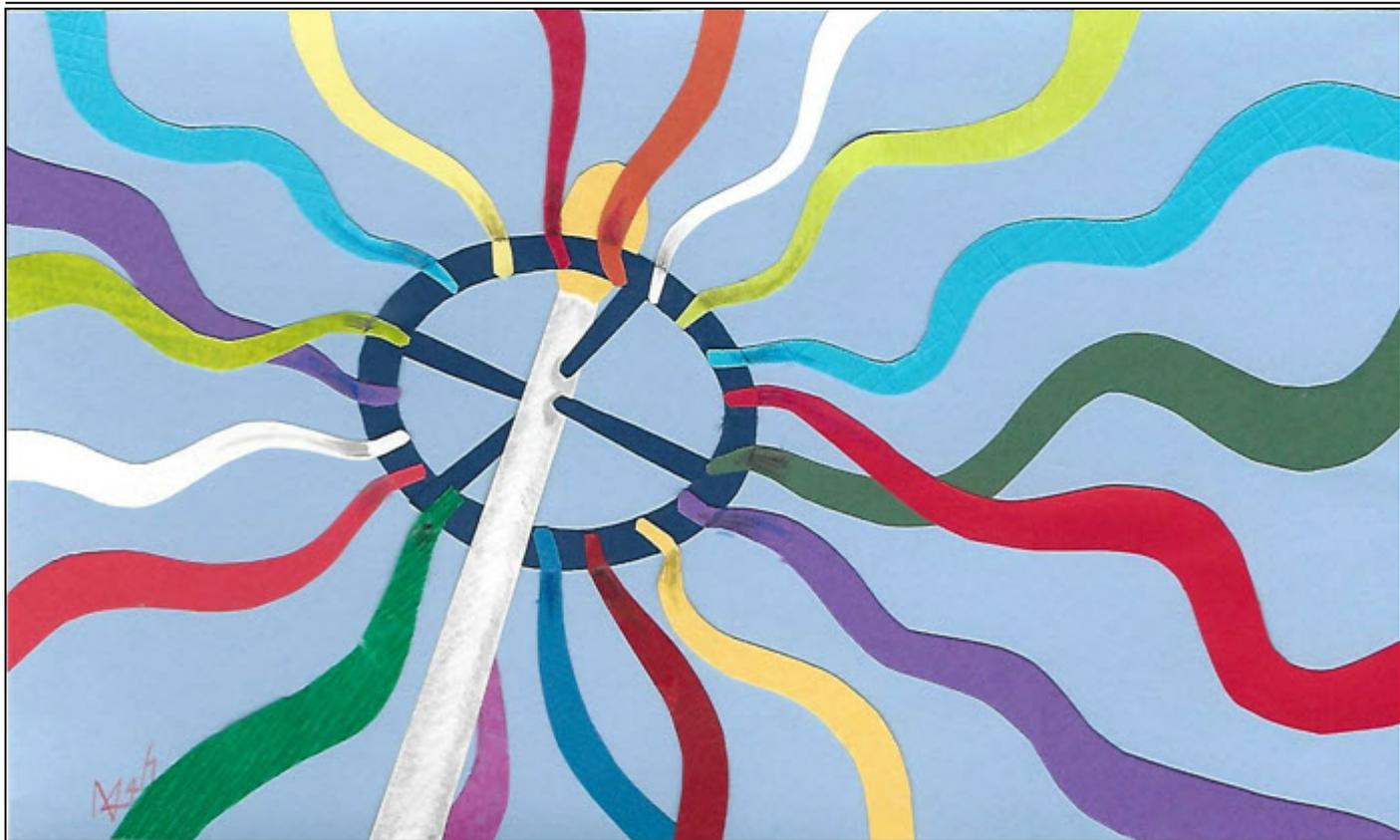




# THE HEACHAM NEWSLETTER

May 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 14th May

**MESSY CHURCH**

Next Messy Church:  
**Saturday 25<sup>th</sup> May**  
**10:00am - 12 noon**  
**Heacham St Mary's Church**

For further information, contact  
Veronica 01485 579207  
Penny 01485 572142

WEBSITE:  
[heachamchurchmessy.org.uk](http://heachamchurchmessy.org.uk)

**Heacham  
Spring Art Show**  
**25th – 26th May 2019**  
**10.00am - 4.00pm**  
**Showcase of Local Artists' Work**  
**Free Entry**  
**Old Friends Hall, Sunnyside**  
**Heacham**  
**PE31 7DU**  
**Event Enquiries 01485 572142**

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

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

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

# your letters..



Dear Newsletter

Heacham

## Last train to King's Lynn - 3rd May 1969

With the 50th anniversary of the closure of the railway at Heacham, I enclose a couple of photographs taken on the last day that may be of interest.

Andy T Wallis



Heacham Station & open level crossing with 15.38 Hunstanton to King's Lynn train approaching on Saturday 3rd May 1969. (Photo copyright of Andy Wallis)



Heacham DMU 15.38 Hunstanton to King's Lynn loading on the last day 3rd May 1969. (Photo copyright of Andy Wallis)

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Dear Newsletter

Heacham

## 'Re Alternative Therapies'

I would like to reply to a letter (no name given) which appeared in your April issue re 'Alternative Therapies'.

Alison Bowyer (who I am assuming you are referring to) is not inexperienced and does have training, hence the letters after her name.

We all have choices, and Alison Bowyer does not make /persuade anyone to stop medication, but offers alternatives.

We in Heacham are not stupid and I'm sure these issues would be discussed with family/GP before any decision was made.

I too was a carer, dealing with medical health, but am broad minded enough to listen to other opinions and alternative to pills.

Diana Grace

\*\*\*\*\*



Dear Newsletter

Heacham

## 'Crafting at the Pine Residents Hall'

We are a small craft group which meets every Monday afternoon (except Bank Holidays), 2 'til 4pm at the Pine Residents Hall in Wilton Road.

If you like crafting why not come and join us? You will be most welcome.

The Monday Craft Club

\*\*\*\*\*



Dear Newsletter

Peterborough

## North Beach

Following the letter in the last edition of the Heacham Newsletter from Mike Jennings, I would like to add a view from a holiday home owner. We have owned a caravan on Palm Beach for the past five years, visiting virtually every week during the season, and have noticed over that time a deterioration in the appearance of the North Beach area. There are significant quantities of sand covering the promenade which could be considered at a dangerous level on both the path and boat ramp and surely only a matter of time before somebody slips and injures themselves.

A week ago, whilst out running, I noticed some Environment Agency workers starting to clear the sand from the prom to the south of the Hunstanton boat ramp. Two cars, two men, a shovel, a brush and a wheelbarrow were employed in moving sand from the prom and dumping it on the first step down, presumably so it didn't have too far to be blown back again. Seven days later and they haven't yet reached the holiday homes at North Beach let alone Heacham boat ramp. With the correct equipment and attitude the sand could have been returned to the beach where it should be within a week.

Of course you cannot stop the wind whipping the sand from the beach, but with the winter storms long behind us is it really too much to expect that the authorities do a bit of clearing up and return the sand to where it belongs and in doing so help protect the environment for which they have responsibility.

David Richmond

\*\*\*\*\*



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Heacham

Dear Newsletter

**‘Heacham’**

I would like the opportunity to respond to some of the issues Mr Jennings raised in his letter published in the April edition of the Newsletter, particularly in relation to the Neighbourhood Plan.

The emerging Heacham Neighbourhood Plan is being produced by the Neighbourhood Planning Group, which includes local residents, with the support of the Parish Council. The Planning Group is consulting and listening to the community and local organisations and every effort is being made to ensure that the views and policies that are being drafted, reflect those of the majority of Heacham residents. All residents have had the opportunity to contribute to the development of the plan, whether through attendance at Consultation events, responding to the Residents’ Questionnaire, or by joining the Neighbourhood Planning Group, regardless of how long they have lived in the village.

I would like to reassure readers that nowhere in the emerging plan does it suggest that Heacham does not need the existing caravan parks, which Mr Jennings correctly states are major employment providers, and make a significant contribution to the income of the village and wider area. However, it was clear from consultation events, the responses to the Residents’ Questionnaire distributed in November 2018, and to the significant opposition to the planning application for Glamping site on Hunstanton Road, that there is very little support for any additional holiday accommodation sites in the village. Interestingly, this was also highlighted in the Borough Council’s report ‘Heacham – A Plan for the Future’ published in 1987.

A significant number of respondents, 83%, also expressed the view that there should be a limit on the number of second homes/holiday lets in the village. Many people commenting that they believe this contributes to the increasing property costs in the village that puts many properties out of the reach of our younger residents.

Interestingly, respondents to the Residents’ Questionnaire also expressed concerns about South Beach Road, which Mr Jennings quite rightly raised in his letter. As a Parish Councillor I am aware that the Parish Council are pro-actively looking at options to improve the problems in this area of the village. While these negotiations are subject to confidentiality agreements at the moment, please be assured the Council are working hard to resolve these issues, and will share details as soon as they are able to.

Tracy Raby  
Heacham Neighbourhood Planning Group

\*\*\*\*\*

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# news & events in the community ...

## Old Friends Hall Art Show

The Old Friends Hall on Sunnyside, off Caley Street, Heacham, PE31 7DU will be holding its Sixth Annual Art Show during the Bank Holiday weekend of Saturday and Sunday 25th-26th May. It's not too late to enter; Exhibitors have until 17 May to



complete a registration form, which is available from the Parish Office (01485 572142) or by contacting the telephone number below. Exhibiting is free as is entrance to the Hall and it's open to all no matter where you reside, within Heacham, the surrounding villages or the distant shores beyond Norfolk's County Boundaries (we are at the moment unaffected by Brexit). Car parking is available, thanks to the Scouts who are allowing us to utilise their facilities once again.



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

So, if you haven't already done so, please get in touch. 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. Above are two other views of last year's display.

**Roger Drinkwater (Tel 01485 571659)**  
**Old Friends Hall Committee**



Cunningham Court

Dear Newsletter

### 'Re Pink Osprey'

Interesting photograph of a 'pink' osprey on a nest it (or someone else!) had built on the millennium beacon in the April edition of the Newsletter. Somewhat different to the species of osprey that may be found at [www.ospreys.org.uk](http://www.ospreys.org.uk) Rutland Water Ospreys.

Now for the real thing...



The Golden/Lady Amherst's pheasant hybrid was recorded on the forecourt of Caley Farmhouse on April 10th and has been identified as such by staff at RSPB Titchwell. Often kept as an ornamental bird, it is assumed that this one is an escapee from such a situation; it was certainly in a hurry to escape from the photographer!



The Shoveler duck (*Anas clypeata*), recorded in March, is an occasional visitor at Bray's Pit. Note the shape of the bill from which it gets

its name, serrations along the edges filter surface water for crustaceans, insects and their larvae etc.

**Mike Hurn**

\*\*\*\*\*

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**New Shop Opening 1st April 2019. 68 Westgate, Hunstanton**

**NHS West Norfolk CCG**

**Extracts from Patient & Stakeholder Newsletter  
Spring 2019**

**Dementia awareness campaign launches**

Our campaign to let west Norfolk residents know how getting a dementia diagnosis can benefit them launched at the beginning of March.

**Dr Pallavi Devulapalli, West Norfolk CCG's lead on dementia, said:** "Getting a dementia diagnosis means you can feel the relief of knowing what's wrong; you can start treatment, and access support for you and your family. If you're concerned about your memory, make an appointment to see your GP straight away. If you're concerned about a family member, have a chat with them and encourage them to make an appointment. Your GP is the best place to start – they can rule out other causes of memory problems, talk about your concerns, and then refer you to specialists."

As part of the campaign, Carole, Ken, and Denise – a west Norfolk family – were filmed sharing their story. Carole was diagnosed with dementia recently, and she and her family talk about the process, and the relief they felt, and the support they've accessed. Find out more about the campaign at: [westnorfolkccg.nhs.uk/dementia](http://westnorfolkccg.nhs.uk/dementia)

**Heart health checks at pop-up stand**

We teamed up with Norfolk Community Health & Care, Queen Elizabeth Hospital and the British Heart Foundation to run a pop-up stand for the day at the QEH. Specialist nurses from NCH&C gave advice and answered questions about heart health, and carried out free blood pressure and atrial fibrillation checks.

**The nurses from NCH&C, said:** "Our event offered visitors to the hospital the chance to have a free atrial fibrillation and blood pressure test, and around 80 people took us up on it, which is fantastic. We also gave lots of advice on keeping your heart healthy – it was a very worthwhile day. We're hoping to run another event like this soon, so look out for it."

**Chas Ryan, Acute Transformation Manager at West Norfolk CCG, said:** "Raising awareness of atrial fibrillation is a priority in West Norfolk, and we're doing lots of work around it. It's important we raise awareness of it as people who have AF are more at risk of having a stroke. We are currently running a pilot with some of our GP practices and the QEH's stroke unit to reduce the time between diagnosis of AF and referral from 20 weeks to one. The pilot is proving a success, and we have plans to expand it to all our surgeries this year."

For more information of this Spring Newsletter, please contact Emily Arbon, Communications & Engagement Manager, West Norfolk CCG - 01553 666913 or email: [e.arbon@nhs.net](mailto:e.arbon@nhs.net)



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## CHURCHES TOGETHER IN HEACHAM

### A time of change....again!

*There is a time for everything,  
and a season for every activity under the heavens:*

<sup>2</sup> *a time to be born and a time to die,  
a time to plant and a time to uproot,*

<sup>3</sup> *a time to kill and a time to heal,  
a time to tear down and a time to build,*

<sup>4</sup> *a time to weep and a time to laugh,  
a time to mourn and a time to dance,*

<sup>5</sup> *a time to scatter stones and a time to gather them,  
a time to embrace and a time to refrain from embracing,*

<sup>6</sup> *a time to search and a time to give up,  
a time to keep and a time to throw away,*

<sup>7</sup> *a time to tear and a time to mend,  
a time to be silent and a time to speak,*

<sup>8</sup> *a time to love and a time to hate,  
a time for war and a time for peace.*

### Ecclesiastes Chapter 3

These Bible verses have been on my mind and in heart since I first knew that I and my family would be moving to Heacham, for me to become the Rector of Heacham and Snettisham, 5 years ago. They have rung true in my personal and professional life since then, in the tough times and in the good times, in the times of stability and in the times of change, they continue to do so as another time of change begins.

As many of you will be aware St Mary's Church, Snettisham and St Mary's Church Heacham have been joined as a team for the last 4 years, with me as Team Rector, and Paul, when he was here, as Team Vicar. We have tried hard to make it work, but the reality is that the 2 churches do not work well together, both would prefer to have their 'own' vicar. So, after much discussion and prayer, both PCCs and the Diocese have decided that from May the 2 churches will begin to operate separately.

This means that from June, I will be appointed as Priest in charge of Heacham, still living in The Vicarage, and with my ministry focused in and on Heacham. We will be advertising for a NEW PRIEST IN CHARGE OF SNETTISHAM, on a 2/3rds time basis. They will live in The Rectory, Park Lane, Snettisham and their ministry will be focused in and on Snettisham. There will be a final and farewell team service at Snettisham on SUNDAY 19th MAY at 10.30am to which everyone is very welcome. Here we will formally end the team, and I will take my last service as the Team Rector of both Heacham and Snettisham.

This will be my prayer over the coming months as we negotiate these changes, recruit and appoint a priest in charge, and untangle the team; please do make it your prayer too.

*Gracious God, may we treasure the past with thanksgiving;  
May we embrace the future with hope;  
May we journey ahead with confidence;  
in your love and power, now and always, through Jesus Christ our Lord.  
Amen*

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

### Heacham Parish Church in May

5th May	10am Morning Prayer 4pm Pine Mall Service
12th May	10am All Age Worship and Baptism
19th May	8am Holy Communion (BCP) 10.30am Joint Service at Snettisham
26th May	10.00am Morning Prayer

### 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 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.

### Thy Kingdom Come 2019 - Saturday 1st June

24/7 prayer taking place in Heacham Church Hall. Pop in and see us, bring any prayer requests. 9am Saturday until 9am Sunday.

### Mon 3rd June

Prayer walk around the village- 7pm starting at Parish Church ending at The West Norfolk.

### Saturday 8th June

9am Prayer Breakfast at Heacham Parish Church. All welcome.

### 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: <a href="mailto:heacham.church@gmail.com">heacham.church@gmail.com</a>		

\* \* \* \* \*

## HEACHAM METHODIST CHURCH

May 2019

### Sunday Services: 10.30am Morning Worship

5th May	Rev Steve Oliver
12th May	Roger Pauley
19th May	Roland Hamon
26th May	Sheila Johnson
26th May	4pm Meditation with Rev Steve Oliver

### After Easter comes Ascension

The next festival after Easter Sunday is the Ascension of our Lord to heaven, and we will celebrate Jesus' Ascension with a united service at the Methodist Church on Thursday 30th May at 7pm.

### Midweek Communion Service

The May Midweek Communion service will be on Wednesday 8th of May at 10.30am conducted by our Minister Rev Steve Oliver. All who love the Lord are welcome to attend.

### Bible Study

There being five Thursdays in May means that there will be three bible studies on the 2nd, 16th and 30th at 10.40am. You are welcome to join a lively discussion group led by Minister Steve Oliver.

### The Fellowship

The afternoon meeting for both men and women once again has two interesting speakers. On Tuesday 14th May Tania Stowe will give a talk on "Barking Mad" and on the 28th May, Cat

Asker will give a talk called "Simply Cook it". Why not come? The starting time is 2.45pm.

### Coffee Morning

Coffee morning in May will be on Saturday 18th May 10-12noon. David Godfrey will bring his keyboard and play it from 11 am. Make a note in your diary that the coffee morning will be on the third Saturday each month this season.

### Hands and Needles

The evening group for sewing etc will meet at 7.30pm on Tuesdays 14th and 28th May.

### Short Mat Bowls

A reminder that the short mat bowls now meet on Friday afternoons at 2.30pm. New members wanted and welcome.

### Midweek Activities

- Tuesday - Open Door - 10-12 noon. Weekly  
The Fellowship - 2.45pm 14th & 28th
- Wednesday - Midweek Communion - 10.30am on the 8th
- Thursday - Bible Study - 10.40am on the 2nd, 16th & 30th
- Friday - Short Mat Bowls - 2.30pm weekly
- Saturday - Coffee Morning - 18th 10-12noon



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

1 Peter 1:3

10:45 every Sunday morning  
Memorial Hall Old Church Road Snettisham  
[www.hopeevangelicalchurch.org](http://www.hopeevangelicalchurch.org)



## Hunstanton Catholic Parish

Our two diocesan Lenten appointed charities this year are 'Aid to the Church in Need's "Change of Life Appeal" to support persecuted Christians in Syria and Iraq, and the 'Cambridge Nazareth Trust' whose aim is to encourage the education of next generation Christians in the Holy Land. You can find out more by logging on to [acnuk.org](http://acnuk.org) and [cambridgenazarethtrust.co.uk](http://cambridgenazarethtrust.co.uk)

There will be a Ladies shared lunch in the Garnett Room at Our Lady & 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.

The Strawberry Fair fundraiser this year will be on 6th July at St Cecilia's.

*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](mailto:parishpriest763@gmail.com)

**Website:** [www.hunstantoncatholicparish.org](http://www.hunstantoncatholicparish.org)

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## Heacham History Group

In March, Stephen Pope returned to talk to us about Village Craftsmen. As before, his talk was entertaining and informative, illustrated with wonderful old photographs. In days gone by, the village was dependant on its saddle makers, cobblers or shoemakers, coopers, basket makers, rope makers, thatchers, wheelwrights and many other skilled craftsmen. In Heacham we have evidence of a blacksmith with "The Forge" and of brickmakers with Heacham bricks and tiles seen all over the village. Stephen gave us an insight into the various crafts. I always thought that Constable's painting "The Haywain" was illustrating the horses having a drink. Now I know that over time, the wood of the wheels of the cart would have dried out and shrunk away from the metal rim. By soaking the wheels, the wood swells and fits the rim again. The river was the easiest way to soak the wheels!

Monday, May 20th will be our AGM. In the four years since the group started, we have hosted some really good speakers, taken part in Local History Fairs, put up displays in Hunstanton's Heritage Centre and carried out research into various aspects of Heacham history, including the war graves in St Mary's Churchyard, the Hatchments and Heraldry inside the church and Paddy Hadley. We are now researching the history of High House, The Heacham Declaration and the Parish Registers. If you would like to help with research you would be very welcome or maybe you would like to research your house or a business in the village. We can help you get started and show you where to look. You don't need experience, just enthusiasm.

We would welcome more people on the committee, so if you would like to put your name forward, you would be very welcome. If you don't wish to be on the committee but would like to help in any way, please contact me. We will also be renewing the membership this month. We will not be increasing the membership fee or the admission fee, so that our meetings continue to be accessible to all.

We ask people to arrive by 7.15pm and we will endeavour to get through the business side of the meeting swiftly. Following the AGM will be a talk by Dr. Sally Francis, owner of Norfolk Saffron, a small bespoke business near Burnham Market producing premium grade Saffron. You may not associate Saffron with Norfolk, but Sally has discovered that it was once an important crop in our local area. She will be talking to us about its history, its local connections, production and uses. She will also be bringing some of her saffron and flour for sale.

As usual the venue is the Old Friends Hall, Sunnyside Close, Heacham, PE31 7DU. But starting at 7.15pm. Everyone is welcome. Admission £3 (Members £2).

**Linda Nudds**  
Tel: 01485 571794

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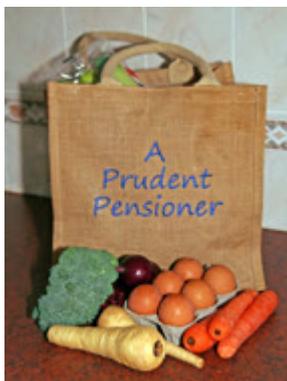
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## Another recipe from The Prudent Pensioner

There are some nice cauliflowers in the shops now, so I thought I would share my recipe for

### Cauliflower Cheese

Makes 2 adult size portions:

15g/ ½ oz. Butter  
 15g/ ½ oz. Plain flour  
 180ml / 1/3rd. pint Milk  
 1/4 teaspoon English mustard  
 85g/3oz. strong flavoured Cheddar Cheese grated  
 Salt & Pepper  
 Cauliflower approx. 340g/12oz

If you are serving mashed potatoes with this, it is best to get them cooking first.

Remove and discard discoloured base of cauliflower. Cut cauliflower into 2 pieces and place in a bowl of lightly salted water for 10 minutes then strain into a colander and rinse with cold water. Steam or cook in slightly salted water in a saucepan until just cooked; this will only take approximately 10 mins.

Meanwhile, make cheese sauce. Mix mustard powder into flour. Over a low to medium heat melt butter in a saucepan; remove from heat, add flour and mustard powder beating quickly to form a smooth base for the sauce. Stir in milk a little at a time, mix until smooth with no lumps. Return to heat and bring to the boil still stirring constantly. Reduce heat to a gentle simmer.

Add salt and pepper to taste. Cook for 2 minutes stirring often. Remove from heat, stir in cheese and mix well.

Strain water from cauliflower.

Place cauliflower on plates and pour sauce over. Serve and enjoy.

This is nice served with mashed potatoes and bacon.

For details of Doreen's book, more recipes and 'How to' Video clips visit the Prudent Pensioner's page on [www.doreenreedpoet.com](http://www.doreenreedpoet.com)



**Heacham Heritage**  
Community Project

## Heacham Heritage Community Project

Well what can one say... what a brilliant turnout to our Coffee morning on Saturday 13th April! Thank you to everyone who came, it was a huge success with over 150 people attending. We've been given some fantastic photos, newspaper cuttings, Heacham souvenirs and historical documents. It was far better than we expected. Now the hard work begins but I'm sure it will be worth it.

It was lovely to meet some old villagers who had travelled far; Simon Pott son of Rev Pott and his wife came up from Suffolk, he was impressed with the turnout and loved catching up with some old friends. He says he is looking forward to our next event when he will be bringing the family.

Colin Needham and his wife who now live in Southrepps and Members of The Southrepps Society expressed how great it was to see so many people getting together for a good cause and have offered their help.

We have even received photos from America. Bridget Ragens of Winchester, USA says that she loves everything about Heacham and wishes she could make it over more often.

We will share all the photos on our website in due course, at [www.heachamheritage.co.uk](http://www.heachamheritage.co.uk)

If you weren't able to come along but have anything you'd like to share, or want to contact our organisers Stella Langley, Patricia Diggins or Jo Jutsum to arrange collection, please send an email to our website address:

[admin@heachamheritage.co.uk](mailto:admin@heachamheritage.co.uk)  
 (Please pass documents/photos directly to the organisers as otherwise they may not be received or returned safely to you).

Our next event will be a weekend Exhibition on Saturday 10th and Sunday 11th August in The Public Hall. More details nearer the time.

Once again thank you all so much; this is our community project and you have really shown that you want to keep the Heritage of Heacham going for the generations to come.

**Stella Langley**  
Heacham Heritage

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**Tennis Coaching  
at Heacham Lawn Tennis Club**



**Taster Day for all ages – FREE**

**Wednesday 8th May 2019**

**Run by LTA Qualified Coaches**

Heacham Lawn Tennis Club is located at the Sports Ground, Station Road, Heacham and, as the new tennis season will soon be upon us, we will be running a taster day for all ages. This will be run by LTA Accredited coach, Jeremy Hodges, who will ensure that the children have fun and enjoy learning new skills. There will be a number of sessions during the evening for each age group. See below for details.

**4.30 – 5.30 - School Years 3, 4 and 5**

**5.30 – 6.30 - School Years 6 -11**

**6.30 – 8.00 - Adults and any Juniors in Years 12 and 13**

**The sessions are FREE and there is no need to book, just turn up on the day. Please wear appropriate sports clothing, rackets will be provided for those that do not have their own.**

We will then be holding weekly sessions every Wednesday from 4.30pm for all ages throughout the summer, details of times and costs will be available on the day.

Please also complete the attached form and bring it to the first session.



Name of Child:-

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Age: ..... School Year: .....

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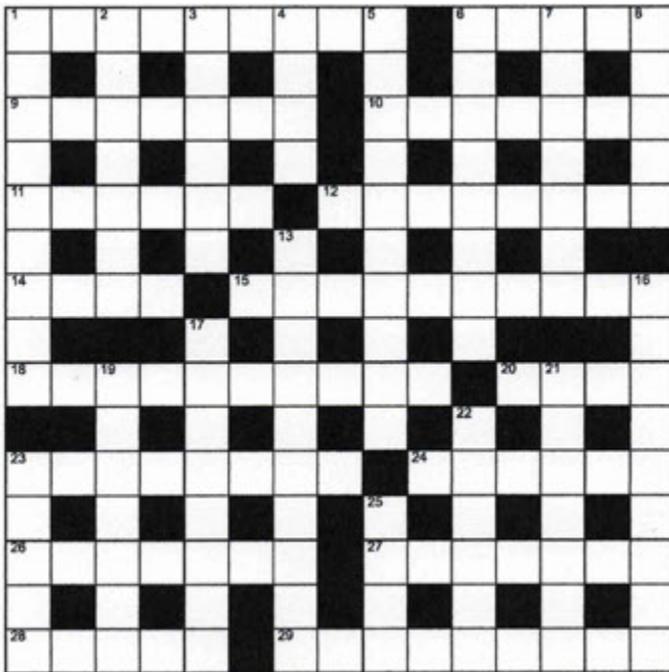
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## MAY CROSSWORD



### CLUES:

#### Across:

1. Objective is limited by that chap up north (9)
6. Guy for the most part is retiring but can be effusive (5)
9. Party girl used to be a lady's maid (7)
10. Dodge Joe, meeting first with Michael (7)
11. Fanning north and south in America (6)
12. Singled out ten, keeping first six, having passed on dozens to start with (8)
14. Wallop buzzer and run! (4)
15. See rent domain as a way of investing (10)
18. Lots of larks create excitement (10)
20. It is French for the small key (4)
23. Old keepers would do this often (8)
24. A first novel read in bits by girl (6)
26. Ride on through storm (7)
27. Make cold drink for each hand (7)
28. Cross back and forth, overlapping as a rule (5)
29. See driveways, post rest of letters (9)

#### Down:

1. Unfinished building gets a revamp – initial evaluation isn't clear (9)
2. What hedgehogs do in a group? (7)
3. Make rail trip to a market place in Venice (6)
4. Take paid leave, content to do nothing (4)
5. Lawman getting support following verbal is overcome (10)
6. Risking imperfect match, given ostentatious trappings (8)
7. In an alley one could be cornered and attacked, so get out quickly! (7)
8. Roger, in the old days, was attached (5)
13. Not far from becoming fit (6,4)
16. It's a sign she is misguided in what might be useful here (9)
17. Peg is asleep on secret surveillance (5-3)
19. Queen attends this launch of film (7)
21. Stripper is in a ticklish situation with Romeo (7)
22. Call for brush after eiderdown sheds stuffing (6)
23. Understood account one published in Times (5)
25. One gets around working at Madonna's image (4)

Solution on page 46

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## West Norfolk & King's Lynn Beekeepers' Association

### THIS 'SWEET' WORLD

Recent reports have confirmed the steady and worrying decline of insect pollinators. We have probably all noticed the decline in the numbers of butterflies, bees, wasps and insects such as hoverflies. Whilst this may make life easier in the home during the summer, it also threatens the effective production of many crops and of the natural spread of many plants in the countryside.



Locally, the West Norfolk and King's Lynn Beekeepers Association (wnklba.co.uk) is doing its best to help with this growing problem. Membership has doubled over the

last 10 years and each year we are helping a new batch of aspiring apiarists to start keeping honeybees in the best possible way. The number of hives in the local area has expanded proportionately as has the amount of pure honey being produced. Last year, the average hive produced 31lbs of honey, but some were able to produce up to 100lb given good strong colonies and some good weather and a good variety of plants in the locality from which the bees can collect nectar.

It has also been reported recently, that some of the honey which we see on supermarket shelves is not as pure as it is advertised.

Adulteration with sweeteners and the addition of colourants appears to be widespread. What people see with honey from our local beekeepers is pure honey as extracted from the hive with nothing added and nothing taken away! Because it is just as it comes from the hive, many jars will vary in appearance and flavour, depending on the plants from which the bees have been collecting the nectar. It is also a fact that such honey will granulate over time, the rate of which will depend on the plants from which the nectar has come. If runny honey is wanted, the granulation can be easily corrected by gentle warming.

This year presents a new and growing threat to all our honey bees in the shape of the Asian Hornet. This voracious bee predator has become established on the continent where it has devastated local honey bee populations to the point where honey production in France has halved in the last 5 years. There were a number of sightings in England last year, all of which were destroyed, but there is an increased risk that this year will see more examples of this nasty invader. We ask all members of the public, particularly, gardeners, countryside walkers, caravan and mobile home users, to keep a special watch for this insect, particularly if they have been on the Continent recently. It should



not be confused with our European Hornet. If in doubt, please consult the website <http://www.nonnativespecies.org> which is also the best way to report your sighting.

Asian hornets:

- have a dark brown or black velvety body
- have a yellow or orange band on fourth segment of abdomen
- have yellow tipped legs
- are smaller than the native European hornet
- are not active at night

**Stuart Grant**

**President, West Norfolk & King's Lynn Beekeepers  
Association**

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## Ruffle's Walks – Ruffle helps out!

by Rachel Greaves

“Grandad!” cried Jill as she peered round the open station door looking for Eric. At her side, Ruffle wagged his tail and gave a little bark as Eric looked up from his lamp cleaning and smiled at the excited face of his granddaughter.

Jill ran over to the table and leant both hands on the side opposite Eric. Ruffle joined her, two large hairy paws next to hers.

“Grandad! There you are! We need some help. The Sea Cadets are having a raft race and we have to build one! But no-one knows how! Can you help us?”

Eric put down the cloth and brass carriage lamp he had been cleaning. “Um, a raft you say. Well, we do have some thin logs behind the station shed in the garden we could use. And I’m sure we still have those large plastic containers somewhere – we would need them to make the raft float...” Eric’s eyes twinkled as a plan began to form in his mind.

Ruffle barked, sensing the excitement.

“Off the table Ruffle – your claws will scratch the top. Next thing we’ll know, you’ll be helping yourself to the bacon from the plate if we let you jump up like that!” Ruffle took his paws off the table and sat down. Had Eric said the word ‘bacon’?

But Eric was already walking towards the door. “Come on then – let’s have a look and see what we have for your raft!”

Jill and Ruffle quickly trotted behind Eric, following him into the garden opposite the station. Eric made his way around the back of the station garden shed. He soon pulled out eight long logs, each about the thickness of an adult’s leg.

Good! These will form the deck of the raft. Now, fingers crossed we still have those large plastic containers!”

Once more he disappeared round the back of the shed. After a lot of huffing and puffing, he reappeared with four large blue plastic square containers. “Excellent! Jill – tell your fellow Sea Cadets we have the makings of a fine raft! They can come over this weekend and I will help you put it together.”

That weekend Ruffle had a fine time running off with bits of rope and generally getting under everyone’s feet as the raft slowly took shape. The logs were securely fastened together, then strong ropes lashed the deck onto the plastic containers.

“Look everyone!” said Jill to the other children. “I have made a flag – with a Ruffle on it!” Jill held up the triangular flag showing the outline of an Airedale standing proudly in the middle. Eric helped the children make a flagpole and soon the flag was fluttering at the top in the strong breeze.

The day of the raft race arrived and Eric took Ruffle along to watch. But no matter how hard the children tried, they couldn’t encourage Ruffle to ride on the raft – even when wearing his very own buoyancy aid! He much preferred dry land...



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# WE DO NOT REMEMBER DAYS, WE REMEMBER MOMENTS

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## Heacham Carpet Bowls Club 'Revitalised'

After an uncertain period for the Carpet Bowls Club, a new Committee was elected at an AGM on 9th April, and are keen to ensure this valuable amenity continues to thrive in Heacham. More details in the next issue.

The club operates in the Public Hall, Tuesdays, Wednesdays and Thursdays. Members are asked to arrive by 10.15am for play to take place 10.30am-12.00pm (includes coffee break).

New and former players welcome.

For further information: Cynthia Sanderson – 01485 779313.

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## Borough Council News

Good May to you all. This may be the last BC News, at least from me. I am writing it on the 7th April, almost a month before the elections.

Cabinet ratified the Single Use Plastic report by accepting 12 of the 13 recommendations. The 13th is left to the (new) leader to decide. I will follow the report up one way or another.

An extraordinary meeting of the full Council agreed a motion for an independent enquiry into the KLIC building. The motion was proposed by the leader of the independent group. The King's Lynn Innovation Centre undoubtedly does good work promoting skills and jobs. Whether financial matters regarding it could have been better managed remains to be seen.

I went to a presentation about 'West Norfolk Wins', the lottery run by the Borough Council. It has been running for about a year and is raising significant funds for some local organisations – over £33,000 in total so far. For every pound ticket sold, 60p goes to useful causes, 20p provides the prizes, 17p is administration fees of the lottery operator. The rest is VAT; none goes to the Borough Council. I would encourage anyone who runs something dedicated to helping the community to look into participating. Instructions on how to register and what you need to do is found via the website.

You may have heard of self-build houses and have a picture of hard-working people doing a day's work and then rushing to their plot to dig holes and raise roofs. Well, not any more. Government sponsored self-build is: buy a plot from a land owner/developer; look at the coloured brochure and pick and mix cladding, kitchen tiles etc; pay developer to build it. Nothing wrong with that you might say and that is probably true for an individual house or a very small group of them.

However, it has the potential to create a pig's ear of a larger development particularly if it is in a prominent position like one recently agreed at Ingoldisthorpe. And 'self-build' properties have the bonus of not paying the Community Infrastructure Levy, a tax to pay for improvements to the community infrastructure. So, a village gets houses (it may not want) but no money to help pay for the problems they may cause. Self-build becomes a tax avoidance scheme supported by both government and the local authority. Developers and site purchasers' benefit.

Consultation between Parish Councils and proposed changes to speed limits on the A149 have begun and will be over when you read this. Depending upon the outcome of that, you will soon get your chance to have your say. A controversial issue that has already been raised is the proposed closure of several road junctions in Snettisham and beyond. In addition, the proposed speed reductions do not go far enough towards Knights Hill and none are proposed between Heacham and Hunstanton.

The proposed improvements to Lamsey Lane junction seem little more than a lick of paint.

Anyway, I will sign off with two lines. Delete whichever is appropriate.

Thank you and my column will continue next month.

So long and thanks for all the fish.

**Terry Parish**  
**(at the time of writing) Independent Borough Councillor**

*(Just in case this is published before the election: Terry Parish, 1, Woodside Avenue, Heacham PE31 7EW. This is not an advert but one of a regular series of informative articles.)*



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As part of our **10th Anniversary celebrations** in May, we are offering a **10% discount** on our popular **Afternoon Tea's** and we would also like to invite you to a **mini Spanish Fiesta**.

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## Hedgehogs May 2019

I write this column infrequently and it is usually about feeding, fencing, or rescuing hedgehogs at the start of winter. I have been appalled in recent weeks at the number of dead bodies on the roads - hedgehogs, deer, pheasant, the odd hare, rabbit, and unidentified others.



Cars travelling too fast and drivers inattentive and not looking out for animals likely cause most road kills. Neither will headlights alone illuminate the edge of the road adequately; most front fog lights will and they do not dazzle oncoming traffic.

The health of the hedgehog population used to be determined by the number of road kills – the more dead, the more there must be. I always saw something wrong with this logic and so have researchers; the hedgehog population is in serious decline. They have to travel to search for food and mates and, in urban areas, providing hedgehog highways by leaving gaps at the base of barriers such as walls and fences provides additional and safer routes for movement.



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Weather this spring has not been kind to wildlife, early warmth in February brought things out and subsequent cold and dry conditions either killed food sources or kept them deep in the ground. Providing supplementary food and water for hedgehogs needs to be considered at all times of the year now, not just in autumn and winter.

**Terry Parish**

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## Alternative Therapies

Well once again, we in Heacham are ahead of the pack because of our age group and failing memories. But how to help ourselves must come high up the list, knowing that the majority of drugs can't actually change much in memory terms. Are you like my dad who has 3 active calendars and a diary then wonders why he is confused by what week he is in and what's happening? Or do you throw your keys down when you walk in the door, and then spend hours looking for them? Shopping list or a fingers crossed amble round the wrong shops? It's easy really; as you become aware you're beginning to forget, because you do know that....

Now is the time to step up and put things in place so it stops a hopeless muddle in a few years' time. Do you enjoy those fruitless and countless hours searching for things because you can't be bothered to give the 'thing' a place? Habits are easy to form if you choose to train yourself to follow them, keys live here, glasses there, diary where I can see it.

Memory loss/Senior Moments is not just an age thing, big emotions/thoughts can be at the forefront of your thinking/being which then blocks the remembering process; so look to Homeopathic remedies and Flower Essences to help lessen these, which allows clearer thoughts to form. Aromatherapy, Reflexology, Crystals and Reiki can help stress relief and give relaxation, again allowing freedom in our thoughts and more space.

If it's things you'd rather not remember, then go see a Counsellor so you can talk them out and recover, not just rehash them again, then it will leave you feeling clearer and well. If you medicate to shut them up, the original problem is never addressed and will forever niggle at the corner of your consciousness. Better to feed that Black Dog of Depression and make a friend of it; hitting it with a stick never solved anything.

There are many herbs which help memory but they are best taken when you have taken all your symptoms into account and work better, rather than a stick on plaster approach of say Sage, the garden plant (not the wise owl version, not the computer prog').

Knowing that we only use about 5% of our brain's capacity anyway, and much of that is the same old repetition, let's find the other 95% and become amazing.

As ever, any questions or further information [Alison.shaman.healer@gmail.com](mailto:Alison.shaman.healer@gmail.com)

Alison Bowyer MNCHM

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## Heacham at Night

Mayflowers, mayflies, PM May (possibly), and you may see some meteors if you look East at 4am on the 6th – the Eta Aquarids. There will be no Moon.

A visit to the North Norfolk Astronomy Society's site in April was rewarded by an observation of the Whirlpool Galaxy, Messier 51. At 30 million light years away, even in a telescope with a 12-inch aperture, it was a fuzzy blob in my eye but the spiral arms were evident when the image was captured by a camera (raw image shown).



Terry Parish  
NNAS

The blob at the end of the spiral is another galaxy, New General Catalogue 5195. This has been passing M51 for hundreds of millions of years

and has, gravitationally, tugged on the arms of the larger galaxy. The small, regular, blobs are beads of dew – it was cold. More of galaxies later. (*The NGC was compiled 131 years ago, about 100 years after Messier's work*).

Jupiter, Mars, Saturn, Venus and Mercury are all visible this month albeit sometimes fleetingly and at awkward times.

Whilst Mars is setting in the WNW at about 10pm, Jupiter rises in the SE about midnight. At the end of the month look due S and low down, Jupiter will be to the right, Saturn to the left.

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Right at the start of the month look East at 4.30am, Venus will be low in the sky and joined by Mercury at 5am when the Sun will blank both out. Take care if you are looking for them as the sunlight will dazzle you. You will also have to be standing somewhere like the top of Cromer cliffs to get a low easterly horizon.

It will be a little easier to see Mercury from about the 29th when the planet will be low in the NW at around 9pm. Mars will be in the same general direction but a little further west and a little higher. The evenings will be longer by now and Mars will be vanishing into the twilight. Mercury will be brighter.

Through the month, at around 1am, Saturn will rise and, if you wait until it gets higher in the sky, you may as well hang around to see Venus (see previous note).

On May 6th, look at the thin crescent Moon at 9pm. The star Aldebaran (*red giant 65light years away*) will be close and on the left. About a fist width to the right will be the Pleiades star cluster. About two fists above the Moon find the red dot of Mars. On the 7th, Mars is much closer to the Moon.

At the beginning of April, I was at the Kelling Heath star party (grey and cold) and, whilst huddled over a warming drink consuming cake, I overheard a conversation about life out in the universe somewhere. The chat started out OK with conditions needed, the number of stars, time for things to happen etc, but then degenerated into myth and fancy. The more sensible debate gelled with recent comments from scientists about the number of things that had to happen to create the abundant life we have on Earth. It appears the surfeit of water now found in space almost everywhere is not enough to do the job and extra efforts are being made to determine conditions existing, or which likely existed, at exoplanet systems.



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Recent articles about the prospect of simple life elsewhere in our Solar System have suggested that the salty water present on Mars will have sterilised it pretty well and future missions should worry less about contaminating the surface. Meanwhile the old, discredited, stories of super-hot Venus once having a large water ocean have been given a lift by a theory that a very large ocean with big tides may have led to the planet now having a very slow rotation, 243 Earth days – the tides braked the planet.

Last month I wrote a little about the minor planet Pallas. This month, Ceres comes into opposition (closest approach to Earth) on the 28th. It is the largest minor planet and was called a planet between its discovery in 1801 and the 1850s. It orbits in the asteroid belt between Mars and Jupiter and can be seen through mounted binoculars as a faint point of light. Stellarium or a phone app will help you locate its position.



NASA

NASA's Dawn spacecraft orbited Ceres from the beginning of 2015 until October 2018. It has a diameter of nearly 1000km, and has a rocky core and an icy mantle with a lot of water ice.

Back to galaxies. Look due South this month and find Y shaped constellation Virgo. The bright star Spica is in the middle of this pattern and, above it, a view of the Virgo super cluster of at least 100 galaxies. Fuzzy blobs galore in telescopes. The central blob is M87 which has a black hole in the middle of it 5 billion times as massive as our Sun.



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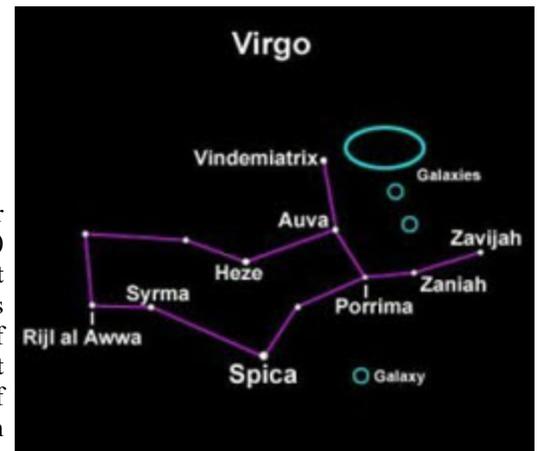





Internet

Our galaxy, the Milky Way, is part of the Virgo supercluster. Our galaxy contains several hundred billion stars, so how many are there in this local cluster?

Internet



The super cluster is 110 million light years across and is part of a filament consisting of more clusters which, in turn, is part of a greater structure influenced by The Great Attractor.

There are around 10 million superclusters of galaxies in what we can see of the universe. Between the filaments that link them are great voids.

Mind boggling isn't it?

Back down to Earth or, at least, to within 50miles of its surface. Clouds of tiny ice particles can form at this high altitude and, in the summer months, can be illuminated by the Sun after it has gone below the horizon. They then become noctilucent clouds, ethereal ripples of light high in the sky.

Look for them and through them for thousands of millions of light years over voids in space and past millions of galaxies of billions of stars. And then think of the universes beyond ours. Makes a change from listening to the news.

Terry Parish

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## Heacham in Bloom

Now May has arrived we will be stepping up a gear, clearing the beds of the spring blooms and applying a feed in readiness for the summer planting. Once we take delivery of our summer bedding plants, we will then be busy planting baskets, troughs and the beds to give a burst of colour around the village.



**Best Blooming Caravan Competition:** We will once again be running the 'Caravan Competition', a cup is awarded for the best 'Park' and there are prizes for the 1st, 2nd and 3rd placed in the 'Best Blooming Caravan' individual category. This year we are pleased to announce that the competition is being sponsored by 'The Heacham Newsletter'. Posters have been circulated and forms for individual caravan entries are available from your park's office, Heacham Library or by emailing – [heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com) Judging will be done over the weekend of 6th/7th July 2019.

**A-Z of Bulbs:** Later on in 2019, on Friday 27th September we are hosting a gardening themed talk, the 'A-Z of Bulbs, 7pm at the Old Friends Hall, Sunnyside. More details on how you can book your place will be advertised in the next few months. Please look out for posters or follow our Facebook page where more details will be posted in due course.

Our next meeting is on Monday 20th May, 7pm in Heacham Library.

**Heacham in Bloom Committee**  
[heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com)

## BEST "BLOOMING" CARAVAN & CARAVAN PARK COMPETITION 2019

There will be prizes for the 1st, 2nd and 3rd place in the best 'Blooming' Individual Caravan Competition

Heacham in Bloom will also be awarding a trophy for the best "Blooming" Park.

Judging will take place over the weekend of 6th/7th July 2019

To enter, complete a form, obtainable from your Caravan Park Reception/Office, Heacham Library or by emailing [heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com) and return by 1st July to Heacham in Bloom, c/o Heacham Parish Council, Jubilee Clinic, Pound Lane, Heacham, PE31 7ET.

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# 1st Heacham Cubs

Cubs started back after the half term in February on the 28th with Kaa's games night, although he let the Cubs choose their own games by getting them to write a game on a piece of paper and then we had a lucky dip; the games picked out of the hat were Tunnel Ball, Jump the River and a few games of Tug of War. As per usual on our first night back we renewed our Law and Promise.



On the 7th March Chil made pancakes with the Cubs as part of his Skills Challenge for his Young Leader training; Hathi helped him in the kitchen. While two Cubs were cooking the other Cubs played Hockey and they all swopped over until everyone had made a

pancake or two. I even got one made for me! When Hathi and Mang washed up Chil with Rikki played Jump the River and Sleeping Lions.

Next on the 14th March we started on our Conservation Badge; again, Chil used this as his second skills challenge and the Cubs made bird feeders using a toilet roll, peanut butter and bird seed. When they had finished and we had cleaned up the Cubs played Tunnel Ball and Hathi's favourite game at the moment Rock Paper Scissors. We had a new Cub start called Max.

On the 21st March we continued with their Conservation Badge and discussed "How People have Damaged the Environment". The Cubs thought of different situations like Air and Water Pollution, Deforestation, Over Population, Global Warming and general damage to the environment and the consequences. After, they played the Key game and Hockey.

On the 28th March myself and Hathi were not at the meeting so it was taken by Ziggy and Rikki who took the Cubs through "How people have broken the Country Code", again as part of the Conservation Badge. They discussed how leaving gates open, not keeping to the marked trails, bridleways, lighting fires, dropping litter and destroying hedges and animal habitat were all not good for the environment. They also completed a Word Search. They ended the evening playing Time Bomb.

Our last evening on 4th April they finished off the Conservation Badge by playing the recycling game, which involves putting

the right rubbish into the correct bin i.e. Brown, Black, Green and Food Waste. Over the last six weeks the Cubs have been bringing in newspapers and magazines which we collected and weighed during the evening, the total weight was 14.4kg. We then put them all in the paper bin in the car park. Games played were Pass the Bomb, Dice Game, Hockey and Dodgeball.

At the end of the evening 100% certificates went to Harley, Hayden J and Jacob as they had attended Cubs for the last twelve weeks.

Alexi and Mattie were presented with a certificate and torch as they left Cubs to go onto Scouts. We were also able to present the Conservation Badge to Alexi, Harley, Hayden J, Hayden F, Jacob, Max and Tyler.

All the Cubs including Hathi, Rikki, Chil and Mang received Easter Eggs.

After our day at Wolferton we presented the following Cubs with their Backwoods Cooking Badge, so well done to Alexi, Hayden F, Max and Tyler.



## Day at Wolferton – 30th March 2019

On a lovely sunny day, we took nine Cubs to Wolferton for the day; we were also joined by eight Rainbows from

2nd Heacham.

The Cubs were split into groups; they then made fires in pits that had already been dug out collecting the wood from the wood pile and starting it off with sawdust and twigs. Once the fire was going, they cooked sausages on sticks, poached or boiled an egg in a Billy can and cooked either an apple or banana in the embers (these were the criteria for the Backwoods Cooking Badge); they also toasted marshmallows.

The Rainbows had their own fire pits and, with help from Barry, Kathryn (their Leader) got them to build a fire and they cooked sausages and marshmallows over them.

While the fires were being put out and the pits refilled, the Cubs had free time and played in the field with a frisbee or man hunt amongst themselves.

Lunch was a BBQ cooked by our resident BBQ person – Simon, followed by cake.

After lunch the Rainbows played games and did their own thing. Cubs with Kaa and Mang played Kick Rounders and a Compass game; Kaa had arranged where they had to use a compass to find a point which led them to a picture which had been cut up into a jigsaw.

Unfortunately, Ziggy and Rikki could not make it due to work commitments, Hathi was away on a leader training weekend and Chil was away in Norwich. But Thank You to Kaa, Mang, Barry and Simon for helping on our day out.

Happy Scouting to all our Cubs.

**Akela (Sam), Ziggy (Julie) & Kaa (Rob)  
Hathi (Jemma) & Rikki (Tommy)  
Young Leaders Chil (Nat) & Mang (William)**

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## 2nd Heacham Rainbows

This term was a bit of a funny one for me; due to work I was only able to run the first week and the last week of the term. Thankfully, Beverly agreed to run the unit for the four weeks in between with Sue (Heacham Guides) the first two weeks and Eve (district secretary) the last two weeks. They were armed with a Rainbow Handbook I put together with the plans for the week so the term ran smoothly. I missed the girls very much and am very glad to be back.

Our first week back after February half term the girls enjoyed playing games. They split into 3 groups of three and took turns to play giant jenga, snakes and ladders and use story dice to write their own story. While the girls played the games, I took each group aside to help make thank you cards for Sue and Eve.

The second week the Rainbows enjoyed colouring in and making butterfly wands with the Rainbow Promise written on its wings.

The next week the girls enjoyed playing games with the new big parachute and very kindly made me a birthday card.

We had a bit of a butterfly theme this half term (can you tell?) The girls enjoyed making stained glass window butterflies. They each had two black butterflies with shapes cut out of the wings and had to stick different coloured tissue paper between them to create the stained-glass window effect.

Butterflies again! The girls made a butterfly for Mothers Day or Someone Special. They drew round their hands to be the butterfly's wings and decorated it to make it sparkly and special. The girls also took home a poem for that special person in their life:

This isn't just a butterfly  
As you can plainly see.  
I made it with my hands  
Which is part of me.  
It comes with lots of love  
Especially to say  
I love you now and everyday!

Heacham Rainbows was invited by Heacham Cubs to a day at Wolferton. The girls enjoyed helping to build little campfires and incinerate sausages and marshmallows – big thank you to Simon and Barry for helping us out with the fires and keeping the girls safe while having fun. The Rainbows also enjoyed being given the chance to explore the field, digging in the mud, playing with the Frisbee and playing hide and seek. We got out our big parachute and played games, which can be hard to play in the hall, as we seemed to have all the space in the world! Big thank you to Simon for cooking the hot dogs for lunch, followed by CAKE!! (It's amazing how quickly children move across a field when you shout cake!) Thank you Akela for inviting us and making it a very fun day!

For our last week before the Easter holidays the Rainbows enjoyed an Easter Egg hunt in the garden. They each had to find a jelly bean filled egg with their name on, which is all fun and games until we get to the last few eggs...you'd think I would know where all the eggs are and be able to help but no. My sister Jemma kindly helped me hide the eggs so a few I didn't even know where they were! (We found them in the end!) The girls then enjoyed decorating their own Easter Egg pictures and decorating cakes brought by Beverly.

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Unit Leader

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## A New Season for Heacham Social Bowls Club

It only seems like yesterday that we put the Bowls away for the winter, yet here we are dusting them off ready for the new season.

During the winter months much has changed within the Club; a new committee has been formed and most of the administrative side of things has been reorganised. To that end you may have noticed quite a lot of activity on and around the green over the last few weeks, repairs, upgrading and modification to many areas. On Sunday 5th May and Sunday 26th May, we will be holding our popular Open Days, each from 2pm until 4pm. This is your chance to have a go and meet some of our Members who will give you a warm welcome.

Our Club play 5 teams in various Leagues as well as casual bowling and an internal League for those wishing to play competitively but within the confines of friends and colleagues. Throughout the season we will also be holding numerous Club matches and competitions for those who can't get enough of the game, alongside a few glasses of vino and BBQ.

So, as we always give a warm welcome to all members, old and new, why not come along to our meet and greet Open Days and give us a go.

For further information please don't hesitate to give me, Colin Brooksbank, Club Chairperson, a call on 01485 579553.

## TIDE TABLES FOR MAY & JUNE 2019

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST									
May 2019					June 2019				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 W	04 06	6.0	16 01	6.2	1 SA	04 39	6.5	16 44	6.6
2 TH	04 45	6.3	16 41	6.5	2 SU	05 19	6.7	17 28	6.8
3 F	05 19	6.6	17 20	6.7	3 M	05 58	6.9	18 13	7.1
4 SA	05 52	6.8	17 58	6.9	4 TU	06 37	7.1	18 57	7.2
5 SU	06 25	6.9	18 37	7.1	5 W	07 16	7.2	19 41	7.2
6 M	07 00	7.1	19 15	7.2	6 TH	07 54	7.2	20 25	7.1
7 TU	07 34	7.1	19 52	7.2	7 F	08 35	7.1	21 12	6.8
8 W	08 06	7.1	20 30	7.1	8 SA	09 19	6.8	22 05	6.6
9 TH	08 43	6.8	21 13	6.7	9 SU	10 11	6.6	23 10	6.2
10 F	09 24	6.6	22 03	6.3	10 M	11 15	6.3		
11 SA	10 16	6.2	23 09	5.9	11 TU	00 26	6.1	12 30	6.2
12 SU	11 25	5.9			12 W	01 37	6.1	13 43	6.3
13 M	00 42	5.7	12 54	5.9	13 TH	02 43	6.2	14 49	6.5
14 TU	02 08	6.0	14 14	6.2	14 F	03 41	6.5	15 49	6.7
15 W	03 15	6.3	15 18	6.6	15 SA	04 33	6.7	16 44	6.8
16 TH	04 12	6.8	16 14	6.9	16 SU	05 18	6.9	17 36	6.9
17 F	05 00	7.1	17 05	7.2	17 M	05 59	7.1	18 24	6.9
18 SA	05 43	7.2	17 53	7.4	18 TU	06 39	7.1	19 09	6.9
19 SU	06 22	7.3	18 39	7.4	19 W	07 17	7.1	19 49	6.8
20 M	07 01	7.3	19 23	7.3	20 TH	07 52	6.9	20 26	6.6
21 TU	07 37	7.2	20 03	7.1	21 F	08 24	6.8	21 01	6.3
22 W	08 10	7.1	20 41	6.7	22 SA	08 57	6.6	21 36	6.1
23 TH	08 43	6.7	21 19	6.3	23 SU	09 33	6.3	22 17	5.7
24 F	09 16	6.5	22 00	5.9	24 M	10 16	6.0	23 05	5.5
25 SA	09 56	6.0	22 51	5.5	25 TU	11 09	5.7		
26 SU	10 50	5.6			26 W	00 05	5.4	12 13	5.6
27 M	00 01	5.3	12 03	5.4	27 TH	01 08	5.4	13 17	5.6
28 TU	01 13	5.3	13 16	5.5	28 F	02 13	5.6	14 20	5.9
29 W	02 19	5.4	14 19	5.7	29 SA	03 10	5.9	15 18	6.1
30 TH	03 13	5.7	15 12	6.0	30 SU	04 02	6.2	16 13	6.5
31 F	03 58	6.1	16 00	6.3					

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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 – 3.30pm Charity knitting. Last Monday in every month at Freebridge Community Hall, Sunnyside. Call Michelle 07712268869. Kits Supplied  
TABLE TENNIS League Matches in the Hall 7pm (SC)  
CRAFT CLUB 2-4pm every week (exp Bank Holiday) (PRH)

### 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  
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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](mailto: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](http://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  
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)  
WEST NORFOLK SINGERS 7.30-9pm For info Tel: 541851 Peter Gray [www.westnorfolksingers.org.uk/](http://www.westnorfolksingers.org.uk/) (MC)  
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5 welcome £1 entry pp Cash Prize & Cash Snowball (HSC)  
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)  
 FOOTBALL Under 10's 'Minors' 5-6.30pm Contact Jay 07711779415 (HSC) playing fields  
 TAI CHI & KUNG FU 6-7pm Beginners Tai Chi 7-8pm  
 Advanced Tai Chi 8-9.30pm Adult Kung Fu  
 Tel: Derek 01553 674779 (PRH)  
 INDOOR BOWLS CLUB (Carpet) 2.30pm (MC)  
 CASH BINGO 7pm (PH)  
 WILDFOWLERS CLUB 1st Friday monthly 7.30pm (HSC Top Room)  
 COFFEE AFTERNOON 1st Friday in every month at Fridhem Rest Home 2-3.30pm. £1 inc tea/coffee & cake. All welcome  
 NORSEMANS BOXING CLUB Jnr 6-7pm, Snr 7-8pm Unit 12 Heacham Hall Ind Est. Jnr £2, Snr £3  
[geezersales@btinternet.com](mailto: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](mailto:buzzard177@msn.com)

#### **HEACHAM DIARY**

**Friday 3rd May** GIG 'JAM night with DNA' 8.30pm at The Fox and Hounds, Station Rd

**Monday 6th May** 'Yard Sale' at Fridhem Rest Home

**Wednesday 8th May** 'Coffee Morning and More' 10am – 12noon at Old Friends Hall, Sunnyside. All welcome.

\*\*\* 'Tennis Coaching' at Heacham Lawn Tennis Club at The Sports Ground, Station Rd. 4.30-5.30pm school years 3, 4 & 5. 5.30-6.30pm school years 6-11. 6.30-8pm Adults and Juniors in years 12 & 13. Free and no advance booking needed

**Thursday 9th May** 'Norfolk Knitters' at Cunningham Court, Station Road 2-4pm

**Friday 10th May** GIG 'Style' 8.30pm at The Fox and Hounds, Station Rd

**Saturday 11th May** 'Wrestling in the Hall' 6.30pm & Falling Star, at The Social Club, Station Rd

**Tuesday 14th May** GIG 'Part Time Blues' 8.30pm at The Fox and Hounds, Station Rd

**Wednesday 15th May** 'Lorraine's Prize Bingo' in the Club 1.30pm at Social Club, Station Road

**Thursday 16th May** 'Norfolk Knitters' Cunningham Court, Station Road 2-4pm

**Friday 17th May** GIG 'The 142 Band' 8.30pm at The Fox and Hounds, Station Rd

**Monday 20th May** 'Heacham History Group – AGM and Talk on Norfolk Saffron' 7.15pm. Admission £3 ( £2 members)

At Old Friend's Hall, Sunnyside. All welcome

**Friday 24th May** GIG 'Nightride' 8.30pm at The Fox and Hounds, Station Rd

**Saturday 25th May** 'Messy Church' 10am – 12noon at St.Mary's Church. Call 01485 570697 or 01485 572539

**Saturday 25th May** 'Street/Garage Sale' 10am on Neville Rd  
 \*\*\***25th & 26th May** 'Art Show' at Old Friend's Hall, Sunnyside. Free entry.

**Monday 27th May** 'The Heacham Yarners' Charity knitting projects supporting QEH neonatal, cancer units and Tapping House Hospice 1pm – 3.30pm at Freebridge Community Hall, Sunnyside Close. £1 suggested donation. Kits Supplied

\*\*\* 'Yard Sale' at Fridhem Rest Home

**Thursday 30th May** 'Norfolk Knitters' Cunningham Court, Station Road 2-4pm

**Friday 31st May** GIG 'Black Dogs' 8.30pm at The Fox and Hounds, Station Rd

\*\*\* The Pocahontas Players Present 'Evolution Express Judgement Day – The Musical' £10 pp. 31st May 7.30pm, June 1st 2pm and 7.30pm. For tickets call 01485 570402/571267 or visit Hunstanton Tourist Information

#### **JUNE**

**Saturday 8th June** Live Music with '2 + One' at Heacham Public Hall 7-11pm. Tickets £7.50 in advance or £8.50 on door at the Social Club, Station Rd

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## OTHER EVENTS

**Friday 3rd May** Dancing to 'Graham James' 8.30pm at United Services Club, Homefields Rd, Hunstanton

**Saturday 4th May** Dancing to 'Low Rider City Rockers' 8.30pm at United Services Club, Homefields Rd, Hunstanton  
\*\*\* Ringstead Village Club 'Annual Plant Sale and Coffee Morning 10am til midday at Ringstead Village Hall

\*\*\* Dancing to 'Mike Shelby' at Hunstanton Conservative Club

**Friday 10th May** Country Night with 'Mervin and Maria' 8.30pm at United Services Club, Homefields Rd, Hunstanton

**Saturday 11th May** Dancing to 'In The Mood' 8.30pm at United Services Club, Homefields Rd, Hunstanton

\*\*\* Entertainment with 'Mike Fox' at Hunstanton Conservative Club

**Monday 13th May** The Arts Society Lecture 'The History of the GPO Film Unit' 2pm at Sedgford Village Hall. To book a seat call 01485 570755

**Tuesday 14th May** Brancaster Camera Club presents 'A Talk on Around China' 7.30pm at Brancaster Staithe Village Hall, £3. Contact Jim 01485 210013 or Wendy 01553 674725

**Friday 17th May** 'Quiz Night' 8.30pm at Hunstanton Services Club, Homefields Rd, Hunstanton. £3 pp plus food

\*\*\* Anmer Village Social Club Film Night 'The Favourite' 8pm at Anmer Village Social Club, £3 at door. 01485 579465

**Saturday 18th May** 'Hunstanton Concert Band – Musicals in May' 7pm at St.Edmund's Church. £5 on the door

\*\*\* Dancing to 'Dream Street' 8.30pm at United Services Club, Homefields Rd, Hunstanton

\*\*\* 'Fashion Show' 2-5pm at Snettisham Memorial Hall, Church Rd. Tickets £5 each

\*\*\* 'Quiz Night at Hunstanton Conservative Club

**Monday 20th May** Hunstanton U3A meeting 'Talk on the History of Family Law' 2pm at The Community Hall, Hunstanton

**Tuesday 21st May** Brancaster Camera Club presents 'Battle with North Norfolk PS' 7.30pm at Brancaster Staithe Village Hall, £3. Contact Jim 01485 210013 or Wendy 01553 674725

**Wednesday 22nd May** The Village Cinema Presents 'The Favourite' doors 6.30pm, £5 at The Memorial Hall, Snettisham

**Thursday 23rd May** Norfolk Wildlife Trust 'Illustrated Talk – Butterflies of Norfolk' 7.30pm at Hunstanton Methodist Church, Austin St. £2.50 members / £3 visitors

**Friday 24th May** Dancing to 'Mike Fox' 8.30pm at United Services Club, Homefields Rd, Hunstanton

**Saturday 25th May** Dancing to 'Shake, Rattle & Roll' 8.30pm at United Services Club, Homefields Rd, Hunstanton

\*\*\* Syderstone Village Cinema presents 'Bohemian Rhapsody (12A)' 7.30pm at Amy Robsart Village Hall, Syderstone £3.50

\*\*\* Dancing to 'Mark Steele' at Hunstanton Conservative Club

\*\*\* **25th May to 2nd June** Norfolk & Norwich Open Studio Event 'Six Artists Art Exhibition' at Ringstead Village Hall

**Sunday 26th May** 'Piano Duet' 3pm at St.Mary's Church, Snettisham. £8 includes afternoon tea

\*\*\* 'Sedgford Open Gardens' 12noon – 5pm, £5 entrance and children free. 01485 579002

**Sunday 26th & Monday 27th May** 'Dersingham Open Gardens & Art Trail' 11am-5pm both days. Tickets from Dersingham Village Centre on day £5 or Dersingham Post Office in advance £4

**Tuesday 28th May** Dersingham Village Screen presents 'Sully' 7.30pm. Contact Tom on 07779545707

**Friday 31st May** Comedy act 'Richard Whymark' 8.30pm at United Services Club, Homefields Rd, Hunstanton

### Mondays

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

FITSTEPS 6.30 – 7.30pm at Snettisham Memorial Hall To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com

### Tuesdays

COASTAL STROKE & SUPPORT GRP 10.30am – 12.30pm at Hunstanton Methodist Church Austin St

LINE DANCING 1.30 – 3.30pm at Snettisham Memorial Hall £3.50 Tel: 532317 Yvonne

SLIMMING WORLD 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence 'all ages' 6.30 - 8.30pm at Smithdon High School For details contact Ian on 07806 622154

HUNSTANTON COMMUNITY CHOIR Rehearsals 7-9pm at Hunstanton Town Hall £3 per session For info Tel: 532392

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

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

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

### Wednesdays

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

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

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

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

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

YOGA 10am – 11am at Sedgford 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](mailto:bookings@wattsington.com)

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## News from Heacham Fire Station

Hi Everyone!

Since I last wrote for the Newsletter we have entered a new Brigade year which we hope will be a good one for the station. The old one ended with a dramatic and well-publicised house fire in Snettisham at the end of March. Such occurrences are a reminder of how quickly a fire can take hold and therefore how important it is to have the earliest possible warning when something goes wrong.

Having a working smoke alarm(s) and a fire action plan are two things that save lives.

If you are over sixty or have a disability which could make it more difficult to react to a fire, you may be eligible for a free Home Fire Risk Check. Alternatively, there is a short video online which highlights the risks in your home room by room and gives some advice on how to make it safer. You can then complete the Home Fire Risk Self Checker which, like the video, is available at [www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service](http://www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service).

None of us really expect that a fire is something that will happen to us but if we just take a little time to think 'What if...?', it could make a significant difference to the outcome should the worst happen.

Alongside attending incidents, we continue to train of course and we recently made use of the former Dairy Crest depot to carry out some ladder drills. As part of the session, fire fighter Joe played the part of someone who had got stuck on a roof (it does happen) and needed rescuing. Although there was an obvious temptation not to bother and just leave him there, he was helped to 'safety' by Tom H and all was well!



**CHRIS PALMER**

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We are grateful to the Parish Council for allowing us continued use of the site prior to work starting on the Community Building.

For the final news of this month I'm going to hand over the reins to guest writers, Clare Pelling from the Friends of Heacham Fire Station and Watch Manager Barry Rudd.

**Chris Wood**

\*\*\*\*\*

The 14th March saw Chris Wood receive his well-deserved Long Service and Good Conduct Medal at the Norfolk Fire & Rescue Service Awards Ceremony held at County Hall, Norwich. It recognises his 20 years of service as a firefighter at Heacham station.

During these 20 years, he has attended over 2100 calls, helping to keep Heacham a safer place for all of us.

I'm sure you will all want to join me and the crew at Heacham station in wishing him all the best as he continues, along with the rest of the team, to work to help keep us all safe.

I'll now hand over to Barry who had the following to say. It's taken from the citation read out as Chris received his medal.

**(Clare Pelling)**

\*\*\*\*\*

Chris joined Norfolk Fire Service in November 1998, following in the footsteps of his brother, Andrew. Over the past 20 years, he has been reliable, dependable and conscientious in all aspects of station life, dedicating more than 90% availability to the station year on year. An outstanding achievement!

Chris has a keen interest in history and is an active member of the Fire Museum, restoring and maintaining appliances and equipment from previous eras.

I would like to thank Chris for his dedication to Heacham Fire Station and the local community. Well done Chris!

And with that, all that remains for us to say (as Chris would) is, Until next time.....

Take Care and Stay Safe.

**Barry Rudd**

\*\*\*\*\*



Chris receiving his medal from Margaret Dewsbury, Chair of the Communities Committee. PHOTO: Norfolk County Council



Tom H preparing to 'rescue' Joe from a roof during training.

**NEWSLETTER SUDOKU      Answer page 46**

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

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

**Puzzle**

Police officers investigating the forging of false coinage seized a batch of 100 coins.

These were divided into 10 piles of 10 coins.

The officer in charge knew that all the coins in one pile were false, but he did not know which pile that was.

All he knew for sure was that a counterfeit coin weighed exactly one gram more than a genuine coin.

How many weighings did he need to make in order to identify the pile of false coins?

Answer page 46

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### Save a Life

87 people attended the blood donor session at the Public Hall on 27th March 2019 and 79 units were collected. There were 9 new donors. Thank you all. Please note that the next visit to Heacham is on **Wednesday 31st July 2019**. To make an appointment ring the Helpline 0300 123 23 23 or online at National Blood Service information [www.blood.co.uk](http://www.blood.co.uk)

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# around & about...

## ANMER VILLAGE SOCIAL CLUB

### FILM NIGHT

Friday 17th May 2019 at 8.00pm

#### 'THE FAVOURITE'

The Oscar winning and Box office success film starring Olivia Colman, Emma Stone, Rachel Weisz. In early 18th century England, a frail Queen Anne occupies the throne and her close friend, Lady Sarah, governs the country in her stead. When a new servant, Abigail, arrives, her charm endears her to Sarah.

Venue – Anmer Village Social Club

Admission by ticket - £3 at the door

Doors and bar open 7.30pm

New members and guests welcome

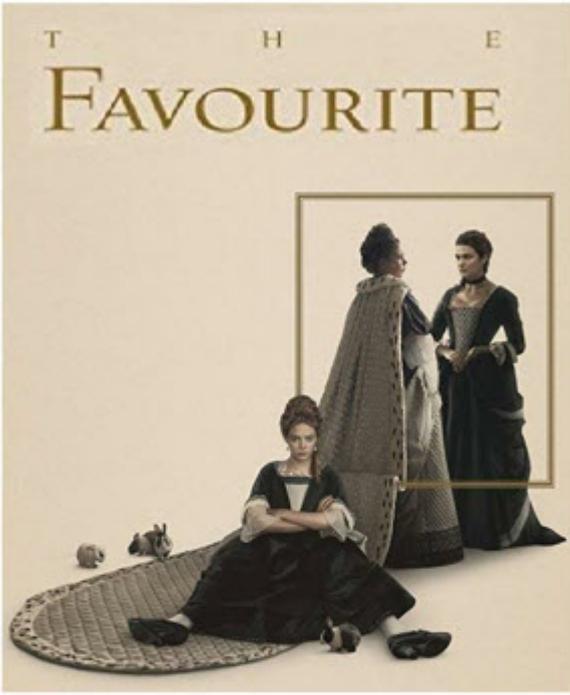
Email: [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk) or telephone 01485 579465.

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

### Pink Osprey

Yes, you were all quite right! Last month's piece referring to the arrival of the Eastern European Pink Osprey (*Orientalis Europae rosea alietum*) at the Chalk Pit, was a belated April 1st spoof, which just goes to prove that you can't always believe everything you read even in the THN!

THN



**ANMER SOCIAL CLUB**  
**FRIDAY 17th MAY 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](mailto:films@anmerclub.co.uk)  
or telephone 01485 579465  
or visit our website on:- [www.anmerclub.co.uk](http://www.anmerclub.co.uk)

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#### WHAT'S ON IN MAY 2019

##### Saturday 11th May

Wrestling in the Hall 6.30pm Falling Star

##### Wednesday 15th May

Lorraine's Prize Bingo in Club Starts 1.30pm

##### Saturday 25th May

Heacham Minors Football Presentation in the Hall 6pm

**Every Thursday** Judo in the Hall

**Every Friday** Bingo in the Hall 7pm

All Welcome

#### Sunday Carvery

12 noon - 4.00 pm

All you can eat

One plate one visit

Small plate £5.95

Large plate £7.95

Desserts £3.00

Booking advisable



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## Brancaster Camera Club

### Tuesday 14th May

A talk by local photographer, Ian Ward on his trip 'Around China'.

### Tuesday 21st May

Battle with North Norfolk PS. Judge Dave Jordan FRPS.

Our meetings take place in Brancaster Staithe Village Hall at 7.30pm on the dates listed. Entrance is £3 to include refreshments. Visitors are always welcome. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725 for more information.

## Garage/Street Sale



Saturday 25th May

Starts 10.00am



Neville Road Heacham

## 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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## Open Gardens at Sedgeford Sunday 26th May

Now in its 32nd year. Sedgeford continues this annual event, with a dozen or so village gardens all with varying features open for viewing by garden and plant lovers.

Visitors often start their trip with a homemade lunch at the church, where there will be a flower display together with craft and produce stalls, all accompanied by the live music of 'All that Jazz'.

Alternatively, one can first view the gardens taking in the plant and ice cream stalls and children's events etc on the way round before finishing off with tea. There will be a village shuttle bus to help if the legs get weary.

Gardens are open from 12.00 until 5.00pm, with entrance at £5.00 and children free.

Enquiries – please contact Pam Goddard – Tel: 01485 579002 or email: [pamgoddard@btinternet.com](mailto:pamgoddard@btinternet.com)



NORFOLK AND NORWICH  
ASSOCIATION FOR THE BLIND

# VOLUNTEERS NEEDED!



## The Norfolk & Norwich Association for the Blind (NNAB)

The Norfolk and Norwich Association for the Blind (NNAB) is an organisation that supports people with sight loss to live independent lives.

Our offices in West Norfolk, Norwich and Great Yarmouth offer a wide range of equipment, services, activities and support across the county.

We could not offer all of this without the support of our many fantastic volunteers who assist us in bringing our services, activities and support into communities all across Norfolk.

Volunteering is a great way of gaining confidence, new skills, of meeting people and of taking part in the local community.

We are currently looking for volunteers in the local West Norfolk area with opportunities from mini bus drivers, to sports and leisure activities, telefriends, fundraising and much more.

If you would like to discuss the opportunities we have at the NNAB then contact the West Norfolk Volunteer Engagement Co-ordinator Penny Parker on 01553 660808 or email [volunteers@nnab.org.uk](mailto:volunteers@nnab.org.uk) for a friendly and informal chat and see if we have an opportunity that is just right for you.

Other opportunities are available at our Norwich Office and any interest for these should be emailed to the same address for the attention of Rachael Green.

Interested in  
joining us?



01603 973377 (Norwich)  
01553 660808 (Kings Lynn)

[volunteers@nnab.org.uk](mailto:volunteers@nnab.org.uk)

[www.nnab.org.uk](http://www.nnab.org.uk)

The Norfolk and Norwich Association for the Blind Registered Charity No 207000

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Venue: Amy Robsart Village Hall,

Syderstone PE31 8SD.

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578171 / 01485 578244

Email: [cinema@syderstone.com](mailto:cinema@syderstone.com)

## United Services Club Homefields Road, Hunstanton

Entertainment for the month of May 2019

- Fri May 3rd – 8.30pm: Dancing to 'Graham James'  
Sat May 4th – 8.30pm: Dancing to 'Low Rider City Rockers'  
Fri May 10th – 8.30pm: Country Night with 'Mervin and Maria'  
Sat May 11th – 8.30pm: Dancing to 'In the Mood'  
Fri May 17th – 8.30pm: Quiz Night £3 per person plus Food.  
Sat May 18th – 8.30pm: Dancing to 'Dream Street'  
Fri May 24th – 8.30pm: Dancing to 'Mike Fox'  
Sat May 25th – 8.30pm: Dancing to 'Shake Rattle & Roll'  
Fri May 31st – 8.30pm: Presenting 'Richard Whymark' (Comedian)

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## King's Lynn Festival Chorus

*LOVE TO SING - SING WITH LOVE*

The King's Lynn Festival Chorus (KLFC) is embarking on an important community project involving choirs throughout the country. The project is to raise awareness and funds for SHELTER - the country-wide charity supporting homeless people.

Choirs will be learning, and then performing, a specially-commissioned song by the popular composer Alex Wolff. This new song, together with other well-known songs, will be performed at a special outdoor concert (as part of the King's Lynn Festival) in the Tuesday Market Place, King's Lynn, on July 14th 2019.

ANYONE can join in this project. There are NO voice assessments; NO musical notes to read; previous experience of singing is NOT NECESSARY. JUST COME ALONG AND HAVE A GO FOR A WORTHY CAUSE..... *SING WITH LOVE!*

Weekly rehearsals will be held at Springwood High School, King's Lynn, PE30 4AW, to start at 7.15 pm on Monday 13th May for about 45 minutes.

You are more than welcome to then stay for the rest of the usual KLFC rehearsal to see and hear what we do; especially if you are thinking about becoming a regular member of KLFC. We have a full programme planned for next season learning and performing some great choral works.

Please use the Contact page on our website if you would like more information [www.kingslynnfestivalchorus.co.uk](http://www.kingslynnfestivalchorus.co.uk). We look forward to meeting you on 13th May.

Several people from Heacham and surrounding villages sing in KLFC; so we car-share. If transport is holding you back from joining us, just make contact (via our website) and we will give you a lift to rehearsals and events.

### Hunstanton Conservative Club

#### Entertainment for May 2019

Saturday May 4th - Dancing to Mike Shelby  
 Saturday May 11th - Entertainment with Mike Fox  
 Saturday May 18th - Quiz Night  
 Saturday May 25th - Dancing to Mark Steele

Eileen Hamilton  
 Chairman

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JUST COME ALONG AND HAVE A GO!

More details at [www.kingslynnfestivalchorus.co.uk](http://www.kingslynnfestivalchorus.co.uk) or ring **07780 881294**

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## Six Artists on show in NNOS Event

A new exhibition in the picturesque village of Ringstead will feature the work of six local artists in a collective show. Held in conjunction with this year's Norfolk and Norwich Open Studios county-wide event, the exhibition will run for nine days from May 25th.

Stylistically, their exhibits range from realism to abstraction and practically everything in between in a scale from small to, well, very big! It includes photography, oil, acrylic, watercolour, pastel and digital art – plus cards and print making – all of which they employ to creatively reflect the life and scene in the glorious coast and countryside of the area.

### The Six Artists:-

**Julie Clark** works in a variety of styles and media and has become recognised for her powerful images influenced by the ever-changing coastal seascape of Norfolk.

**Helga Joergens** produces figurative and abstract pictures created from observation and imagination.

**Barbara King's** bright, figurative paintings embrace a number of subjects including flora, fauna and the Norfolk landscape.

**David Lendrum** paints abstract works inspired by the skies and landscapes of Norfolk.

**Cass Wedd** works with paint, photography and other media and materials on subjects including Norfolk seascape, landscape and Irish history.

**Alan Witley** blends photography with digital art to produce spectacular images depicting the local scene.

You will be able to meet and chat with the artists at the exhibition which should make this an especially interesting event not to be missed.

The *Six Artists Exhibition* is at Ringstead Village Hall from Saturday 25th May until Sunday 2nd June, 10.00am to 5.00pm. Entrance and car parking are free.

For further details of all the Norfolk Open Studios events in Norfolk go to [www.nnopenstudios.org.uk](http://www.nnopenstudios.org.uk)

Alan Witley



### 'Ahoy!' by Julie Clark

Julie discovered her artistic talent following major brain surgery, when she realised the therapeutic value that painting and sculpture has on aiding recovery.

+ Julie Clark + Helga Joergens + Barbara King  
+ David Lendrum + Cass Wedd + Alan Witley



# Six artists

# ART

## EXHIBITION

A Norfolk and Norwich Open Studios event

VILLAGE HALL

# Ringstead

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## Dersingham Open Gardens and Art Trail 26th and 27th May 2019

Spring is nearly here and time for planning for the next DOG to begin. This year the team are planning an addition to garden and art trail visits and will be organising a Gardeners' Forum on Sunday 26th May. Take your seats at 2pm to hear advice from experts on a myriad of garden related topics such as Garden Design, Tree Surgery, Ponds, Lawn Care, Bird Life in the Garden, Natural Pest Control amongst other things.

Each talk will be about 10 minutes in length with an opportunity for Q&A afterwards. The "experts" will also be around during the course of the afternoon to answer any further queries. On Monday afternoon we are planning a Floral demonstration. All this is possible now we have the use of the new Dersingham Village Centre which will be fully utilised with refreshments throughout the day as well as the activities outlined above.



In addition, garden visits will be enlivened by quizzes for young and old so as they go round the gardens; visitors will have to keep a keen eye open for clues.

All in all, Dersingham Open Gardens 2019 promises to be a lively, refreshing and reinvigorating offering for all visitors to our village.

Not too late to offer to open your own garden if you feel inclined to do so. Contact Judy Colingham: 01485 540271 or email: [jcairnscol@gmail.com](mailto:jcairnscol@gmail.com)

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## WEST NORFOLK LIBRARIES EVENTS HUNSTANTON LIBRARY

May 2019

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**STAR WARS EVENT – Saturday May 4th from 10.00am to 1.00pm**

Decorate your own Wookiee Cookie/Design an Ewok Rock (bring along a stone to decorate) / take part in our quiz/treasure hunt to join the Rebel Alliance or look at some memorabilia! Costume optional and refreshments provided, donations welcome. May the Force be with you!!!

**Stay and Play - every Tuesday at 10.30am**

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

**Time for Stories - Wednesday 29th May at 10.30am**

Come and enjoy listening to our favourite stories and some new ones too, colouring and paper crafting afterwards. No need to book.

**Teddy Bear Story Time - Saturday 11th May at 10.30am**

Come along with your favourite cuddly toy and enjoy listening to our favourite bear stories, do some colouring and paper crafting afterwards. No need to book.

**Elmer Day Story Time - Saturday 25th May at 10.30am**

Come and enjoy our favourite Elmer stories, do some colouring and paper crafting afterwards. No need to book.

### REGULAR EVENTS

**Find my Past Support - every Tuesday at 10am**

Our experienced volunteer will be able to assist you with any Find My Past support or queries you may have. Just book in at Hunstanton library.

**Job Help Session - every Wednesday from 3pm to 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 10.30am to 11.30am**

Come along to this vibrant group for a cuppa and a chat.

**IT Help Session - every Wednesday from 4.45pm to 6.45pm (Booking essential)**

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*40a Lynn Road Dersingham*

why not book in for a one-hour session with our volunteer to get you started.

**Hunstanton Book Club - Monday 13th May at 2.30pm**

New members always welcome. Ask staff for details of the books being discussed. Refreshments provided; donations are welcome.

**Board Games with "In Good Company" - every Saturday from 10.30am to 12.00pm**

Come along and help us complete our library jigsaw or join in with cards/chess/scrabble and other board games. For all ages, refreshments provided; donations welcome.

**Walk and Talk group - Tuesday 14th May at 2pm - walk starts 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 9th May from 10.30am to 12.30pm**

Come along and knit with our group, have a chat, swap patterns and ideas. Refreshments provided; donations are welcome.

**Get Crafty - Monday 13th and 27th May from 10.30am to 12.00pm**

Join our group for calming colouring or design a postcard for our communities housebound and isolated. All postcards will be sent via West Norfolk Befrienders. If you have a craft you enjoy doing, bring it along and share your craft interests. Refreshments provided; donations are welcome.

**Who Dunit? - Wednesday 15th May from 5.30pm**

Come and join the crime book club where we discuss this month's book, share information on other great crime reads and discuss great crime TV series/films you have watched recently.



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Ask staff for details of the book being discussed. Refreshments provided; donations welcome.

**Hunstanton Library Friends Meeting - Wednesday 22nd May at 5pm**

If you love your library then why not join this group to organise events, activities and share any ideas you have on what you would like to see happen at your library. We would love to see you there!

**Crochet Along - Monday 20th May from 10.30am to 12.00pm**

Come along and crochet, share tips and ideas, with the experienced, novices welcome too. Refreshments provided; donations are welcome.

**Gardening Top Tips - Wednesday 1st May from 10.30am**

A monthly group run by the Hunstanton Library Friends to share ideas and tips for gardening. Refreshments provided; donations are welcome.

**Quiet Time - Wednesday 8th May from 6pm to 7pm**

Want a quieter time to visit? Ideal for people who may have autism, dementia or if you would like a calm environment.

**Coding Club - Wednesday 22nd May from 5pm to 6pm**

Come along and learn about coding, have fun and share your skills with others.

**Journaling for Wellbeing - Friday 24th May from 1.30pm to 2.30pm**

Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers and colouring pages. Catch up at the following session on Friday 28th June and create the next month's section. Refreshments provided.

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

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## Hunstanton Concert Band

The Hunstanton Concert Band is a local wind band in north-west Norfolk playing a wide selection of music at venues in Hunstanton and the surrounding villages and towns.

The Hunstanton Concert Band was formed in 1998. The band has performed in many of the Royal British Legion's annual 'Lest We Forget' concerts at The Princess Theatre in Hunstanton, as well as at its Millennium Concert. The band has also played at Adrian Bloom's Garden Centre at Diss, when it was engaged to play at the opening of the 'Dad's Army' Museum. Many of the stars of the show were present.

On two occasions Hunstanton Concert Band has played at the Wells-next-the-Sea RNLI Harbour service and has very much enjoyed playing at receptions for no less than five holders of the title High Sheriff of Norfolk!

It has accompanied the singing of Carols at the annual Hunstanton Town Carol Service and, of course, can be seen on the bandstand during the summer season - having played during the Hunstanton Carnival for many years and also for the annual Picnic on the Green event.

The band was very pleased to be chosen to play in 2005 for the Fleet Review at Burnham Overy Staithe to commemorate the 200th Anniversary of Admiral Lord Nelson's victory at the Battle of Trafalgar and also at the World Water Ski Championships held at Hunstanton in 2005.

On the 16th July 2006, Hunstanton Concert Band was honoured to play at St. Mary's Church, Great Bircham, marking the occasion of the 60th Anniversary of King George VI's unveiling of The Cross of Sacrifice. This very special occasion was made particularly poignant as Her Majesty the Queen was there to rededicate the memorial sixty years after her father had unveiled it.

The band has performed in many of our local churches and makes regular appearances during the year at fêtes, garden parties, flower festivals and private functions. Hunstanton Concert Band draws its players from the young, the middle-aged - and the more mature! Some of the players have played professionally and others are self-taught

**Chris Gutteridge, the Hunstanton Concert Band's Musical Director**, comes from a musical family and has been involved in music all his life, from being a folk singer and running folk clubs in his youth, to playing viola in the Norfolk Symphony Orchestra and trombone in various bands.

He has worked, and occasionally still does, as an early musician, performing with his daughter Lizzie as the duo [Wylde Noyse](#) in concerts and school workshops, and for banquets, fairs, weddings and other events all over the country. He has founded several groups including [The Norfolk Gallery Quire](#), which performed pre-Victorian church music and [The King's Lynn Waites](#) - a re-creation of the town's Tudor civic band.

A new venture for Chris is his recent appointment as conductor of [Centre Stage Swing Band](#), in which he once played 3rd trombone under the direction of the band's founder, the late Roger Lines.

Chris finds his wide-ranging musical tastes ideally suited to directing Hunstanton Concert Band, as the band has a broad repertoire of all musical genres. He enjoys the challenge of getting the best out of a group of enthusiastic amateurs who range from young children to the elderly, whilst ensuring that the experience is fun.



St Edmund's Church  
Greevegate, Hunstanton. PE36 6AA  
7 pm Saturday 18<sup>th</sup> May 2019

Entry £5 at the door, refreshments included  
All proceeds to St Edmund's church to fund a kitchen area in the back of the church, and ongoing repairs



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# H DFA

Hunstanton & District Festival of Arts

The ever-popular Craft Fairs sponsored by The Hunstanton & District Festival of Arts, will be held at the Town Hall this year.

These monthly events have been running in the Town for 15 years and the first one was held in April. Each month you can find new and different works of art on display. Each stall is carefully vetted by organiser Lorraine Cannell to make sure that only handmade original designs are on sale each month.

Stalls include jewellery, patchwork, woodcrafts and felted animals, as well as beautiful scenic photographs, hand-made cards and many other items to be treasured and turned into family heirlooms.

Stalls must be booked in advance from [lorraine@thebeadqueen.com](mailto:lorraine@thebeadqueen.com)

Dates are: 4th May, 1st June, 30th June, 27th July, 24th August, 14th September, 28th September, 26th October and 16th November.

Entrance to the public is free and there will be a selection of handmade cakes and pastries to enjoy along with a well-earned cup of tea.

Doors open at 10am and close at 4pm. All site fees from the stalls go towards the Arts Events held in and around Hunstanton and this year will include an open-air professional performance of the comedy "Gangsta Granny" by David Walliams in June, a Music Festival in September and a day of Creative Writing in May.

Help is also given to the local Carnival and the Festival of One Act Plays held during the summer.

For further information please contact the HDFA website or Facebook pages. [www.hdfa.org.uk](http://www.hdfa.org.uk). A new summer brochure is available from the Tourist Information Centre and local shops.

Ann McKimm





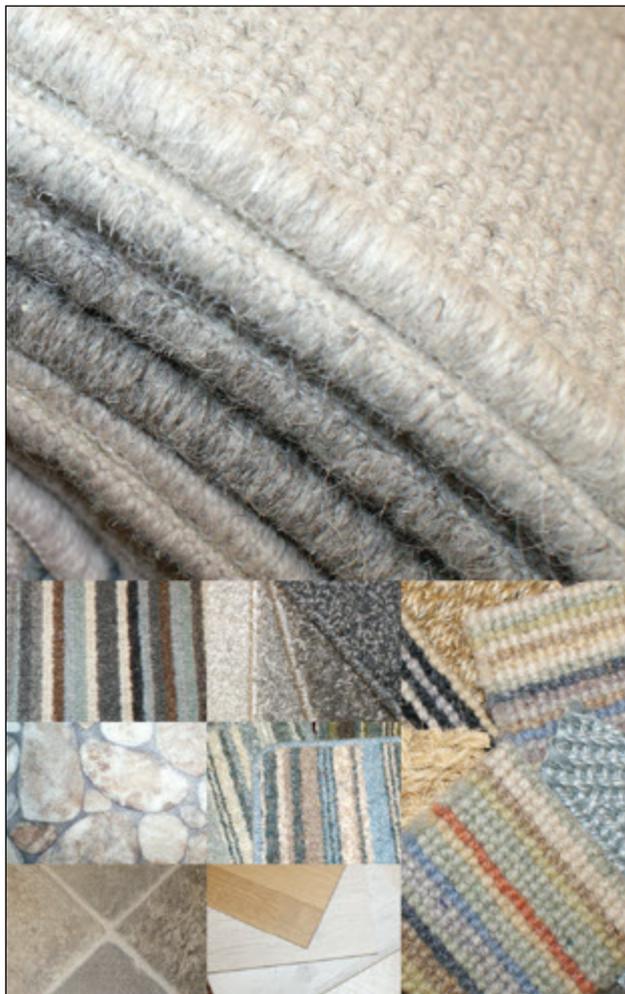
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1, 2, 7, 8 and 9 June  
from 10am to 5pm



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01485 570 506 or 07538 986 235

### WIDE FIELDS AND BIG SKIES

#### Open Studios Art Trail in Northwest Norfolk

See paintings, textiles, sculptures and more at artists' studios while enjoying a drive through some of the most beautiful countryside connecting Great Bircham, Thornham, Ringstead and Heacham.

The tour starts at C. Julie Witt's studio in Great Bircham. Julie explores a wide variety of subjects including still life, landscape and abstract. Her preferred medium is watercolour.

Hop in your car for the first leg of the journey through Docking, past Summerfield Farm and on to Thornham. Here Melanie Venes' hand woven fabrics and accessories will be on display alongside Sarah Burt's contemporary textile art, depicting seascapes and landscapes inspired by the East Anglian coast and countryside. There will be ongoing weaving demonstrations by Melanie. She will also be hosting 'Textiles in Action' at the Thornham Village Hall on Sat 25 & Sun 26 May from 10 am to 4 pm. where you will be able to see skilled demonstrations of textile techniques by passionate enthusiasts. (Contact Melanie for more info.)

The next leg of the trail takes you back over the fields to Ringstead Village Hall. Six local artists join forces with a new exhibition of their diverse styles, techniques and talents which embrace painting, print making, photography, digital art and sculpture. This interesting mix of work by Julie Clark, Helga Joergens, Barbara King, David Lendrum, Cass Wedd and Alan Witley will delight all tastes and ages!

Your next destination is Esther Boehm's studio at 55 High Street, Heacham. Esther will be working on installation pieces for an exhibition at the Undercroft, Norwich from 11-28 July where she will be exhibiting with artists Helen Breach, Alison Dunhill and Lydia Haines (cusp). Although the full impact of the work can only be experienced in Norwich, this will be a great opportunity to experience the process involved in an artistic project of this nature.

Total driving time one way is approx. 30 minutes.

#### ART TRAIL TIMES

Sat 25 May, Sun 26 May, Mon 27 May,

Sat 1 June, Sun 2 June 10 am – 5 pm

See individual artist's profiles in the brochure for all their Open Studio times.

#### TRAIL DIRECTIONS

Take B1153 from Hillington into the village past the King's Head on left, then left at war memorial. Studio, 54 Fring Rd (C. Julie Witt), on right. After your visit return to war memorial, turn left, continue on the main road to Docking. Go straight through the crossing at the Give Way sign. At Summerfield Farm turn right. Stay on main road until you reach Thornham. At the A149 turn right. After approx. 600m Greenwoods (Melanie Venes and Sarah Burt) is on your left. After your visit, turn right,

take the third left (Ringstead Rd) and then the first right. Ringstead Village Hall (Ringstead Artists) is on your left just after the Gin Trap Inn. After your visit, continue on this road, turning right to Heacham/Sedgeford. Take the first right to Heacham. Follow the road. Turn left onto the A149 and right at the lights. 1st left after Tesco Express is High Street. 55 (Esther Boehm) is on your right.

Brochures and flyers with the tour map are available at many venues including Hunstanton Tourist Information Centre, regional libraries and artists' studios/exhibitions or download at [www.estherboehm.com/download/wide-fields-and-big-skies.pdf](http://www.estherboehm.com/download/wide-fields-and-big-skies.pdf)

#### ARTISTS' DETAILS

C. Julie Witt: 54 Fring Road, Great Bircham, King's Lynn, PE31 6XR. 01485 578368, [tweepoesjes@hotmail.com](mailto:tweepoesjes@hotmail.com)

Melanie Venes and Sarah Burt: Greenwoods, High Street, Thornham, Hunstanton, PE36 6LY. 01485 512315, [melanievenes@btinternet.com](mailto:melanievenes@btinternet.com), [sarah.burt01@btinternet.com](mailto:sarah.burt01@btinternet.com), [www.sarahburtdesign.com](http://www.sarahburtdesign.com)

Ringstead Artists: Ringstead Village Hall, High Street,

Ringstead, PE36 5JU 01485 525254, 07584 476560,

[helga@helgajoergens.co.uk](mailto:helga@helgajoergens.co.uk),

[www.julieclarkart.co.uk](http://www.julieclarkart.co.uk),

[www.barbaraking.co.uk](http://www.barbaraking.co.uk),

[www.davidlendrum.co.uk](http://www.davidlendrum.co.uk),

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Esther Boehm: 55 High Street,

Heacham, King's Lynn, PE31 7DW.

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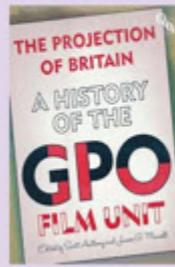


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Venue: Hunstanton Methodist Church Hall, Austin Street.  
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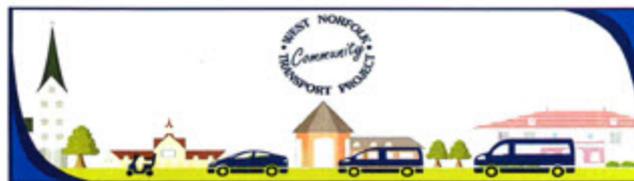
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9. Abigail
10. Gimmick
11. Dakota
12. Isolated
14. Beer
15. Ordainment
18. Exaltation
20. Isle
23. Turnkeys
24. Andrea
26. Cyclone
27. Clapper
28. Tenet
29. Landlords

### Down

1. Inaudible
2. Prickle
3. Rialto
4. Idle
5. Legislator
6. Gambling
7. Skittle
8. Yoked
13. Pretty well
16. Thesaurus
17. Stake-out
19. African
21. Scraper
22. Entail
23. Tacit
25. Icon

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

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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.

**Dog Bins:** A new bin has been installed on Station Road junction with Marram Way; this is as well as the one which was originally there. This seems to be a popular spot for dogs. Please note these bins are for dog walkers not for home owners to dispose of large quantities of dog waste.

**SAM2:** Speed awareness sign: The Parish Council are in talks with Highways to agree more sites around the village for the SAM2 to be situated. **PLEASE** remember to watch your speed.

**Grass Cutting:** has started well this year, please let us know if you have any concerns.

**Elections:** watch this space for news of your newly elected Parish and Borough Councillors.

**The next Full Council meeting will be held on Tuesday 21st May at 7.00pm at the Parish Council Office.**

### HEACHAM 2019 SPRING ART SHOW

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

### COMMUNITY BUILDING UPDATE

The Parish Council are delighted to announce that the BCKLWN has granted planning permission to the **Change of Use and Extension of the Former Dairy Crest Site to Village Hall and Ancillary Uses.**

Costings, in readiness for the tendering process, are currently under review and are expected to be finalised shortly. Once agreed, tenders for the building work will be sought and, when the building is completed, will bring under one roof all of the council facilities including Council offices, Library and facilities currently offered at the Old Friends Hall. Building work is expected to take 12 months and we hope to have started by the end of this year.

### SOUTH BEACH ROAD

For some considerable time, Heacham Parish Council has been in talks with the relevant authorities in order to alleviate the parking difficulties experienced by Heacham residents and visitors at South beach. Due to the sensitive and confidential nature of the negotiations, it has not been possible to announce to the public the actions being put into place which, we hope, will alleviate the problems we are all well aware of. Once the negotiations have concluded, notification to the public will quickly follow. We expect to be able to make an announcement during May/June 2019.



### 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.

Are you going to win the £100 prize for the best float?

Give it a go - you never know.

For more information, please contact Sue or Liz at the Parish Office

The carnival collection for this year has been awarded to West Norfolk Mind.

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](mailto:heachampe@btinternet.com)

Website: [heacham.norfolkparishes.gov.uk](http://heacham.norfolkparishes.gov.uk)

Open Tuesday - Friday 10.00am-12 noon.

### TO ALL ELECTORS OF HEACHAM You are invited to take part in the **ANNUAL PARISH MEETING**

It will take place at

**The Old Friends Hall, Sunnyside  
on Wednesday 22nd May 2019 at 7.00pm**

This meeting offers you the residents the opportunity to raise concerns and voice your opinions to the Parish Council on what is happening (or not happening) in Heacham.

We would love to hear from you prior to the meeting; if you wish to raise an agenda item please contact the clerk. Otherwise we look forward to seeing you on the 22nd May.

The Parish Meeting may by law discuss all Parish affairs and pass resolutions about them.

Refreshments will be provided following the meeting.

Sue Eke

### 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*

## HELP LINES

### HEACHAM GROUP PRACTICE 01485 572769

**HEACHAM** MON TO FRI 08.30 TO 18.30  
**SNETTISHAM** MON TO WED 08.30 TO 12.30 16.30 TO 18.00  
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

### OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

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### HEACHAM CHEMIST 570297

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### HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

### STREET LIGHT FAULT REPORT 572142

### BOROUGH COUNCIL OFFICE 01553 616200

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### NORFOLK C C MICHAEL CHENERY 07920 286638

### PARISH LIBRARY 07398647119

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EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

### HUNSTANTON LIBRARY 532280

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

THUR and SAT 10.00 TO 13.00

### HEACHAM CHALK PIT RECYCLING CENTRE

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

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

### HEACHAM COMMUNITY WEBSITES

[www.heachamgrouppractice.org](http://www.heachamgrouppractice.org)

[www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)

### HEACHAM HALLS

Public Hall 570776

Pine Residents Hall, Wilton Road Pat Toppin 779208

Methodist Church Hall, Station Road Mike Careless 570363

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

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890

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## LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

### Lynx Coastliner No.36

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

XXXXXXXXXXXXXXXXXXXX

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

#### Service 34, 35 & 36 (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd

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

0704, 0723 first buses to Hunstanton then 4 per hour from 0758

#### Service 34 - (Mon-Sat)

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

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

0723 first bus to Hunstanton then twice hourly from 0828

#### Services 34, 35 & 36 (Sundays)

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

0808, 0843 first bus to Hunstanton then hourly

0945 (Service 35) then two hourly

XXXXXXXXXXXXXXXXXXXX

### Smithdon High School Bus

#### Service 10

Via:- Lodge Road, Station Road

0755 to Smithdon School

1512 from Smithdon School

#### Service 34, 35 & 36

0758, 0808 to Smithdon School

1510 from Smithdon School (Service 35)

XXXXXXXXXXXXXXXXXXXX

### Bus Enquiries

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

Tel: 01553 611955

XXXXXXXXXXXXXXXXXXXX

### WNCT - DIAL-a-BUS Service

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

Sandringham, & Castle Rising Every Tuesday, Wednesday & Friday

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

Tel: 01553 770310

XxXXXXXXXXXXXXXXXXXXXX

### Main pick up points for The Heacham Newsletter.

First Saturday of each month except January.

Jennings, Ridouts Bakery, Post Office, Parish Council Office, Church, McColl's,

Tesco's, Heacham Fish Bar

### MOBILE LIBRARY

Route DER201 TUESDAY Every four weeks

28th May

09:50 HANOVER GARDENS  
 10:20 ROBIN HILL  
 10:50 RINGSTEAD ROAD  
 11:10 ROLF CRESCENT (Opp.No.22)  
 11:30 SCHOOL ROAD  
 11:55 COLLINGWOOD CLOSE  
 12:15 FENSIDE  
 12:35 JENNINGS CLOSE  
 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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