

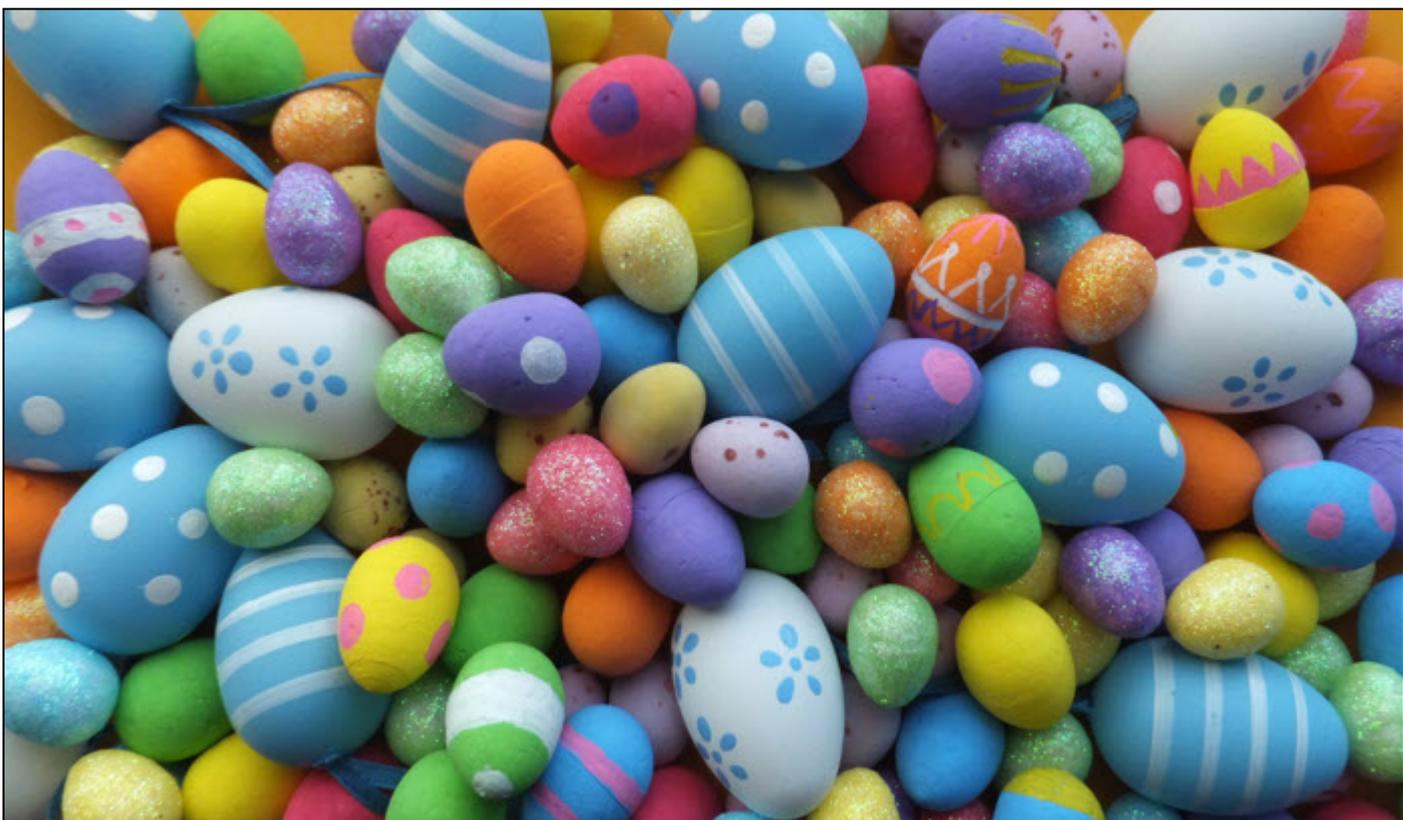


THE HEACHAM NEWSLETTER



April 2019

This newsletter reflects the views of its contributors, not necessarily those of the editors, sponsoring body or advertiser.



Deadline for the next edition is 12 noon, Tuesday 16th April



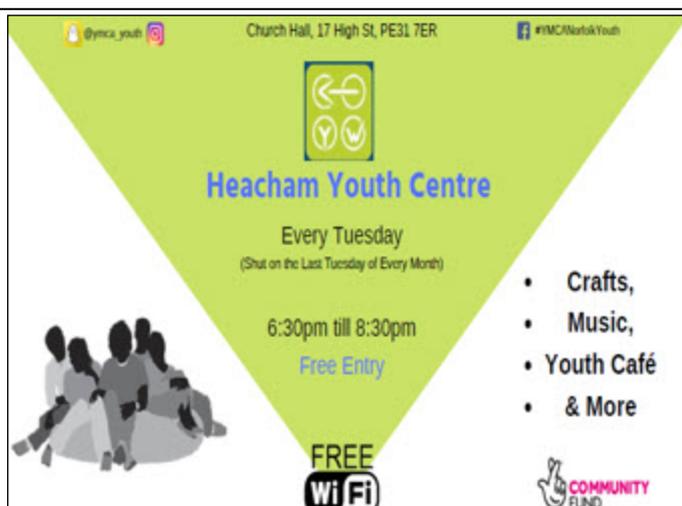
Fridhem Rest Home
79 Station Road, Heacham, PE31 7AB

Easter Fete
Saturday 20th April

Stalls 2-4pm

Egg-Bola Raffles Games Tombola ...and more

All money raised goes to the residents' activity fund



Church Hall, 17 High St, PE31 7ET

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(Shut on the Last Tuesday of Every Month)

6:30pm till 8:30pm
Free Entry

- Crafts,
- Music,
- Youth Café
- & More

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your letters..

Dear Newsletter

Peterborough

Alternative Therapies

I have been reading the Heacham Newsletter for several months since getting a care work job in the village. Through my work I have experience with mental health and I am concerned about the article in your March edition.

I have seen vulnerable clients decide to reduce, or even stop, their medication because of inexperienced friends and family not accepting the fact their loved one needs such medical assistance with mental health to cope with life's day to day events.

It concerns me that someone who has no professional training or qualifications can write an article which could be interpreted in many different ways. Some people believe what they read if the outcome appears to be ideal!

I have no objection to complementary therapy articles appearing in this Newsletter and look forward to reading it every month. I personally feel this lady should have mentioned the importance of talking through any desire for reducing treatment before actually testing a Homeopathic approach.

A concerned reader
(Name & address supplied)

Heacham RBL Sub Branch

Well, winter appears to be over so John and I would like to bring the branch up to speed and turn our sub-branch into a full branch again. To this end, we are having a meeting in the Fox & Hounds on 24th April commencing at 19.30hrs (7.30pm) with the aim of reconstituting a committee and officers. We cannot do this without your help. Time is running out for the village, as if it does not happen, the sub-branch will be subsumed into the King's Lynn branch and our Standard taken away.

This wonderful village has a proud tradition of honouring our war dead with dignity every Remembrance Sunday and I take enormous pride in laying the RBL wreath at our Memorial.

Please let us ensure that it continues for the sake of those that gave their lives for our freedom and continue to do so.

I look forward to seeing new and old members on the 24th April. Thank you.

Marcus Liddington

Dear Newsletter

Leaside

Royal British Legion - Heacham

It's just over a year now since a meeting was called to form a committee.

This failed because not enough members attended.

I have since re-joined the Hunstanton branch. If there are any members or potential members out there, I'll be happy to introduce you to two of the local branches, Hunstanton and Sedgford.

Colin Toule
01485 570170 / 07785 930590

Heacham

Dear Newsletter

My Rockie Experience

I moved to Heacham in 1977. I know this because I remember the Queen's Silver Jubilee celebrations in my old school playground just before I left. I was 9. Growing up in this lovely village was the background to a very happy childhood, but life and career then took me away for a big chunk of my life. I'd come back regularly to visit my family, but over time I did lose touch with friends. Three years ago, I made the decision to move back permanently; after 20 years I was home.

I first joined the West Norfolk Rock Choir because I needed to do something where I'd meet new people. I'd always loved music, but I hadn't sung in any kind of choir for a very long time. I wasn't sure I could even still do it; I almost didn't go. The hardest thing is walking into a room that very first time, on your own, anxious nobody will talk to you. There was no need to worry of course, everyone was friendly, and there were a few other new people there too.

Rock Choir makes it so easy for anyone, there are no auditions, and we don't use written music to learn the songs. We have lyric sheets, and are taught the separate parts by ear, gradually building up the harmonies. The songs are all a variety of popular hits, set to original arrangements. I think we sound pretty good, even if I say so myself, but we don't take ourselves too seriously and our talented Rock Choir leader always makes the rehearsal sessions good fun.

One of the things I love about singing with Rock Choir is how there are opportunities to suit everyone. We do all sorts of local performances, helping to raise money for charities, motivating the runners at events like the GEAR, and getting involved with professional shows at the Corn Exchange or the Princess Theatre. For those that enjoy something further afield, the choir has recently recorded at Abbey Road studios, sung at the Albert Hall, and this summer is off up to Edinburgh for a slot at the Festival. Conversely, there is never any pressure to do any gig if you don't want to; some people just like coming to the practice sessions to learn the songs, and that's no problem at all.

The reason I've decided to tell you all this, is that if you've ever fancied singing in a choir, now could be a perfect time to give it a go. Rock Choir is about to start a new session on Saturday mornings, and the first one will be on 4th May, 10.30am at the Hunstanton Community Centre. Anyone is welcome to join the choir at any time, but it's always nice to start something for the first time with other new people.

Your first session is free, so why not give it a try? For all the info and to sign up now for a taster session, go to www.rockchoir.com If you don't fancy doing that, you can just turn up on the day, we won't turn you away.

Oh, and in case you were wondering, I did indeed make some fabulous new friends!

Sarah Haverson

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Heacham

Dear Newsletter

1983 Carnival Photographs

I would like to thank Anita Hawkins for providing the names of the four people visible on the 'No Family Planning' float in one of the photographs published last month.

Anita recognised herself, her son Christopher along with Neil Thomas and Gary Saunders.

Thanks also to son Tom for passing this on.

Chris Wood



Neville Road

Dear Newsletter

'Heacham'

The approach to Heacham South Beach and the beach itself are, and should be, an embarrassment to all who live in this desirable village.

This afternoon (18th March), 9 cars and a campervan were parked on the roadside towards the bridge. Its early March, caravan sites are not yet open. It doesn't auger well for summer when looking back at the problems in the area in the recent past.

Two years ago I asked the Parish Council to investigate clearance of the vast bramble growth from the marsh entrance gate to the river, to provide some 20 off road parking spaces, and I suggested, perhaps we could contact the Ken Hill Estate about an arrangement to use the extra few yards up to the ditch running parallel with the road. Nothing has happened to alleviate the problem. Why?

And the beach, it's disgusting, its Borough Council owned and never in this state in private ownership! Wouldn't be allowed either. The toilets and its sign are disgraceful. The disabled ramp, which Lou Durrant kept clear, is inches deep in sand. The road between South and North is almost impassable, this was designated a Byway Open to All Traffic (BOAT) it is certainly not open to all traffic and the same problems for emergency access, as on the South Beach Road, exist here. I realise sand blows, it's a problem that needs resolving; now.

Caravan owners contribute £50 per caravan to the Community Flood Protection Scheme, some £100,000 pa. The Parish, I understand, declined to contribute. The '53 flood breached the railway towards Huns'ton, reached the West Norfolk and flooded around the back of Folgate and Jacob's Dairy. The '78 flood was contained, in the main, by and to the very top of the earth bank which is no longer maintained. The intervening 40 years has seen sea levels rise by possibly a meter. The next flood would see large areas of Heacham under water. Just saying!

Caravans and other derivations have been part of Heacham since the early 1930s. My family have had a café and shop and caravans on South Beach Road for over 80 years as have the Plumbs, the Raines' and Mrs Beecham/Browns on Jubilee Road. In Business Rates caravans and associated premises contribute approaching £500,000 and estimated gross income to the area from our holidaymakers/staycationers is estimated over £15m. And the neighbourhood plan, prepared by and for people who have been resident for a few years and the Borough Council by their inactivity suggest we don't need this only major employment provider of over 60 full time and similar part time employment and the provider of financial stability in this desirable village.

Heacham deserves even a small portion of that investment, often wasted, in Sunny Hunny and certainly squandered, in secrecy, in the Kings Lynn KLIC and incinerator projects to enhance and invigorate our wonderful natural seaside attraction. We live in hope.

Mike Jennings

Station Road Garage

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news & events in the community ...

Eastern European Pink Osprey seen in Heacham...

Great news, the Eastern European Pink Osprey (*Orientis Europae rosea alietum*), has for the first time chosen to nest at the Heacham Chalk Pit - in a position overlooking its feeding grounds of the Wash. Ornithologists from around the country are flocking to see this momentous occasion, which the experts predict could become an annual event, as once the birds have secured a location and have successfully bred, they are likely to return year after year. This could become another favourite ritual in the same way that people strive to hear the first Cuckoo of spring, or see the first Swallow of Summer, it will be who will see the first Eastern European Pink Osprey of April 2020 etc.

Whether an egg is present in the nest is not known at this time, but visitors hope to catch a glimpse of these magnificent birds fishing just off shore for their favourite diet of Sea Trout and then watch it feeding any new hatchling. Sea Trout apparently gives the birds their pinkish hue in the same way shrimps and brine flies do for flamingos.

So keep your eyes peeled you never know what you may see in Heacham. The Newsletter hopes to bring you further news of the bird's progress next month.



THN

10th April 2019
10am-12noon

Tea
Coffee
Raffle
Cakes
Community
Coffee Morning & More
All Ages Welcome
K's Savouries
Quiz
Chat

Old Friends Hall
Sunnyside off Caley Street
Heacham - PE31 7DU

In Support of the Community Building Project

Exciting Dates for your diary!!!!

By popular request in support of Hunstanton Library, we are organising dances at Heacham Public Hall - once again featuring the fabulous Essex band Two Plus One. They will be playing hits from the '70s until the present day to sing and dance along too. So, pen at the ready - Saturday June 8th and Saturday August 24th, 7.30 - 11pm.

For further information, email:
nikkiandvinniehastic@outlook.com
or ring Sandy on 07704 803983.

Nikki, Sandy and Roger

Heacham Girl Guides

Heacham Girl Guides this term continue to explore our new programme.

Up-cycling - We have made money boxes from old used items. We hope the girls will use them and learn to save.

We did an activity in sharing fairly. Is sharing equally fair? We held a Beetle drive to raise some money for the church. They let us use the hall free so it seems a fair thing to do.

Evie organised a Promise activity and Charlotte and Willow organised an international evening. This was themed on Germany. We tried German sausage and 'German beer'. We played a German game and had a quiz about Germany.

We had a make-up evening where each patrol had to make up a warm-up routine and demonstrate it. A bit manic!

Last week we, of course, made pancakes and took part in a survey on their thoughts about the new programme activities.

We also joined our District to celebrate Thinking Day. A day when Guides all over the world celebrate Lord and Lady Baden Powell's birthdays and think about each other.

That's all for now. Happy Guiding.

Sue and the team

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Another Award for Extra Hands Norfolk

There were celebrations recently (21-02) when award-winning care company Extra Hands was highly commended in another prestigious title.

The Norfolk Care Awards were presented at a black-tie event at Sprowston Manor which was hosted by the Rev Richard Coles, presenter and former member of pop group The Communards.

Extra Hands was awarded the commendation in the Excellence in Delivering Dementia Care category and adds to previous awards from the annual event which celebrates the very best in the care industry across the county.



“We are thrilled to have won another Norfolk Care Award and it reflects the hard work, caring and professionalism of the whole team at Extra Hands. Our staff are a credit and we take great pride in the success and accolades they achieve,” said director Hazel Evans.



Extra Hands Established 1993
Providers of Home Care in Norfolk

Norfolk Care Awards 2018 Winners

We are a local award winning independent Home Care Specialist, providing carers trained to the highest standards including Dementia Care. We offer a wide range of services within the home setting which are tailored to suit individual needs from personal care to shopping and companionship.



If you or anyone you know may be interested in our services please do not hesitate to contact us on the number below or call in to our office at Heacham for further advice and information.

**Thinking of a career in Social Care?
Why not join our award winning team**

- Good rates of pay
- Various hours available
- Enhanced holiday entitlement
- Paid mileage
- Free DBS check and uniforms
- Free Mobile Phone



Extra Hands, Unit 13 Heacham Hall Ind. Est.
Hall Close, Hunstanton Road, Heacham,
Norfolk. PE31 7JT

Tel: 01485 570611

www.extrahandshomecarenorfolk.co.uk



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

The company is currently expanding its innovative Well-Being check service which allows carers peace of mind if they can't call in on their friends or relatives.

There were a record number of nominations for the awards this year and the judges had a tough time drawing-up a shortlist of candidates across a range of categories to attend the finals night.

This is the fifth award claimed by Extra Hands at the county awards and last year Hazel was presented with the Harold Bodmer Outstanding Achievement Award.

The company was also a finalist in the Promoting Dignity and Respect in Everyday Life section and has previously won the Excellence in Person Centred Care and Support category.

The Norfolk Care Awards are judged by a panel of professionals and representatives from various sponsors and the competition is always tough. Nominations for the 2019 event closed in November.

Well-being service expands

A key service offering peace of mind and reassurance for carers with dependent friends or relatives is expanding right across Norfolk from Holt to Harleston.

The Well-Being check service was introduced by award-winning Extra Hands and was the first initiative in the county to offer a daily checking service to ensure someone regularly looks in to make sure all is well.

“We know how important a daily check can be for carers. It may be that their friend or relative is fine looking after themselves, but requires a Well-Being check to reassure those who worry about them if they can't pop-in for any reason,” said director Hazel Evans.

As leading home care providers, the team at Extra Hands knows how important it can be for carers to be reassured that if they can't be there for any reason, someone else will be checking for them.

With offices in Heacham and Horsham St Faith, near Norwich, Extra Hands offers bespoke care packages right across Norfolk and now employs more than 150 staff who are fully, professionally trained.

“I believe our visiting scheme will reinforce all of those aspects for both the people we care for and their friends and families,” she said. “We aim to share responsibility and deliver peace of mind for everyone associated with the service,” added Hazel.

“The service can be used to allow people to take a break or for those who can't always make a daily visit. Apart from monitoring how things are doing, it means there is regular social interaction which can be vital for those who live alone.”

“A nominated person can be contacted straight away if there are any changes or causes for concern and electronic monitoring also ensures no call will be missed. We think that prevention is better than cure and the Well-Being checks aim to minimise the potential for problems,” said Mrs Evans.

“We are proud to be offering this innovative extension to our current services as we truly believe it will have a positive impact helping to alleviate the pressures faced by our healthcare services.”

Professional, trained staff will make the Well-Being checks and the service is already proving to be a popular addition to the range of services offered by Extra Hands Norfolk.

For more information, see the Extra Hands website at www.extrahands.co.uk



CHURCHES TOGETHER IN HEACHAM

COME AND SEE!!

Not my usual way to start my article but I believe it is important for me to ask you who do not as yet believe in Jesus to **come and see** – and what better time than Easter Day.

It is hard for any of us to understand how Jesus rose from the dead. We know what happened...the stone was rolled away, the burial clothes were left inside, and an angel was awaiting those who searched. We know that when the women ran to tell the disciples, Peter had to be the first to put his head in to see if it was true and after that we know that Jesus appeared to Mary in the garden. These facts we know, but what happened inside the tomb before the stone was rolled away, we will never know.

Of course, that leads me to a dilemma, because those who doubt need physical proof, and unfortunately, I cannot offer it you. But I can tell you what it really means to know that Jesus rose from the dead, to know that death has no more hold over us and that eternal life in the love of our Lord is here now with us all.

That knowledge is not about physical proof, but about faith; it is not about the mental capacity to think but about the capacity of the heart to believe and to love. Our faith in Jesus is heightened and strengthened by the words He spoke to Thomas when he said “Happy are those who did not see **and believed**”. I believe in Him because of what He did for me at Easter; the cross was supposed to be the end, but it was only the beginning.

My whole life changed by the wonder of the resurrection, and this new life is offered to everyone, yes even you who doubt. So, **Come and See** at any Church in Heacham this Easter, it could just be the beginning of your journey with Jesus.

I wish you all a joyous and blessed Easter.

Rev Steve Oliver

(If you have questions at any time about God, Jesus, Faith or just why do people go to Church in the first place, then why not contact me at the Methodist Church or Rev. Veronica Wilson at St Mary's we would be delighted to hear from you).

Heacham Parish Church in April

7th April 10am Holy Communion
4.00pm Service at Pine Mall
14th April 8am Holy Communion
10am Morning Prayer
18th April Maundy Thursday Passover Celebration
21st April 10am Holy Communion Easter Day
28th April 10am Morning Prayer

See Separate Poster for Easter Services

Who Cares Coffee Morning at Church Hall

Coffee Morning Monday 1st April 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 be on the 29th April instead of May Day Bank Holiday. We would love to meet you.

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 Easter story books and cards; 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

Deanery Lent Services 2019

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

3rd April - St Mary's Snettisham

10th April - St Mary's Docking

Please Note NO Messy Church in April. Next Messy Church is May 25th.

* * * *

HEACHAM METHODIST CHURCH

April 2019

Sunday Services: 10.30am Morning Worship

7th April Church Fellowship
14th April Rev Kim Nally Holy Communion
21st April Joella Nash Easter Sunday
28th April Marion Kemp
5th May Rev Steve Oliver Holy Communion

Easter 2019

We shall commemorate and celebrate Easter this year on Maundy Thursday with a shared communion Service at St. Mary's at 7pm Thursday 18th April. On Good Friday 19th April 10.30am, Jenny sparks will lead worship. Then a united service will be held at North Beach at 7pm. This is the third year we have held this open-air service. However, if it is raining, the service will be transferred to the Methodist Church.

On Easter Sunday our celebration worship at 10.30am will be conducted by Joella Nash. We are also invited to share Easter Sunday Praise at 4pm at Hunstanton Methodist Church led by Minister Rev Steve Oliver.

Midweek Communion Service

April's Midweek Communion service will be on Wednesday 10th April at 10.30am 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 4th at 10.40am but on 18th April at the earlier time of 10am in the church hall. We continue our study on Angels. You are welcome to join a lively discussion group led by Minister Steve Oliver.

Social Evening

This month's social evening is a real special with the Flukes Ukelele Band presenting a concert. It's on Thursday 11th April at 7.30pm. This is something different so why not come along – all welcome.

The Fellowship

The afternoon meeting with guest speakers has three meetings this month. On Tuesday 2nd April, Elizabeth Batstone, a popular preacher and former hospital administrator, is the guest speaker. On the 6th Rachel Greaves will tell stories about 'Ruffle', and on the 30th, organist Pauline Simpson will play a selection of organ recitals. The starting time for all three is 2.45pm.

Coffee Morning

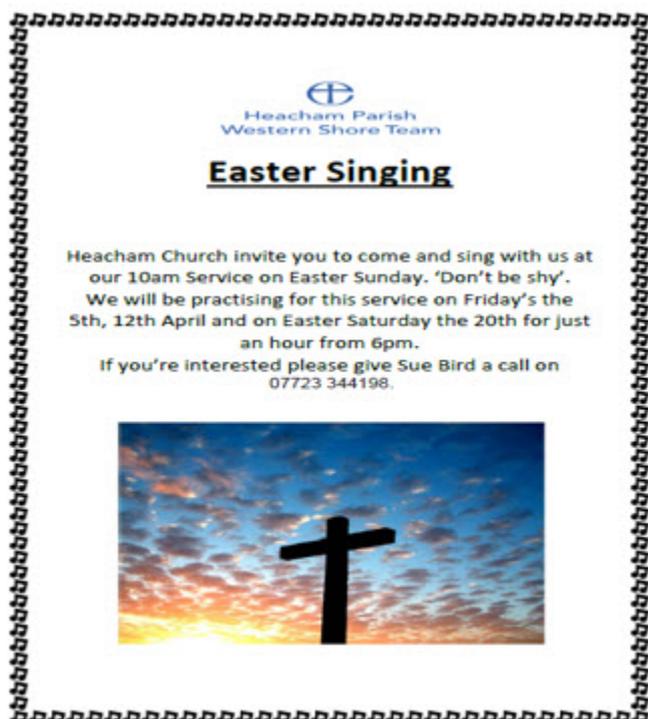
Our new spring/summer season of coffee mornings begin on Saturday 13th April 10-12noon. There will be a selection of stalls and John Harris will play the piano after 11am. Come for a coffee and a chat – all welcome.

Midweek Activities

- Tuesday - Open Door 10 –12 noon.
The Fellowship 2.45p.m 2nd, 16th, & 30th
- Wednesday - Midweek Communion. 10.30am on 11th
- Thursday - Bible Study. 10.40am on the 4th & 18th
- Social Evening - 7.30pm on the 11th
- Friday - Short Mat Bowls - 2.30pm weekly
- Saturday - Coffee Morning 13th 10-12noon

Easter 2019

- Maundy Thursday – United Passover celebration at St Mary's
7pm
- Good Friday - At the Cross with Jenny Sparks 10.30am
- North Beach Service at 7pm (or in Methodist Church if raining).
- Easter Sunday - Celebrate with Joella Nash at 10.30am
Easter Praise 4.00pm at Hunstanton Methodist.



Heacham Methodist Church and Heacham Parish Church

Holy Week & Easter
Maundy Thursday 18th April

7pm Passover Meal at St Mary's Church

Good Friday 19th April

10.30am Service at Methodist Church

2pm Hour at the Cross at St Mary's Church

7pm Beach Service at North Beach (Methodist Church if wet)

Easter Day 21st April

10am Holy Communion at St Mary's Church
10.30am Easter Service at Methodist Church
4pm Easter Praise at Hunstanton Methodist Church



www.heachamsnettisham.org.uk



Hunstanton Catholic Parish

The pancake supper on Shrove Tuesday at St Cecilia's was very well attended and £177 was raised for church funds. Thanks go to all who made pancakes and who helped in any way.

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 of Perpetual Succour and the Anglican church of St Edmunds, beginning at 12 noon.

There will be a Ladies shared lunch in the Garnett room at Our Lady of Perpetual Succour, Hunstanton on Saturday 4th May starting at midday. This is an open invitation for all women in the area to come along and join us for an enjoyable social occasion; just bring a plate of food to share.

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

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



Dear Elector,

I have been a Borough Councillor for Heacham since I was elected at a by-election in October 2016. I was elected as, and remain, an Independent Councillor. I have, and have never had, any affiliation to any political party in my adult life. I am also a Parish Councillor in Heacham and have been for around 6 years.

I am standing as an Independent Borough Councillor for the new ward which takes in **Heacham, Sedgeford and Fring**.

I am currently a member of the Planning Committee, the Environment and Community Panel, the Licensing Committee and the Licencing and Appeals Board. In addition, I am a member of the Local Plan Task Group and Chairman of the Single Use Plastics Informal Working Group (report now completed and awaiting endorsement by Cabinet).

I want to build on the experience I have gained as Borough Councillor in the last two and a half years and endeavour to ensure that **local issues affecting Heacham, Sedgeford and Fring** – housing, infrastructure, services and environment, meet local needs and, where possible, improve.

I have only one policy: to do the best that I can to assist and support the people in my ward. I will do this by meeting and talking to both individuals and Parish Councils and then pursuing any issues they may have with the Borough Council and any other appropriate organisations.

My contact details are alongside my picture. I will be happy to meet with anyone prior to the election.



Elections May 2nd

Terry Parish

Independent Candidate
for
Heacham, Sedgeford and Fring

1, Woodside Avenue Heacham PE31 7EW
tparish@btinternet.com
07525 647 585

Regards, Terry Parish (full name Terence Parish)

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Forthcoming gigs For April 2019 (8.30pm unless stated)

Fri 5th - JAM Night with DNA

Tues 9th - 4 Geezers (Bron's Birthday Bash)

Fri 12th - Crossing The Tracks

Sun 21st - Jessie's Ghost

Fri 26th - Dead Horse

Tues 30th - John's Blues

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

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

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TIDE TABLES FOR APRIL & MAY 2019

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST									
April 2019					May 2019				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 M	03 57	5.7	15 54	6.0	1 W	04 06	6.0	16 01	6.2
2 TU	04 46	6.1	16 40	6.3	2 TH	04 45	6.3	16 41	6.5
3 W	05 23	6.5	17 19	6.7	3 F	05 19	6.6	17 20	6.7
4 TH	05 56	6.6	17 55	6.9	4 SA●	05 52	6.8	17 58	6.9
5 F●	06 24	6.8	18 29	7.1	5 SU	06 25	6.9	18 37	7.1
6 SA	06 55	6.9	19 05	7.2	6 M	07 00	7.1	19 15	7.2
7 SU	07 27	6.9	19 36	7.2	7 TU	07 34	7.1	19 52	7.2
8 M	07 56	6.9	20 07	7.2	8 W	08 06	7.1	20 30	7.1
9 TU	08 24	6.8	20 41	6.9	9 TH	08 43	6.8	21 13	6.7
10 W	08 56	6.7	21 18	6.7	10 F	09 24	6.6	22 03	6.3
11 TH	09 35	6.3	22 04	6.3	11 SA	10 16	6.2	23 09	5.9
12 F	10 25	6.0	23 06	5.9	12 SU	11 25	5.9		
13 SA	11 33	5.6			13 M	00 42	5.7	12 54	5.9
14 SU	00 39	5.5	13 12	5.6	14 TU	02 08	6.0	14 14	6.2
15 M	02 26	5.9	14 41	6.0	15 W	03 15	6.3	15 18	6.6
16 TU	03 38	6.3	15 45	6.6	16 TH	04 12	6.8	16 14	6.9
17 W	04 36	6.8	16 39	7.1	17 F	05 00	7.1	17 05	7.2
18 TH	05 25	7.3	17 28	7.4	18 SA○	05 43	7.2	17 53	7.4
19 F○	06 09	7.5	18 14	7.7	19 SU	05 43	7.2	17 53	7.4
20 SA	06 49	7.5	18 58	7.8	20 M	07 01	7.3	19 23	7.3
21 SU	07 27	7.5	19 40	7.7	21 TU	07 37	7.2	20 03	7.1
22 M	08 01	7.4	20 19	7.4	22 W	08 10	7.1	20 41	6.7
23 TU	08 34	7.1	20 58	7.1	23 TH	08 43	6.7	21 19	6.3
24 W	09 06	6.7	21 37	6.5	24 F	09 16	6.5	22 00	5.9
25 TH	09 40	6.2	22 22	5.9	25 SA	09 56	6.0	22 51	5.5
26 F	10 24	5.7	23 27	5.3	26 SU	10 50	5.6		
27 SA	11 32	5.4			27 M	00 01	5.3	12 03	5.4
28 SU	00 55	5.0	13 01	5.3	28 TU	01 13	5.3	13 16	5.5
29 M	02 12	5.1	14 15	5.5	29 W	02 19	5.4	14 19	5.7
30 TU	03 15	5.5	15 13	5.9	30 TH	03 13	5.7	15 12	6.0
					31 F	03 58	6.1	16 00	6.3

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Heacham Football Club
Heacham Magpies did us proud.

Heacham FC made club history with a crowd 300 plus; just missed out on reaching Norfolk Junior Cup Final losing 4-2 on penalties against a team in higher division, bouncing back the following Saturday to reach the final of League cup final 1-0; the final to be played at Norwich on April 18th against Loddon FC, another team in higher division.



We hope to be running two coaches; anybody wanting seats please ring 01485 572117. K.O. 7.15. At time of printing, still unbeaten in League P17, W16, D1, L0, GD62, P49, sitting second with four games in hand.

Our res team have just gone 9 games unbeaten and are doing well in cup competitions. The club look like getting promotion for the fourth time in four years going into division 2, two from premier League senior football our target.



Would like to thank everybody for the fantastic support this season and to all management and players. Special mention to Darren Bailey for all his hard work as secretary dealing with all the match day paper work and fines. Last but not least, all our match day sponsors and main sponsors.



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Dave Page
Chairman

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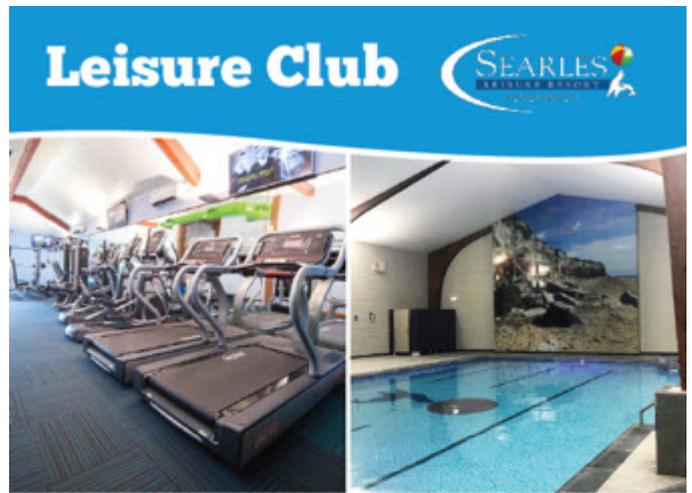
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Ruffle's Walks – Ruffle helps out!

by Rachel Greaves

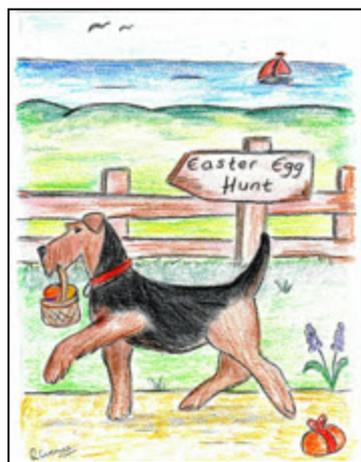
The little heritage railway was busy getting ready for the Easter holiday trains. Each year Eric organised an Easter egg hunt for the children around the station garden and little wood adjacent to the station. He was busy counting a selection of chocolate eggs resting upon a large wooden trestle table on the station platform before he would then set off to hide them. To save waste, the eggs were not in boxes but just wrapped in shiny coloured paper. But as you probably know, oval eggs have a tendency to roll so Eric had to work hard to balance them carefully to prevent any eggs from escaping!

Ruffle appeared as Eric finished counting the eggs and immediately caught sight of the shiny ball-like objects on the table. He jumped up, putting his large hairy paws on the front of the table to have a closer look at the interesting shapes. But his weight upset the carefully balanced eggs and they began to roll in all directions, to the dismay and annoyance of Eric.

“Ruffle! It took me ages to balance those eggs on the table. It’s taken you five seconds to disarrange them!”

Ruffle quickly jumped back down and began to chase after an egg that was now rolling slowly along the platform. The egg stopped rolling at Ruffle’s paws. Ruffle bent and gave it a nudge with his nose which sent the egg rolling back in the direction of the table. Then Ruffle spotted another large egg under the table. He reached under the table with a long front leg and tried to hook the egg with his paw. This made the shiny oval shape spin furiously under the table. Meanwhile, Eric had managed to rearrange the rest of the eggs which were now under control on the table top. He quickly reached down to grab the spinning egg before Ruffle nudged it again.

“No you don’t!” cried Eric with satisfaction that he had retrieved the last egg before Ruffle. “You’ll break them with your large feet and nose! Wait a minute though – you can help after all!”



Eric disappeared into the station, returning a couple of minutes later with a large wicker basket that had a handle which looped over the top. Eric wrapped a soft cloth around the handle then held the basket out to Ruffle so that the handle was easily grabbed.

“Carry, Ruffle, carry!”

Ruffle had been taught to take things in his mouth and carry them on command. He obediently took the basket from Eric.

“Good boy, Ruffle! You can help me to carry the eggs that we will hide for the Easter Egg Hunt!” Eric gave Ruffle a pat then gently took the basket from Ruffle to fill it with a few of the chocolate shapes. Eric then put the remaining eggs in a large cardboard box that he would carry.

“Come on then Ruffle! Let’s decide where we’re going to hide these eggs!”

Eric set off with Ruffle proudly trotting beside him carrying the basket of shiny eggs. Now where would be good hiding places for the shiny oval treasures...?

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Peg (Margaret Quick, Fellow & Examiner UKA Dance Ltd)
contact me on: 07930 556675
or 01485 541162

email me on: peghunter@tiscali.co.uk

Rock Your Baby Dancing

Started in Manchester, **Rock Your Baby Dancing** was set up by Jenni Rose, a new mum herself and also a qualified dance teacher. It proved to be a very successful class enjoyed by lots of Jenni’s friends, their friends and other new mums who picked up on the happy vibe, not to mention the babies! Baby number 2 put Jenni on the other side of the class and the vibe passes on to Margaret who now offers this class at

Dersingham Village Centre on a Wednesday from 11.30am – 12.30am.

It is £5.00 per class, pay as you come.

STARTING WEDNESDAY 1 MAY 2019

Rock Your Baby Dancing is a parent and baby exercise/dance class which offers fun and laughter whilst bonding with baby, getting back into shape and meeting other new parents to share experiences and get hints on “how to help them sleep through”!!

Your baby is held in a carrier or sling and so this is suitable from about 9 weeks. The exercises include all the main joint and muscle groups as well as pelvic floor and will work the whole body.(back into shape for new mums! Hit those Instagram pics!)

The dance part is where the brain comes into use as well. We tackle a different dance style each month (ballet to ballroom and everything in between), breaking down a dance into manageable pieces, and so by the end of the month we can do the whole thing. At least, that is the theory! This part of the class is usually full of laughter as you try to get your baby brain in gear as well as your legs.(dad dancing is a real treat to watch...)

The babies love the movement and music and have been known to drop off to sleep before the class is through. Fun, laughter, sharing and the odd biscuit or too. Not to mention a very happy baby.

Dersingham Village Centre

STARTING WEDNESDAY 1 MAY 2019 from 11.30am- 12.30am.

Enquiries to Peg (Margaret) on 01485 541162 or 07930 556675 or just turn up!

Borough Council News

Spring is here heralding a Council tax rise and grass cutting. The tax rises for NCC and BCKLWN are within the 3% limit imposed by government and might be thought reasonable (by some) with the caveat being that services provided are at least adequate or improving.

Hence the reference to grass cutting which has raised a number of complaints in recent years. Last month, the officers responsible for such maintenance presented an informative paper which identified exactly who is responsible for parcels of land - County, Borough, Parish, Other, Unidentified – and what the maintenance schedule for each type is. This information will be shared with Parish Councils in the hope that any reports of inadequate maintenance can be directed swiftly to the right people. You might think that this should have all been done before; it is quite a complex situation and it has been done now.

Waste bins, dog waste or otherwise, remain a different problem and my quest to improve matters continues. It may be the government, now stirring the pot regarding plastics waste and recycling in general, might influence, for the better, a whole series of waste related issues.

The Single Use Plastics Informal Working Group which I chaired, has finished its report. This received endorsement from the Environment and Community Panel and now awaits approval of its recommendations by Cabinet. It sets out 11 actions which the Borough Council might take to: reduce the use of plastics, recycle them better, and prevent them from entering the environment.

Planning and development issues continue to be a very significant part of my council work and the draft (new) Local Plan has been out for consultation on the Borough's website. I have been told that comments that come in a little after the consultation period will not be ignored so get your thoughts in quickly if you want to.

I spent a few hours at the Gayton Planning Appeal last month. This was about a developer trying to justify building a significant

number of houses on a plot not allocated. A complicated affair as, the previous year, the developer had lost an appeal on the land supply issue they raised but was given the go ahead by the inspector anyway. The Borough Council appealed that decision; they won in the High Court but it all had to come back to another appeal this year.

During the time I was at this appeal, the developer was challenging the authorities 5 year land supply again (loss of which means houses get built almost anywhere like those completing by the wood on Hunstanton Road).

One of the arguments used by the developer was the government's new hurdle for stressed planning authorities, the Housing Delivery Test. It is no longer enough to allocate the number of houses deemed necessary and grant them full planning permission, the local authority is now responsible for seeing that they get built. Market forces causing developers to wait a few years, non-availability of builders and materials, are no excuse. All nonsense, feel free to point it out to MPs etc.

If the local authority falls below 95% of the number of built houses required each year (BCKLWN achieved 91%), they have to produce an action plan, below 85% and they have to allocate more land for houses to be built on - a lot more. Fall too low and development has a free for all. The logic that, if houses aren't being built on allocated sites, they are unlikely to be built on new, adjacent ones, seems to be lost.

Anyway, Neighbourhood Plans - Heacham's is proceeding well and you should have a chance of expressing an opinion on parts of it in a few weeks. A new advantage to having such a plan was revealed in March – they protect an area for a year or two from a planning authority (the Borough Council) falling foul of the Housing Delivery Test and, ultimately, lack of a 5-year land supply (until someone changes the rules again of course).

Terry Parish
Independent Borough Councillor



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Heacham Heritage Community Project

The Heacham Club Charity, in conjunction with The Heacham Heritage, are working to create a Heritage Centre for the village of Heacham.

As an introduction to the community we are looking to hold an Exhibition on the 10th and 11th August in the Public Hall.

We are trying to get together a record of Heacham life over the years. Looking for information about all aspects of life in our village and we need your help. The information collected will be kept for villagers to look at both now and in the future.

CAN YOU HELP US?

We are looking for old pictures, deeds, documents, stories and memories, memorabilia, artefacts, or any other items related to the village and its community; this will all help towards the Heritage of Heacham.

It maybe that you are working on a project? If you are we would love to know about it; could we help or would you show it to the villagers.

Suggestions could be i.e. Sport, Railway, Buildings, Business, Wars, Floods, Services, People of Heacham and many more.

Before August we are holding a coffee morning in the Public Hall on Saturday 13th April 2019, 10.00am-1.00pm to introduce ourselves and for you to bring along anything you think will be of interest to us.

Or you can contact us by email: heachamheritage@yahoo.com

website: www.heachamheritage.co.uk

Telephone number: 01485572660

you can also follow us on Facebook - Heacham Heritage.

At a meeting with the Heacham History Group it was decided that it would be better for the two groups to work independently. The History Group will carry on doing a great job with their regular History talks and Heacham Heritage will work to create the Village Heritage Centre.

This is a great opportunity for the village to work together to create a legacy to give to our children, grandchildren and generations to come. That's the great thing about History - it goes on forever.

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Heacham at Night

Casual observers might like to take a couple of months off unless there are some really clear skies.

Planets are scarce with only Mars remaining in the evening sky with that fading into the twilight as the month progresses.

At the beginning of the month look due west at 8pm, a little to the right of west up until about 10pm. Untwinkling Mars is in between Aldebaran to the left and The Pleiades to the right. Mars is very much dimmer than when I was eulogising about it last summer. Then Mars was around 36 million miles away, now it is about 180 million miles distant – 5 times as far. If my ancient physics brain still works then that means it is 1/25 as bright (corrections welcome).



Mars is the dot in the middle. Parish

Mars will brighten again as the Earth's orbit and its own bring the planets back to a conjunction, closest approach. This will not be as close as last year.

Last thing about Mars – Mars Opportunity Rover has been sent a goodbye message after engineers gave up trying to recuperate it following the huge dust storm last summer.

Aldebaran is a red giant star about 65 light years away so, if you are 65, the light from it that is now hitting your eyes set out when you were born. Its brightness varies a bit; a large planet, much

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bigger than Jupiter has been spotted in orbit, and an old space probe, Pioneer 10, will be near it in 2 million years.

The Pleiades I have written about recently. Suffice it to say they are an open star cluster about 444 light years away which provide a very nice sight in steady binoculars.

A minor planet, Pallas, is viewable through good binoculars or a birding scope. Trying to find a definition of a 'minor planet' seems to open a can of worms as 'dwarf planet' (also described as planetoid) enters the fray. I thought I knew which was which until I wrote this. And 'Small Solar System Body' is now used by people with too much time on their hands. The first lot of names do not include comets, the last term does.

Anyway, Pallas is a minor planet of which there are about 757,000. Pallas was the second one to be discovered (Heirich Olbers 1802) and was classed as a planet until more similar objects were found. They were then called asteroids.

Pallas is a lump of rock about 500km across but it is not spherical enough to rank it as a dwarf planet. Its very inclined orbital tilt which takes it above and below the ecliptic (the plane which the planets orbit in) make it hard to rendezvous with, so no spacecraft have visited it.

To find Pallas at the beginning of the month look a little right of east from about 9pm. The bright star Arcturus should be about a quarter of the way up the sky. Pallas is to the right of this. As the month wears on, both Arcturus and Pallas climb higher but Pallas moves relatively faster and so moves further from Arcturus and higher too.

On the 10th, Pallas is at opposition – the closest it will come – and 10x50 binoculars should reveal it. It will be almost exactly to the right of Arcturus and close to a smaller star which will be a lot brighter than the rock.

Stellarium will help you fix the position better. You are looking for a dim spot which is not a star – unblinking.

Other planets to look out for in the early hours, and until just before dawn, are Jupiter and Saturn. Both will appear in the night sky again late June / July.

This month look broadly south at around 5am and Jupiter and Saturn will be low down. They move further west as the month progresses. On the 14th, Jupiter is due south. The moon joins in during the second half of the month.

There are a couple of meteor showers. One, the Lyrids, peaks on the night of 21st / 22nd. It is just past Full Moon which will wash out fainter meteors after midnight. They will appear to radiate from a point in the sky not far from the bright star Vega. However, their path through the atmosphere can appear almost anywhere. Another shower, the Eta Aquarids, starts on the 19th and peaks in May. Between them you have a chance of seeing a few meteors if you glance up as late as you can.

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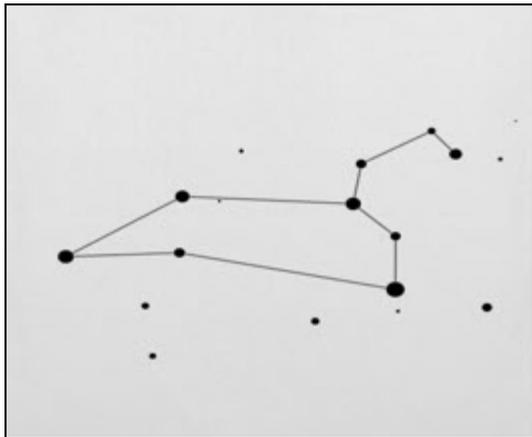
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The star constellation to identify this month is Leo the Lion. Look due south and find the bright star Regulus. The shoulders and head of the lion curve out above it, the backside and tail, less well defined, are to the left.



Leo. Internet. Regulus is lower right star.

Regulus is 79 light years away so older readers can enjoy their 'birth light' (see Aldebaran reference above). It is actually a

system of 4 stars arranged as pairs which orbit each other.

Under the belly of the lion, rather to the left of Regulus, are three spiral galaxies – the Leo Triplet. These are a small cluster which are gravitationally entwined and are around 36 million light years away. A telescope will reveal fuzzy blobs. A time exposure photograph will show one of them, M66, to be face on, revealing its spiral arms and central core.



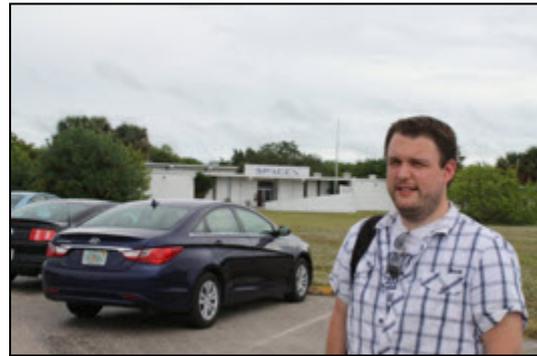
M66. Internet

NASA will likely be using American launch vehicles to service the International Space Station again. This is

due to the successful Space X docking of its Crew Dragon spacecraft launched on its own Falcon vehicle. It seems an age since the last space shuttle launch in 2011 and surprising that NASA's use of Russian launch vehicles has persevered despite political tensions. I was at the launch facility to watch the penultimate shuttle launch (unfortunately cancelled) and stood outside the modest office Space X had recently set up there. The end of one era and the beginning of a new one which now seems

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set to reinvigorate activities in space, at least in low earth orbit. Stop Press. As I complete this the Dragon has landed, splashed down, successfully.



Space X in 2010 and son of Parish

Of course, if you sky watchers do take a couple of months off you will miss amazing things going on up there.

Terry Parish

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The Heacham Neighbourhood Plan Residents Questionnaire was distributed in November 2017. A total of 518 completed forms were returned, just over 19% of those delivered. The key issues identified were published in the February edition of the Newsletter.

Based on findings from responses to the questionnaire, and from the previous consultation events held in the village the following 'key' issues were consistently raised by the community as areas where the Neighbourhood Plan could provide important influence in delivering social-economic benefits to the village.

Community Issues

The need for various types of smaller homes, for rent, shared ownership or suitable for first-time buyers, that are affordable to local, younger people on average incomes
Maintain Heacham's village status, in particular retaining clear space between Heacham and Hunstanton and other neighbouring parishes
Severely restricting the numbers of second homes/holiday homes to maintain the vibrancy of the community
Improving the infrastructure provision in the area
Encouraging local businesses to the area
Improving main road junctions in and out of the village and addressing traffic speed and pedestrian safety throughout the village
The importance of preserving and enhancing our natural environment, including protection of ancient woodland and local wildlife habitats

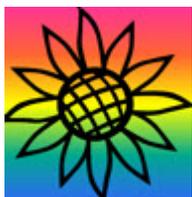
These issues can only realistically be addressed through the planning and development process. Policies set out in the Neighbourhood Plan are the means by which we can guide, influence, shape and help manage future development proposals. The purpose of these policies is to either encourage planning applications to be made for the things the local community wants to see happen or to discourage applications for developments that they do not want to happen.

We are in the process of organising further consultation events over the next few weeks to share the emerging Neighbourhood Plan policies to ensure that we have understood your views, and that the policies reflect these.

We will publicise dates and locations for the consultation over the coming weeks, so please look out for these, and please do come along and give us your views.

Once the policies are confirmed we will be in a position to finalise the draft Neighbourhood Plan and start the formal consultation on it.





Heacham in Bloom

On Monday, 25th February 2019 we held a Quiz Night at the Fox & Hounds. Thank you to all who came, it was a jolly evening even though there were some very tricky questions!

We are very grateful to our hosts Mark and Marie who also wrote and compered the quiz; your continued support of Heacham in Bloom is very much appreciated.

Spring brings the Daffodils which at the time of writing are about to flower, complementing the colourful polys which we have planted out in a number of our planting locations, hopefully they will survive the March wind and rain.

During April we will be gearing up in readiness for our main event; the planting and display of our summer bedding, which for 2019 which will be shades of Orange and Blue.

As plans are moving forward at the old Dairy Site in the High Street it is very likely that this year will be the last for our bike display at its current site but hopefully we will be able to relocate somewhere else for next year.

Resort Services at the Borough Council (KLWN) have pre-warned us that they will be undertaking some improvement works at the North Beach toilets, starting after Easter. During the time that they are working there we are unlikely to be able to access the large bed in front of the toilet building so it may look a bit untidy and unloved for a while until we can regain access.

Our next meeting is on Monday 15th April 2019, 7pm at Heacham Library. All welcome to attend.

Heacham in Bloom Committee
heachaminbloom@btinternet.com

An Exhibition of Norfolk Landscape Paintings

by Barbara King

Friday 26th April to Sunday 28th April
10am to 5pm

Ringstead Village Hall, High Street,
Ringstead, PE36 5JU

On the weekend after Easter I am staging a 3 day exhibition of my landscape paintings featuring the coast and countryside of Norfolk stretching from King's Lynn to Cromer. Beach scenes at Hunstanton and Holme, the creeks and harbours of Thornham and Brancaster Staithe will sit beside large open skies over Burnham Deepdale and resplendent sunsets tinting roads and salt marshes with pink, peach and purple hues. The undulating countryside with its tree lined lanes, rich and colourful fields and far reaching views will complete the picture of this glorious county.



Paintings of our landscape through spring to winter, from dusk to dawn, in watercolour, oil and acrylic will be on display. Come, see and enjoy and maybe take away your

very own piece of Norfolk to enjoy all year round!

Further details from Barbara King, 07798 918470,
bek@barbaraking.co.uk, www.barbaraking.co.uk

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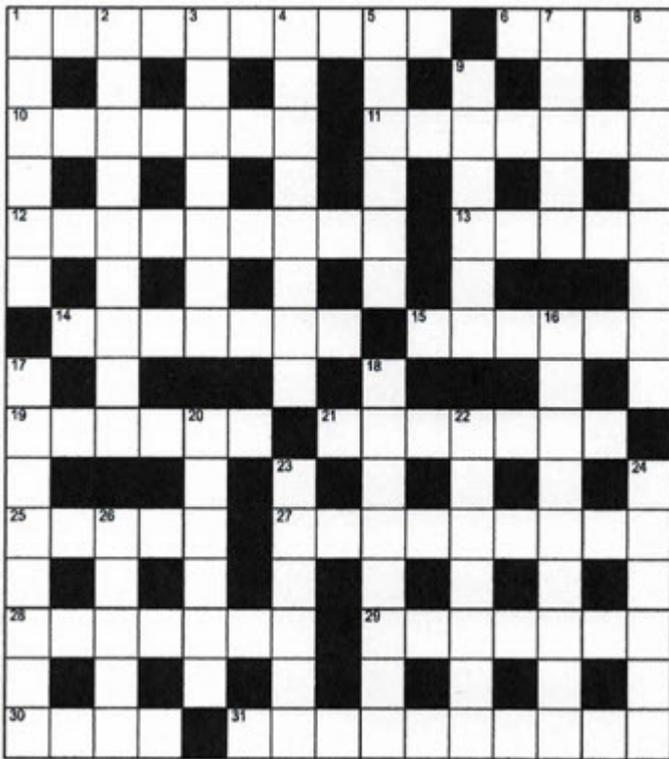
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APRIL CROSSWORD



CLUES:

Across:

1. In full voice? Hark at the woman! (10)
6. Workers' watchword during strike (4)
10. Kit man usually takes a back seat (7)
11. Writes to one on benefit (7)
12. Island crop is needed for the goat (9)
13. Voice public school polished off? (5)
14. Swayed after rung on ladder hacked off (7)
15. Vegas trip enraged some of band (6)
19. Cook egg and fish on back of griddle (6)
21. Collapse after study, depressed (7)
25. Rent a sign in French for nothing (5)
27. Travel in France with substance for one who deals with hypersensitivity (9)
28. Refrain from holding a title in retirement, being inactive (7)
29. Stop in canteen to get cooking utensil (7)
30. Beep to reverse (4)
31. Plain-fronted with nothing on top (10)

Down:

1. Kidnap crew member on vessel (6)
2. Having played this, is entrance to US guaranteed? (5,4)
3. Stone casually placed under soldier's mattress initially seen as a stunt (7)
4. Act about, coming and going (8)
5. Elaborate without being criticized in speech (6)
7. Jot down first scorer in game (5)
8. Let nurse cover bet (8)
9. Wrapped up when camping (6)
16. Persuaded to dive in with leg wound (9)
17. Approve current financial status (8)
18. Student leaves cello case in order to mingle (8)
20. With kingdom comes gold coach (6)
22. 'Stick around, I am heading up river to see Scarlet' (7)
23. Frequently repeated message of crew on upturned craft (6)
24. Expressed humour on drive (6)
26. Gun travelled north and joined side with even numbers (5)

Solution on page 46



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Prevention is better than Cure

Blog by Dr Paul Williams
Chair, West Norfolk Clinical Commissioning Group

Spring seems to have arrived and with it the end of one financial year and the start of the next. The good news is that it now looks likely the CCG will meet its financial target for this year, which is a significant achievement when one considers the scale of the deficit facing us at the end of last financial year.

The next year is a challenging one for us as we have been set a very tight financial target which will require us to save 4.2% of our total allocation, a difficult task. However, the year is also an exciting one.

Recently the NHS Long Term Plan was published; this plan comes with money attached to it and demands that the NHS transforms the way we deliver care. The main planks of the plan, as it affects you, the patient, are that we are moving forward with plans to join up health and social care and that we will be altering the way we provide care so that we are more proactive rather than reactive.

I don't pretend I can summarise the huge document that is the NHS Long Term Plan in a few lines but I do want to single out two things to mention to you; population health management and primary care networks.

In the past, patients would become unwell, consult their doctor and receive treatment or admission to hospital. Clearly, we aren't going to stop treating you when you become unwell, but what we are going to do is to try to intervene to prevent you becoming unwell in the first place.

This isn't just an extension of health promotion advice, such as trying to stop people smoking or encouraging them to take more exercise but, through the use of improved technology, identifying individuals in the population who are at risk of becoming unwell and providing interventions for those individuals to prevent their condition from deteriorating. This is population health management in a nutshell and we have high hopes for it. It is a way to keep you as well as possible at home rather than having an unnecessary admission to hospital.

Anyone who has read any of my previous articles will have heard about the plans for integration of health and social care. This is the fundamental idea behind the Sustainability and Transformation Partnership (STP) and the Integrated Care System (ICS). The ICS has three levels, the lower two being place (West Norfolk) and neighbourhood (groups of GP Practices). These neighbourhood organisations are being called primary care networks and are envisaged as the fundamental building blocks of the ICS. Each network will consist of a group of neighbouring GP Practices, representatives of community nursing, mental health providers, voluntary organisations, social prescribers, secondary care representatives and social services.

By all these organisations sitting around the same virtual table it will allow care to be provided in a more seamless way, with barriers between the various organisations being broken down. With the data being provided by population health management, as described above, these networks of key workers on the ground will be able to intervene to keep our vulnerable patients as well as possible and in their own homes as long as possible.

I have been hearing how we are going to transform the NHS for years and in reality very little has changed on the ground. I think things may be different this year and I really believe the way we provide care will be different this time next year. I don't expect to have reached our final destination by then but I hope we have made substantial strides on the journey.



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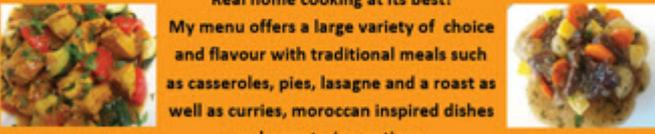
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Alternative Therapies

Spring is springing, birds are singing and the days are longer, hurrah. We have managed to deal with, survive, cope with another winter and can now breathe into the warmth (hopefully) and thought of more sunshine. But now may be a good time to have a look and see at why the winter months get us down. How much of our difficulties are real in this time, or perhaps carried over from a past conditioning; have a look and see.

As a silly example it has taken me two or three winters here to 'real'-ise that winters here are nowhere near as bad as living half way up a mountain, that usually any snow goes quickly and I am not snowed in for two weeks and that my mains water does not freeze at minus 8!. And of course, it is sunnier here and less wall to wall cloud. So why has it taken me that long to re-assess my winter thoughts? We are creatures of habit and brains like grooves; you will all remember records, well our brain recalls these pre-set recordings and reacts accordingly. So time to smash that record and make a new one. This time of what is happening in our life now instead of reacting from our pasts. We can then train ourselves into thinking/reacting in this new pattern, till that one is no longer 'real' and we choose another pathway. So counselling can help to look at the words we use as habit and any traumas not spoken off yet, so they can clear and heal.

Crystals/Reiki/Spiritual healing can help with mind chatter and calm us, as well as being good all-round healing. Homeopathy can help shift those deep fears and phobias and either ancestor or past life traits still affecting us now. Massage/reflexology can help us get into our body (instead of our heads) and reconnect with both life and ourselves. Massage can be as little as arm/legs or back, if it doesn't feel comfortable to go the whole body, and essential oils can be uplifting and beautiful to change your outlook on life. And as Python would say 'life the universe and everything'. Herbs such as cleavers can help cleanse the body; make a tea of them by pouring boiling water over a handful and sip (hot or cold) - if you've over indulged in alcohol then your liver will let you know!

So peel back those winter blues and skip into spring.

As always any questions or further info – Alison.shaman.healer@gmail.com

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Based in Heacham



NEWS FROM HEACHAM FIRE STATION

Hi Everyone

This month I bring you news of someone who will soon be putting her best foot forward to turn her hobby into a fund-raising exercise for a very good cause - The Fire Fighters Charity.

If you've ever seen a lady with blonde hair and wearing pink running around Heacham or Hunstanton in all weathers, it's probably the person I'm referring to!

Karen Richardson has been running all her life, mostly just for pleasure but with the occasional competitive race. One such race is the Grand East Anglian Run or GEAR, a 10 kilometre race held annually around the streets of King's Lynn.

Karen has completed the run a number of times as an individual but this year, on the 5th May, she'll be wearing the red vest of The Fire Fighters Charity and hoping to raise £1,000!

Married to Sandy, one of our crew members, Karen said she was aware of what we do and how important the charity is and so it was an easy decision for her to use something she loves, her running, to raise some money.

The following message from the charity gives an insight into the sort of work it does.

'The Fire Fighters Charity offers specialist lifelong support for members of the UK's fire services community, empowering individuals to achieve mental, physical and social wellbeing throughout their lives. Through the provision of personalised support, tailored to the specific needs of each of our beneficiaries, our expert teams deliver the right support, in the right way, in the right place and at the right time to ensure the best long-term results for

everyone we work with. Whatever their reason for coming to us – whether they are injured, recovering from an illness, suffering from stress or anxiety – we take the time to understand each person's mental, physical and social needs. Thereafter, we work with each of our beneficiaries to design a pathway of support that could include community-based support, further advice and information, a stay at one of our residential centres or a combination of options. The aim, however, is always the same; to help people move forward positively in their lives. To ensure we can do this for over 5,000 people a year and to meet the £8.5m cost of operating our support services, we are dependent on regular donations from fire and rescue service personnel, past and present.'

If you would like to help Karen reach her total and support the work of our charity, you can do so via the 'Just Giving' website. Visit justgiving.com and type Karen Richardson into the search box. There are a few options with that name but only one is standing next to a fire engine..... that's the one to click on!

We wish Karen all the best for the 5th May and I'll let you know how she got on in June's Newsletter.

Until next time, take Care and Stay Safe.



Chris Wood
Heacham Fire
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April is here bringing sunshine and showers

We've put the clocks forward

we have more daylight hours.

The plants are getting stronger

that I've grown from seed,

unfortunately though, so are the weeds

I hope on the first day you were not fooled

the sun may be shining

but the temperature cool.

Remember the saying "Do not cast a clout"

you may still need your thermals

when you venture out.

Do look around there is so much to see.

the woodpecker's making a hole in a tree,

a blue tit is busy in and out of the box,

there are hyacinths, violets, forget-me-nots,

catkins and blossom on hedges and trees,

ladybirds, butterflies and bumble bees.

There is new life and colour everywhere.

do take time to stand and stare

Doreen Reed

www.doreenreedpoet.com

Doreen can be heard on-line @ westnorfolkradio.co.uk
Sun. April 7th - 6pm. Wed. 10th - 2am. & Thurs. 11th.- 3pm

Heacham Yarners

The Heacham Yarners have been very busy over the past few months. We have had tremendous success with our charity knitting especially for the Neonatal Unit at QEH where we knitted a huge 1300 plus items. We have Knitters who can't make the monthly meetings who also contribute hugely. Our current projects include hats for QEH cancer patients and The Salvation Army (Snettisham), to distribute to the homeless or those in need. We are also making lap blankets and hand muffs for Tapping House patients. Ongoing through the year we are knitting shawls for the Breast Cancer Unit at QEH, to keep the shoulders warm for those sat having chemo, letting the ladies know we want to make a difficult time a little bit better.

We move from Old Friends Hall from April and would love to welcome all to our new venue just around the corner on Sunnyside Close at the Freebridge Community Hall. We will be resident here for Spring and Summer and might even have the odd extra session or two. Please join us as usual on the last Monday of every month from 1pm to 3.30pm. We have free patterns, some yarns and needles to get you started. Don't forget to follow us on Facebook 'The Heacham Yarners'.

Finally, we would like to thank the Parish Council and Old Friends Hall Committee for our hall time over the past seven months. This has been a great success and, without the help and encouragement of our community, the project would not have continued.

Many thanks.

Michelle Carter & Karen Eastwood
Group Leaders



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Heacham Youth & Community Trust Ltd.

AGM Report

Another encouraging year. We have as usual supported many groups within the Parish. Over £20,000 has gone to active groups within the Parish, made possible and raised by our wonderful Charity Shop volunteers and your generous donations. Sad to report Neville Gunther has decided that age has wearied him and he retires as a trustee. We welcome Dave Curtis in his stead.

Neville's family were involved, almost from this Charity's formation, with a magnificent donation totalling £110,000 that to the memory of a departed family member to contribute to the then envisaged Community Building. We now designate all our financial help 'Gunther Bequests' to perpetuate that memory.

Mention of donations, you may have heard; two years ago the Trust received a cheque from solicitors in the sum of £90,000 payable to The Youth & Community Association. The money, a fantastic though sadly a bequest, in the will of Mrs Wootton of Woodend Road. Over the years our Charity had been variously described and was incorporated, at our request, by the same solicitors. We returned the cheque to be re-addressed and to our abhorrence and our ignored protestations Judge in Chambers decided the bequest was not for us. As the bequest was for the Community Building Fund we and the Parish Council challenged the decision, successfully, in the High Court. The final cheque from that wonderful, though sad bequest already passed to the Parish Building Fund, Seventy Thousand Pounds and we still have an outstanding account with our solicitor of £1800. The Trust will continue to challenge this disgustingly, unnecessary loss of £20,000 as expression of our grateful thanks to Mrs Wootton's wonderful bequest.

During the year we have replaced the dilapidated sectional garage with a new timber sorting/storage facility. Any suggestions as to who might cut the ribbon at an opening ceremony for it and the conservatory?

The Trust finally accepts, democracy has spoken, the proposed community building will be an expensive rebuild of 'a building of architectural merit!!!' The benefit of economic new build and even more the loss of the large village square with so many social advantages now gone. The Charity Shop, house and garden are to be retained as the proposed development compromises our original decision.

A final paragraph on finances, our accounts, available to view on request indicate over £100,000 in our bank and building society accounts and of all monies raised none is paid in wages, salaries or personal expenses.

Our Charity Shop colleagues and the Trustees look forward to seeing you at the shop as customer or with donations or to buy an Easter raffle ticket for a beautiful bunny prize.

Mike Jennings
On behalf of the Trustees

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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

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

HEACHAM YOUTH CENTRE every Tuesday 6.30-8.30pm at Church Hall, 17 High St
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 defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)
FOOTBALL Under 9's 6-7pm Contact Sam 07803790402 (HSC) playing fields
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)
LINE DANCING 7 - 9pm Improver/Intermediate £3.50 Contact Diane 571166 (SM)
BINGO 7.30pm Neville Court Grouped Home
HEACHAM TWINNING ASSOCIATION 2nd Wednesday monthly at 7pm New members welcome Tel: 579465. (PC)
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)
WEST NORFOLK SINGERS 7.30-9pm For info Tel: 541851 Peter Gray www.westnorfolksingers.org.uk/ (MC)
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5 welcome £1 entry pp Cash Prize & Cash Snowball (HSC)
CAR BOOT SALES 7am – 12noon (Gates open 6.30am for Booters) Weather permitting April-Sept (HSC) Sports Field
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 5th April GIG 'JAM night with DNA' 8.30pm at The Fox and Hounds, Station Rd
Tuesday 9th April GIG '4 Geezers (Bron's Birthday Bash) 8.30pm at The Fox and Hounds Station Rd
Wednesday 10th April 'Coffee Morning and More' 10am – 12noon at Old Friends Hall, Sunnyside. All welcome.
 *** 'Knitting Group' Fridhem Rest Home. Call for details
Thursday 11th April 'Norfolk Knitters' at Cunningham Court, Station Road 2-4pm
Friday 12th April GIG 'Crossing The Tracks' 8.30pm at The Fox and Hounds, Station Rd
Saturday 13th April 'Heacham Heritage Coffee Morning' 10am to 1pm at The Public Hall Further information 01485 572660

Wednesday 17th April 'Lorraine's Prize Bingo, in the Club 1.30pm at Social Club, Station Road

Thursday 18th April 'Norfolk Knitters' Cunningham Court, Station Road 2-4pm

Friday 19th April 'Easter Fun Quiz' 8.30pm at West Norfolk Pub

*** 'Easter Draw in Club' 7.30pm at The Social Club, Station Rd

Saturday 20th April 'Easter Fete' 2-4pm at Fridhem Rest Home, Station Rd

Sunday 21st April GIG 'Jessie's Ghost' 8.30pm at The Fox and Hounds, Station Rd

*** 'Craft Fair in the Hall' 10am-4pm at The Social Club, Station Rd

*** 'Easter Bonnet Competition in Club with Egg Hunt' 3pm at The Social Club, Station Rd

Wednesday 24th April 'RBL Meeting' 7.30pm at The Fox and Hounds, Station Rd

Monday 29th April 'The Heacham Yarners' Charity knitting projects supporting QEH neonatal, cancer units and Tapping House Hospice 1pm – 3.30pm NEW LOCATION at Freebridge Community Hall, Sunnyside Close. £1 donation.

Thursday 25th April 'Norfolk Knitters' Cunningham Court, Station Road 2-4pm

Friday 26th April GIG 'Dead Horse' 8.30pm at The Fox and Hounds

Saturday 27th April 'Comedy Night in the Hall' tickets £7 at The Social Club, Station Rd

Tuesday 30th April GIG 'John's Blues' 8.30pm at The Fox and Hounds, Station Rd

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OTHER EVENTS

Friday 5th April AGM Followed by music by 'Dean Alexander' 7.30pm at United Services Club, Homefields Rd, Hunstanton

Saturday 6th April Dancing to 'Carolanne' 8.30pm at United Services Club, Homefields Rd, Hunstanton

Monday 8th April The Arts Society North West Norfolk lecture 'The History of Glass' 2pm at Sedgeford Village Hall, To book all 01485 570755

Tuesday 9th April 'Brancaster Camera Club – An Evening With Birds' 7.30pm at Brancaster Staithe Village Hall. £3, call 01485 210013

Tuesday 9th April 'Coffee, brandy and a scone' 10am – 12noon at Hunstanton Conservative Club. £1.50

Wednesday 10th April The Village Cinema Presents 'The Old Man and the Gun' at Snettisham Memorial Hall 7pm screening, doors 6.30pm. £5 on the door

Friday 12th April 'Quiz Night' 8.30pm at United Services Club, Homefields Rd, Hunstanton. £3pp plus food

*** Anmer Social Club Film Night 'Stan and Ollie' 8pm start, doors and bar 7.30pm, at Anmer Village Social Club. £3

Saturday 13th April Dancing to 'Lawrie Haley Duo' 8.30pm at United Services Club, Homefields Rd, Hunstanton

*** Dersingham Scout and Guide HQ 'Grand Sale' 9am – 12noon at St.Nichola's Church, Dersingham

Monday 15th April 'Hunstanton U3A Meeting' 2pm at Hunstanton Community Hall. Talk about Life and Work of William Whiffin – Photographer

Tuesday 16th April 'Life Made Easier – Disability information open day' 10am – 2pm at Hunstanton Library

Friday 19th April Dancing to 'Just Us' 8.30pm at United Services Club, Homefields Rd, Hunstanton

*** **19th – 22nd April** Snettisham Art Group 'Arts and Crafts Show at Easter' 10am – 5.30pm at British Legion Hall, Church Rd, Snettisham. Free entry

Saturday 20th April Dancing to 'Borderline' 8.30pm at United Services Club, Homefields Rd, Hunstanton

*** 'Dancing to Steve Perry' at Hunstanton Conservative Club

Sunday 21st and Monday 22nd April The Royal Air Force at Bircham Newton - Exhibition of photographs and personal memories 2-4pm at The National Construction College, PE31 6RH. Free entry

Thursday 25th April Norfolk Wildlife Trust 'Talk about The Badger' 7.30pm at Hunstanton Methodist Church. £2.50 members, £3 non-members

Friday 26th April Entertainment with 'Lesley' 8.30pm at United Services Club, Homefields Rd, Hunstanton

Friday 26th to Sunday 28th April 'An Exhibition of Norfolk Landscape Paintings' 10am – 5pm at Ringstead Village Hall.

Saturday 27th April Dancing to 'Chandlers Green' 8.30pm at United Services Club, Homefields Rd, Hunstanton

*** 'King's Lynn Ukulele Club Concert' 7pm at St.Edmund's Church, Hunstanton. £5 at the door inc refreshments

*** 'Lunchtime Recital – A Trip Down Memory Lane' 12noon at St.Mary's Church, Snettisham

*** Syderstone Village Cinema Presents 'Widows(15)' 7.30pm start at Amy Robsart Village Hall, PE31 8SD. £3.50

Tuesday 30th April Brancaster Camera Club 'Mono Print Competition – Shadows +2' 7.30pm at Brancaster Staithe Village Hall. £3, call 01485 210013

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

50/50 TEA DANCE 2 – 4pm at Hunstanton Community Centre, Avenue Rd. £4 inc refreshments. 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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Old Friends Hall Art Show

The Old Friends Hall on Sunnyside, off Caley Street, Heacham, PE31 7DU will be holding its Seventh Annual Art Show during the Bank Holiday weekend of Saturday and Sunday 25-26 May. To enter, Exhibitors have until 17 May to complete a registration form, which is available from the Parish Office (Tel 01485 572142) or by contacting the telephone number below. Exhibiting is free as is entrance to the Hall. Car parking is also available thanks once again to the Scouts who are allowing us to utilise their facilities.

This year our bucket collection will be donated to 'Healing Heart', a local charity which the committee feels is a very worthy cause.

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. So, no matter if you are a regular exhibitor or a first timer, we are a non-judgemental organisation providing a space for you to display your items. This is your opportunity to show your talents to a wide and very appreciative audience. We hope to see you all there soon.

Above is another view of last year's display.

Roger Drinkwater (Tel 01485 571659)
Old Friends Hall Committee

Sallywags Parent, Baby & Toddler Group

Wishing Heacham Newsletter staff and readers Spring sunshine and a very Happy Easter from Sallywags Parent Baby & Toddler Group. As I write in March the days are noticeably lengthening, blossoms and buds are appearing, daffodils have braved the winds and I hear the birds again - Spring Spring Spring! Hope you like these daffodil paintings by some of our little artists, left behind at the scout hut to dry! Aren't they great?!



Thanks to all our big and little helpers on a Wednesday morning and a huge thank you to Ivan and Maureen Wolfe of Wolfy's Photography for a wonderful £113.60 donation to Sallywags! What

a lovely surprise and a super boost for the group. Sallywags families look forward to seeing you both again at the photo session in the Autumn and may we wish you a very enjoyable 'semi-retirement'. xxx

Sallywags Parent Baby & Toddler Group meets every term time Wednesday at the Scout Hut in Sunnyside - 9.30-11am - a not-for-profit community group, we ask £2 per family to cover rent, refreshment and resources. Pop by when you can for a play; love to meet you and your little ones! For further info please text/call Jo on 07521 447284.



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A Message from Norfolk Fire & Rescue Service

Did you know...

That for a fire engine to get through, the gap needed between parked cars is about 3 metres?

Recently your local crew at Heacham Fire Station have had a situation where the gap was not wide enough.

We are asking all of you to be extra vigilant with your parking to ensure that, when you need us, we can get to you quickly!

We'd just like to reassure all of you that if we were attending an incident, where there was a life risk, we would get through somehow, either by "bumping" a vehicle (we get out of the truck and manually bounce the vehicle), by attempting another route (or sending the next fire engine via another route) or by running hose down the road (or just running down the road!!!!). We will always do everything we can to get to you as quickly as we can BUT badly parked cars WILL slow us down.

Every second can count in a serious incident.



Photo: An example of how a fire appliance can be delayed on its way to an incident'

If you're interested in our work, what we've been up to, how to join us or want to get in touch do find us on facebook

(<https://www.facebook.com/NFRSPage>) or twitter (<https://twitter.com/Norfolkfire>).

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The Pocahontas Players proudly presents...

EVOLUTION EXPRESS-JUDGEMENT DAY

(Concept by Dave Curtis. Script writer Jimma Race)

The group are working very hard on their weekly rehearsals for this. The production is to be so different to anything that they have done before. There are super well-known songs from the 1950s to the present day. Lots to sing along with, clap or tap your feet to.

The year is 2035 and the world wants to ban Petrol Cars in favour of The Electric Car. With 9 cast members dressed as cars on Roller Skates. Will the Global Power Council pass judgement over Petrol or Electric?

DATES - Friday 31st May 7.30pm with 2 performances on Saturday June 1st (2pm and 7.30pm). It will be restricted seating, using only the raised seating for all performances, with one row set aside on each performance, for the disabled.

Tickets are going fast! So please see the Poster within the Newsletter for ticket details and phone numbers.

Thank you.

From Heacham Pocahontas Players Drama Group

The Pocahontas Players
Present
EVOLUTION EXPRESS
Judgement Day



THE MUSICAL

The year is 2035 and the world wants to ban Petrol Cars in favour of Electric Cars but the Custom Cars have gone to the Global power Council to fight for their lives. This production has 18 great Songs from the 50s to the present day and lots of well written dialogue and Roller Skaters to add to the spectacle !!

Concept - Dave Curtis
Script - Jim Race & Dave Curtis
TICKETS £10.00 each
Phone Janice 01485 570402
Jim 01485 571267
Hunstanton Tourist Information 01485 532610
Heacham Public Hall PE31 7HG
May 31st 7.30pm / June 1st 2 pm & 7.30pm 2019

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Another recipe from The Prudent Pensioner

Most recipes use vinegar when cooking

Red Cabbage - I prefer it without.

Ingredients for 2 generous portions

Approx. 140g/5oz. of red cabbage
1 shallot or small onion
1 medium size cooking apple (Bramley or similar)

1 tablespoon of soft brown sugar
25g/1 oz. sultanas
Knob of butter about size of a walnut

Remove and discard outside leaves and base of cabbage, cut the rest finely and soak for a few minutes in a bowl of lightly salted cold water.

Peel and slice shallot.

Peel, core and slice apple.

Put butter in a saucepan over a low to medium heat, add shallot and stir, add sultanas, apple slices and sugar, stir to mix well. Strain water off cabbage, rinse well in cold water and add to saucepan, stir well, cover and leave gently simmering, stirring frequently, adding a little water if necessary, until cabbage and apples are soft; this will take about 15- 20 minutes. It is then ready to serve.

It is nice served hot with pork steaks, roast pork or pork sausages and nice cold with bread and cheese and cheese flans. I made this for £1.10p i.e. 55p 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

Heacham History Group

January: The January meeting was prepared and led by Mavis and John Windibank. We followed a different format to our normal meeting with everyone sitting on tables of 4 or 6 with light refreshments, tea and coffee. We had three quizzes, a general knowledge, a set of anagrams of Heacham street names and a "where in Heacham is it?" picture quiz. These led to great discussions and pleas for "just a bit more time please". These were followed by a presentation by Mavis of old postcards of Heacham with photographs of how the location looks now and a brief history of the building. One thing that stood out for me was the difference in the number of cars in the pictures. Our modern streets abound with cars while in pictures past, there are none or maybe just one. It was a very amusing evening and everyone said how much they enjoyed it. I think it could become a regular event for our post Christmas meeting. So if you are driving around Heacham and come across a man standing in the middle of the road with a camera, it will be John concentrating on getting his photograph from exactly the same position as the photographer of a hundred years ago. Please don't run over him.

Heacham History Group Projects: The group is working on several projects at the moment. Two of them are "The Heacham Declaration" and Heacham Parish Registers.

Linda Nudds is working with Ian Duckett on the Heacham Declaration, building on the research done by Dr John Weston Wells and Tom Sayers in 1991. This declaration is probably one of the earliest indications of the beginnings of the Trade Union Movement. It is generally accepted that 18th and 19th century agricultural workers were poorly paid and exploited, relying on seasonal piecework. Yet this vulnerable section of society had the courage or desperation to join together and suggest a way for them to be able to feed their families and keep their dignity. Who were these labourers and what were their circumstances? Some of the surnames on the list of 110 men are still to be found in the village today. Maybe they are ancestors of current residents of Heacham. The parish registers can help us to find out about them.

Copying the Parish Registers of Heacham is another ongoing project. Initially from 1558 to 1812, they will be transcribed and then can be used by anyone wanting to research their family tree or to look at the history of the village and its people.

In 1795 George Melton was one of the Heacham men who signed the Declaration. The parish registers show him being buried 15th October 1850, age 91. So when he signed he was 36. He probably had a wife and children to feed, further research will tell us. As a day labourer he would have worked and been paid by the day. He wouldn't have a tied cottage and the rent of his dwelling would have been the first call on his sporadic wages, what was left over would have had to feed his family.



More on George later.

Next month we will have a report of March's talk by Stephen Pope on Village Craftsmen.

Linda Nudds



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around & about...

ANMER VILLAGE SOCIAL CLUB

FILM NIGHT

Friday 12th April 2019 at 8.00pm

'STAN AND OLLIE'

Starring Steve Coogan and John C. Reilly in the true story in which Laurel and Hardy, the world's most famous comedy duo, attempt to re-ignite their film careers as they embark on what becomes their swan song - a gruelling theatre tour of post-war Britain.

Venue – Anmer Village Social Club

Admission by ticket - £3 at the door

Doors and bar open 7.30pm

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STAN & OLLIE

THE UNTOLD STORY OF THE WORLD'S GREATEST COMEDY TEAM

ANMER SOCIAL CLUB

FRIDAY 12TH APRIL 2019

Film starts at 8.00 p.m.

Doors open 7.30 p.m. Admission - £3 on the night

For further details email: films@anmerclub.co.uk or telephone 01485 579465 or visit our website on:- www.anmerclub.co.uk

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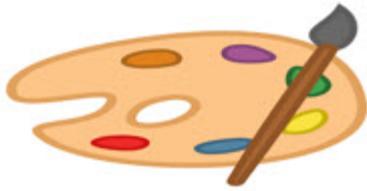
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Snettisham Art Group



Art and Crafts Show at Easter

Friday 19th April until
Monday 22nd April

British Legion Hall, Church Road,
Snettisham

Open from 10.00am to 5.30pm
each day.

Free entry.

Donations for British Legion welcome

Hunstanton Conservative Club

Entertainment for April 2019

Tuesday 9th April - Coffee, Brandy and a Scone for £1.50
from 10am - 12noon.

Saturday 20th April - Dancing to Steve Perry. Bangers and
Mash will be served.

Eileen Hamilton
Chairman

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The West Norfolk Members Group
invites you to:

an illustrated talk:

The Badger: Ecosystem Diversifier

by Will Fitch

Thursday 25th April - 7.30pm

Venue: Hunstanton Methodist Church Hall, Austin Street.

Cost: £2.50 members / £3.00 visitors.



Robert Redford in *The Old Man and the Gun*
The Village Cinema in Snettisham at
The Memorial Hall on Wednesday April 10th

Bar and Doors open and 6.30pm for 7pm screening.
Ticket on door: £5.00



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**Return of brilliant young performer
to
St Mary's Snettisham**

Korean-born British violinist Joo Yeon Sir has performed at world-class venues and acquired a string of coveted prizes, including The Arts Club–Sir Karl Jenkins Classical Music Award. Described by The Strad as ‘exuberant, feline and seductive, rattling off the fiendish cadenza with bravura and oodles of personality’ for a Wigmore Hall recital, Joo Yeon is also a composer and former BBC/Guardian Young Composer of the Year winner.

Joo Yeon returns to play at St Mary’s church in Snettisham on May 3rd at 7pm with her Russian accompanist Irina Andrievsky. No one can forget the impressive performance they gave in 2018 and The Friends of St Mary’s are delighted to be welcoming Joo Yeon and Irina back in 2019.

Tickets for this concert at £15.00 each are available from The Corn Exchange in King’s Lynn, The Grapes Gallery in Snettisham or available to book online at www.thefriendsofstmarys.co.uk.

More details on the website or ring Marian on 01328 738183.




**Joo Yeon Sir (violin)
and
Irina Andrievsky (piano)**

**St Mary's Church
Snettisham
Friday May 3rd at 7pm**

Tickets £15 from The Corn Exchange
King's Lynn or The Grapes Gallery Snettisham
or book online at
www.thefriendsofstmarys.co.uk



St Mary's Church Snettisham

**Lunch time recital
on Saturday April 27th at 12 noon**

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

“A trip down memory lane”

No admission charge. Retiring collection. Simple lunch provided.





Our next lecture - 8 April

Through a glass darkly: a history of glass
through the eyes of the artist.

This lecture explores the way in which artists over the centuries have included transparent glass objects in their paintings.



2.00pm Sedgeford Village Hall

Visitors most welcome

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Presents:

On Saturday 27th April 2019

WIDOWS (15)

This is the story of four women with nothing in common except a debt left behind by their dead husbands' criminal activities. Set in contemporary Chicago, amid a time of turmoil, tensions build when Veronica (Viola Davis), Alice (Elizabeth Debicki), Linda (Michelle Rodriguez) and Belle (Cynthia Erivo) take their fate into their own hands and conspire to forge a future on their own terms.

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

Brancaster Camera Club

Tuesday 9th April 2019

'An evening with Birds'

David Osborn FRPS EFIAP

www.davidosbornphotography.co.uk

Visitors welcome, as always.

Tuesday 30th April 2019

Mono print competition 'Shadows' + 2

Judge to be arranged.

We welcome visitors to our club evenings which are held in Brancaster Staithe Village Hall at 7.30pm. Entrance is £3 to incl. refreshments. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725.

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.

There will be the annual plant sale and coffee morning in May, please note that this will be on **Saturday 4th May** in the village hall from 10am till midday.

On Thursday 6th June, Steve Collin from the Norfolk Wildlife Trust will be speaking about Ancient Woodlands.

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

All welcome

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Hospice Golf Day at King's Lynn



(Golf Team 2018)

The Norfolk Hospice, Tapping House, is looking for avid golfers to play at their annual charity Golf Day on Friday 12th July at King's Lynn Golf Club. King's Lynn Golf Club is an 18 hole course designed by Dave Thomas and Peter Alliss. Each hole is unique with undulating natural tree lined fairways of silver birch and fir; it is considered one of the finest inland courses in England.

The Hospice is currently recruiting teams of four players to play on the day, with the standard entry fee being £200 per team (£50 per person), including a two course buffet meal on completion of the course. We also have many fantastic Sponsorship Packages available to local businesses. The day will begin with a shotgun start at 2pm, this means that all teams will finish together. All players will automatically be entered into the straightest drive and nearest pin competition to win some fantastic golf prizes! There will also be an opportunity to take home some great prizes in the silent auction and raffle.

Jessica Walker, Community Fundraiser at The Norfolk Hospice, said "The golf day is now one of our biggest events in our fundraising calendar. Last year's Golf Day was fantastic; it was a great day and the golfers had a wonderful time. We are looking forward to another great day of golf this year".

To register your team or to find out about sponsorship packages, please visit The Norfolk Hospice website at www.norfolkhospice.org.uk or call the Fundraising Team on 01485 601701.



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King's Lynn Festival Chorus in Verdi's Requiem

King's Lynn Festival Chorus (KLFC) was one of Classic FM's Christmas Carol Competition winners last year. On the back of that success, and our Christmas concert in King's Lynn Minster, we are now looking forward to taking part in a concert in Ely; performing one of the all-time greats of the choral repertoire.

Verdi nearly did not write his Requiem; as he told a friend: "there are so many, many masses for the dead. It would be pointless to add one more". But Verdi was inspired to compose the mass upon the death of his friend, Alessandro Manzoni, who shared many of Verdi's political ideals.

As one who composed mainly dramatic operas, Verdi's Requiem has sometimes been described as 'an opera in church vestments'. Once heard who can forget the spine-tingling Dies Irae (Days of Wrath) that even made it as a backing track to advertisements? High drama is balanced with tenderness, intercession, pleading and supplication. Interestingly, the last movement, 'Libera me', is a re-worked version of Verdi's homage to Rossini whose work, Petite Messe Solennelle, we performed in February this year. Like all dramatic compositions there are brilliant melodies throughout the work, as well as wondrous supporting music from the orchestra.

This is a performance not to be missed, so come and listen in the suitably cavernous, awe-inspiring Ely Cathedral. Tickets (with some concessions) are available from Ely Cathedral Box Office – see the poster for details.



Ely Sinfonia presents

Verdi's REQUIEM

Ely Cathedral

Saturday 4th May 2019 | 7.30pm

Aoife O'Connell	Soprano
Freya Jacklin	Mezzo-soprano
Michael Solomon Williams	Tenor
Laurence Williams	Bass

with the King's Lynn Festival Chorus and Ely Sinfonia
Conductor: Steve Bingham

Tickets:	Available from:
£25 (premium)	Ely Cathedral Box Office
£20/£15 (reserved)	Tel: 01353 660349
£8 (unreserved)	Email: box.office@elycathedral.org
Concessions £15 in £20 seats	www.elycathedral.org/events

 www.elysinfonia.co.uk

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WEST NORFOLK LIBRARIES EVENTS HUNSTANTON LIBRARY

April 2019

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

NEW

Life Made Easier Event - Tuesday - 16th April 10am – 2pm
Come along and meet several organisations that could make your life easier. Wiltshire Farm Foods, Careline, Wellbeing with Sam, Dignity Funeral Directors, Shaw Trust, NNAB, Dementia Awareness will be there and more. This event has been very kindly organised by the Hunstanton Library Friends. Further information please call 01485 532280 or email helen.senior@norfolk.gov.uk.

EASTER HOLIDAY ACTIVITIES

Stay and Play - Tuesday 9th & 16th April 10.30am
Drop in and have fun with a selection of games, toys and colouring available for children and their parents or carers to enjoy together. Stay and Play is a self-serve activity held every Tuesday morning 10.30am. Tea and coffee available

Easter Holiday Story Time - Wednesday 10th April 10:30am
Come and enjoy listening to our favourite stories and some new ones too; colouring and paper crafting afterwards. No need to book

Easter Mini Movers Wednesday - 17th April 2:30pm
Join us in this active singing session with the Sticky Kids cd, scarves, bubbles and parachute. From 3 years of age upwards. Wear comfortable clothes and bring something to drink. Booking essential

Bored Games with In Good Company every Saturday 10am.
Come and enjoy cards, slips and ladders, bingo, tiddlywinks and jigsaws. For all ages. Refreshments provided, donations welcome.

REGULAR EVENTS

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.

IT help session - every Wednesday 4:45-6:45pm (Booking essential)
Want help to learn ICT basics, get help with emails and other online facilities or familiarise yourself with a new device? Then why not book in for a 1hour session with our volunteer to get you started.

Hunstanton Book Club – Monday 8th April 2:30pm
New members always welcome. Ask staff for details of the books being discussed. Refreshments provided, donations are welcome.

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.

Walk and Talk group - Tuesday 9th April 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 11th April 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 8th and 22nd April 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.

Who Dunit? - Wednesday 17th April 5:30pm
Come and join the new crime book club, held on the third Wednesday of the month at 5.30pm

Friends of the Library meeting - Wednesday 24th April 5pm
We meet every 4th Wednesday of the month to organise events and activities for Hunstanton library, come along and join us.

Crochet Along - Mondays 1st and 15th April 10:30am – 12noon
Come along and crochet, share tips and ideas, with the experienced, novices welcome too. Refreshments provided, donations are welcome

Quiet Time - Wednesday 10th April 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 24th April 5pm – 6pm
Come along and learn about coding, have fun and share your skills with others.

Journaling for Wellbeing - Friday 26th April 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 on Friday 26th April and create the next month's section. Refreshments provided.

LILY Advice Desk - Friday 26th April 10am
Come along and have a chat with Lynda who is there to help and advice on Living Independently.
You can also follow library events on Facebook at:
www.facebook.com/LynnLibraries - for Lynn, Dersingham and Hunstanton Libraries.



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- Not All Disabilities are Visible

Hunstanton Library
Tuesday 16th April, 10am - 2pm



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Norfolk County Council

October 2019, including Trusts, non-corporate Not for Profit organisations, and Annual Accounting Scheme users).

If you are one of nearly two thirds of businesses who believe that tax digitalisation is a good idea but need more support ahead of MTD for VAT coming into force, read on.

From 1 April, most VAT registered businesses above the threshold will have to keep digital records and submit their VAT Returns using MTD compatible software.

“Functional compatible software” will either take the form of a market leading product such as Sage, Quickbooks, Xero, or other specialist accounting package, or, be bridging software that can be used in conjunction with spreadsheet accounting records by those who wish to continue to maintain their records in such manner.

With an accounting package it will be important to check that the version that you are using is MTD compliant.

With spreadsheets you will need to ensure that your templates are formatted in the correct manner and have established digital links, and you will need to choose the bridging software that you plan to use. Unfortunately, HM Revenue & Customs will not be producing free software to help businesses make their reports but there are a number of products at a range of prices and functionality available from commercial developers. All of them are new to the market and hence time will tell which can be recommended.

Please do remain aware that in order to file your first MTDfVAT Return you will need to formally register for MTD ahead of time. This is an extremely important point, as **there is a strict time period within which you can make your application**, which itself can only be processed once your final non-MTD VAT Return has been filed. You can access the HM Revenue & Customs Step by Step Sign up guide via <https://www.gov.uk/guidance/sign-up-for-making-tax-digital-for-vat>

In general terms we would suggest that you **make your application as early as possible within your MTD sign-up period**. Special care will also need to be taken by those who pay their VAT by Direct Debit as this cuts down the span of the time period available to you in which to register.

Although we consider that migration to a Cloud-based accounting software package will be the best route to take for most businesses, both in terms of ensuring compliance with the MTD regulations generally, and future proofing themselves, for some, spreadsheets and bridging software will be the only practical solution for the time-being.

MTD is new territory for business, accountants and HM Revenue & Customs alike. Hence, we advise you to prepare yourself as early as possible in order to avoid that last minute rush, and ensure your own smooth path to adoption of the new system.

If you need any help with the whole process, whether choosing new software, tailoring your spreadsheets or registering for MTD, please contact Kate or her assistant Ryan Fisher FMAAT 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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“LET’S GET DIGITAL” AND GET MTDfVAT COMPLIANT

By Kathryn Gigg Chartered Accountants, Hunstanton

Like it or not, and despite Brexit, the HM Revenue & Customs Making Tax Digital regime for VAT is due to be implemented on 1 April 2019 for all VAT Registered entities with a turnover in excess of £85000 (other than those to whom the Revenue has written who will not need to register until 1

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Hunstanton Inner Wheel Club – Inner Wheel Concert

We are holding a charity concert in aid of Asperger East Anglia, The Magpie Riding Centre Riding for the disabled, Jessie's Fund, Music Helping Children, and local charities.

It will be held on May 8th 7.30pm at The Hunstanton Town Hall. Tickets cost £5.00 which includes beverages. Entertainment provided by local talent: The Smithdon School Choir; Nathaniel Linsell piano; The West Norfolk Singers; Neil Reeve acoustic guitar and vocals; Economy Duo, Hunstanton Rotarians.

TICKETS available from, June Sexton, 23 Southmoor Drive, Heacham, PE31 7BW.

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Hazel Evans
 (President of Hunstanton Inner Wheel)



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Entertainment for the month of April 2019

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 Sat Apr 6th – 8.30pm: Dancing to ‘Carolanne’
 Fri Apr 12th – 8.30pm: Quiz Night £3per person plus Food.
 Sat Apr 13th – 8.30pm: Dancing to ‘Lawrie Haley Duo’
 Fri Apr 19th – 8.30pm: Dancing to ‘Just Us’
 Sat Apr 20th – 8.30pm: Dancing to ‘Borderline’
 Fri Apr 26th – 8.30pm: Entertainment with ‘Lesley’
 Sat Apr 27th – 8.30pm: Dancing to ‘Chandlers Green’

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WHAT'S ON IN APRIL 2019

- Wednesday 17th April Lorraine's Prize Bingo in Club Starts 1.30pm
 Friday 19th April Easter Draw in Club at 7.30pm
 Sunday 21st April Craft Fair in Hall 10am -4pm
 Sunday 21st April In Club Easter Bonnet Competition
 Easter Egg Hunt 3pm
 Sunday 21st April In Club Steve Perry 8.30pm
 Saturday 27th April In Hall Comedy Night. £7 Tickets
 from Club
 Every Monday Table Tennis League Matches in Hall 7pm
 Every Friday Bingo in the Hall 7pm...All Welcome
 Every Thursday Judo in the Hall
All Welcome

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12 noon - 4.00 pm

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One plate one visit

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Unveiling of Searles Golf Defibrillator

Sunday 24th February saw the official unveiling of the Searles Golf club Defibrillator by Teresa Hills., Lady Captain and Paul Searles, Managing Director. Teresa, together with members of the club, gained great support for the project with a sponsored 100-hole and a Texas Scramble competition; in just 8 weeks she was able to raise £1,600 towards the externally mounted cabinet and defibrillator. Teresa, who has a holiday home at Searles Leisure Resort, was given a lovely surprise on owners' night when, not only did she and her husband Rob win a prize for best garden on site, but Andrew Searle, Operations Director, announced that Searles would be donating £1,000 to the fund, making up the final total of £2,600 raised.

Teresa Hills said, "I know that I have been the driving force behind this project, but without all of our members and the golf staff's behind the scenes work, this would never have happened and for this I would like to thank you all from the bottom of my heart. It is very important to have access to this vital piece of equipment 24 hours a day".

Searles Leisure Resorts Charity for this year is the British Heart Foundation. Paul Searle said "the company were very happy to donate £1,000 towards this very worthwhile cause. We now have 3 defibrillators on site, one at Searles reception, one at Heacham Manor Hotel reception and one that is accessible 24 hours a day at Searles Golf Club and Fountain bar. No one wants to think about having to use this machinery but if we have this defibrillator and it means that just one life could be saved, it would be worth every penny."

The cabinet is also supported by The Community Heartbeat Trust who have linked it directly to the 999 service. One call to 999 and they will talk any one in need of using the machine through the process step by step as does the machine itself.

Keeping active is a great way to keep healthy. England Golf have been working with the NHS, showing that golf's gentle exercise and the social aspect can really boost your health.

Picture: Left Teresa Hills & Right Paul Searle



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Voucher must be presented on arrival. 1 voucher per table. Voucher is subject to availability in the restaurant and cannot be used in conjunction with any other offer. Voucher is valid throughout April excluding 21st April (Easter Sunday).
Advance booking recommended.

HEACHAM MANOR HOTEL, HUNSTANTON ROAD, HEACHAM, NORFOLK PE31 7JX

New Creative Writing in Hunstanton

Are you passionate about the environment? Sick to death of seeing plastic waste destroying our seas and harming our wildlife - and want to write about it?

Here's a chance to do a day of creative writing in both poetry and prose on this very subject.

The Hunstanton & District Festival of Arts is sponsoring a Creative Writing Eco Day with tutor Sue Burge.

Sue says, "Together we will examine how to write fresh and original poetry and short fiction on the subject of the environment. There will be a range of innovative exercises to stimulate creativity and we will explore poems and short stories by contemporary writers to inform and develop your own writing practices."

This one- day course is on Wednesday May 8th 2019, and places are limited.

The venue is No 21 The Green, a new eatery overlooking the Green with splendid views of the Wash. The day will run from 10.30 till 4.30 with an hour for lunch.

It will cost just £20.00 to include a soup and sandwich lunch.

There are just 15 places available so early booking is advised. Contact Ann McKimm for the HDFFA on 01485 533933 or email ann_mckimm@hotmail.com to reserve your place.

This course is part of the Festival Three by the Sea Festival of Arts which runs annually in Hunstanton from May till September.

Ann McKimm

West Norfolk & King's Lynn Girls Schools Trust

Do you wish to undertake an educational activity but lack the money to do it?

We may be able to help you.

This educational Trust was set up in 1983 to administer the funds and assets of the West Norfolk and King's Lynn High School for Girls 1887-1979.

The aim of the trust is to help girls and young women over the age of 11 further their education and training. Financial assistance can be awarded for a range of purposes. These may include:-

- professional and vocational training
- an educational activity
- study at home or abroad
- training in music, sport or the creative arts
- the provision of essential books or equipment
- course fees

Applicants can apply to the trust if you live, or have parents living, in the area of benefit which can be found on our website.

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Royal Air Force Bircham Newton Heritage Centre



The Heritage Centre at Bircham Newton has a unique collection of memorabilia from the former Royal Air Force station's past service, which spanned more than 44 years, including two world wars and the Cold War. On display are photographs and personal memories of

servicemen who served there and other related items from its fascinating history. The Centre is manned and run entirely by volunteers, many of whom are ex-servicemen or children of service personnel. Close by there are two stone memorials to remember those who served at Bircham Newton and its main satellite airfield near Docketing..

2019's schedule of Heritage Centre openings are:-

- Easter Sunday** 21st April & Monday 22nd April.
- Early May Bank Holiday Weekend** Sunday 5th & Monday 6th May.
- Spring Bank Holiday Weekend** Sunday 26th & Monday 27th May.
- Sunday 16th June.**
- Last Sunday in June** - 30th June.
- Sunday 14th July.**
- Last Sunday in July** – 28th July.
- Summer Bank Holiday Weekend** Sunday 25th & Monday 26th August.
- Last Sunday in September** – 29th September.
- Last Sunday in October** - 27th October.
- Remembrance Sunday** - 10th November

Opening times are from 10am to 4pm
Entrance is FREE
Disabled access and toilet facilities are provided.
More details can be obtained from the Heritage Centre website www.rafbnmp.org.uk

**Venue:- The National Construction College
Bircham Newton NW Norfolk PE31 6RH
NCC is signposted off the A148 and B1454
Contact David Jacklin Tel. 01379 741884 e-mail:
david.jacklin@outlook.com
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King's Lynn Ukulele Club
King's Lynn Ukulele Club Concert
St. Edmund's Church, Hunstanton
Saturday, 27th April 2019
at 7.00pm.

Admission £5.00 at the Door.

King's Lynn Ukulele Club – otherwise known as KLUC – was the first ukulele group to form in West Norfolk. All its members are highly enthusiastic and pride themselves in being innovative, showcasing exactly what the ukulele can offer, by performing song styles, from all genres and all decades up to the present day, whilst embracing the challenge of raising money for charity.

KLUC is now run by Diane Shortland, with founder Keith Sharples as Musical Director. With her unwavering enthusiasm, KLUC has developed into a club that is suitable for ALL age groups, who take great delight in playing styles of music, that one would never normally expect to hear being played on the ukulele. Audiences are also kept on their toes by guest appearances of other instruments - an awesome washboard, a mandolin, a tuba and a double bass This approach has gone down a storm with KLUC's audiences. Lots of smiles and laughter simply add to the fun!



Saturday, 27th April 2019

at 7.00pm

King's Lynn
Ukulele Club



Concert



at

St. Edmund's Church,

Hunstanton

Entry: £5.00 at the Door

Refreshments included



Proceeds in aid of the
Restoration of St. Edmund's Church building

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Frank Roderick Hutchings 'Rod'



Rod very sadly passed away on 11 February this year and, with the permission of his family, below are two Eulogies, one by his daughter Jo and the other by his sister Yvonne, which were read out at his funeral.

Eulogy by Jo

Rod met Jenny in the late 60s. They married soon afterwards and soon after that started a family. Joanne came first followed by Rachel 21 months later. Joanne remembers he used to take her everywhere with him when she

was little. She also remembers sitting beside him in his armchair on a Thursday night to watch Tops of the Pops and singing along to Abba's 'Super Trouper' at the top of their voices and buying her nurses kits when she was poorly from Hammonds Toy Shop in Heacham High Street.

Joanne and Rachel remember Rod being involved in many of the Heacham Carnivals and one in particular sticks in their minds. It involved a scene from an emergency ward. Rod was on the operating table and one of his pals was a surgeon who pretended to operate on him using a saw. Both girls remember crying as they believed it was real!

Rachel always used to love going out with her dad in his van and regarded it a real treat.

Rod has two grandsons, Harry and Freddie who he was immensely proud of and they remember him taking them to the newsagents to buy them chocolate and as such he became known to them as 'Grandad Chocolate'.

He was a great father-in-law to Simon whom he had great respect for and they never had a cross word.

They will all miss him immensely and he will always be with them in their hearts.

* * *

My Brother Rod

Rod was born on 7th June 1946 in Heacham, in a house called 'The Antlers' which is now the Doctors Surgery. Blond hair, green eyes, a cheeky grin, he quickly became Mum's golden boy.

When Rod was about ten, he wanted to earn some pocket money, so he took himself off to see Mr and Mrs Peg who had a very busy fish & chip shop in Heacham High Street. They gave him a job preparing potatoes, first through the Rumbler, then the chipper. As Rod grew older, he was promoted to 'front of house' serving the public with delicious fish & chips. Rod soon endeared himself to the Pegs, where he became like a surrogate son with Mr Peg teaching Rod everything about the fishing industry and how to run a successful business.

When Rod was a teenager, every Saturday night there was a dance at the Heacham Town Hall with bands of the day playing. So, along with our younger brother Stu, they would dress in the style of the day, trousers flared at the bottom, smart shoes and white shirts with high buttoned-down collars, which was the fashion of the day, except they soon discovered when wearing these shirts, they had great difficulty moving their heads, so that they looked rather like meerkats gingerly moving side to side! Fortunately, Mum saw them walking down the path realizing

the problem and quickly ran her finger around the collar of each shirt taking out the plastic stiffeners!

Wanting to spread his wings, Rod became a lifeguard at the open-air swimming pool in Hunstanton. With his sun-bleached hair, a bronzed body and wearing budgie smugglers, he would strut his stuff. I'm not sure how many lives he saved but I suspect he broke many hearts.

Next, the Merchant Navy, along with his dear friend Jimmy Groom, giving Rod the opportunity to mix with people from different countries and seeing many exotic parts of the world.

Rod's love of the sea was shown once again when he became a member of the Hunstanton Lifeboat Service; proud to be part of such a devoted and selfless crew while making lasting friendships.

Among the many things Rod will be remembered for was his love of wearing clogs, no matter what the occasion; weddings and funerals, in the shop or the garden.

Rod had a unique way with all of his customers so that they became lifelong friends. I'm sure he will be greatly missed in Heacham, leaving a very sad space in the High Street and will be remembered with a great deal of love and affection.

Rod was very proud of his Heacham roots; for him it was home, a place of love and comfort. So, it's fitting that Rod's final resting place will be here in the beautiful Church Cemetery. Sleep well my lovely brother, sweet dreams. May God hold you in the Palm of his Hand.

Yvonne

* * *

Jo also says: "The family were overwhelmed by the number of people who attended dad's funeral and would like to say thank you."

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Travels with a Purpose

I wonder what happened to the Humming Bird Hawk Moth we found flying about our front room early in the new year (See Heacham Newsletter February 2019 P.8). It may have woken up from its winter hibernation, so I put it into our greenhouse hoping that in such cool but not freezing conditions it would sink into a long winter sleep. This didn't work, for I found it the following day flexing its wings next to the unopened window. So, respecting its wishes I let it out and, after a single flight round the back garden, perhaps to help work out its bearings from a hazy sun, our brave traveller hummed off happily, going more or less due south.

A bit more than a month later, after a long battering from those bitter winds that blow so consistently along Neville Road at this time of the year, Sue and I were sitting in the departure lounge at Norwich Airport. Like the moth, we were also escaping south to warmer climes: in our case to stay for a fortnight in Tenerife with some kind relatives who had a flat in the little town of El Medano on the southern tip of the island.

El Medano proved to be a lovely, lively, place still very popular with locals; having shops and lots of good cafes, bars and restaurants, the inevitable blue skies, sun, sand and a warm sea, and, to the west, an internationally famous kite surfing beach.

But, what specially interested us apart from stupendous Mount Teide, 3718 metres high, part hidden and seemingly unapproachable behind a curtain of foothills, is the desert scenery, dotted with small volcanoes stretching into the distance along the coastal strip on either side of this handsome town.

In fact, the entire Canary Islands group has been formed by volcano activity, some still erupting to the present day: the nearest one to Medano, which we walked up, being La Montana

Roja (the Red Mountain), a conical structure about 170 metres high formed mainly of cinder, about a kilometre to the west of the town. Because of its shape it makes a perfect, easily recognisable, landmark that seems to catch the eye wherever you are in the district.

On our return from Montana Roja to Medano the walk was given a new dimension as, before we reached the town, we turned north along a path into a large Wadi: a dry gorge cut through the rock by occasional bouts of heavy rain, its walls contorted into many strange shapes by erosion or volcanic activity.

A mile or so along the path, we came across a landscaped area around a cave shrine cut into the rock in memory of Peter de Betancourt, more often known as Hermano Pedro. He was born some miles away to the north at Vilaflor and lived from 1626 to 1667, his early life being spent looking after herds of goats as they followed the path between the village and the area around the present shrine where he would often shelter.

Pedro was attracted by the religious life and, at the age of 23 in 1649, he left Tenerife for the New World and experienced 2 dreadful years travelling via Cuba to Guatemala City. Once he had recovered his health following his long journey, he went to a Franciscan school for priests, but after much hard work, realised that he did not have the ability to achieve his ambition. So undeterred, he set about working with and for, the poor and by the end of his life had opened a hospital, a school and a shelter for the homeless. The results of his selfless work remain in Guatemala City to the present day and almost 400 years after he was born in poverty, he was canonised by Pope John Paul II and became Santo Hermano Pedro, the only native Canarian Saint. Clearly a traveller with a purpose!

With many thanks to Roger, Heather, and of course, Sue.

John Bird

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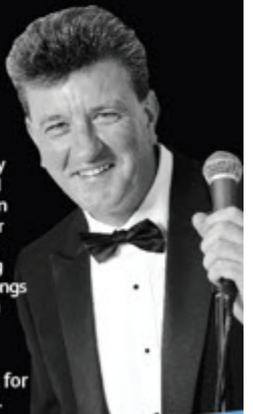


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HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

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

Heacham – Highway and Community Ranger Visit

The Highway Community Ranger Gangs will be making scheduled visits to communities in the area. These visits will commence approximately two weeks after our scheduled highway inspections.

Therefore, the Rangers gangs will be visiting the Parish of Heacham during the week commencing 1 April 2019 to carry out work identified through inspections and reported by the parish.

The next Full Council meeting will be held on Tuesday 16 April at 7.00pm at the Parish Council Office.

MOBILE LIBRARY SERVICE

As from the 1 April 2019, the mobile library service is changing, to enable them to make more efficient use of their resources and enable them to continue to serve the rural communities in Norfolk. From April onwards, they are changing their routes and timetables, introducing new stops and longer days, to make it more convenient for people to visit them.

Heacham will be affected, with the mobile library visiting every four weeks (rather than every two) and visiting on a different day of the week.

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 25-26 May at the Old Friends Hall. If you are interested in showcasing your work then please contact the Parish Office on 01485 572142.

COASTAL TREASURES

"You may have noticed new signage and access improvements to many of our local walks. This is the result of a County Council 'National Trails' initiative called 'Coastal Treasures' aimed at improving the coastal path in West Norfolk. Tube diagram maps are available to view at the Library and Parish Office or you can purchase an A4 copy from the Parish Office for 50p per copy. For individual maps and more information email: "benjiman.grapes@norfolk.gov.uk".

COLD CALLERS ALERT!!

A group of door to door canvassers, (representing "Smart Insulations Ltd") have been seen knocking on doors in several streets, in Hunstanton, REGARDLESS of whether or not people had put up the Age Concern / Community Watch / Police notices about "No Cold Calling" !!!.

When challenged as to why they were totally ignoring residents wishes, not to be disturbed by cold callers and also using high pressure scare methods to try and sell their loft insulation products, they said that as they were offering funding from Government backed Green schemes they felt it acceptable to call on every door regardless. The sales tactics they used involved telling people that fibreglass loft insulation is out of date, not efficient, and needs replacing with their Foam spray stuff!!! (Loft insulation was still being undertaken last year under a separate Government backed Green scheme!!!! - with fibreglass loft insulation). These people have been reported but!

PLEASE BE AWARE OF THIS POSSIBLE SCAM IN OUR AREA.



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.

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 by the end of April please.

This year we will see a new band performing at the carnival.

ELECTIONS 2 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 began on 18 March 2019. Nomination papers should have been submitted to the Returning Officer by Thursday, 3 April 2019.

Any queries should be addressed to:

Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
Norfolk PE31 7ET
Tel 01485 572142

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

HELP LINES

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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

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Service 34, 35 & 36

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12:55 GYMKHANA WAY

13:15 COLLEGE DRIVE

14:40 GIDNEY DRIVE

16:05 POPLAR AVE

16:25 SITKA CLOSE

16:50 NORWAY CLOSE - MARRAM WAY

17:10 NEVILLE COURT

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