next to a man on a wooden stepladder. They were busy trying to secure a row of bunting from the lamp over the station door to one of the iron lampposts in the middle of the platform. Ruffle nudged Eric's free hand with his wet nose. Eric turned to look at Ruffle.

"Ruffle! Hello there boy. I can't stop – we're busy getting everything ready for our VIP! Off you go, don't get in the way today, there's a good dog!" Eric turned back to help the man on the ladder as they successfully secured one end of the bunting.

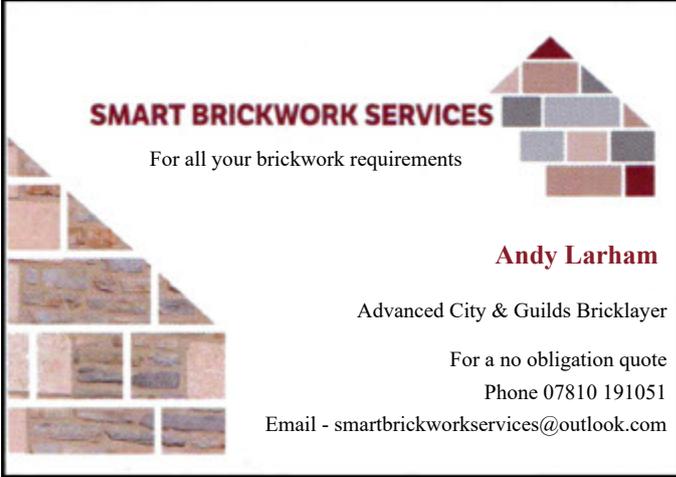
Ruffle turned away to look for Ben, the engine driver of the green train. Perhaps Ben would be free or might even have a little snack for Ruffle...

But Ben was busy arranging a special flower garland on the front of the train. He turned his head briefly as he saw Ruffle approach. "Hello Ruffle! Sorry boy, can't stop – too much to do and too little time before the VIP arrives! Off you go!"

Mmm, thought Ruffle, that only left Samantha who looked after the carriages as his last chance of anything to eat! He looked round but couldn't see her anywhere. Very well he would have a sit down on that lovely soft carpet someone had left in the middle of the platform. He had just chosen the most comfortable place on the carpet when he heard the familiar voice of Samantha.

"Ruffle! No you don't! Off you get, you can't sit there – you're right in the middle where the VIP will walk!" Ruffle quickly jumped off the carpet as Samantha approached.

Alright then, he would go and find a quiet place to lie down inside one of the carriages! Ruffle walked over to one of the open carriage doors and jumped in. All the doors to the compartments were closed except for the last one. Ruffle sniffed at the seat. There was a very soft warm-looking blanket on the seat – just right for curling up and snoozing on! But as Ruffle jumped up onto the blanket an awful low wheezing, hooting sound came from underneath. Ruffle jumped, his ears flying up at the screeching noise. The more Ruffle tried to move his paws around the blanket, the more noise the blanket made! He managed to jump off the seat back onto the floor. As he landed on the floor, a man appeared at the door dressed in a tartan kilt and black jacket. He laughed as he reached across and pulled the blanket from the seat.



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“Och! I see you’ve found my bagpipes there – you clever dog! I’d lost them and was beginning to panic – the VIP is about to arrive and I’m supposed to pipe him aboard the train. I’m sorry the noise startled you, but you’ve definitely saved the day!” He gently stroked Ruffle’s head.

Then the man carefully lifted the bagpipes and placed the cloth-covered bag under his arm. Three wooden pipes rested against his shoulder, one pipe next to his face (ready to blow through) and one in his hand ready to pick out the notes. He looked thoughtfully down at Ruffle.



“How would you like to be my mascot? You could sit next to me as I pipe the VIP aboard!”

Ruffle wagged his tale at the excited tone of the man’s voice.

“Come on them laddie! We’ll just have time to get into position!”

And so, to the astonishment of Eric, Ben and Samantha, Ruffle sat proudly on the soft red carpet next to the piper as he played the bagpipes to welcome the VIP aboard the train!

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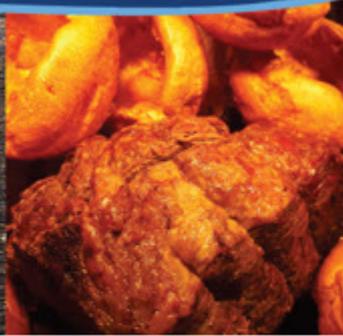


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Borough Council News for Heacham Ward

March 2019

Updates from last month first: The Knight's Hill application for 600 houses will be heard at a Special Planning Committee on Wednesday 13th March. Venue, King's Lynn Town Hall at approximately 10am.

I have had a couple of suggestions about how the Borough Council might utilise the Bowling Green land off the High Street, Heacham. Both quite respectable but, unfortunately, likely impractical. Please continue to think about it.

Application 18/021440/O for 3 houses off Hunstanton Road, Heacham, has been rejected by planning officers. The application on the same and adjacent site for glamping is still, at the time of writing, awaiting a decision.

Appropriate objections to the draft Hunstanton Neighbourhood Plan with regard to proposals which lead to a further deterioration of the gap between Heacham and Hunstanton, have been made.

I attended the consultation about the Sheepfield Community Housing site in Hunstanton. It was a well-attended event. I learnt that there is a prioritised table of just who can apply for houses on that site. Simplistically, if you are an established resident of Hunstanton and/or work there, then you are further up the list than someone who meets neither criteria. However, this is simplistic and anyone living in neighbouring villages should look at the website:

www.west-norfolk.gov.uk/sheepfieldhousing

And I have put some explanatory leaflets in the Heacham Parish Council Office, Pound Lane, Heacham.

I have just got an answer about the Lamsey Lane junction on the A149 and the corresponding changes to speed limits. The new

50mph limit between Snettisham island and Knight's Hill (in part or full) will be extended to include the Lamsey Lane section. The junction itself is to be set out with new white lines. Quite what this means I am not sure. I have asked.

Some news which is pertinent to all the Borough. The DRAFT revised Local Plan (the complex document which allocates sites for development and the number of houses to be built as well as dealing with a myriad of other planning issues) got through Cabinet in early February. It goes on-line for public consultation on 4th March (correct at time of writing). You have, should you wish to, just 6 weeks to respond. There will be press statements, social media information and, likely, several roadshows of which one should be in Hunstanton.

There are likely a number of things you might want to say on. However, there are two, very controversial, words anyone concerned with housing allocations exceeding need should comment about. Those words are 'at least'.

The current Local Plan had 'At least' put in front of the numbers of houses allocated to sites. This resulted in a doubling of allocations at Cheney Hill, Heacham, recently in South Wootton, other large sites in Downham Market, and increases in many other sites. The Borough Council always blamed the inclusion of 'At Least' on the examining inspector of the Plan. However, some members of the Council have admitted that the real fault lay with allocating sites which were far larger than needed for the number of houses required. Effectively, some communities have far more houses than expected or needed, or which will cause potential traffic problems, because of carelessness by the Borough. I reiterated this at Cabinet. No one contradicted me.

In the revised Local Plan, allocated sites should be of an area which can only accommodate the number of houses wanted on them or a few more if the developer is creative with layout. Consequently, 'At least', should be redundant and should not be

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Saturday 9th March Bootleggers in the Hall

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

Saturday 23rd March Indoor Car Boot in Hall
8am -12noon Tables £6

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All Welcome

Sunday Carvery

12 noon - 4.00 pm

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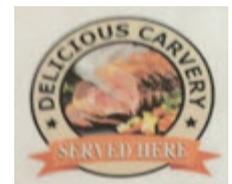
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in the revised plan. However, this time around, the Borough Council has insisted on 'At least' being placed before the number indicating housing allocations.

I raised this matter, again, at the Local Plan Task Group meeting prior to Cabinet. Retaining 'At least' was agreed by all present except me. However, it was agreed to ask an officer to 'cushion' the words so that the planning committee could discuss, more fully, applications which come in with housing numbers above the preferred optimum. This amendment, agreed by Cabinet, appears in the DRAFT consultation document near the front.

In my opinion it will do nothing to stop developers pushing numbers up. I did propose an alternative amendment which was received but not discussed.

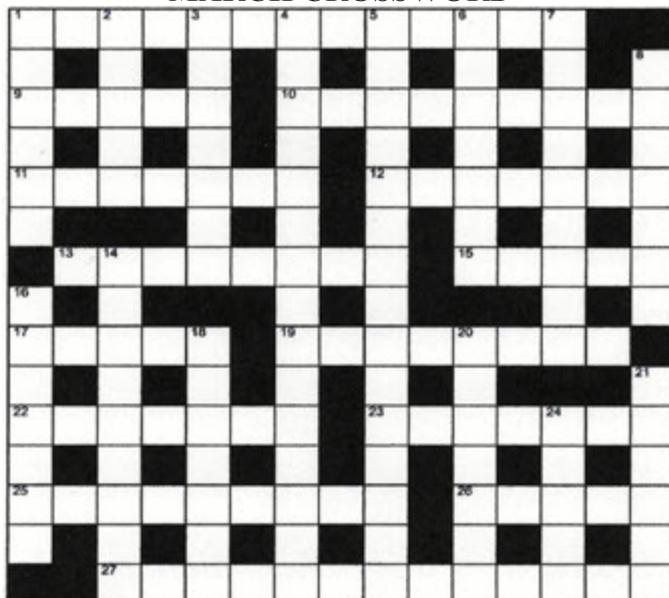
If you consider 'At least' is a phrase not supportive of realistic community planning, as it leads to significant discontent and, currently, intolerable expansion of sites, then I suggest you respond accordingly to the consultation. I know developers will think it is wonderful.

Back to local news. Old Hunstanton Road continues to head the list of complaints to me: the new 9 houses on Blackthorn Close – mud, verges, hedges, road obstructed; separate but close - clearance of land adjacent to woodland; activity in the woodland. This is closely followed by ongoing concerns about heavy traffic going along Fenway and the restricted by-way. Enforcement officers and County are investigating which may mean something or nothing.

**Terry Parish
Independent Borough Councillor**

PS: April's Newsletter may be non-existent or bland. The publication date falls into purdah when existing councillors seeking re-election have to watch their p's and q's.

MARCH CROSSWORD



CLUES: Across: Solution on page 42

1. Free agent critical in outer space (13)
9. Excavated westward and made material find (5)
10. Win most excellent support with article that initially seemed clumsy (9)
11. Courageous nerve of community worker (7)
12. Tom in dole scam is uncovered (7)
13. Record has edge against time, but it doesn't last for long (8)
15. Seek the best in crime literature (5)
17. Checks switch first after current reverses (5)
19. It adds dignity to the French language, securing their favourable backing (8)
22. Train special agent (7)
23. Will last drive to ancient city be accomplished? (7)
25. Doubled back to meet informer (I have to follow story) (9)
26. Excuse one Liberal, shortly followed by another one (5)
27. Try to attract large crowd somewhere else (4-9)

Down

1. After home leave I would go back inside, kind of blue (6)
2. Combination of uplifting notes shortened – it's about pitch (5)
3. Get butter on sheet and go berserk! (7)
4. One minute left in employment? It's dangerous, apparently (1,6,8)
5. New leader alters dynamic and takes time off (1,4-6,4)
6. Create large duff, or another pudding, maybe (7)
7. Sail down to bar along seafront (9)
8. Carries out research, covering establishment that is primarily secure (7)
14. Undervalue charge to set up raffle (5,4)
16. Take off, but put on after numerous final warnings (7)
18. Singer gained Oscar after bribe worked (7)
20. Balloon sort of going up in pub? (7)
21. Tacking to catch wind around point (6)
24. Not aware one should replace last pancake (5)



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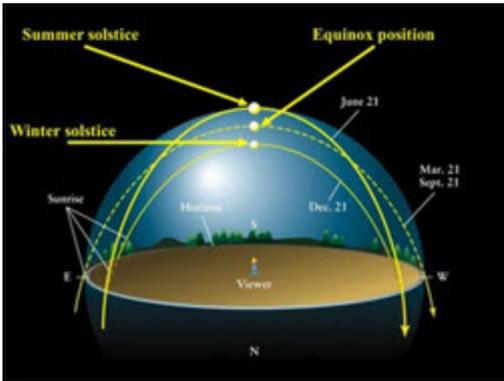
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Heacham at Night

Well, winter passed with scarcely a star to be seen in the, allegedly, dark skies. The 20th March, at 9.58pm, is the Spring Equinox. Night and day are of equal length. From the 21st, days become longer and Spring officially starts. British Summer Time puts the clocks forward at 1am on the 31st.



Internet

The image above illustrates the relative position of the Sun in the sky at noon on the shortest day, 21st December, the longest day,

21st June, and on the solstices, spring and autumn. From March 21st the Sun will be climbing higher in the sky. After 21st June it will be descending again.

This change in the Sun's position is due to the tilt of the Earth's axis and the orbit of the Earth around the Sun. From spring through to the start of autumn, the northern hemisphere will be enjoying more exposure to sunlight as the southern gets less.

Nothing too exciting on the planet front but more of that later. Let's consider several constellations or asterisms and the odd blurry patch of stars.

All of you are aware that people have created patterns in the sky called constellations. Most of these patterns are ancient and often difficult to discern. Sometimes, only part of the constellation is

really clear being made up of the brightest stars. A pattern which is part of a constellation, sometimes using bits of several constellations, is called an asterism. In the past I have referred to the Summer Triangle (made popular by Patrick Moore) and the Great Square of Pegasus (obviously a prominent bit of the less prominent winged horse).

The Plough / Saucepan/ Big Dipper is an asterism as it is part of the constellation of Ursa Major, The Great Bear.



Internet. This diagram hopefully shows the Big Dipper, Plough, as part of The Great Bear. The two stars on the right, point to Polaris in Ursa Minor, The Little Bear.



Internet but obviously from The Guardian. All the stars clearly labelled plus the bonus of two Messier objects.

The new names for The Plough originate from an attempt to make it recognisable to those not familiar with horse drawn ploughs. Several things to note. Mizar in the handle has a companion star, Alcor ('neglected one' in Arabic) which can be discerned in decent binoculars or even by the naked eye. Alcor is a four-star system and Mizar is a binary. So, 6 stars for the price of one all forming a connected group 83 light years away.



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Continue a line through Merak and Dubhe and you reach Polaris, the Pole Star. This appears stationary above the Earth's geographic pole. All other stars appear to move around Polaris as the Earth rotates, hence stars rise and set.

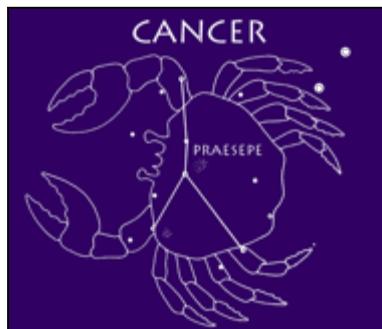
M51 is the Whirlpool Galaxy, 23 million light years away, and M101 is the Pinwheel Galaxy, a mere 21 million light years away. Both are fuzzy blobs in a telescope. The Pin Wheel does look like a Catherine Wheel but was obviously named by people not familiar with the English name for this firework



Internet. Pin Wheel galaxy.

In the middle of the month, due south and about half way up the sky is the three-legged constellation of Cancer. Where the legs meet is the fuzzy blob of Praesepe, The Manger but more often now called The Beehive.

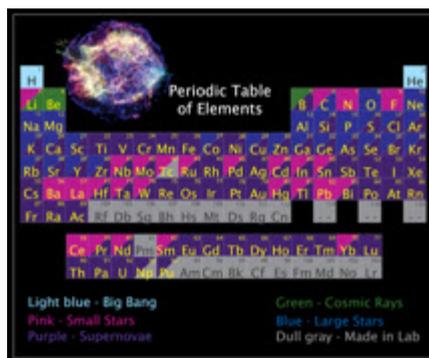
This is one of the nearest open clusters of stars to the Earth being around 600 light years away (methods of measuring the average distance are at variance with each other). It is a mix of 1000 stars; two thirds dwarves, about a third similar to the Sun, a handful of bright ones, and 5 giants. Three planets have been discovered in the cluster. Two orbiting one star.



Internet. The pattern you are looking for. Don't be disappointed if the crab is a little difficult to make out.

Changing tack, 2019 is the International Year of the Periodic Table, as it is 150 years since Dmitry Mendeleev effectively created it. This is the table

of the elements many of you will have last seen on a classroom wall. Those elements were almost all created within stars and released into the universe by some stars exploding violently. As the lyrics said (something like this anyway), 'We are stardust'. Below is a table showing where the elements originated.



Internet

Pioneering work by Fred Hoyle led to the theory of stellar nucleosynthesis - element formation in stars. He was a Cambridge astrophysicist who was director of its Institute of Astronomy for 6 years. Famously,

he rejected the Big Bang Theory.

Planet hunters: 1st to 3rd of March, 6am-ish – find the crescent Moon towards the East and bright Venus will not be far away and Saturn will be in line with them.

11th to 13th, 10pm – look West. The Moon is close to Mars on the 11th, the Pleiades star cluster on the 12th.

28th to 29th, 5am – look SSE and find Saturn close to the Moon, very close on the 29th. Jupiter will be due South. If you have a telescope look for the four Galilean moons. Depending upon the date, two will be missing. Where have they gone?

30th, 10pm. Mars is very close to the Pleiades. For information on this cluster see earlier publications or Google.

I am a member of the North Norfolk Astronomy Society. They are starting pop up observing events. You can sign up for these free at their website: nnas.org. If the weather looks good you will be notified 24-48 hours in advance of an event.

Spring – grass cutting to look forward to.

Terry Parish



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Heacham Youth & Community Shop

This is the story of a little dog that was brought into the shop recently. We are sorry to say that we don't know who donated this little gem or the reason it was decided that he should reside with us. However, it was obvious from first sight that he had clearly been really, really well loved and had given a lot of joy throughout his long life.



We noticed that he had a rather worn label on his neck, which was deciphered to read "Cripple Craft". Now we see all sorts of items in the shop due to the very generous nature of our villagers. Nevertheless, "Cripple Craft" was a new name to us. Therefore, off we went to the internet to search for information about our little friend's history. However, we couldn't find another toy of his ilk but we did discover that there was an

organisation that was created just after the Second World War called "Cripple Craft" and that it was in existence until 1980. Since that time, the charity had morphed into the 'Strode Park Foundation'.

Their brief history can be located at: <https://www.strodepark.org.uk/Pages/FAQs/Category/history>

'Strode Park Foundation's' ethos and experience caring for people with disabilities extend back to 1946 when the charity was established in Sevenoaks by Founder and first Chairman, Basil Jones. The main purpose of starting a new disability charity was to continue the care of a close community of young adults with physical disabilities who had been brought together during

the war years. Basil Jones, together with a small group of friends, decided to take up the challenge of providing them with a permanent home, as well as offering them a meaningful occupation, opportunity, and independence.

In 1947 the charity purchased Strode Park House in Herne, where it has remained ever since."

So, having discovered our little chap was "born" in a caring environment we contacted the present day charity to see if they maintained an archive and whether they would want to adopt one of their own. They did, and they were pleased that we had contacted them; they said that they would welcome him home to join some of his few surviving siblings. So our small friend was duly dispatched to his new permanent address where we are sure he will continue to give immense pleasure for many years to come.

Who can imagine what stories he could tell of his journey over the decades. From Kent to Norfolk and back again to Herne, we wondered how many homes and people he had known and helped along the way. Unfortunately, we may never know such details but we are glad to be part of his story and the very happy conclusion that he is returning to from whence he came.

Luke Graham
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Old Friends Hall Art Show

Just a brief note to all our local artists that the Annual Art Show will take place **Saturday and Sunday 25th-26th May** this year. This gives you plenty of time to get those paint brushes stroking, the pottery wheel spinning, the chisels chiselling and the imaginative juices flowing, to make whatever you like.

We make no charge for exhibiting or for entry into the event and we are definitely non judgemental on the items shown. The exhibition is for all forms of art. However, sadly, not photography as there will be an exhibition later in the year for that particular medium.

Further details will be available next month.

Roger Drinkwater
On Behalf of the Old Friends Hall Committee
Tel 01485 571659



Springing into March with a fresh new Elly Griffiths' – The Stone Circle; Dr Ruth Galloway, forensic archaeologist, is back in Norfolk and once again dealing with bones both old and new. We've also added to the collection of former Times journalist Stephen Leather who is now one of Amazon UK's best-selling thriller writers.

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

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

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Tues 26th - Against The Grain

Fri 29th - Whiskey Twist

Food times are Mon, Tues, Thurs, Fri, Sat

12-2 & 6-8:45. Sun 12-2. Sunday lunch menu £8.50.

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

Winter Warmer Lunch Menu now available weekdays for £5.95 Mon, Tues, Thurs, Fri 12-2

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



2nd Heacham Rainbows

For the first term back after the Christmas holidays we decided to tackle a badge from the new Girl Guiding programme. We chose the First Aid badge.

Our first activities for the First Aid badge was "Mend a Friend" and "Get the Right Kit". The Rainbows looked through first aid kits and talked about what they need in a first aid kit and what they won't find in one. Then I used red face paint to make an 'injury' on each girl's arms so their partner could practise cleaning the 'cut' and putting a plaster on their friend. The girls enjoyed 'wrapping' each other up in all the different bandages and slings.

The next week the girls did the "Kill the Germs" activity. The girls put white paint on their hands and washed it all off in two minutes. They talked about the importance of washing all the germs off their hands so the germs don't spread.

Part of the first aid was mental health first aid. The next activity the girls talked about was what made them 'happy' and 'sad' using Smarties. The girls each had a tube of Smarties and picked out a colour; they said whether the colour made them think of something happy or sad and wrote it down.

Our last activity for the badge was learning about different types of animal and insect bites and what to do if they are bitten. We talked about insect, tick, animal and snake bites and what to do. The girls had to come up with actions to represent what to do, for example taking a picture of the snake or pretending to pull the tick out with tweezers. Then the Rainbows stood in a circle and passed a ball to each other, when I said "oh no! You've been bitten!" the Rainbow holding the ball had to say what she was bitten by and where. The rest of the Rainbows then repeated the action they had memorised for that specific animal. The girls really seemed to enjoy this game and really got into it!

The week of Chinese New Year our Unit Helper Beverly put together a lovely craft for the girls. They decorated pink lanterns with pigs and really enjoyed running round the hall with their "flying pigs". They then did some piggy drawing and colouring in.

Our final week the Rainbows got their first badge – the First Aid badge! Also, Indie, Bella, Sienna, Ella and Lily-May all made their promise and got a shiny promise badge. Well done girls! The girls enjoyed playing "Four Corners", "The Bean Game" and "The Key Game".

Kathryn Couzens
Unit Leader



1st Heacham Beavers

On 13th February we invested 8 new Beavers into the 1st Heacham Beaver Scouts Colony. The colony was re-opened at the beginning of the year. We have already earned two badges, the builders badge and space badge. For these we have built marshmallow towers, spaceships from junk, indoor dens, made a space map to find the north star, designed our own constellations in the dark with glow stars charged with torch power and decorated flying UFOs. The Beavers also enjoy playing games to finish off each session.

One of my first roles in scouting was assisting at Heacham Beavers over 20 years ago. I have been a Beaver Leader ever since and am looking forward to my next adventure back at Heacham. Heacham is lucky to also have June and Tommy who have years of scouting experience alongside some parent helpers who attend weekly.



Heacham Beavers is for boys and girls aged 6-8. We meet every Wednesday in term time 5.30-6.45pm at the Heacham Scout Hut. During their time at Beavers

they will get a chance to try a wide range of different activities.

If your child is interested in joining please contact me on 07788 888921 or Mdartford@aol.com. We also have a Cub and Scout section for the older children. Our Cub leader is Sam 01485 572138 and Scout Leader is Alison 07737 642828.

Malak (Michaela) Heacham Beaver Scout Leader

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1st Heacham Cubs

We started back after Christmas on 10th January. Before we started our evening all the Cubs renewed their Law and Promise, then it was over to Kaa for our games evening. First we played a Christmas card jigsaw game with lots of cards cut up and then the Cubs had to find the pieces to make the picture again. It took a while but when all the cards were put back together, they played One Leg catch and Jump the River. We presented Harley with his year 3 Joining In Badge and Jacob with his Year 2.

On 17th January it was over to Chil and Mang to run the evening as they had planned the next five weeks (before Christmas) as part of their Young Leader Training for their modules. They have to do a time plan and risk assessment for each evening. The evening had to include a Skill Challenge and Team Work Challenge, which would take the form of team games.

They started the evening with taking the register then they took the Cubs in pairs and they got them to sew a button on a piece of cloth, from threading the needle to actually sewing the button on and tying the end off with a knot. While waiting for their turn, the rest of the pack played with the giant Jenga. When all the Cubs had sewn their button, they were split into teams and played Tunnel Ball which was Chil's game and Netball which was Mang's game.

The following evening on the 24th, Chil was unable to attend Cubs so it was over to Mang. His Skill Challenge was to oil a bike chain and fit some lights. The Cubs again did this in pairs. Mang brought in his bike and showed them how to use the oil can to oil the chain. Then they fitted some lights that were quite modern and small LED ones. I had brought in some real chunky lights from the '90s that took batteries, they were surprised in the difference. While they waited their turn, they played a ball game with Hathi which involved shouting a name

and then throwing the ball at them after a couple of games of Jenga they just played with the Jenga bricks.

Sadly, on the 31st January, Chil was unable to be at Cubs due to ill health so it was Mang with the help of Hathi who did the next Skills Challenge of laying a table. Again, in pairs they were given all the crockery, utensils, glasses etc. They had a tablecloth, napkins and then had to lay a table for two people with dinner and side plates, soup bowls and with all the correct knives, forks and spoons and glasses (wine and water).

While waiting their turn, Kaa organized Hockey, Pass the Bomb and ended with getting a Ball in a Bucket using Broomsticks.

On 7th February both Chil and Mang had chosen a craft for the Cubs to celebrate the Chinese New Year of the Pig. After a game of human pin bowling in their packs, the Cubs were pins and the other pack bowled balls, and if it hit them, they were out. Then Chil and Mang got them to draw a picture of a Pig - they had a picture that they had to copy and colour in. Then it was back to games with Grab the Piggies Tail, Chinese Whispers, Pass the Bomb and Ship/Shore using compass points.

At the end of the evening they had two fortune cookies and a lucky red envelope with a choc coin in it, plus a sheet with how to make a money box with pictures of Pigs on it.

Samuel was awarded his Our World Badge.

Our last evening was on 14th February Chil and Mang were doing an evening on How to Treat Mild Burns, Cuts and Grazes but as it was after the deadline for the Newsletter, I will have to let you know how they got on in the next issue. Plus, who won the end of term sweets.

Chil will run two weeks of the next term to make up for the two he missed this time and is hoping to make pancakes and bird feeders with the Cubs.

Happy Scouting to all our Cubs.

**Akela (Sam), Kaa (Rob), Semi Retired Ziggy :) (Julie)
Hathi (Jemma) and Rikki (Tommy) Leaders in Training
Chil (Nat) and Mang (William) Young Leaders**

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.

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

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NEWS FROM HEACHAM FIRE STATION

Hi Everyone

It's great to be able to bring you news this month of another new recruit for Heacham Fire Station. They're beginning to seem a bit like buses..... you wait ages for one and then several come along at the same time!

Our newest firefighter is 21 year old Tom Richardson who works for local business, Rural Broadband, in the village.



Like all new members, Tom has been through the various stages of the recruitment process culminating with his two week initial training or 'induction' course which he passed on the 1st February. Ten days into his new career, I asked Tom what he thought of it so far.....

"I am enjoying every minute of the fire service and have already had my first couple of shouts." He added: "Heacham Fire Station has a great team and I would certainly encourage more people to look into joining."

These last words could have been spoken by any of our new recruits. It's good to be able to say that they are all glad they decided to join and they've all quickly become part of the fire station 'family'.

Being part of the family has had a more literal meaning for Tom as his father, Sandy, is already part of the crew! This is not the first father and son combination we've had at the station, but as I feel there could be a potential future article on that subject, I'm going to leave you all to think about who the others might have been..... for now. :-)

The upcoming end of year statistics for the brigade are going to show a significant increase in our station's availability and also the number of calls attended but we will not be resting on our laurels. We still have vacancies and getting the crew up to full strength will help us to provide an even better service in the future.

Please visit www.norfolkfireservice.gov.uk or call 01603 810351 for more information.

Thank you.

Take Care and Stay Safe.

Chris Wood
Heacham Fire Station



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The West Norfolk Healing Hearts

In 2017 Claire Sanders and Samantha Pratt got together to form the “West Norfolk Healing Hearts”. The idea was to raise money to be able to buy defibrillators for Heacham Village and the surrounding areas.



After raising over £2,500, the ladies managed to buy their first defibrillator and have had it installed in St Marys Church in Heacham.

This is now accessible for anyone in the area; all you would need to do is call ‘999’ and ask them for the code. The defibrillator is easy to use, so anyone could use it. It shows you and tells you the instructions. In November the ‘Heavenly Harlots’ put on a day of demonstration on how to use a defibrillator, which was well attended. There will be future demonstrations for the general public to get involved with - please keep an eye out for them.

With this in mind, also keep an eye out for any future fundraising events.

So far, the ladies have done...

- A Mad Hatters Tea Party
- Heacham’s Got Talent (and it actually did have!)
- 2 x Christmas Craft and Pamper Fairs
- Fun Day at Tesco Hardwick
- Children’s Easter Party
- Rock Band Night

We were honoured to be the chosen Charity for St Mary’s Carol Service in 2017.

Our slogan has always been “putting the fun into fundraising”, so why not contact us with any fundraising ideas you have.

Since 2018 we now have two new recruits on-board, that being The Rev. Veronica Wilson, Heacham Vicar and Mrs Penny Taylor, church administrator.

Veronica actually has first-hand experience of a defibrillator being used on her husband. A first responder was called to the couple whilst they were on holiday in 2017. Veronica’s husband, Simon, had a cardiac arrest. Fortunately, due to this equipment, he has since made a full recovery.



Any further information please contact us on facebook @westnorfolk healinghearts

We would like to say a MASSIVE thank you to all the

generous people for their help and donations. Without your support we would not have been able to buy this extra life-saving equipment for our village.

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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
NORSEMAN'S BOXING GYM Jnr 6-7pm and Snr 7-8pm at Unit 12 Heacham Hall Ind Est. Jnr £2, Snr £3 geezersales@btinternet.com

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-defense 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)
HEACHAM BEAVERS boys and girls aged 6-8yrs, 5.30pm-6.45pm (term time only) call 07788888921 (SG)
THURSDAYS
NOFOLK KNITTERS Cunningham Court 2-4pm. Every Thurs
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 (NC)
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
 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
 NORSEMAN'S BOXING CLUB Jnr 6-7pm, Snr 7-8pm Unit 12 Heacham Hall Ind Est. Jnr £2, Snr £3
geezersales@btinternet.com

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

SATURDAYS

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

SUNDAYS

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

HEACHAM DIARY

Friday 1st March GIG 'JAM with DNA' 8.30pm at The Fox and Hounds, Station Road

*** 'Coffee Afternoon' £1 for drink and cake, Fridhem Rest Home

Tuesday 5th March Drop In session 10am – 3pm West Norfolk Mind, 4 Poplar Ave 01485 572707

Thursday 7th March 'Norfolk Knitters' at Cunningham Court, Station Road 2-4pm

Friday 8th March GIG 'Red Zebra' 8.30pm at The Fox and Hounds, Station Road

Saturday 9th March Drop In session 10am – 3pm West Norfolk Mind, 4 Poplar Ave 01485 572707

*** GIG 'Bootleggers' in the Hall 7pm 'til late, Social Club, Station Road. Pay on door

Tuesday 12th March Drop In session 10am – 3pm West Norfolk Mind, 4 Poplar Ave 01485 572707

Wednesday 13th March 'Coffee Morning and More' 10am – 12noon at Old Friends Hall, Sunnyside. All welcome.

*** 'Knitting Group' Fridhem Rest Home. Call for details

Thursday 14th March 'Norfolk Knitters' at Cunningham Court, Station Road 2-4pm

Friday 15th March GIG 'Betty Swallox' 8.30pm at The Fox and Hounds, Station Road

Saturday 16th March Drop In session 10am – 3pm West Norfolk Mind, 4 Poplar Ave 01485 572707

Tuesday 19th March Drop In session 10am – 3pm West Norfolk Mind, 4 Poplar Ave 01485 572707

Wednesday 20th March 'Lorraine's Prize Bingo, in the Club 1.30pm at Social Club, Station Road

Thursday 21st March 'Norfolk Knitters' Cunningham Court, Station Road 2-4pm

Friday 22nd March GIG 'Melodybeats' 8.30pm at The Fox and Hounds, Station Road

Saturday 23rd March 'Drop In session' 10am – 3pm West Norfolk Mind, 4 Poplar Ave 01485 572707

*** 'Indoor Car Boot' in Hall 8am – 12noon at Social Club, Station Road. Tables £6

Monday 25th March 'The Heacham Yarners' Charity knitting projects supporting QEH neonatal and cancer units, 1pm – 3.30pm at Old Friend's Hall, Sunnyside. £1 donation.

*** 'Heacham History Group – Talk about Village Craftsmen' 7.30pm at Old Friends Hall, Sunnyside. £3 visitors, £2 members. Includes refreshments. All welcome

Tuesday 26th March Drop In session 10am – 3pm West Norfolk Mind, 4 Poplar Ave 01485 572707

Tuesday 26th March GIG 'Against The Grain' 8.30pm at The Fox and Hounds, Station Road

Wednesday 27th March 'Blood Donor Sessions' at The Public Hall, Station Road. Two sessions 1.15pm – 4pm and 5pm – 6.30pm. Please make an appointment if you can 0300 1232323 www.blood.co.uk

*** 'Knitting Group' Fridhem Rest Home. Call for details

Thursday 28th March 'Norfolk Knitters' Cunningham Court, Station Road 2-4pm

Friday 29th March GIG 'Whiskey Twist' 8.30pm at The Fox and Hounds, Station Road

Saturday 30th March Drop In session 10am – 3pm West Norfolk Mind, 4 Poplar Ave 01485 572707

*** Arts and Crafts Coffee Morning at Pine Resident's Hall, 10am – 1pm. In aid of Pine Hall Resident's Fund

*** 'Messy Church' 10am – 12noon at St.Mary's Church. Call Veronica 570697 or Office 572539.

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OTHER EVENTS

Saturday 2nd March Dancing to 'DNA' 8.30pm at United Services Club, Homefields Road, Hunstanton

Saturday 9th March Dancing to 'Kenny and the Motives' 8.30pm at United Services Club, Homefields Road, Hunstanton

Monday 11th March 'Patient and Public Forum hosted by NHS West Norfolk CCG. Sessions at 2pm and 6pm Town Hall, King's Lynn

Tuesday 12th March 'Print Competition – Bridges + two own choice' 7.30pm at Brancaster Camera Club, Brancaster Staithe Village Hall. £3 inc refreshments. 01485 210013

Wednesday 13th March 'Recital by Siobhain O'Higgins – Piano' 7pm at St.Mary's Church, Snettisham. £10 each from Grapes Gallery or The Corn Exchange

Friday 15th March 'Quiz Night' 8.30pm. £3 per person. £50 first prize, at United Services Club, Homefields Road Hunstanton

Saturday 16th March Dancing to 'The Business' 8.30pm at United Services Club, Homefields Road, Hunstanton

Monday 18th March Hunstanton U3A meeting 2pm at the Community Centre. History of Blickling Hall

Wednesday 20th March The Village Cinema Presents 'The Wife' at The Memorial Hall, Snettisham 7pm start, £5 at door

Saturday 23rd March Syderstone Village Cinema Presents 'First Man (12A)' 7.30pm start. Advance tickets £3.50 at Amy Robsart Village Hall PE31 8DS. 01485 578171

*** Dancing to 'Class Act' 8.30pm at United Services Club, Homefields Road, Hunstanton

Tuesday 26th March 'Alistair Murphy of Norfolk Museums – Talks about Olive Edie' 7.30pm at Brancaster Camera Club, Brancaster Staithe Village Hall. £3 inc refreshments. 01485 210013

*** Dersingham Village Screen Presents 'The Piano' 7.30pm start in the Dersingham Village Centre

Thursday 28th March 'Social Group Meeting' 7pm in The Church Hall, Station Road, Snettisham. £4/head inc soup, pud and talk about 'Loneliness' by W N Mind team 01328 738183

Saturday 30th March Dancing to 'Son of a Gun' 8.30pm at United Services Club, Homefields Road, Hunstanton

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

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

SOCIAL 50/50 DANCE 2-4pm at Reffley Community Centre PE30 3EQ. Tickets £4 each. 07787966000

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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West Norfolk Mind - Working towards combatting loneliness and isolation in the community

As the winter continues, it's not uncommon for people to find themselves becoming lonely and isolated. West Norfolk Mind can offer a solution with their new winter 'Drop In' session which is open every Tuesday and Saturday from 10am – 3pm at their Heacham Centre at 4 Poplar Avenue, PE31 7EA to all older people in our community. A warm friendly welcome, free tea or coffee and light lunch is on offer and the chance to chat with other local people and play a game or two of dominoes or cards if desired. For more details of this service please call 01485 572707.

The Heacham Centre is also really pleased with the progress of their new 'Music Themed Social Group' which is aimed more at younger socially isolated people to help them gain confidence, increase their social circle and overcome anxieties. They meet every Monday from 11am – 2pm and also on a 'drop in' basis.

Emma Hardy, Senior Personal Assistant at West Norfolk Mind said "We are delighted to have received this new short term funding from Norfolk Community Foundation as it not only helps prevent people becoming ill due to the long term effects of loneliness and isolation, but also enables people to 'drop in' and find out about our diverse range of mental health support services for themselves, family or friends."

Current mental health support services, some of which need professional referral, some available to self-fund and some free on a 'drop in' basis, are offered 1-1 in the community, at West Norfolk Mind's centres in King's Lynn, Heacham and their Therapeutic Allotment project in North Lynn. A varied range of support services is available to adults of all ages from the 'Crisis Hub' to individual creative sessions like art workshops, creative writing, IT skills etc.



A group specifically for people experiencing the signs of early onset dementia, runs on a weekly basis at the Heacham Centre and helps those attending maintain their independence for as long as possible. For information on

referral paths and more in-depth details about which service might be the most appropriate, please contact our Head Office on 01553 766966 or email headoffice@westnorfolkmind.org.uk in the first instance.

SURVIVING WINTER SAFE HAVEN DROP IN

Supported by Norfolk Community Foundation

Tuesdays and Saturdays between 29th Jan—30th March
10am -3pm

Free light lunch.
Drop in for a chat, advice and signposting, crafts, games and wellbeing

A Piece of Mind Heacham
4 Poplar Ave, Heacham, PE31 7EA
01485 572707

Combating Loneliness and Isolation in the community

mind | West Norfolk
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www.westnorfolkmind.org.uk
Registered charity no. 1137895

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MUSIC THEMED Social Group

Every Monday 11am - 2pm

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TEN TAX PLANNING TIPS PRE 5 APRIL 2019

By Kathryn Gigg Chartered Accountants, Hunstanton

Sitting down to consider tax planning prior to 5 April is always a good discipline. It ensures that valuable reliefs are not wasted, and it is also a good opportunity to think about the longer term for your personal finances, business strategy or succession.

In 2019 the matter is probably more important than it has ever been. Aside from the usual reasons for a financial review the country is facing the massive uncertainty of Brexit, there is a huge pressure between growing public spending demands and static tax revenues, and the possibility of a general election, with a potential sea change in the balance of spending and taxing is still on the cards. Whilst current levels of general taxation are high in historical terms, there are many who argue that the whole balance of raising tax should move towards taxing wealth rather than income.

So, in the interests of using tax relief “while stocks last” here are a range of pre year end opportunities:

1. People often prefer not to think about **Inheritance Tax** (IHT), but despite quite generous reliefs it can still catch estates worth as little as £325,000. In the longer term there is no substitute for a proper Will planning exercise, but if nothing else it makes sense to utilise the annual gifts exemption of £3,000 per donor (or £6,000 if the exemption was not used the year before).

2. There are also exemptions for gifts on the occasion of marriage, small gifts under £250 to any individual and regular annual gifts out of income. While these amounts don’t seem to amount to much, they can soon add up, particular for those with several children or grandchildren. Using both types of allowance, a couple with two children and six grandchildren could pass over £9,000 tax free every year, saving £3,600 on the ultimate IHT bill.

3. Any gifts in excess of the annual allowances will not attract an immediate tax charge, but will be cumulated and held on the “clock” for seven years. It goes without saying that where such gifts are contemplated, the sooner they are made, the better. Be aware, however, that if a gift is made where the donor “retains a benefit” it may not be effective for IHT purposes. Sometimes circumstances are such that making a gift into a trust gives the required flexibility – a simple trust should not take long to set up, and for some, this option is worth considering.

4. **Capital Gains Tax** (CGT) is also now at relatively low levels, with the tax charge varying between 10% and 28% depending on the personal tax rate of the individual and the type of asset being sold. Each taxpayer has an annual allowance of £11,700, and if unused that allowance is completely lost. It is well worth reviewing share portfolios in particular to see if the allowance can be used, but even where property is involved there

may be ways of crystallising enough gain to use annual allowances – perhaps as a side effect of an IHT exercise.

5. For those with a business, Entrepreneur’s relief can bring the CGT charge down to 10% only. The rules are fairly complex and professional advice is definitely needed, but if one is contemplating retirement sooner rather than later, this relief needs to be considered.

6. Also for those in business, this is a good time to think about capital expenditure and dividends. If funds permit, those with an incorporated business can look to ensure that they make use of the £2000 tax free (formerly £5000) dividend allowance for each shareholder. Looking at qualifying capital expenditure, the Annual Investment Allowance was increased to £1m, from £200000 in the 2018 Budget, meaning that most businesses will be given full relief on such expenditure. The relief is given by reference to the accounting year rather than the tax year and there can be restrictions depending on the timing of the investment or where assets are bought on HP, so again, professional advice should be taken.

7. Looking at **Income Tax**, there is a very expensive (and often overlooked) tax band for incomes between £100,000 and £123,700, where personal allowances are withdrawn at the rate of £1 for every £2 earned. Since personal allowances have increased substantially in recent years, but the £100,000 limit has not changed, many higher earners have been drawn into this band which has an effective tax rate of 60%. It therefore makes sense to look at the likely earnings for the year and, if appropriate, consider allowances such as gift aid which will effectively attract 60% tax relief if it falls within the band.

8. Similarly pension contributions will have the effect of reducing total income. These can be particularly valuable for those in this top tax band, but are also a worthwhile relief for all income tax payers. Restrictions can apply for those earning over



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Kathryn Gigg

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2018 TAX RETURN?**

The Revenue deadline for submission of
2018 Tax Returns is 31 January 2019

If your 2017/18 accounts and Tax Return
are still outstanding, we can help

To avoid the late filing & payment
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Mrs K H Gigg FCA
on
01485 534800

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T: 01485 534800/535100 F: 01485 534900 e: kate@kathryngigg.co.uk
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Regulated for a range of investment business activities by
The Institute of Chartered Accountants in England and Wales.

£150,000, or those who already have substantial pensions “pots”, so specialist advice should be taken.

9. Take advice from your Independent Financial Adviser (IFA) on special purpose investments vehicles such as Enterprise Investment or Venture Capital Investment schemes which can provide enhanced tax reliefs. ISAs may be of more general relevance, and here one can invest up to £20,000 a year into a fund which will be exempt from both CGT and Income Tax. However, such investments can carry an element of risk unless the investment is purely in cash and once again specific IFA advice should be sought.

10. Finally, don't forget that children can take out a junior ISA with an annual investment limit of £4,260. This is a useful long-term investment tool with university fees or perhaps house purchase in mind, and can sometimes be used in conjunction with some of the IHT planning tools referred to above

Please contact Kate or her assistant Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

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

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Sallywags Parent, Baby & Toddler Group

I think I've missed the Happy New Year boat so wish all Heacham Newsletter staff and readers a springy Springtime which must surely be just around the corner now!



Wednesday mornings have been lovely and lively in 2019 with lots of visitors big and small, great grandmothers, grandparents, aunts, mums, dads, childminders and of course the children, from beautiful new arrivals Otto, Althea and

Rufus to 1, 2, 3 and 4 year olds! Thanks for coming along everybody!

Our makes are always for takes but I do like to scoop up any that are left behind and pop them on our noticeboard that the Scouts kindly let us use.

It's very busy and colourful like our Wednesday mornings!



Here are some creations from this year - Katie's wintry puffy painting, feeding the birds with bagels, lard and seed, and a busy little Jensen and Lou, a cute shapes picture and some salad spinner paintings! (I bought a couple in the January sales, they make great little paintings, never mind the salad!!)



Sallywags Parent Baby & Toddler Group meet every term time Wednesday 9.30-11am at the Scout Hut in Sunnyside Heacham. For further info please text/call Jo on 07521 447284.



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around & about...

Children's Society Charity

Thank you, on behalf of the Children's Society, to everyone who contributed via the home collecting-box system plus other donations during 2018. The village total was £821.41.

If you would like to become a new supporter by having a coin collecting-box at home (handy for all that heavy, loose change!!) please contact Alison and Bryan Hoyle, tel: 01485 570215. If you would like to know more about the charitable work of the Children's Society, their website is: www.childrensociety.org.uk or telephone 0300 303 7000.

Dersingham Village Centre Association and Dersingham Tennis Club

are jointly hosting a

"Supper and Casino Night"
on Saturday March 16th 2019 at 7.00pm.

Tickets include supper and the casino.

Tickets cost £25 in advance from Dersingham Post Office
Or phone 07707 832295
(or £25 at the door).

Dress to thrill 007 Style.

Dersingham Village Screen

26th March at 7.30pm
in the Dersingham Village Centre
'The Piano'

Entry Fee of £5 includes free tea or coffee.
Other drinks available at reasonable prices.

Hunstanton Conservative Club

Entertainment for March 2019

Saturday 16th March - Celebrate St Patrick's Day with Irish entertainment and Irish stew.

Sunday 24th March - Cream Tea from 3.30pm with entertainment by David Young.

Saturday 30th March - Entertainment with 'Pride' and Chilli will be served.

Eileen Hamilton
Chairman



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The West Norfolk Members Group invites you to:
an illustrated talk:

Owls: A Cultural History

by Mike Toms

author of the New Naturalists Volume "Owls"

Thursday 28th March - 7.30pm

Venue: Hunstanton Methodist Church Hall, Austin Street.
Cost: £2.50 members / £3.00 visitors.

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.

At 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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FILM NIGHT

Friday 22nd March 2019 at 8.00pm

'BOHEMIAN RHAPSODY'

The BAFTA and OSCAR nominated box office hit starring Rami Malek, Lucy Boynton and Gwilym. A chronicle of the years leading up to Queen's legendary appearance at the Live Aid (1985) concert.

Venue – Anmer Village Social Club

Admission by ticket - £3 at the door

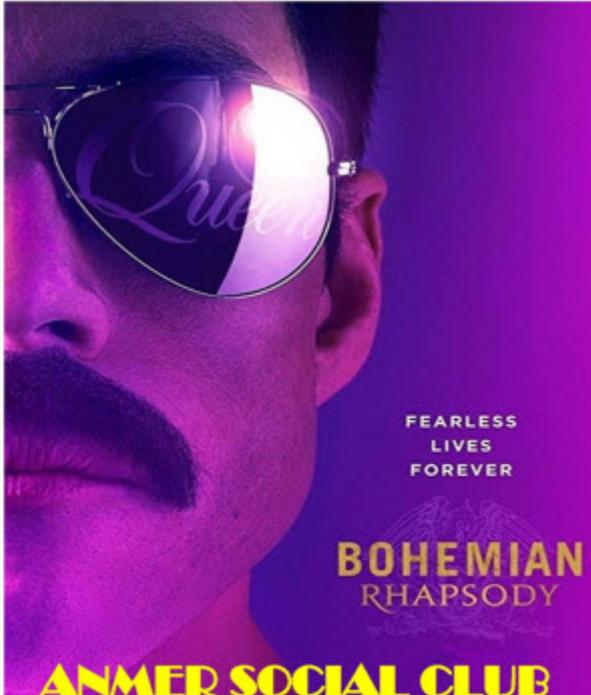
Doors and bar open 7.30pm

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SNETTISHAM BEACH SAILING CLUB

**Free Sailing Open Day:
PUSH THE BOAT OUT!**

All are welcome again as Snettisham Beach Sailing Club throws open its doors for its annual Open Day on Saturday 11th May 2019 from 10.00am until 4.00pm, as part of the RYA national initiative "Push the Boat Out" to promote sailing. Everyone is welcome to come along and try sailing – all for free!



There will be free sailing taster sessions on the sea from 11.00am and on the lake all day.

Come and enjoy our clubhouse with food from the BBQ and drinks from the bar.

Save 10% off any R.Y.A. courses booked on the day, and 10% of club memberships purchased on the day.

There is no need to book in advance just come along on the day!

Just bring footwear you don't mind getting wet, a windproof top, a change of clothes, and a towel.

No experience is necessary and would-be sailors of all ages from 8 years upwards are welcome. Children, you must be accompanied by an adult but your adult doesn't have to go sailing. Come and chat with our members and find out how you can get into sailing.



For full details see www.snetbeach.co.uk, and have a look at the video from 2017's Open Day at <http://snetbeach.co.uk/video-page>

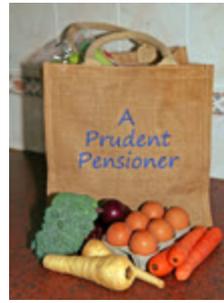
The club is at Snettisham Beach, Norfolk PE31 7RB see <http://snetbeach.co.uk/about-us/how-to-find-us>



Visit www.snetbeach.co.uk for more information about Snettisham Beach Sailing Club, or find us on facebook.



Photos courtesy of Mark Foley



Another recipe from The Prudent Pensioner

Bacon, Mushroom and Celery Risotto

Makes 2 generous tasty portions

- 2 Rashers Back Bacon cut into slices approx. 2cm wide
- 2 rashers Streaky Bacon cut into slices approx. 1cm wide

- Medium Shallot peeled and sliced thinly
- 170g/6oz. Mushrooms cleaned and sliced
- 2 sticks of Celery cleaned & cut into pieces approx. 3cm/1" in length
- 130g/4½ oz. Risotto rice
- Chicken stock cube
- Knob of butter about half the size of a walnut
- Teaspoon cooking oil

Dissolve stock cube in 500ml/1 pint hot water put this into a saucepan, add shallot and bring to boil, reduce heat, cover and leave gently simmering.

Fry bacon slices until cooked then add these to stock.

In a medium size saucepan, over a low heat, add butter and oil. When butter is softened, add rice and, stirring gently, let rice cook for 2 minutes. Carefully add half of the stock and stir well. Cover and leave simmering gently stirring frequently.

Add mushrooms and celery to remaining stock in saucepan and stir well. Leave simmering for 10 mins then add this to rice and simmer for a further 10 mins or until rice is tender. Most of stock will have been absorbed by rice. This is ready to serve and enjoy.

I use streaky bacon for extra flavour.

Using bacon from our local butcher the cost of this meal was £1.60p per portion.

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

AP THE ARTS SOCIETY North Norfolk

Our next lecture – Monday 11 March

The Empress Josephine and the Artists of her Time.
Stephen Duffy



Napoleon's Empress, Josephine de Beauharnais, was a passionate gardener, book collector, patroness and art collector. This talk will explain the range of her cultural activities, including her acquisition of a large and distinguished collection of paintings.

2.00pm
Sedgeford Village Hall

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Venue: Amy Robsart Village Hall,
Syderstone PE31 8SD.

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578171 / 01485 578244

Email: cinema@syderstone.com

United Services Club
Homefields Road, Hunstanton

Entertainment for the month of March 2019

- Sat Mar 2nd – 8.30pm: Dancing to 'D.N.A.'
- Sat Mar 9th – 8.30pm: Dancing to 'Kenny and the Motives'
- Fri Mar 15th – 8.30pm: Quiz Night £3per person with Food. First Prize £50
- Sat Mar 16th – 8.30pm: Dancing to 'The Business'
- Sat Mar 23rd – 8.30pm: Dancing to 'Class Act'
- Sat Mar 30th – 8.30pm: Dancing to 'Son of a Gun'

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Saturday 13th April 2019
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WEST NORFOLK LIBRARIES EVENTS HUNSTANTON LIBRARY

March 2019

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

Volunteers needed! Please contact the library on 01485 532280 if you'd like to find out more or email helen.senior@norfolk.gov.uk

Regular weekly events

Bored Games with In Good Company – every Saturday 10am: Come and enjoy cards/chess/board games and jigsaws. For all ages Refreshments provided, donations welcome.

Job help session - Every Wednesday 3-5pm (Booking essential) - Want help to update your CV, using Universal Jobmatch, and searching for jobs online? Then why not book in for a 30 minute session with staff to get you started.

Just a cuppa with In Good Company – every Friday from 10.30-11.30am: Come along to this vibrant group for a cuppa and a chat.

Hunstanton Book Club – Monday 11th March - 2.30pm
New members always welcome. Ask staff for details of the books being discussed. Refreshments provided, donations are welcome.

Walk and Talk group - Tuesday 12th March - 2pm from the library: A short walk around the town and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

Knit and Natter- Thursday 14th March - 10.30-12.30pm
Come along and knit with our group, have a chat, swap patterns and ideas. Refreshments provided, donations are welcome.

Get Crafty – Monday 11th & 25th March - 10.30am-12noon:
Join our group for calming colouring, and postcard design, writing postcards to the housebound and isolated. All cards will be sent via West Norfolk Befrienders. Bring along crafts you are interested in too. Refreshments provided, donations are welcome.

Friends of the Library meeting – Wednesday 27th March - 5pm:
We meet every 4th Wednesday of the month to organise events and activities for Hunstanton library, come along and join us.

In Good Company Crocheting session - Mondays 4th & 18th March - 10.30am-12 noon: Come along and learn how to crochet or share tips and ideas with the Friends of the Library. Refreshments provided, donations are welcome.

Top Tips Gardening Group – Wednesday 6th March 10.30am: A monthly group run by the Friends of the Library to share ideas and tips for gardening. Refreshments provided, donations are welcome.

LILY Advice Desk - Friday 22nd March - 10am:
Come along and have a chat with Lynda who is there to help and advice on Living independently.

Quiet Time – Wednesday 13th March - 5pm–6pm:
A quieter time to visit, ideal for people who may have autism, dementia or if you would like a calm environment.

Coding Club - Wednesday 27th March - 5pm–6pm:
Come along and learn about coding, have fun and share your skills with others.

NEW

Journaling for Wellbeing - Friday 15th March – 1.30-2.30pm: Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers, colouring pages and more for March. Catch up at the following session and create the next month's section. Refreshments provided.

You can also follow library events on Facebook at: www.facebook.com/LynnLibraries - for Lynn, Dersingham and Hunstanton Libraries.



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Standard Manicure

This treatment includes cleaning, buffing, exfoliating, trimming, shaping, base-and-top coating and polishing. During your manicure, we will soften the cuticle and gently push it back, trimming only when needed or requested. A massage for hands and arms is performed, finished with either a colour or clear polish to complete this gorgeous treat.

Pedicures

- Pedicuring is the art of caring for the feet and toenails.
- A Pedicure can increase the comfort level of your feet.
- A Pedicure will enhance the appearance of your feet.
- Receiving a pedicure can be exceptionally relaxing.

Standard Pedicure

This is an ideal "tune-up" service designed for you when time efficiency is important. We will massage your feet then exfoliate and clean them, removing hard skin with a foot file, We will then tidy up nails and polish to perfection, including base and topcoat.

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LIONS CHARITY GOLF DAY 10th May 2019

Entry Form

Lead Booker Details:

Name/Title:.....

Address:

.....

Postcode: Tel No:.....

Email:

Team Name:

Full Names: H/Cap: Club: CDH No. (if known)

.....

.....

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.....

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.....

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Special dietary requirements:

.....

.....

Teams of Four: 18 Hole Stableford Full handicap allowance

Scoring Format: Teams of 4 best 2 scorers on each hole count.

Nearest the Pin on hole 7 & Longest drive on hole 4, and Hole in One competition.

£180 per Team entry fee is inclusive of: coffee and bacon roll on arrival; 4 ball playing 18 holes golf and two course meal in Heacham Manor's Restaurant.

Please return the completed form with a £180 cheque made payable to: Hunstanton Lions Club:

c/o Gerry Desroches, 28 Homefields Road, Hunstanton, Norfolk, PE36 5HL

Closing date for entries: 3rd May 2019

Tee times from 9.28am will be advised from 6th May 2019

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HUNSTANTON & DISTRICT LIONS CLUB

Eighth Charity Golf Tournament – Friday 10th May 2019

We are delighted to announce that we are holding our 8th Annual Charity Golf Tournament with the kind permission of Heacham Manor Hotel. This is a great opportunity to have fun with friends and support local charitable causes.

In the last 12 months we have given various donations to local good causes; amongst these we organised Christmas lunches for 575 senior citizens, a day at the Fun Fair for 300 less able children and an Easter Egg Hunt for 200 children.

As with previous tournaments, we are inviting Teams of 4 to play 18 holes (Stableford) and enjoy a Breakfast of Bacon Roll with Tea/Coffee and a Two Course meal in the Heacham Manor Restaurant. There will be prizes for Nearest Pin on Hole 7, Longest Drive on Hole 4, a Hole in One competition and a raffle to be won on the day.

To take part, please complete the entry form or, if you wish to take the opportunity to advertise your business/company by sponsoring one of the 18 holes for £50 or require further details, please contact 07748 052765.

We sincerely hope you will be able to support this event and we look forward to welcoming you at Heacham Manor Hotel.

Brancaster Camera Club

Tuesday, 12th March 2019

Print competition 'Bridges' + two own choice.
Club Judged.

Tuesday, 26th March 2019

An evening with Alistair Murphy of Norfolk Museums
Presenting Olive Edis, the pioneering Edwardian female
photographer from Sheringham.

This should be a very interesting evening: Olive's subjects
included Norfolk Fisherman, but also leading figures of the day
including the Suffragettes.

Visitors most welcome at all our club evenings. We meet in
Brancaster Staithe Village Hall at 7.30pm on the relevant days.
Entrance is £3 to incl. refreshments. Contact 01485 210013 for
more details.

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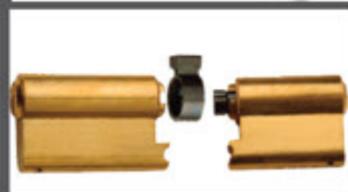


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Events in Snettisham March and April 2019

The ever popular village cinema will star two greats of the screen in March and April. Glenn Close and Jonathan Pryce star in 'The Wife' on March 20th and on April 10th we shall screen what is billed as Robert Redford's last film. 'The Old Man and the Gun'



St Mary's Church Snettisham

Recital by
Siobhain O'Higgins
Piano

To include works by
Beethoven, Chopin, Debussy and Schubert

Wednesday March 13 2019 at 7pm

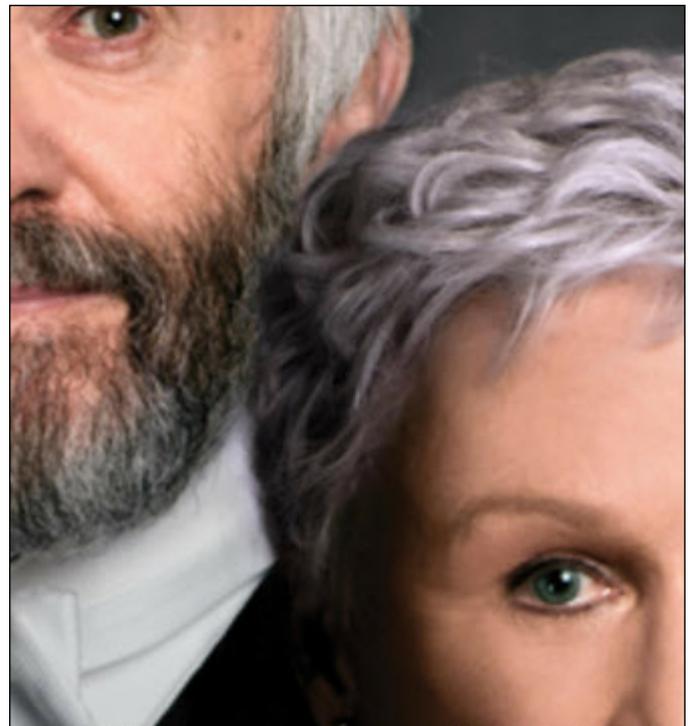
Tickets £10 each (students under 18 are free)
are available from
The Grapes Gallery Snettisham
The Corn Exchange King's Lynn or
Book online at www.thefriendsofstmarys.co.uk

is an exciting adventure film telling the story of an escaped elderly prisoner while Glenn Close excels as the wife in 'The Wife'. Both much applauded films.

On March 13th we welcome the talented Irish pianist Siobhain O' Higgins to St Mary's church and a varied and a well loved programme is in store. This is the first of this year's programme of concerts and recitals at St Mary's and all details are available

on www.thefriendsofstmarys.co.uk.

We are privileged to welcome too in March one of the team of West Norfolk Mind to come and speak to our social group on the subject of 'Loneliness'. See posters and the website for all details.



The Village Cinema on March 20th
at
at The Memorial Hall Snettisham screening
The Wife
Starring Glenn Close and Jonathan Pryce
Tickets on door £5.00
Doors and bar open at 6.30pm film starts 7pm



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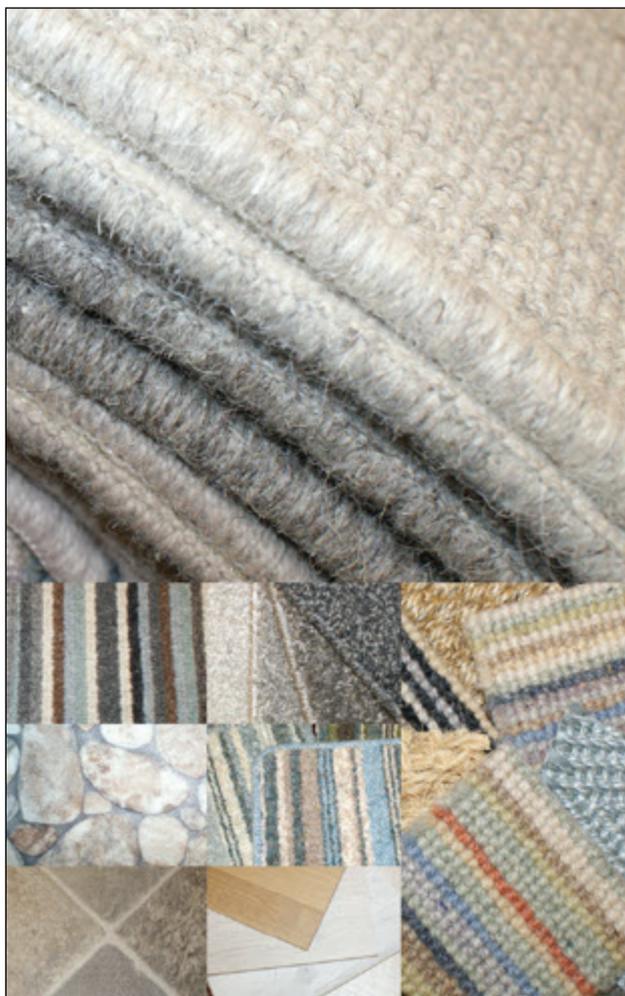
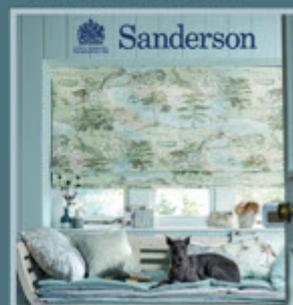
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10:15 BEGINNERS FITSTEPS £4

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 for 2019! No need to book. 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

I also have a Facebook Page - Jaime FitSteps

Email; Jaimefitsteps@gmail.com

Telephone; 07765433100/571395

Hope to see you there.

Jaime Parry

Heacham Carpet Bowls Club

Carpet Bowls, the game, consists of two white blobs. The aim being to miss one and hit the other! So stand at the end of the green part, oh yes the mat is green, and eye up the other end of the mat. See in your mind's eye the bowl rolling steadily and serenely down the mat to arrive at the other end, perfectly nestled right next to the little white blob (the jack) at the other end; easy isn't it. Well this is where the big white blob comes into play. It's playing with you, pitting itself against your best bowling ability. I'm sure it moves from side to side across the middle of the mat too! So using the bias or weighted side of the bowl, you aim for the other end and the bias takes your bowl round the middle (big white blob) and onto glory at the other end. However, if the middle joins in then your shot is over and one up to the middle! As the middle likes to join in a lot, cheers.

We choose to pay it 5 pence to a total of 15 pence a game. This money is then gifted to charity at the end of the year. So this year we proudly gave Norfolk Hospice £150 and Heacham in Bloom £80. Much as we would rather not hit the middle, at least local charity's benefit. So, come and try your skill, Tues, Wed, Thurs 10.15 till 12 noon. Heacham Public Hall,. Cost £1.

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Alternative Therapies

I attended a meeting on mental health and medication, which was the total opposite to that antibiotic meeting. Gone were the bribes and free meals replaced by a room and tea and biscuits. The main work was listening to the heart-rending tales of people asking for help for members of their family who had mental health problems and being refused help because there were no beds or, more sadly, they were not ill enough. Yet another completely back to front method of helping people. Obviously, it has not occurred to the powers that be that treating people before they reach the depths of despair is better of course for the person and cheaper in the long run. Yes, mental health is currently in the news, fashionable even, but not if you are not well known or been Sectioned.

So, the big question, can alternative therapies help? Of course they can. I have helped many people wanting to come off their prescribed medication mainly due to side effects, and they have done so successfully in a slow step by step progression, with homeopathic remedies supporting them in any emotional or physical symptoms that may arise. When people just stop their medication, usually because they feel better, you get a rebound effect coming through, original symptoms masked by the drugs coupled with drastic withdrawal symptoms and new symptoms emerging; all a bit chaotic, then you usually end up on a higher drug load just to balance it all out again and so the cycle goes round again. So let's look at possible ways to help: homeopathy and acupuncture seem to get through to the depths of the issues and support the person from there. Yes, you will have to look at all the 'stuff' the medication has hidden for so long and finally clear it through as it will arise again in your emotions. However, 'it' should be lighter, and at a distance, so manageable, if not grotty as it moves. Reiki and crystals hold the person in a healing way enabling your body and soul to begin to help and heal itself.

Reflexology/massage/aromatherapy again will help any symptoms arising and support the body/mind/spirit. Certain essential oils can be helpful too but you really need to go to see a therapist who will work the oils out for you and your symptoms, not just a relaxation mix. Coming off these drugs is

not a quick fix but it can be done. One of the homeopathic 'rules' is one month of treatment for every year you have been ill, as it clears and helps heal the person. Even if you do not get completely off your drugs, at the least you will be on a lower dosage and more in control of your own destiny.

From a Shamanic view point, remembering that madness is usually political and changes over the years, it is seen as a loss of self-power and is helped by soul retrieval (parts of us go and hide when something in our life is too hard to deal with) so we bring those parts back, so you become whole and also bring back self-empowerment (think Wizard of Oz, with the lion needing bravery etc), so that you become stronger in yourself and more able to cope. In traditional cultures 'mad' people are respected members of the community bringing messages and oracles from the Spirits for the welfare of the community and its members. A better way to be!

As always any questions or further information, Alison.shaman.healer@gmail.com

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Heacham Carnival 1983 Style!

These images of Heacham's Carnival in 1983 are part of a large collection of slides I acquired many years ago.

I would think that most of the people pictured would be from the village and so many of those who took part as children could well be seeing themselves for the first time, as they were 36 years ago, on these pages!

Please get in touch with the Newsletter if you spot yourself as it would be great to be able to put some names to the faces.

Chris Wood



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Top Honour for Heacham “Buff”

The Seymour Howard Lodge of the Royal Antediluvian Order of Buffaloes (the Buffs) based at Heacham, received a fillip recently when one of their members, Ian Cooke, was elected Provincial Grand Primo.

At a ceremony in the Knights Hill Hotel, King’s Lynn, on 12th January 2019, which was attended by fellow Buffs from around the country, fulsome tributes were paid to Brother Ian with particular mention being made of his valuable contribution in enabling his Lodge to raise funds in recent years to help such organisations as East Anglia Children’s Hospice, East Anglia Air Ambulance, Help for Heroes, Queen Elizabeth Hospital, King’s Lynn, and others.

Following his installation by the Grand Primo, Brother Ian indicated that his charity for the forthcoming year would be the Norwich-based charity ‘Break’. He explained that ‘Break’ (which is very active in the King’s Lynn and surrounding area) existed to change the lives of vulnerable and disadvantaged young people, and that as part of his fund-raising activities he would be organising a Big Band concert in Heacham in the coming months.



Photo shows the Grand Primo, Brother Mick Brewster (left) and Provincial Grand Primo Brother Ian Cooke (Right).

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1	6	7	2	9	8	4	5	3
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HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

Old Friend's Hall Coffee mornings are held on the second Wednesday in every month - why not come along and sample our coffee and cakes. 10am to noon.

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

HEACHAM LIBRARY

Our village-run library is open four days a week Monday, Wednesday, Friday and Saturday (morning). It stocks a variety of books, local information and has three computers for use by the general public. The Parish Council would love to hear from you with feedback on all matters associated with the library and would welcome any suggestions for improving the service that it and our volunteers give to the community."

Thank you to all who continue to support our library.

ALLOTMENTS

We are very pleased to see all our allotments are now taken. Should anyone be interested in taking on an allotment when one becomes free, please contact Sue or Liz in the Parish Council Office and we will put you on a waiting list. Please note these are only available to Heacham residents.

PLEASE...

DON'T FEED HEACHAM'S DUCKS



PUBLIC NOTICE

The Parish Council has been granted a licence to treat Greylag Goose and Mallard Duck eggs. The licence permits the Council to treat nests on private property in the village, but only at the invitation of the property owner.

The Parish Council's policy of humane management is not a quick fix, but with Parishioners' support of its no feeding request, current numbers can be controlled and the flock can be maintained at a naturally sustainable balance.

The Parish Council continues to urge residents not to feed the ducks or geese. This is particularly important to prevent mother ducks bringing ducklings off the ponds and onto the roads.

Heacham Parish Council

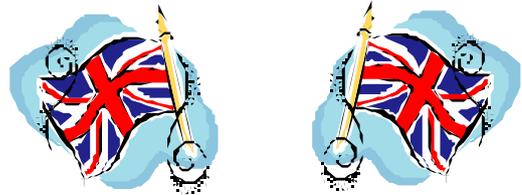
HEACHAM 2019 SPRING ART SHOW

Calling all local artists. The Heacham 2019 Spring Art Show will be held on 25th-26th May at the Old Friends Hall. If you are interested in showcasing your work then please contact the Parish Office on 01485 572142.

BRAYS PIT WORKING PARTY

There is to be a working party at Brays Pit on Sunday 10 March, starting at 9.30am.

Everyone is welcome to help; please bring gardening tools and sensible clothing.



Heacham Carnival Parade and Fete 2019

*** Time to start thinking about your float ***

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.

HEACHAM PARISH COUNCIL WEBSITE

The Parish Council will soon be updating their website. We would love to see any old photos of village events, like the carnival, to give parishioners and visitors an idea of what the village has to offer and hopefully encourage more to participate.

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.

ELECTIONS 2nd MAY 2019

Do you want to be a Borough Councillor or a Parish Councillor?

Anyone wishing to stand as a Borough Councillor can find out more at www.west-norfolk.gov.uk/elections. If you are interested in standing as a Parish Councillor further details are available at www.nalc.gov.uk/our-work/elections or you can ask at the Parish Office.

The nomination period for the May 2019 Borough and Parish Council elections begins at 10am on Monday 18th March 2019. Nomination papers will need to be submitted to the Returning Officer by 4pm on Wednesday 3rd April 2019.

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 16.30 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

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STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

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Mr T. PARISH 07885 258428

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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

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HEACHAM CHALK PIT RECYCLING CENTRE

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

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

HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

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

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

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0945 (Service 35) then two hourly

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Service 10

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Service 34, 35 & 36

0758, 0808 to Smithdon School

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Main pick up points for The Heacham Newsletter.

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Jennings, Ridouts Bakery, Post Office, Parish Council Office, Church, McColl's, Tesco's, Heacham Fish Bar

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HEACHAM INFANT SCH	11.00	PINE MALL	12.30
WOODSIDE AVE	11.45	SITKA CLOSE	12.50
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