



# THE HEACHAM NEWSLETTER

June 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 18th June

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

**HEACHAM METHODIST CHURCH**  
Invite you to  
**A NORTH BEACH SERVICE OF  
SONGS OF PRAISE**  
on  
SUNDAY JUNE 30th  
SUNDAY JULY 28th  
SUNDAY AUGUST 25th  
**COME AND JOIN US ON NORTH BEACH  
AT 3.00pm**  
**AND SING PRAISES TO THE LORD**  
**WE LOOK FORWARD TO SEEING YOU**

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

E-MAIL: [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk) [www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)

ADVERTISING: Robby Topliss ☎ 01485 579313 Adverts cost £15, £30 or £60 per month  
THE NEWSLETTER VOLUNTEER TEAM: George Bradley - Michelle Carter - Jackie Davis  
Roger Drinkwater - Brian Faulkner - Kerry Long - Mary Sheldrick - Robby Topliss  
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

Hunstanton Road

## Wheelie Bin Cleaning

Eagerly, I thumbed through my latest copy of the Heacham Newsletter. It was! It was still there, on page 17, this time in the top right hand corner - last month it was on the bottom left hand corner of page 44 - but this month, it was still there. I could book one of my twice-yearly bin cleans to save my 84-year old husband disappearing upside down into each wheelie bin in turn. Thank you CleanTech for still being there and still advertising wheelie bin cleaning.

Imagine my disappointment then, on telephoning 'Mike' at the number printed, to learn that CleanTech have not in fact offered wheelie bin cleaning since last October, i.e. October 2018. "Well," I asked "why are you still running the ad?" Apparently 'Mike' has not been able to persuade The Advertising Section of The Heacham Newsletter to amend it! (Well, really?). Apparently, there is not enough demand; (well, really, in an area with a high number of pensioners?) and so this service has been discontinued since last year.

Disappointed, I 'phoned the Advertising Section to be told that to their knowledge they have not been asked to amend the ad! They were very helpful, agreeing with me that misleading ads of this nature not only hurt the business concerned (after all would you try them for another of their services if their ad is six months out of date?) but they also damage the reputation of the magazine running the ad. So, ..... do they know of anyone else offering wheelie bin cleaning, or should I just trust to luck that I can get my husband out of the wheelie bin once clean?

While I appreciate that the truck is a specialist bit of kit, and presumably costly to buy, once you have it, surely it lasts as long as any other service vehicle? Might need the odd MOT; specialist insurance etc., but it must remain in vogue, surely?

Is there anyone out there offering wheelie bin cleaning? Or are all the other pensioners in the village face down in their wheelie bins trying to keep them fresh?

MaryAnn Simpson

\*\*\*\*\*

Dear Newsletter

## The Hidden Victims of Sexual Abuse

This new and extremely confidential organisation is soon to be established which intends to pursue an urgent and vital amendment in law with regard to the victims in special areas of sexual abuse. We are hoping to attract the attention of experienced persons from both the legal system and medical/mental health sectors to come forward and voluntarily supply advice and guidance towards some of the professional intricacies within this project.

Please contact [gentletouch.b@outlook.com](mailto:gentletouch.b@outlook.com)

Matt B

(Full name & address supplied)

\*\*\*\*\*



Hunstanton

Dear Newsletter

## 'Thank You'

Through Heacham magazine, I would like to say a very big thank you to the kind couple and a nurse who stopped to help me on Easter Sunday when I fell over outside Heacham Library.

Unfortunately I did not get their names, but once again a big thank you for your assistance.

June Thompson

\*\*\*\*\*



Heacham

Dear Newsletter

## Puzzle

The puzzle and answer in the May Newsletter don't really make sense. The Puzzle states that all the Police Officer knew for sure was that a counterfeit coin weighed exactly one gram more than a genuine coin, but it doesn't say that he knew the weight of a genuine coin. So the Solution, stating that he knew the correct weight of 55 genuine coins, cannot be correct.

John Stares

\*\*\*\*\*

**G BRADLEY JOINERY LTD**



**DOORS, FLOORS,  
SKIRTING, SHELVING,  
BOOKCASES, GATES,  
DECKING ETC.**



**FOR A FREE QUOTE, CALL  
GARY ON**

**07717 820 357  
01485 534914**






**Computer help  
in plain English**



Repairs, upgrades, virus removal and prevention,  
installations, help and training for home and  
business computer users.

**Tablets and smartphones too!**

Friendly, helpful service. 30 years' experience.  
Reasonable rates and absolutely **no jargon**.

Telephone Keith at oapc on (01485) 570479  
mobile 07977 560955 or email [support@oapc.biz](mailto:support@oapc.biz)

# news & events in the community ...

## Heacham to host Big Band Concert!

Fans of Big Band music are eagerly awaiting the 6th July 2019 when, at 7.30pm, the Alan Norris Big Band will be giving a concert in the Public Hall at the Heacham Social Club in aid of 'Break Children's Homes', King's Lynn.

The concert has been organised by local man Ian Cooke as part of his charitable appeal during his year of office as Provincial Grand Primo of the RAOB (the "Buff").

The Alan Norris band plays the whole range of popular big band music such as American Patrol, Pick Yourself Up, I'll be Seeing You and a whole host of other favourites.

A good attendance is expected so come early. Doors will be open from 6.15pm. Tickets £8.00 or on the door. There will also be a bar and raffle. May also be some dancing!!

Ian may be contacted on 07776 195610.



## Want to help ?

### Special Constabulary

In the period 25th March to the 21st April, 142 Special Constables carried out 634 duties amounting to 4690 hours in support of their regular colleagues. Special Constables made a total of 41 arrests and assisted in 63 others.

Do you have some free time to spare? Would you like more information about becoming a Special Constable? If so contact Susan Goode 01953 425699 ext 2372.

However, if being a Special Constable isn't for you but you would like to support policing by volunteering some of your time, there are many other ways you can help:-

- We have more than 120 police volunteer staff who carry out a range of activities to support police to support communities., again speak to Susan Goode 01953 425699 ext 2372 if this would be of interest to you.

- There are more than 800 Community Speed Watch volunteers in Norfolk; would you like to set up a scheme in your area? If so contact Marion Pointer 01603 276936.

- Neighbourhood Watch is well embedded in Norfolk but we are always keen to see new schemes set up; If you would like to set up a Neighbourhood Watch in your area, contact Sergeant Amanda Lewis on 01953 425699 ext 4277.

# R'N'R FENCING & Landscapes

- BRICK WEAVE DRIVEWAYS • DECKING
- PERGOLAS • PATIOS • TURFING
- RECLAIMED SLEEPERS

**ALL ASPECTS OF LANDSCAPING**

FREE QUOTES • PUBLIC LIABILITY INSURED

**07881 947506 / 01485 572107**

*Prided on Quality & Reliability*

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

## Station Road Garage

**DID YOU KNOW WE PURCHASE CARS AS WELL AS SELL THEM?**

**Do you have an unused car in your household that you no longer require? Are you looking to get a new model?**



**We purchase good quality second hand cars, can assist you with your paperwork. Instant payment is also available.**

**For a hassle free sale phone Graham on 01485 570259**

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

## Station Road Garage

**33 Station Road, Heacham Norfolk PE31 7EX**

**☎: 01485 570259**

- ✓ Mechanical Repairs
  - ✓ Servicing
  - ✓ Welding
- ✓ Tyres and Exhausts
  - ✓ Clutches
  - ✓ Diagnostics
- ✓ Collection & Delivery
- ✓ Accessory Shop
  - ✓ Car Sales
- ✓ Air Con Repair & Service
- ✓ State of the Art MOT bay
  - ✓ MOT Repairs

**Friendly, family run garage. All Makes and Models Accepted**



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

## News from Heacham Fire Station

In April's Newsletter I brought you news of Karen Richardson who was going to be running the Grand East Anglian Run (GEAR) on the 5th May to raise money for The Fire Fighters Charity. I promised to let you know how she got on in this month's edition and the good news is..... she isn't still running! ☺

Completing the course in a very respectable 48 minutes and 35 seconds, Karen was one of an estimated 3,000 runners taking part in the race around the streets of King's Lynn. The weather conditions were generally quite good but it was windy along the riverbank which made that section hard work.

Karen tells me that the support received from family, friends and work colleagues was 'brilliant'. She even had people stop her during her normal runs to give her money. She added, "it 'felt amazing' to be running for such a good cause knowing so many people were supporting her".

All this helped Karen achieve her aim of raising £1,000 for the charity and she would obviously like to say a big thank you to everyone who made that possible through their sponsorship.

All this talk of running has tired me out so I'm off for a lie down! Hopefully I shall be sufficiently recovered in order to bring you more 'News from Heacham Fire Station' next month.

Until then, Take Care and Stay Safe.

**Chris Wood  
Heacham Fire Station**

P.S. Thank you to Clare and Barry for their kind words last month and to the people who said 'well done' in person. It really has meant a lot to me.

**Chris Wood**



The photo shows Karen with the medal she received for completing this year's GEAR 10k.



**Tidy Gardens**

Weeding, pruning, planting, mowing and hedge work - all your garden needs catered for

Call 07422 964680 and leave a message. David will get back to you as soon as possible

# GardenScapes

Fencing & Landscapes

- \* SPECIALISING IN ALL TYPES OF FENCING \*
- \* DECKING \* PATIOS / PAVING \*
- \* TURFING \* RAISED BEDS \* SHEDS \*
- \* STONE GARDENS \* PONDS \*

**PHONE : 07555126913**  
**EMAIL : Gardenscapes1@hotmail.com**

Extra Lights, Sockets, Showers, Storage Heaters, TV & BT, Cookers Connected

# T.M. electrical

I don't charge the earth

Small Jobs a Speciality **01485 540333**  
Tony Morgan **07884 454480**

Fuseboards Replaced, Electrical Inspection Certificates, Rewires

17th Edition • Qualified to Test and Inspect C&G 2391 • Part P Registered

 **ELECSA**  
Mob 07884454480

Email : TMElectrical2010@btinternet.com

## UNIQUE COMPUTERS

### Norfolk Ltd

Sales, Upgrades, Repairs,  
Home Calls for Tuition,  
Broadland Installations  
& General Maintenance

Tel: 01485 544 606  
Mobile: 07775 512 485

- Personal Service • Professional Technician
- 25 Years Experience

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



## Top 2 Tail

### Dog Grooming.

**Debbie Smith**

43 York Avenue,  
Hunstanton,  
PE36 6BU.

01485 532626  
07539 608500

[enquiries@top2tail-hunstanton.co.uk](mailto:enquiries@top2tail-hunstanton.co.uk)



## Outstanding result for West Norfolk Home Care Company

A West Norfolk home care company has been declared outstanding by the Care Quality Commission which has praised managers and staff for their work.

**Extra Hands' Heacham office was inspected in February and is currently the only home care company in Norfolk to be rated as outstanding - the highest rating that can be given by the commission.**

The company, which has another office near Norwich, has many hundreds of people using the range of services on offer (over 700 in the last year alone) - from the elderly to younger people needing help in their own homes and is a multi-award winning, family-run company.

It uses innovative approaches, including a smart phone app for staff and a 'rapid response' team of carers to cover emergencies and provide additional support when needed.

"We are absolutely delighted to receive the outstanding rating and incredibly proud of everyone at Extra Hands who works so hard to provide fantastic person-centred care for all of our service users," said manager Lynda Hilliard. "Our services range from a well-being check to palliative care and everything in between, so having exceptional people providing that care is crucial to Extra Hands and it is thanks to them that we have been awarded outstanding," she added.

The inspecting team praised the company in all five key areas of safety, effectiveness, caring, responsiveness and leadership and awarded an overall outstanding rating for the service.

"People had consistency from a small team of care staff who knew their needs well and could be relied upon. Care calls were electronically monitored to ensure people received a needs-based

service," said the inspector. Particular praise was made of the company's training which includes a detailed induction and training programme. They receive regular and updated training which the inspectors described as 'thorough' while service users and their relatives said the staff were patient, caring and knowledgeable.

"All of them are brilliant. Since we have had them his life has been completely changed for the better. It is all down to the wonderful training and skill of the carers," a relative told the inspectors.

The report also added: "Training was exceptional because it was provided face-to-face and included a wide range of additional training around the specific needs of individuals. These enable care staff to support people in the way they wanted to be supported in their own homes.

Before any service is provided, a holistic assessment is completed involving the person and their extended network of support, including other healthcare professionals.

"Care giving was responsive around people's changing needs which helped ensure continuity for the person and enabling people to stay for as long as possible in their own homes," the report says.

The inspection team also praised the management of Extra Hands and said it was 'highly effective' with exceptional and distinctive leaders creating a service culture of high quality person-centred care.

"The registered manager demonstrated an in-depth knowledge of the people they supported and their staff."



**Extra Hands** Established 1993  
Providers of Home Care in Norfolk

**Norfolk Care Awards 2018 Winners**

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

Our services can be arranged on either a short term or long term basis, we offer flexibility when organising care packages and can assure our customers that we will meet their requirements every step of the way.

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

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

We offer:
 

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

**Tel: 01485 570611**

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

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

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

Extra Hands - Heacham Office Inspected and rated **Outstanding** by Care Quality Commission

NORFOLK CARE AWARDS 2018 NORFOLK CARE AWARDS 2019



The Extra Hands team at Heacham celebrates its Outstanding status. Company founder David Evans is centre (dark glasses), with company director and wife Hazel (second right, yellow jacket). Manager Lynda Hilliard is on David's right (black top). The banner is being held by carer Katrina Bussey, left, and director James Back, right.



**DH DIGGER HIRE**

**PLANT HIRE - GROUNDWORKS - GARDEN CLEARANCE**

**FENCING - PATIOS - DRIVEWAYS**

**07786867856**

**DHDIGGERHIRE@GMAIL.COM**

**FREE QUOTATIONS**

The advertisement features a black and white image of a small tracked excavator on the left side.



## CHURCHES TOGETHER IN HEACHAM

June 2019

### The way we live

We are halfway through 2019! The month of June includes the longest day. Oh dear! That means they get shorter from here on. I wonder, did you notice the floral succession this spring, or the comings and goings of the migratory bird population? Or, was your attention elsewhere? They both reflect the beauty, predictability and stability of the natural world around us if only we notice them.

There has been much to occupy our attention as we have experienced the rollercoasters of weather, Brexit and world politics and yet those who opt for a 'staycation' this year may well head for the 'pleasure beach' at Yarmouth or Skegness and seek out the 'white-knuckle' entertainment of a rollercoaster. We have a love/hate relationship with anxiety.

The modern western world is built on anxiety. Look at the faces of people scurrying to work and even more as they plod home without having solved life's problems. Faces reflecting the puzzlement of living with the unanswerable question as to what it all means. Our world thrives on goals which we set higher and higher both for ourselves and for others so that we can worry all day or year about whether we will attain them. If we do, we set new ones, if we don't, we regard that as failure. Is this how we are supposed to live? This is nothing new. Much of the world through much of human history has faced a similar problem. The main difference is the level at which anxiety strikes.

Jesus addressed the problem like this:- "Which of you by being anxious can add a day to your lifetime? So, if you can't do a little thing like that, why worry about anything else? Think about the lilies and the way they grow. They don't work hard, they don't weave cloth; but, let me tell you, not even Solomon in all his glory was dressed up like one of them. So, if that's how God clothes the grass in the field here today, into the fire tomorrow – how much more will he clothe you, you little-faith lot!" (Luke Ch 12 v 25 – 28 Translation by N.T. Wright).

We know anxiety can be a killer. Stress and worry cause illness to the point where people worry about worrying! Jesus' message goes to the heart of our situation, it is good sense for healthy living.

It says:- "Life isn't like that. The Kingdom of God isn't like that".

It is also a challenge to find out what God is offering. Come to Church and find out.

**Penny Sutton - Reader Heacham Parish Church.**

### Heacham Parish Church in June

- 2nd June 10am Holy Communion  
4pm Service at Pine Mall
- 9th June 10am Holy Communion for Pentecost
- 16th June 10am Holy Communion Bishop Jonathan
- 23rd June 8am Holy Communion (BCP)  
10am Morning Prayer
- 30th June 10am Holy Communion

### 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.

#### Who Cares Coffee Morning - Monday June 3rd

Why not pop into the Church Hall on the High Street for a cup of tea or coffee and have a chat. 10-12noon - drop in for as long as you like. You will be very 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: [heacham.church@gmail.com](mailto:heacham.church@gmail.com)

\* \* \* \* \*

### HEACHAM METHODIST CHURCH

June 2019

#### Sunday Services: 10.30am Morning Worship

- 2nd June Church Fellowship Service
- 9th June Pentecost at St Mary's 10am
- 16th June Elizabeth Macleod
- 23rd June Church Fellowship Service
- 30th June Mary Uttin
- 30th June Beach Service at 3.00pm

#### United Service for Pentecost

We celebrate Pentecost this year with a special united service at St Mary's church on Sunday 9th June at 10am. The service will be conducted by Methodist Minister Rev Steve Oliver. Note there will be NO service at the Methodist Church. Please also note the earlier time of 10am. Everyone is most welcome.

#### First Summer Beach Service

We have again planned to hold three beach services this summer on the last Sunday afternoon of the months of June, July and August. The June Service will be on Sunday 30th June at 3.00pm at North Beach.

### Midweek Communion Service

The June Midweek Communion service will be on Wednesday 12th June at 10.30am conducted by our Minister Rev. Steve Oliver. All who love the Lord are welcome to attend.

### Bible Study

June's bible studies are on Thursdays 13th and 27th June at 10.40am New members always welcome to this lively discussion group led by Rev Steve Oliver.

### The Fellowship

The quality and variety of speakers that the fellowship have is really amazing. This month, the afternoon meeting for both men and women has Stuart Grant - a bee keeper - coming on Tuesday 11th June at 2.35pm and on the 25th Rev Julie Boyd will talk on "The Revving Rev". Afternoon Tea will end this season on Tuesday July 9th. Names of those wishing to attend will be taken at the June meeting and open to everyone.

### Coffee Morning

June's Coffee morning will be on Saturday 15th June 10-12noon. David and Kath Burkett will provide music from 11am. Come and have the three C's, Coffee, Cake and Chat.

### Short Mat Bowls

A reminder that the short mat bowls now meet on Friday afternoons at 2.30pm. Fancy having a try? Then come along you will be most welcome.

### Midweek Activities

- Tuesday - Open Door - 10 -12 noon. Weekly  
The Fellowship - 2.45pm 11th & 25th  
Hands and Needles - 7.30pm on 11th and 25th
- Wednesday - Midweek Communion - 10.30am on the 12th
- Thursday - Bible Study -10.40am on the 13th & 27th
- Friday - Short Mat Bowls - 2.30pm weekly
- Saturday - Coffee Morning - 15th 10-12noon



**hope**  
EVANGELICAL CHURCH

"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**



The flowers in both churches were beautiful this Easter. Many thanks to all those who gave their time and effort to make the churches look so lovely.

The spring ladies shared lunch was held in the Garnett room at the parish church in Hunstanton on Saturday 4th May and included an interesting talk by Penny Downen on fundraising for the NSPCC. Money raised from the raffle was donated to the NSPCC.

On Wednesday 19th June, there will be a parish outing to Oxburgh Hall. The cost will be £19 (or £13.50 for National Trust members). This will include admission and tea. Mass will be celebrated at 2.00pm in the Chapel at the Hall. If you are interested you can book a place on the coach by signing the sheet which is available in both churches.



The Strawberry Fair fundraiser this year will be on 6th July at St Cecilia's, with all the usual stalls, tombola, raffle and of course lots of delicious strawberries. Everyone is welcome.

*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** are 10am in the parish church 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)  
**Email:** [parish@hunstantoncatholicparish.org](mailto:parish@hunstantoncatholicparish.org)

The Newsletter is always looking for local stories and information that the readers would like to be informed about. If you have anything that you feel would be interesting please send it in for publication and share with our readers

THN

**RADICAL HOSPITALITY  
WITH THE HEACHAM PRAISE GROUP**

**SATURDAY 13th JULY 2019  
2.00pm**

**AT HEACHAM METHODIST CHURCH**

**JOIN US FOR AN AFTERNOON OF JOYOUS SINGING  
(and of course refreshments)**

**ALL ARE WELCOME – COME AND SEE CHURCH IN  
A DIFFERENT WAY**



**Ladies & gentlemen:  
Do you enjoy singing?  
Do you want that  
'feel good' factor?  
Do you want to have fun  
and make new friends?**

**Then come and join**

**JUST HARMONY**

We are an Informal choir which meets locally on Wednesday mornings to sing songs from a wide variety of genres, mainly unaccompanied. You don't have to read music to join us and we offer a free taster session.

Contact Debbie on 01485 779056 for more details



**West Norfolk Quiz Night**

I would like to thank everyone who came to the fun Easter quiz at the West Norfolk pub. We raised £250 for the Breast Cancer unit at the QEH. Here is a photo of me handing the cheque to Elaine, one of the cancer nurses at the unit

Marie Rawnsley

**For all your Painting & Decorating**

**Please Ring Terry:  
07961 362443**



**QUALIFIED ELECTRICIAN**

**Available for Extra Sockets,  
Lighting & BT Points**

**No Job too small**

**Free Estimates**

**No call out charges**

**Tel:01485 572726 or 07813 173 446**

The complete printing solution

**clanpress**  
www.clanpress.co.uk

Visit our **NEW** website

- Digital Asset Management
- Web to Print
- Bespoke Online Ordering
- Long Run Litho Printing
- Short Run Digital Printing
- Large Format Poster Printing
- Roller Banners and X Banners
- Outdoor & Indoor Signage
- Exhibition Displays
- Flyers & Postcards
- Brochures, Leaflets and Folders
- Business Stationery
- Parish Newsletters
- In-House Binding & Finishing

t: 01553 772737  
e: info@clanpress.co.uk  
w: www.clanpress.co.uk

1 Dundee Court Hamburg Way  
King's Lynn, Norfolk PE30 2ND



## Another recipe from The Prudent Pensioner

### Vegetable and Potato Bake

Approx. 500g Potatoes  
1 medium carrot  
1 medium parsnip  
1 small onion thinly sliced  
25g Full flavoured cheese grated.

You will need an ovenproof dish approx.  $\frac{3}{4}$  litre

Set oven at 200c.

Peel potatoes, cut into medium size pieces and place in a saucepan of lightly salted water. Peel and slice carrot and add to saucepan, bring to boil, reduce heat and leave to simmer.

Peel parsnip and cut into chunks, add to saucepan and leave to simmer until potatoes are fairly soft but not overcooked.

Turn off heat, strain water from saucepan and mash vegetables.

Stir in onion slices and grated cheese and mix well.

Put into ovenproof dish and bake in preheated oven for 30 minutes.

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)



Live Music at  
Heacham Public Hall

Saturday 8th June 2019

7pm to 11pm - Licensed Bar

Sandy 01485 518419 / 07704803983

Heacham Social Club 01485 570776

Hunstanton Library 01485 532280

Hunstanton Tourist Info Centre 01485  
532610

[nikkiandvinniehastie@outlook.com](mailto:nikkiandvinniehastie@outlook.com)



Performing all the best Rock/Pop  
Party classics from 1960's to the present day!

In Support of Hunstanton Library  
Friends

**in  
good  
company**

**Tickets £7.50 in Advance  
from the contacts above  
or £8.50 on the Door on the  
night!!!!**

## DO YOU WISH YOU COULD ENJOY MORE TIME HERE AT HEACHAM?

Then come and see the fantastic range of holiday homes we  
have for sale on

**Palm Beach and Seashore Holiday Park North Beach  
Heacham PE31 7AR**

We have new and used models with prices to suit everyone.  
Fabulous plots on fabulous parks with outdoor heated pool  
and just a short walk to the beach and village too!

Finance can be arranged to suit any budget.

(Finance subject to status)

**Call 01485 570565 or email us at  
[palmbeachpark@btconnect.com](mailto:palmbeachpark@btconnect.com)**



**be slim for life**  
with  
**Slimming World**

**New Group Opening  
On 27th June**

**THURSDAY**  
Snettisham  
Memorial Hall  
Old Church Road  
Snettisham PE31 7LX  
5:30pm  
Tel: Zoe  
07909 996491

slimmingworld.co.uk  
0344 897 8000    

### **Zoe Back is set to share her slimming secrets**

A slimmer who transformed her life by losing 3 stone is using her success to shape a whole new career helping other people change their lives and achieve their weight loss dreams too.

Zoe Back joined her local Slimming World group in Hunstanton 4 years ago and dropped from a size 16 to a size 12.

Zoe has now trained as a Consultant for Slimming World, the UK's largest group-based weight loss organisation, at their national training academy in Derbyshire. Now she is opening her own group in Snettisham at the Memorial Hall on Thursday 27th June at 5:30pm.

The latest government figures reveal that around one in four adults are obese and it is estimated that, by 2034, this will increase to one in three. 70.1% of the King's Lynn & West Norfolk Borough Council's population is now overweight or obese, and Zoe says her new role has never been more important.

She says: "Obesity is becoming such a huge issue across the UK. When I first joined Slimming World as a member, I never dreamed that I would end up helping other people to lose weight but now I just can't wait to get started. After losing 3st and completing my training, it's a privilege for me to be able to pass on the experience, insight and understanding that helped me, so that I can give my members the support they need to get to target.

"Support is really the most important thing. It all starts with feeling that you're not alone. I couldn't have lost 3 stone without the weekly help, encouragement and understanding of my own Consultant and group. As someone who has lost weight myself I know the challenges people can face, which is why, along with the group, I will be there to support every one of my members

## **FOX & HOUNDS**

**AWARD WINNING FOX BREWERY**

Station Road, Heacham. Tel: 01485 570345

**Up to 8 handpulls serving our own & guest real ales**

**Forthcoming gigs For June 2019 ( 8.30pm unless stated )**

**Tues 4th - Ray Fenwick**

**Fri 7th - JAM with DNA**

**Sat 8th - Classic Car Rally with DNA playing and a**

**BBQ (3-5pm) in aid of Teenage Cancer Trust**

**Fri 14th - Bare Bones**

**Fri 21st- 3rd Time Lucky**

**Fri 28th - After Hours**

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

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

**Thursday night curry menu from £11.50 including a free starter.**

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

**Bar open every day from Noon.**



**Follow us on Facebook @foxandhoundsheacham**

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

all the way to their chosen target weight. Setting targets, sharing recipes and other ideas, and working together as a group to overcome challenges and celebrate success is so important to a successful journey. That's why, at my Slimming World group, there'll be tons of support, encouragement and fun.

“Like a lot of slimmers, I had tried to lose weight so many times before by following numerous diets but they were never sustainable because I'd always get tired of restricting what I ate. I thought I was destined to struggle with my weight for the rest of my life, but when I came to Slimming World it was different. I never felt like I was on a diet. The eating plan encourages you to eat lots of tasty, filling foods like pasta, rice, potatoes and lean meat and fish, you are never hungry and no foods are banned so there's no deprivation. I couldn't believe I'd found a way to lose weight without starving myself.

“Slimming World isn't just about changing what you eat. Becoming more active is important too. Our Body Magic programme takes the threat out of activity by showing people, many of whom have unpleasant memories of being forced to take part in activity at school, how they can build activity into their daily routine without having to take up traditional forms of exercise like going to the gym or running. Everything counts from walking to gardening to washing the car. I love walking my dogs and playing netball to get my Body Magic! As a Consultant it's my role to create that warm, supportive atmosphere to get people sharing their ideas and experiences to help others - it's going to be great fun!”

Like Zoe, Slimming World Consultants are all former members who have lost weight at their local group themselves and groups are set up as micro businesses in the heart of local communities. There are currently around 4,000 Slimming World Consultants across the UK and Ireland running 15,000 groups. Consultants

receive training in Slimming World's healthy eating and physical activity programmes and learn how to use the power of group support to empower members to take control of their own weight loss journey.

Jo Jackson, who runs Slimming World groups in both Hunstanton and King's Lynn and manages Zoe as a Team Developer, says: “Slimming World Consultants are chosen for their positive outlook and because they genuinely care about the health and happiness of others. With Zoe's experience of being a successful Slimming World member and her kind and warm personality and great sense of humour I just know that she'll be an amazing support to members, cheering them all the way to their target weight.”

Zoe's Slimming World group will be held at Snettisham Memorial Hall every Thursday at 5:30pm from the 27th June. For more information or to join Zoe's group either pop along on the 27th June or call her on 07909996491.

Or: For more information visit [www.slimmingworld.co.uk](http://www.slimmingworld.co.uk) or call 0344 897 8000.



## LIFE IS A JOURNEY THAT STARTS AND ENDS WITH FAMILY

We are a firm of Independent Financial Advisers based at St Nicholas Court in Dersingham with ample car parking for clients, specialising in:

- Trustee & Attorney Investments
- Long Term Care Planning
- Inheritance Tax Planning
- Savings & Investments
- Retirement Planning
- Financial Protection

Tel: 01485 541998  
Email: [info@allentomasfinancial.co.uk](mailto:info@allentomasfinancial.co.uk)  
Web: [www.allentomasfinancial.co.uk](http://www.allentomasfinancial.co.uk)

**Allen Tomas & co**  
FINANCIAL MANAGEMENT



## Ruffle's Walks – Ruffle tries Agility!

by Rachel Greaves

Ruffle was playing in the station garden with his favourite red ball. Eric's granddaughter, Jill, was on holiday from school so had come along to the little station to help Eric. She decided to take a break from the gardening and sat down to watch Ruffle as he tossed his head to make the ball fly into the air then pounced on it when it landed, just like a playful puppy.

Ruffle noticed Jill watching him so trotted over and dropped the ball next to her, hoping she would throw it for him to chase after. Jill knew exactly what Ruffle wanted so picked up the ball and threw it over the other side of the grass, next to the vegetable patch. The ball bounced twice on the grass then disappeared over the little fence that separated the vegetable patch from the lawn. Ruffle was after the ball like a shot. Undeterred that the ball was nestling in the middle of Eric's cabbages, he took a flying leap and cleared the little fence with ease. He grabbed the ball then returned over the fence with an equally impressive jump.



"Ruffle! What a good jumper you are!" exclaimed Jill as Ruffle returned to her. "I wonder – let's see if Grandad has some canes in the station shed that we could use to make some jumps. We could have our own agility course!"

Ruffle followed Jill over to the shed, still holding the prized red ball firmly in his mouth. They found Eric in the shed so Jill explained her idea to her grandad.

"How could we make some proper jumps?" asked Eric, who loved making things and

was already thinking about the best colour to paint the jump poles. "I have some hollow plastic tubes that will make ideal poles - they are very light so won't hurt if Ruffle's legs catch them. I can make the supports either side of the jumps quite easily. And how about that material play tunnel you used to play with? That would make a great tunnel for Ruffle to run through..."

Jill laughed as she saw that, in his mind, Eric had already planned out an agility course in the station garden. They spent the rest of the afternoon making a couple of jumps and finding the play tunnel. Once finished, Ruffle was eager to try out the obstacles and had great fun as Jill gently threw the ball over the jumps and through the tunnel for Ruffle to follow...

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

### NORTH BEACH FISH BAR



JUBILEE RD  
HEACHAM  
PE31 7AR



MONDAY ---- CLOSED

OPEN - TUESDAY TO FRIDAY 5PM ----8PM

SATURDAY - 11.30AM----2PM 5PM-- -- 8PM

SUNDAY 11.30AM

ALL FISH ETC COOK FRESH

WHILE YOU WAIT,

COME GIVE US A TRY

HUNGER HOTLINE 01485 298684

SFB LTD

# Coppertop Roofing Solutions

Traditional cleaning, no pressure washing.

Moss Removal - treatment solution  
applied, optional copper strip fixed to roof  
ridge to prevent moss re-growth.

- Environmentally friendly -  
- Experienced roofer - affordable prices -

For more information visit our website

[www.coppertop-roofing.co.uk](http://www.coppertop-roofing.co.uk)

or call Jos on

07522 444653 or 01366 381195

## CHRISTINA THAIN

(Non-practising Solicitor)

### WILLS & POWERS OF ATTORNEY

Home appointments at no  
additional charge.

Telephone: 07776 102 498

Email:

[christina2018thain@gmail.com](mailto:christina2018thain@gmail.com)

Address: 56 Peddars Way North,  
Ringstead,  
Norfolk PE36 5JP



## Heacham Twinning Association

Invite you to join a trip round the North Norfolk Coast by Double Decker Bus



**Wednesday 12<sup>th</sup> June**

**£5.00**

Visiting

Burnham Deepdale Market,

Burnham Market

Wells-Next-the-Sea and Walsingham

**Depart 10.30 a.m. – Return 6.00 p.m.**

Pick up point: Caley Farmhouse Station Rd, Heacham.

Telephone 01485 579465 to book your seats

or

Email: [heacham.twincub@hotmail.com](mailto:heacham.twincub@hotmail.com)

## Blooming Great Tea Party

**Saturday 8<sup>th</sup> June 2019**

**2 – 4 PM**

**St Mary's Church Hall, High St**

**Heacham**

**Tea, Coffee, homemade cakes & raffle**

Thank you to everyone who supports us and makes our work possible. To find out how we can help or to make a donation, visit [mariecurie.org.uk](http://mariecurie.org.uk)

MarieCurieUK



Charity regn: 207944 (England & Wales), SC138771 (Scotland), EN248



## JENNINGS STORES

**SOUTH BEACH ROAD**

**TEL: 01485 571265**

**WELCOME TO OUR NEW STORE**

**Open 7 Days a Week 6.30am - 10pm**



Mobile Top-Up, Gas, Electricity & Water Payments.

Utility Payment Schemes.

Bottled Gas, Beach Goods.

National Lottery & Scratch Cards. The Health Lottery.



Card payments made easy

Wide Range of Groceries, Frozen & Chilled.

Foods, Spirits plus Chilled Wines & Beers.

Newspapers, Magazines, Toys, etc.

Wide Range of Medication.

In Store Laundry Available. Bring your Quilts.

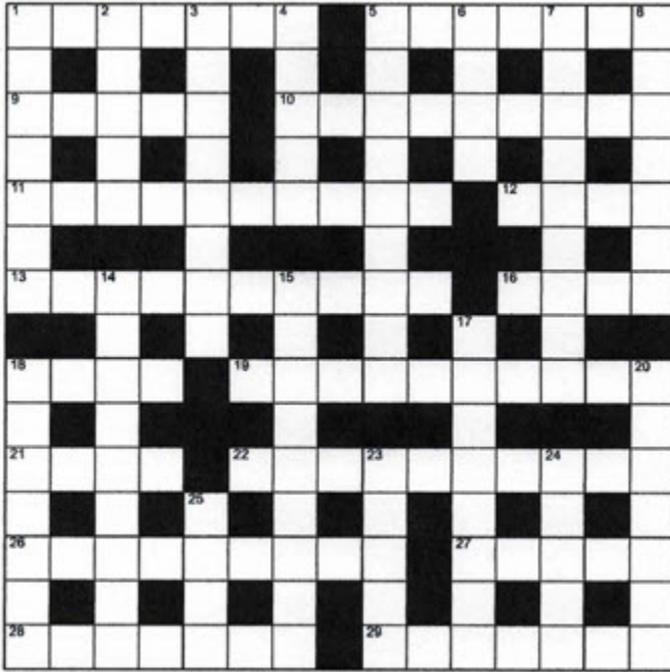
Delivery of Groceries Purchased over £10

Over phone or in store

We Offer Cash Back.



## JUNE CROSSWORD



**CLUES:**

**Across:**

1. The queen met me informally after first making a connection (7)
5. Maybe Tommy and Ben can carry weights (7)
9. Is first to get points (5)
10. As a test, it's suitably tough (9)
11. During game coaches position flags as standards (10)
12. Disperse facts for dramatic effect (2-2)
13. Falling heavily for rotten liar, being besotted (10)
16. Wait, due to delay (4)
18. Spots cab, reportedly in north London (4)
19. Pocket earth from anthill, possibly (5,5)
21. Parisian cleric is a spoilt babe with a cute accent, we hear (4)
22. Not even free to rest (3,7)
26. Disinclined to sound off about clue, turning to thesaurus first (9)
27. River winds out west around Uruguay (5)
28. Little time to dispose of excellent wine....(7)
29. ....often served in pub (7)

**Down:**

1. People soon housed in hotel (7)
2. Following a tracker (5)
3. Disturb fish and mice in a group (8)
4. Dishes up rabbit meat as mentioned earlier (5)
5. It might be spotted often during long break (5,4)
6. Practice and ruin tees on a regular basis (4)
7. Charlie runs through to put on record – wizard! (9)
8. Song has a break (little one) after first falling away (7)
14. Make changes? They sound vaguely familiar (4,5)
15. Record how long it will take to clear table? (4,5)
17. Drive skilfully in Golf to get home (8)
18. A manager wanting first eleven to train is a puzzle (7)
20. Lady's maid could be Welsh (7)
23. Midge has soft cheese arranged with a slice of tomato (5)
24. Criminal and a leading lawyer often seen in court (5)
25. Accept criticism over late openings for bridge system (4)

Solution on page 46

## MSH Window & Door

### Repairs



- Door/Window Repair & Adjustment
- Lock Repair/Service/Replacement
- Hinge/Fitting Adjustments
- Misted/Failed Sealed Unit Replacement
- Re-Seal and Re-Trim
- Security Upgrades
- Lawful Entry in the event of a Lockout
- Panels Replaced
- Cat Flaps Fitted/Removed
- No Call-Out Charges. 16 Yrs. Exp.

Call Matthew: 01485 579067 or 07444 58 09 58

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



## www.norfolkwoodburners.co.uk



**Norfolk Woodburners  
offer the best local  
service for the supply  
and installation of:**

- Wood Burners & Multi-Fuel Stoves
- Main agents for Aga, Hunter & Cleanburn Stoves
- Chimneys Lined
- No Chimney, No Problem
- Fireplaces Enlarged



t: **01328 700161**

m: **07966 661175**

e: [norfolkwoodburners@outlook.com](mailto:norfolkwoodburners@outlook.com)



## Heacham in Bloom

Last month on a Sunday morning, we undertook an upgrade of our Plough Bed by adding some much needed top soil so that what we plant later this year will have a chance of growing! The upgrade was no mean feat as it meant removing all of the carrstone rubble and boulders, uplifting the weed membrane, digging over the compacted soil, digging in the extra top soil, kindly donated by the landlord of the Bushel and Strike and then replacing the membrane and carrstone. You may be pleased to hear that we were very Health & Safety conscious, working so close to the A149, hi-vis vests and traffic cones were in evidence (thank you to the Parish Council for the loan of the cones). However, we are pleased to say that our volunteers now have 'Heacham in Bloom' hi-vis vests thanks to Phil Hunt who has kindly donated them for our use.



## 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.

*Sponsored by: The Heacham Newsletter*



### Best Blooming Caravan Competition:

A cup is awarded for the best 'Park' and there are prizes for the 1st, 2nd and 3rd places in the 'Best Blooming Caravan' individual category. This year we are pleased to announce that the competition is being sponsored by 'The Heacham Newsletter'. Entry 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.

Our next meeting is on Monday 17th June, 7pm in Heacham Library.

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



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

**OPENING HOURS**  
MON – THUR  
9.00 – 16.30  
FRI 9.00 – 16.00  
SAT BY  
APPOINTMENT

**BLANCO**

**Symphony®**

**Quooker®**  
THE BOILING WATER TAP

**KITCHENS • BEDROOMS • BATHROOMS**  
FAMILY BUSINESS EST. 1988



Kitchens, bedrooms and bathrooms available with full design service and installation

Contact Pam: 01485 571367 or Email: [pam@griffinshaws.co.uk](mailto:pam@griffinshaws.co.uk)

**GRIFFINSHAWS** (formerly Top of the Shop) your local independent retailer at 42 Station Road, Heacham - next to Boots the chemist

## Alternative Therapies

How free are you? And I don't mean in the sense of buy one and get one free!

How free flowing are your thoughts and actions? Can you just drop everything and go for a walk, a bus ride, a dance round the garden singing back to the birds? If not why not; what stops us doing these easy things other than our own mind. All those lists of things, the musts, shoulds and oughts. It's Monday so I have to do the washing, even though it's blowing a gale and wet, why? Why are we still choosing, and it is a choice, to do these things that no longer serve us and have become entrenched or calcified and solid within us.

How free are your thoughts - light and fluffy cloud variety or tornado storm warning? Your thoughts are made up by your mind so you can choose not to follow them and, yes, that does take a bit of practice of the recent buzz word of mindfulness; we oldies knew it as meditation! So, when your heads going off at a rant, stop, wow look at the clouds, flowers, beautiful Norfolk countryside and the more you do that, the less power your thoughts have over you and your actions.

So once again our amazing alternative therapies can help, homeopathy and flower essences to lessen or stop those repetitive obsessions and actions. Aromatherapy (essential) oils to calm and change our actions. Reflexology to help move on where our thoughts have got stuck onto the physical level. Reiki, crystals and Spiritual healing as always for emotional and physical relaxation. Meditation/mindfulness or behaviour therapy to explore our thoughts and our reactions to them, even though they are not real. We make them 'real' and powerful by grabbing onto them. Think of thought/speech balloons in cartoons; instead of holding on tight to that string, let it go and watch it float away, how blissful is that.

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

Alison Bowyer MNCHM

Heacham Infant and Nursery School

# SUMMER FETE

**SCHOOL ROAD HEACHAM**

**TOMBOLA, STALLS, BBQ, BOUNCY CASTLE, GAMES, RAFFLE & REFRESHMENTS**

**SATURDAY 13th JULY 2019**

**11am - 3pm**

**FUN FOR ALL THE FAMILY!**

## REMOTE CONTROL ROLLER GARAGE DOORS

DRS PREMIER



PLEASE RING FOR A QUOTE  
07484 353403

## SILVER SANDS PUB NORTH BEACH

We are now open every day throughout the season, so take a stroll down to the beach or even come and watch the sunset with an ice cool beer.

Open from 12pm with food being served all day until 9pm.

Entertainment every Saturday, acts throughout June are:

June 1st Bondi

June 8th Budgie

June 15th Carol-anne

June 22nd Cicil Farayi

Thursday Steak Night Special,

Friday Curry Nights.

Follow us on Silver Sands Facebook, or for info call 07779011937



### Sallywags Parent, Baby & Toddler Group

By the time I thought of last month's deadline it was nearly this one! So, a belated big thank you to Brenda Dean, our Community Champion at Tesco Heacham, for donating lots of little chocolate rabbits for our Sallywags Easter! As seems to be the norm these last few years, the weather outside wasn't chocolate rabbit friendly so they hid up in our dolls house instead and all were hunted down! (Thank you to Tracy for parachute games whilst I messed about sitting aforementioned rabbits on tiny dolls house chairs, in tiny cupboards and the like!)

Skies are blue as I write so hopefully the Sallywags garden door can be open again to all the slides, swings and things this June! Thanks to Lea who has been joining us recently to help set up, tidy away and all things in between in the kitchen and the playroom. And fantastic 'Oobleck' making Lea (a cornflour and water mixture, I didn't realise it had a name!) The children really enjoyed it, thank you!

Sallywags Parent Baby & Toddler Group meet every term time Wednesday at The Scout Hut Sunnyside off Caley Street - 9.30-11.00; pop by when you can for a play, always lovely to see you and your little ones. If you'd like further info please text/call Jo on 07521 447284.

## TIDE TABLES FOR JUNE & JULY 2019

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST									
June 2019					July 2019				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SA	04 39	6.5	16 44	6.6	1 M	04 49	6.6	17 05	6.7
2 SU	05 19	6.7	17 28	6.8	2 TU	05 34	6.9	17 56	7.0
3 M	05 58	6.9	18 13	7.1	3 W	06 18	7.2	18 46	7.2
4 TU	06 37	7.1	18 57	7.2	4 TH	07 02	7.3	19 34	7.3
5 W	07 16	7.2	19 41	7.2	5 F	07 45	7.4	20 21	7.3
6 TH	07 54	7.2	20 25	7.1	6 SA	08 28	7.4	21 09	7.2
7 F	08 35	7.1	21 12	6.8	7 SU	09 13	7.3	22 00	6.9
8 SA	09 19	6.8	22 05	6.6	8 M	10 02	7.0	22 56	6.6
9 SU	10 11	6.6	23 10	6.2	9 TU	10 56	6.7	23 57	6.2
10 M	11 15	6.3			10 W			12 02	6.4
11 TU	00 26	6.1	12 30	6.2	11 TH	00 59	6.1	13 10	6.2
12 W	01 37	6.1	13 43	6.3	12 F	02 05	6.0	14 21	6.2
13 TH	02 43	6.2	14 49	6.5	13 SA	03 07	6.1	15 29	6.2
14 F	03 41	6.5	15 49	6.7	14 SU	04 04	6.3	16 31	6.4
15 SA	04 33	6.7	16 44	6.8	15 M	04 53	6.6	17 26	6.6
16 SU	05 18	6.9	17 36	6.9	16 TU	05 37	6.8	18 14	6.7
17 M	05 59	7.1	18 24	6.9	17 W	06 18	6.9	18 56	6.7
18 TU	06 39	7.1	19 49	6.9	18 TH	06 57	7.0	19 34	6.7
19 W	07 17	7.1	19 49	6.8	19 F	07 34	7.0	20 08	6.6
20 TH	07 52	6.9	20 26	6.6	20 SA	08 06	6.9	20 40	6.4
21 F	08 24	6.8	21 01	6.3	21 SU	08 38	6.8	21 10	6.3
22 SA	08 57	6.6	21 36	6.1	22 M	09 11	6.7	21 43	6.1
23 SU	09 33	6.3	22 17	5.7	23 TU	09 45	6.4	22 21	5.8
24 M	10 16	6.0	23 05	5.5	24 W	10 25	6.1	23 06	5.7
25 TU	11 09	5.7			25 TH	11 13	5.8		
26 W	00 05	5.4	12 13	5.6	26 F	00 03	5.5	12 15	5.7
27 TH	01 08	5.4	13 17	5.6	27 SA	01 13	5.5	13 29	5.7
28 F	02 13	5.6	14 20	5.9	28 SU	02 26	5.7	14 44	6.0
29 SA	03 10	5.9	15 18	6.1	29 M	03 29	6.0	15 49	6.2
30 SU	04 02	6.2	16 13	6.5	30 TU	04 25	6.4	16 50	6.7
					31 W	05 16	6.9	17 45	7.0

© Crown Copyright. Reproduced by permission of the Controller of Her Majesty's Stationery Office and the UK Hydrographic Office ([www.ukho.gov.uk](http://www.ukho.gov.uk)).

# Paul Skinner & Sons

## Double Glazing Services



Window & Door Repairs

Double Glazing Repairs & Adjustments

Hinges & Handles

Misted or Broken Glass

Upgrade your Security

Call Paul your local tradesman



Composite Doors From £750.00

Back Doors From £495

French/Patio Doors From £895



T: 01485 535 247

M: 07834 697 719

e:kerryanneskinner75@hotmail.co.uk

## Borough Council News June 2019

Well, thank you and here we are again. I am now writing for the extended ward consisting of Heacham, Sedgeford and Fring. Someone decided to call it Heacham Ward which I will question as other wards contain a plethora of places in their description. Perhaps next time.....

The biggest news within the BC was the overall result. Conservatives 29 seats, others 28 seats. This includes the Independent Group which currently has 17 members. The last count had two recounts and the candidate who missed out is querying procedures. Other counts came down to a handful of votes

You might think that this almost dead heat would change the direction of the Council. Unfortunately, not likely. The majority party has kept all cabinet posts, all chairmen of committee posts and all significant vice chairmen of committee posts. They also have Mayor and Deputy Mayor.

Consequently, significant changes in some directions will require concerted and co-ordinated efforts. Planning policies will fall into this category. Neighbourhood plans can be sidestepped through civil servant designed back doors and the Borough must resist such attacks rather than shrugging its shoulders; the local plan does not go anywhere towards addressing climate change (through energy supply considerations) or water resource issues. Lip service is paid to environmental matters through the small levy from house building paid to national reserves, and from a multitude of conditions placed on planning consents (not all of which will make a difference).

The Hopkins Homes (A149 approaching Hunstanton) scenario must never be allowed to happen again and we are still awaiting conditioned landscaping. (For those of you new to the area it would take about 6 pages to explain the background. Suffice it to say, a pleasant outlook and important habitat has been lost under many, some certainly unnecessary, houses).

Consultation about proposed changes (speed and junctions) to the A149 has ended. I have been told public consultation will follow. If you want speed reductions between the lavender lights and Hunstanton I suggest you speak loudly. Similarly, if you do not want junction closures in the Snettisham area but, rather, better speed restrictions and enforcement.

The recycling centre at the Chalk Pit, Heacham, was in the press just before the elections. The County has put in a planning application to allow it to take some trade waste, open a ReCyc shop and (oddly) sell Christmas trees. All to the good you might say. However, the only reason they have the space and capacity to consider such operations is because they started charging for DIY waste and, consequently, they are not at all busy. County and Borough says there has been no increase in fly tipping (of DIY material). I have suggested it is all going into the grey bins and the odd public waste bin. If so, it ends up in Sussex or Holland for incineration. I would like the County to go back to proper, free recycling of domestic waste before they expand operations.

Local issues relate to Heacham only at the moment. The second glamping application at Long Wood, Hunstanton Road, has been refused. I hope that this matter now has a line drawn underneath it.

Proposals for several small developments are in the system. The proposed development in Hadley Crescent has, quite rightly, been refused. Another, two houses dropped just beyond the

boundaries of properties on Balmoral Crescent, continues. Both were good examples of lack of consultation with neighbours and the Parish Council. Would be developers should not just negotiate through discussions with Borough Council planners to establish what they can get away with but should try talking to those adversely affected and/or their immediate representatives. I am pleased to say that, just at the time of writing, representatives of the second application have come forward to clarify their intentions.

**Terry Parish**  
**Independent Borough Councillor**  
**Deputy Leader of the Independent Group**  
cllr.terry.parish@west-norfolk.gov.uk



**Point's of Interest Therapies's**  
*Acupuncture, Reflexology*  
*Traditional Chinese Medicine*  
*& Massage Therapies's*

**07892942148**  
PointzofInterest.co.uk  
PointzofInterest@gmail.com  
*40a Lynn Road Dersingham*

Choosing the right funeral service

**Our Personal Service**  
*Available 24 hours a day*  
Serving Heacham and surrounding areas

**A complete funeral home offering:**

- All facilities, including Chapel of Rest
- Supply of Floral Tributes and Memorials
- We always provide a written estimate
- Pre-Paid Funeral Plans available

*For a complete and helpful brochure, contact us:*

**Eric W Witton**  
26 Station Road, Heacham, Kings Lynn, Norfolk PE31 7EX  
**01485 570 475**  
ericwitton@dignityfunerals.co.uk  
*Under the personal supervision of Mrs Samantha Pratt*



**Mercedes Gleitze**  
(18 Nov 1900 – 9 Feb 1981)

Mercedes Gleitze was a British professional swimmer. She was the first person to swim the **Straits of Gibraltar** and the first British woman to **swim the English Channel**.

She also set a new record in the chronicles of sport on the 20th June 1929 when she became the first person to swim across the Wash from Benington (Lincolnshire) to Heacham (Norfolk) in just under 13½ hours.

To celebrate the 90th Anniversary of this fantastic achievement, the Parish Council in conjunction with Norfolk County Council's Heritage Team, are holding an information evening at the Public Hall on Sunday 16th June at 2.00-4.00pm.

The event will include a presentation about Mercedes' life and her epic Wash swim.

Look out for more details on posters around the village and on the Village Facebook page.

**Sunday 16<sup>th</sup> June 2019**

**2pm – 4pm**

Heacham Parish Council in conjunction with Norfolk County Council's Heritage team, would like to invite you to an information afternoon at The Heacham Public Hall  
Along with a Guided walk with the Heritage team

**MERCEDES GLEITZE**

18<sup>th</sup> November 1900 - 9<sup>th</sup> February 1981



**Open Water and Endurance Swimmer**

Mercedes was the first British woman to swim the Wash on the 20<sup>th</sup> June 1929  
She swam from Benington, Lincolnshire and landed 13½ hours later on Heacham Beach.

This is just one of her many achievements, join us to discover more.  
There will be a small charge to cover cost and refreshments

**Look out for more details on posters around the village and on the Village Facebook pages.**

***Orchid Legal Services***

- Wills
- Lasting Powers of Attorney
- Probate Assistance
- Commissioner for Oaths

**Tel. 07563 300633**

**Email [orchidlegalservices@hotmail.com](mailto:orchidlegalservices@hotmail.com)  
Operated by a Fellow of the Chartered  
Institute of Legal Executives**

**LIVE JAZZ**

at the  
**FOX & HOUNDS**

**HEACHAM**

**SUNDAY 2<sup>nd</sup> JUNE**

**1.30 p.m. to 4.00 p.m.**

**KINGSWINGERS**

**Featuring**

**local Rat Pack Vocalist**

**TOM MELVIN**



**MULBERRY SPA**  
AT HEACHAM MANOR



**PUT YOUR FEET UP IN JUNE**

To celebrate the 10th anniversary of the opening of Heacham Manor Hotel we are offering a

**10% DISCOUNT**  
on Footlogix Deluxe Pedicure throughout June.

Advance Booking Required

**FOR DETAILS CALL: 01485 536030**  
[www.heacham-manor.co.uk/spa](http://www.heacham-manor.co.uk/spa)

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

## Heacham at Night

Summer Solstice is on Friday 21st June. The Sun will rise around 4.43am and set around 21.21 – 16 hours 38 minutes of daylight. The Sun is directly overhead, as seen from the Tropic of Cancer, at 16.54 Heacham time.

All fascinating stuff but not good news for astronomical observations. The sky is dark enough at or after astronomical twilight which is after nautical twilight which is after civil twilight. At our latitude we don't get astronomical twilight between May 18th and July 25th. The skies will be very clear no doubt.

There are planets about. Mars and Mercury very low and hard to spot in the WNW after sunset. Jupiter and Saturn somewhat later in the S or SSW.

During The first week of the month, at around 10pm, look low into the WNW. Heacham Beaches or Hunstanton Cliffs should be your choices for location. A thin crescent Moon should be visible (at least between the 4th and 6th). On the 4th a spark might be seen just above the Moon – Mercury. A fainter spark above and to the left will be Mars. On the 5th, Mars will be just to the left of the Moon. After that the two planets are in similar positions but the Moon is climbing higher and to the west.

Remember to wait until the Sun has dipped below the horizon before staring out to sea. As you watch the sunset ponder the following picture, a sunset on Mars taken by Insight Rover.



NASA

On the 18th at 22.15 look WNW and very low – about 8 degrees above the horizon. Mars and Mercury will be almost touching – in conjunction.

If you are lucky enough to see this, then understand that Mercury will be between us and the Sun and Mars will be on the far side of the Sun. There is a website, the planetstoday.com, which illustrates the relative positions of the planets very well. You can choose from various ways of visualising them.

At the time of writing, the Mars Insight Rover is in the news as a dust devil cleaned it which was not the fate of Opportunity Rover when a dust storm last year closed it down forever.

Both Jupiter and Saturn are pretty low down not rising more than about 14 degrees above the horizon. This means the seeing is likely poor as you have to look through a very thick layer of atmosphere with attending dust and water vapour. However, Jupiter does not get to a reasonable altitude until 2023 and Saturn not 'til 2031 so continue looking for them and at them as best you can.

Viewing the four Galilean Moons of Jupiter and seeing the Rings of Saturn are the best regular sights for the casual observer. Large binoculars or a birding scope will find the sparks orbiting the largest planet whilst a small telescope will be needed to see Saturn's rings.

The Galiean moons are Ganymede, Io, Europa and Callisto and were discovered in 1610 by Galileo Galilei. He had read about a 'Dutch Perspective Glass' which had been invented just two years before by Hans Lippershey. Galileo improved on it and turned it towards the planets and our Moon.



*Parish. Heacham 5 years ago. Ganymede; Europa; Io; Callisto. The moons are still there. They orbit around Jupiter between a day or so (Io) and almost 3 weeks (Callisto). You can see them move in one observation several hours long.*



# J.C.Hammond

Carpenter/Joiner

## From Flooring to Roofing and Everything In Between!

Local, Reliable Service - Competitive Rates

**Snettisham (01485) 541220**

**07944 281960**

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

No job too big or too small - All work Guaranteed and Insured



## DAVID PEARCE ROOFING SERVICES

SLATING TILING LEADWORK GUTTERS

FREE ADVICE & QUOTATIONS

TWO YEAR GUARANTEE

WORK CARRIED OUT BY  
TIME SERVED TRADESMAN

CITB REGISTERED ROOFING ASSESSOR

TEL: 01485 544279 MOBILE 07825415040

E MAIL [davepearcenol@aol.com](mailto:davepearcenol@aol.com)

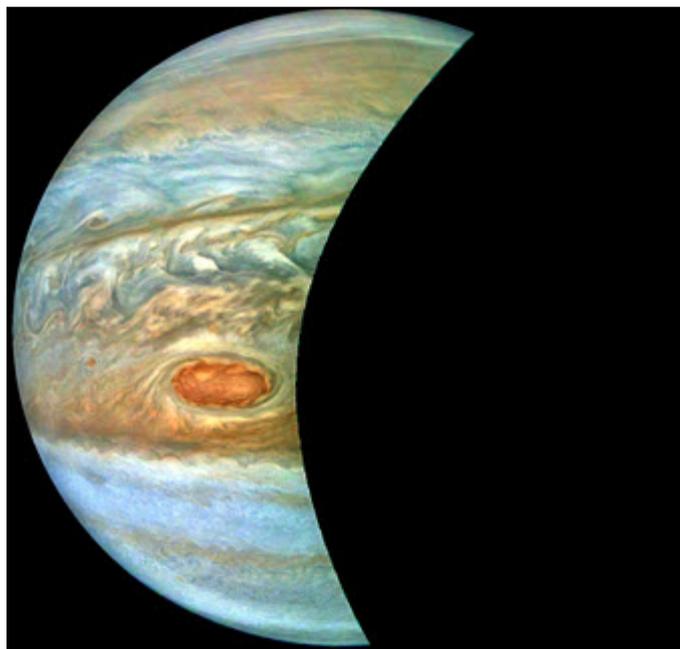
[www.davidpearcerooftingservices.com](http://www.davidpearcerooftingservices.com)

The four Galilean satellites of Jupiter are all of reasonable size which is why his small telescope could pick them up – Ganymede is bigger than Mercury. His observations showed the moons moving around Jupiter which was a large nail in the dominant belief, promoted by the Church, that all heavenly bodies were in thrall to the Earth. He escaped being burnt to death by publishing his work as a conversation between fictional characters but he still got confined.

Io is the most volcanic of moons, is stirred up by Jupiter’s massive gravity and magnetic field and is coated in sulphur. Europa has water oceans under a thick, frozen, crust; the water geysers out from time to time and will be investigated for signs of life by space missions currently being planned. Ganymede has a lot of water ice and likely a sub surface ocean of salty water. Callisto is rocky and very cratered and also may have a sub surface ocean.

So, look for these sparks orbiting Jupiter and marvel as Galileo did 400 years ago. No-one will lock you up for it (perhaps).

Good viewing and a decent telescope may show the famous Great Red Spot of Jupiter. This is a storm which has been present for at least 200 hundred years. However, it is shrinking. Back in the past it was likely 25,000 miles across – 3 times as wide as the Earth. Voyager, in the 1970s found it 14,500 miles wide and, now, it is just about 10,000 miles across. Look for it while you can!



NASA

Anyway, on June 10th, Jupiter is at opposition which is the closest and brightest it will be this year. Look SSE and low down from 10.30pm. After that, Jupiter will rise a little and move towards the SSW. On the 16th, Jupiter will be the bright object just to the right of the Moon. From midnight Saturn will be seen rising in the SSE and by 2am both planets will be either side of due south. So, early morning viewing but it is worth it if you have large binoculars, a birding scope or access to a telescope. If you have none of these and have not looked out for these planets before then just use your eyes and then use the Internet to find pictures and more information. The NASA planets site lets you rotate images of the moons and planets so you can see all their surfaces.

Last month I included some diagrams and text describing a cluster of fuzzy blobs in Virgo. This is known as the ‘Realm of the Galaxies’ as there are 14 or so that can be picked up in small telescopes and many fainter ones. They are still well placed this

month so look at last month’s Heacham Newsletter or Town and Around, both are on-line.

This month lack of twilight (see above) makes observing fuzzy things hard. However, you might like to try finding Messier Object 3 which is a globular cluster. M3 was the first object in his catalogue that Messier identified himself. He did this in 1764 and thought it was a nebula – a gas cloud. 20 years later Herschel (of Uranus fame) resolved the cloud into stars. We now know that M3 consists of half a million stars forming a sphere with a diameter of 90 light years. It is 34,000 light years distant and 8 billion years old.



Hubble. M3. Each dot is a star

You will need large aperture binoculars or better to pick up M3. All month it will be SW and high in the sky to the right and a little higher than Arcturus. Choose a clear night and start

looking at 10.30. Two bright stars should be visible in the SW. The lower is blue white Spica, the one well above it is red Arcturus. Above and to the right of Arcturus, about a fist away, should be a fuzzy blob. M3.

July 20th/21st is the 50th Anniversary of Mans’ landing on the Moon. Next month’s column will feature that. Those of you older than, say, 56 might like to write in with your recollections - where were you when Neil Armstrong placed his boot on the Lunar dust?

Terry Parish



## S & J Partyka Ltd

(plumbing & heating)

a family owned local business  
with over 30 years experience  
“you can count on us for a  
professional service”

01485 570688 - 07831 776881  
partyka.plumbing@gmail.com

**all plumbing and heating work undertaken**

- from a new tap washer to a full bathroom installation
- from a new radiator valve to a full heating system
- new gas boilers fitted
- boiler servicing
- central heating power flushing

**water - gas - oil - air source**



No.28926

**“all work fully guaranteed”**

## Heacham Carpet Bowls Club

Once again, our carpet bowls club has been able to make donations to local charities; £80 to Heacham in Bloom towards the baskets for the front of the Public Hall and £100 to Falls Support Appeal (Your Local Paper and QE Hospital).

Congratulations to our two teams for their successes at The Norman Smith Memorial Trophy Triples Tournament held at Lynnsport on Sunday 12th May. Special mention to our Team 1 for reaching the final.

Proceeds from this annual event go to RNLI Hunstanton.



*Tournament Runners-up: Heacham Team 1 - John King; Mick Harpley; Linda Oakland*

Come and join us in keeping fit and getting the giggles at the Public Hall; Tues, Wed and Thurs 10.15 till 12.00. £1 a session. Everyone welcome.



# RC CLEAN

## WINDOW CLEANING

Delivering what we promise

External & Internal Window Cleaning  
Fascia, Soffits, Gutters &  
Conservatory Cleaning

Call For A Free Quote  
07871 008564 - 01485 493038

Email: [rcclean101@gmail.com](mailto:rcclean101@gmail.com)



Contact Us  
Staveley, Johnson &  
Procter Solicitors  
Waverley House, 37 Grovegate  
Hunstanton  
Norfolk PE36 6AB

Telephone: 01485 532662  
Fax: 01485 534802  
DX: 95250 Hunstanton

[info@sjpsolicitors.co.uk](mailto:info@sjpsolicitors.co.uk)

Solicitors acting in the North  
Norfolk area, including Kings  
Lynn and Norwich

We are a local firm of solicitors  
that cover and are experienced in;  
Conveyancing, family, residential and commercial  
lease, debt recovery, litigation, wills and probate,  
and personal injury, contract and professional  
negligence and dispute matters.

We can often offer fixed fees so you know  
where you stand on costs and an  
Introductory 1/2 hour free of charge.

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



### 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.

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

The meeting on 4th July will be a strawberry tea. There will be no meeting in August.

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

All welcome

### Brancaster Camera Club

#### Tuesday 18th June 2019

Digital Still Life Competition 1+2 'Still Life'  
Judge Rex Makemson.

#### Tuesday 25th June 2019

A special event. Not to be missed. An evening with Justin Minns 'A Year on the Coast'  
Justin's work can be seen on his website: Justin Minns Photography.

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.



## P.G. PLUMBING & BUILDING

**24 Hour Emergency Service**

---

**Plumbing - Heating - Tiling  
Bathroom Installations**

---

**Disabled Adaptation Specialists**



**54 Marram Way Heacham.  
Freephone 0800 2343044 Mobile 07836 506379  
(Est 1985)  
Payment accepted using Mastercard, Visa & Maestro Cards**



## **PIONEER HOLIDAY PARK**

**Pioneer Holiday Park have a small hire fleet with all you need to make your stay with us relaxing and comfortable.**

**Please call for a quote and availability.**

**...a family run company looking after you and your family**

Pioneer Holiday Park, South Beach Road  
Heacham, Norfolk PE31 7BB  
t. 01485 570372 • [www.pioneerholidaypark.co.uk](http://www.pioneerholidaypark.co.uk)

## 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 541162

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 (PH)

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

OVER 60? Enjoy improving your health and bone density with Active for Life Exercise Classes at Heacham Surgery Classroom 10.15-11-15am Tel: Pat 298429

CARPET BOWLS 10.15am - 12 noon Tel: 570776 (PH)

HEACHAM CARERS SUPPORT GROUP meets 1st & 3rd Tuesday monthly 1-3pm at A Piece of Mind 4 Poplar Avenue Tea Coffee & a chat For more info Tel: 572707

LINE DANCING 1.30 - 3.30 pm Improver/Intermediate £3.50 Contact Diane 571166 (PH)

THE FELLOWSHIP 2.45pm Every other Tuesday (MC)

1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen 07833747059 or just come along (MC)

1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs) 6 – 7.30pm Tel: Alison 07737642828 (SG)

WEIGHT WATCHERS 5pm (OFH)

ZUMBA 7-8pm £4 per class or £7 for both Tuesday & Wednesday classes Tel: Michelle 07585002124 (SG)

PARISH COUNCIL MTG 3rd Tuesday monthly 7pm (PC)

HANDS & NEEDLES GROUP every other Tuesday 7.30 – 9.00pm Tel: Joan Careless 570363 (MC)

HEACHAM & SANDRINGHAM CAMERA CLUB meets 1st & 3rd Tuesday monthly 7.30pm Sandringham Club West Newton Email: heachamdigitalcamerclub@yahoo.co.uk

POCAHONTAS PLAYERS Drama Group 7.30 – 9.30 pm Tel: 570402 (PH)

LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds

HEACHAM CRAFT & KNITTING GROUP 6.45 – 8.45pm. Call Shirley Milborn 01485 572247

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

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

WEDNESDAYS  
WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar Ave Heacham Tel: Emma Hardy 01485 572707 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: 571315 Anne Davis www.westnorfolksingers.org.uk/ (MC)

QUIZ NIGHT 8.45pm Prompt start New teams of up to 5 welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

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

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 Week

WEST NORFOLK MIND Day Centre (specifically for older people dementia friendly) 9.30–3pm Tel: Emma Hardy 01485 572707

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 perperson 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  
 NORSEMAN'S BOXING CLUB Jnr 6-7pm, Snr 7-8pm Unit 12 Heacham Hall Ind Est. Jnr £2, Snr £3 geezersales@btinternet.com  
 POKER IN THE CLUB 1st Friday each month 7.30pm (PH)

#### SATURDAYS

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

#### SUNDAYS

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

#### HEACHAM DIARY

**Saturday 1st June** 'The Pocahontas Players' in Hall 2pm and 7.30pm, The Public Hall, Station Rd  
**Sunday 2nd June** 'Live Jazz –Kingswingers' 1.30pm–4pm at The Fox and Hounds, Station Rd  
**Tuesday 4th June** GIG 'Ray Fenwick' 8.30pm at Fox and Hounds, Station Rd  
**Friday 7th June** GIG 'JAM with DNA' 8.30pm at Fox and Hounds, Station Rd  
**Saturday 8th June** 'Blooming Great Tea Party' 2-4pm at St.Mary's Church Hall, High St. Tea, Coffee, Cakes, Raffle  
 \*\*\* 'Live Music –Rock & Roll' 7pm–11pm at Public Hall. Tickets £7.50 advance or £8.50 on door. 01485 570776  
 \*\*\* 'Live Music –2 + One' 7pm–11pm in The Public Hall, Station Rd  
 \*\*\* 'Classic Car Rally –with DNA playing' with BBQ from 3pm-5pm at Fox and Hounds, Station Rd  
**Wednesday 12th June** 'Coffee Morning and More' 10am–12noon at Old Friends Hall, Sunnyside. All welcome.  
**Friday 14th June** GIG 'Bare Bones' 8.30pm at Fox and Hounds, Station Rd

**Wednesday 19th June** 'Lorraine's Prize Bingo, in the Club 1.30pm at Social Club, Station Road

\*\*\* 'Trip Around the Norfolk Coast' -With Heacham Twinning Association. Departs 10.30am –Return 6pm. £5 each. Pick up at Caley Farmhouse Station Rd. 01485 579465

**Friday 14th June** 'Extra Hands Coffee and Cake Morning' 10am-12noon at St.Mary's Church Hall, High St

**Sunday 16th June** 'Information Afternoon –Mercedes Gleitz' (1st British woman to swim The Wash) Hosted by NCC Heritage Team, 2-4pm at The Public Hall, Station Rd. Small charge to cover cost and refreshments

\*\*\* 'Parish Council' in The Parish Hall, Station Rd. Details from The Parish Council

**Friday 21st June** GIG '3rd Time Lucky' 8.30pm at Fox and Hounds, Station Rd

**Saturday 22nd June** 'Messy Church' 10–12noon at St.Mary's Church. Call Veronica 570697 or Penny 572539

\*\*\* 'GIG –Bootleggers' 7pm in The Public Hall, Station Rd

**Monday 24th June** '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

**Friday 28th June** GIG 'After Hours' 8.30pm at Fox and Hounds, Station Rd

**Sunday 30th June** 'A North Beach Service of Songs of Praise' hosted by Heacham Methodist Church. Meet at North beach 3pm

#### JULY

**Saturday 6th July** 'Big Band Concert' in aid of Break Children's Homes. 7.30pm in the Public Hall, £8. Contact Ian 07776195610

**Saturday 13th July** 'Summer Fete' 11am–3pm at Heacham Infant & Nursery School



**HOME COOKED MEALS DELIVERED TO YOUR DOOR**

\*\*\*\*\*

Home cooked, high quality frozen meals delivered to your door.

All natural, no artificial preservatives or additives.

Made with fresh, locally sourced ingredients (where possible).

Made by local chef Kat Asker in Snettisham.

Cooked in a 5\* hygiene rated kitchen.

Free local delivery (minimum order of 4 meals per delivery)



Real home cooking at its best!

My menu offers a large variety of choice and flavour with traditional meals such as casseroles, pies, lasagne and a roast as well as curries, moroccan inspired dishes and vegetarian options.



To place an order or see a full menu please contact me on  
 Tel: 07767753413  
 email: simplycookit.kat@gmail.com  
 Find menus and full details on    
[www.facebook.com/simplycookitnorfolk](http://www.facebook.com/simplycookitnorfolk)  
 @SimplyCookKit

## OTHER EVENTS

**Saturday 1st June** Dancing to 'Kenny and the Motives' 8.30pm at United Services Club, Homefields Rd, Hunstanton

\*\*\* 'King's Lynn Male Voice Choir' 7pm at St. Edmund's Church, Hunstanton. Entry £10 on the door. Inc Refreshments

**Thursday 6th June** 'OpenAirTheatre -GangstaGranny' Hunstanton Community Centre 6pm. £7 Adults / £3.50 Child. 01485 532610

**Friday 7th June** Dancing to 'Black Steel Country and Western' 8.30pm at United Services Club, Homefields Rd, Hunstanton

**Saturday 8th June** Dancing to 'Toccatà' 8.30pm at United Services Club, Homefields Rd, Hunstanton

**Monday 10th June** 'Talk -The Chinese Takeaway' 2pm at Sedgeford Village Hall. Tel: Gerald Pepper 01485 570755

**Friday 14th June** Dancing to 'Dennis Frere-Smith' 8.30pm at United Services Club, Homefields Rd, Hunstanton

**Saturday 15th June** Dancing to 'Splash' 8.30pm at United Services Club, Homefields Rd, Hunstanton

**Monday 17th June** 'Hunstanton U3A Meeting' 2.00 pm in the Community Hall -speaker Jo Reynolds on Norfolk's First Firewoman

**Tuesday 18th June** Brancaster Camera Club 'Digital Still Life Comp1+2 till Life' 7.30p at Brancaste Staithe Village Hall, £3. Contact Jim 01485 210013 / Wendy 01553 674725

**Friday 21st June** Anmer Village Social Club Film Night 'MaryPoppinsReturns' 8pmatAnmerVillageSocialClub, £3 at door. 01485 579465

\*\*\* 'Quiz Night' 8.30pm at United Services Club, Homefields Rd, Hunstanton. £3pp plus food

**Saturday 22nd June** Syderstone Village Cinema Presents 'Stan & Ollie (PG)' 7.30pm at Amy Robsart Village hall, Syderstone. Adv tickets £3.50. Call 01485 578171/578244

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

\*\*\* 'Nelson's Shantymen' 7pm at St. Edmund's Church, Hunstanton. £5 on the door. Inc Refreshments

**Tuesday 25th June** Dersingham Village Screen Presents 'Quartet' 7.30pmatDersinghamVillageCentre. Call Tom: 07779545707

\*\*\* Brancaster Camera Club 'Justin Minns -A Year on the Coast' 7.30pm at BrancasterStaithe Village Hall, £3.

Contact Jim 01485 210013 or Wendy 01553 674725

**Friday 28th June** GIG 'Ali James -Comedy/Vocalist' 8.30pm at United Services Club, Homefields Rd, Hunstanton

**Saturday 29th June** Dancing to 'D.N.A' 8.30pm at United Services Club, Homefields Rd, Hunstanton

## JULY

**Saturday 6th -Monday 8th July** 'Flower Festival of Women in the Bible -Work from local artists' St. Andrew's Church, Ringstead

**Sunday 7th July** 'Ringstead Open Gardens Day' 11am -5pm. £5 admittance to gardens. Two course meal at Village Hall

from 12noon-2pm £12 pp. Call 07786316610 to book lunches

**Saturday 27th July** 'Hunstanton Community Choir in Concert' 7.30pm at St. Edmund's Church, Hunstanton. £6 each, children under 16 free

## Mondays

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

FITSTEPS 6.30-7.30pmat 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 HighSchool For details contact Ian on 07806 622154

HUNSTANTON COMMUNITY CHOIR Rehearsals 7-9pm at Hunstanton Town Hall £4per session For info Tel: 532392  
ST.MARY'S CHURCH SNETTISHAM Men's Group 2nd Tuesday of every month at The Visitors Centre Snettisham 7.30pm. £2 each

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

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

## Wednesdays

DOCKING MARKET 9am-1pm in The Ripper Hall

Local Produce Craft and Gift Stalls Tel: 576233

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

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

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

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

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

## Thursdays

50/50 TEA DANCE 2 -4pm at Hunstanton Community Centre, Avenue Rd. £4 inc refreshments. All Welcome

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

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

## Fridays

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

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence mixed club all ages 6.30 -8.30pm at Smithdon

## Saturdays

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

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

**A. E. WALLIS**  
Television and Cycle Retailer

**EURONICS**

We are members of Europe's biggest independent electrical buying group

\*Dealership of Quality\*

TV's, Video's and DVD's, Washing Machines and Tumble Dryers, Cookers, Built in models and so much more.	Cycle Sales Cycle Spares Cycle Repairs Cycle Hire
--	--

34/40 High Street Heacham 01485 570303/ 571683

1939 A E WALLIS 75 YEARS OF SERVICE 2014

# around & about...

**Saturday, 1st June 2019**  
**at 7.00pm**



**King's Lynn**

**Male Voice Choir**



At



**St. Edmund's Church,**

**Hunstanton**



**Entry: £10.00 at the Door**  
**Refreshments included**



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

## King's Lynn Male Voice Choir

The King's Lynn Male Voice Choir was formed in 1957 by the Choristers of St. Margaret's Church and St. Nicholas Chapel in King's Lynn. An enthusiastic group of singers, one of whom has been in the choir since it began, they very much enjoy entertaining their audiences and being part of the cultural life of West Norfolk, as well as helping other organisations and local charities to raise much needed funds.

Their ever-growing repertoire of music includes many genres from traditional choral music to modern day songs, classic hymns, songs from the shows, as well as many others that audiences always enjoy. Describing themselves as a 'merry bunch of men' with Anne accompanying them and Michael Hankinson, their Musical Director, leading them, they always give their all whenever they perform.



**Leisure Club** 



**Pop In and Discover Our Great Facilities**  
**Outdoor Pool NOW OPEN!**

**SPECIAL OFFER 6 MONTHS FOR THE PRICE OF 5!**  
 Monthly Membership also available from only **£25.00**

- > Up to 2 months free membership\*
- > Free parking
- > No joining fees
- > No contracts
- > Packages from £25.00
- > Direct debits available
- > Bring your guests\*\*

**Contact Us**  
 For further details visit:  
[www.searles.co.uk/facilities/indoor](http://www.searles.co.uk/facilities/indoor)  
 call: **01485 536029**

\* Terms and Conditions apply.  
 \*\* Only £3 guest adult, £2 guest child

Visit: Searles Leisure Club,  
 South Beach Road, Hunstanton, Norfolk PE36 5BB part of SEARLES LEISURE GROUP



**Expert legal help and advice on your doorstep in Heacham**

Talk face to face with your local lawyer, at our High Street office, who is here to help by giving you clear and practical legal advice.

**01485 472474**  
[wardgethinarcher.co.uk/heacham](http://wardgethinarcher.co.uk/heacham)

Moving Home • Family Matters • Wills and Probate  
 Personal Injury • Dispute Resolution • Employment Issues  
 Commercial Services • Notary Services

**WGA**  
**Ward Gethin Archer**  
 SOLICITORS AND NOTARIES

Chatteris • Dereham • Downham Market • Ely  
 Heacham • King's Lynn • Swaffham • Watton

**Saturday, 22nd June 2019**

**at 7.00pm**



# Nelson's Shantymen



at

**St. Edmund's Church,  
Hunstanton**

**Entry: £5.00 at the door**

**Refreshments included**

*Proceeds in aid of the*

**Restoration of St. Edmund's Church building**

## Nelson's Shantymen

Based at Burnham Thorpe, birthplace of England's greatest seaman, Lord Horatio Nelson, Nelson's Shantymen are a diverse group of enthusiasts, driven in equal measure by a love of singing and a desire to keep the tradition of the sea-shanty alive. True to the original spirit of the shanty, a major emphasis is placed on the voice and while musical accompaniment, in the form of accordion, banjo, bodhran, guitar and harmonica, is often an integral part of performance, it is never to the detriment of the close vocal harmonies that the group achieves.



Since their formation in March 2010, Nelson's Shantymen have performed to acclaim in a wide range of venues throughout

Norfolk and, as a non-profit-making group, have raised a substantial sum of money for a variety of charities, while fulfilling their wish to entertain the public with authentic songs of the sea.

As well as traditional shanties, the group's repertoire includes songs which celebrate the achievements of Lord Nelson, together with a range of lyrics that record the hardships of the fisherman's way of life.



**PLUMMER  
& ASSOCIATES**  
WEALTH MANAGEMENT  
CONSULTANTS

## Mastermind your financial future

We provide an experienced wealth management service and offer specialist advice in a wide range of areas including:

- Investment planning
- Retirement planning
- Inheritance Tax planning

For further details contact Jeremy Plummer on:

**Tel: 01485 500025**

Email: [jeremy.plummer@sjpp.co.uk](mailto:jeremy.plummer@sjpp.co.uk)

Website: [www.plummerandassociates.co.uk](http://www.plummerandassociates.co.uk)

The Business Centre, 43 Lynn Road,  
Snettisham, Norfolk, PE31 7LR

## Helping To Keep Your Independence

**HOUSE WORK** All domestic duties within the home

**GROCERY SHOPPING** Collection of pensions, prescriptions

**LAUNDRY** Washing & ironing within the clients home

**COMPANIONSHIP** All helpers are very carefully employed and references are always asked for & confirmed, our helpers are all mature, dependable nature.

We provide an honest & reliable home help service at extremely competitive rates, covering Hunstanton & Surrounding villages.



**K.H.HOMECARE**

Established 1997  
Accredited by Norfolk Trusted Trader Scheme

For any further information please contact

**Mrs K Carr 01485 570179**

## Hunstanton Croquet Club

Having lived in the Hunstanton area for three years, we feel that we have fully integrated into the community, and part of the reason for that was our discovery of Hunstanton Croquet Club. We went along to the Come and Try Day in April 2016, and as a result our lives have changed completely. We now travel all over the country playing in tournaments and league matches. We found it didn't take long for croquet to become a major factor in our lives.

Hunstanton Croquet Club was founded in 1911, and over 100 years later is a social, friendly club based in the town. We have five lawns, car parking and a well-equipped clubhouse. The club is situated adjacent to the children's play area on the Recreation ground, Hunstanton. Members can enjoy the use of the lawns 7 days a week, unless there are tournaments taking place, and for these events spectators are welcome. When you come to the Come and Try Day you are introduced to the game and provided with all the equipment you need to play. If you decide to join the club, you are supported and encouraged during club days, each Monday and Wednesday starting at 1.30pm.

The season opened in April, and this year it has already been very busy. There are a number of teams who represent the club at different levels, and so far this year there have been matches, both home and away with Ipswich, Colchester, Chelmsford and Wrest Park. Club members have already taken part in tournaments at Cheltenham, Surbiton and Northampton. There was also a three-day tournament for Association Croquet, at Hunstanton in May, when competitors travelled from all over the country to take part.

For those people who would like to keep fit, in either a leisurely way or in a more competitive way, croquet is a great way to spend your time. New members are always welcome, further information on Hunstanton Croquet Club website – [www.hunstantoncroquetclub.co.uk](http://www.hunstantoncroquetclub.co.uk) I often describe croquet as 'Like playing snooker on grass', it certainly tests your brain power, as much as any brain training or daily crossword would do. On the social side, the twice weekly club days allow you to get together with like-minded people, and enjoy time outdoors in Sunny Hunny.

Anne Gill

## Hunstanton Conservative Club

### Entertainment for June 2019

Saturday June 1st	-	Dancing to Mikki Jons
Saturday June 8th	-	Dancing to Tony C
Saturday June 15th	-	Dancing to Mark Josef
Saturday June 22nd	-	Disco
Saturday June 29th	-	Dancing to Mike Shelby
Thursday June 27th	-	Trip to Stamford and Burghley House. Please put your name down at the Bar.

Eileen Hamilton  
Chairman



**IPerrin flooring** ...The Store to your Door

**GUARANTEED TO BEAT ANY GENUINE LIKE FOR LIKE QUOTE**

**THE BEST DEALS FOR ALL YOUR FLOORING NEEDS**

- **FREE** Estimates and planning
- **Full service** from measuring to fitting
- **Competitive pricing** to suit all tastes & budgets
- **Overwhelming** choice of carpet, Vinyl, Karndean, safety flooring, LVT's, Real Wood & Laminate samples brought directly to you
- **10 years** experience, expert advice & knowledge
- **Additional Services** available, including moving furniture, uplift & disposal of previous flooring and door trimming
- **Domestic or Commercial** work carried out

**NOW SUPPLIERS OF **

**Tel: 01485 601360 Mob: 07872 558163**

Email: [ian@iperrinfooring.co.uk](mailto:ian@iperrinfooring.co.uk) Web: [www.iperrinfooring.co.uk](http://www.iperrinfooring.co.uk)

I Perrin Flooring Ltd, Registered Office 15 Stebbings Close, Grimston, King's Lynn, Norfolk PE32 1DJ

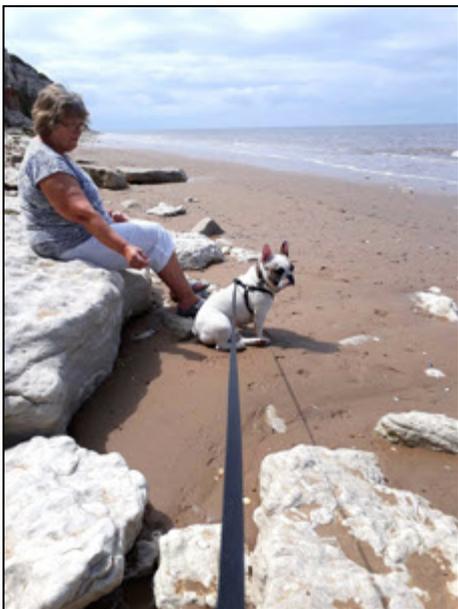
Registered No: 8956560. Vat No: 171416230

## Dog Cuddles are the Ultimate Escape from Digital Dependency

Initially, the internet was perceived as an amazing escape from the humdrum of everyday life, but after years of technological revolution, people are questioning their online habit and looking for real life solutions to escape digital dependency. Cuddling and caring for a friendly dog could be the perfect solution to distract us from digital devices, suggest local dog lovers from Barking Mad (North West Norfolk).

In media regulator Ofcom's annual Communications Market Report in August 2018, a decade of digital dependency was highlighted. Survey data showed that 'one in five people spend more than 40 hours a week online' and British people are 'checking their smartphones every 12 minutes.'

These shocking statistics highlight the negative effects that spending too much time online can have on significant numbers



of people. The report said that some people feel that 'they are always at work' while 54% of people surveyed admitted that 'connected devices interrupt face to face conversations with friends and family.'

Dogs have been proven to encourage us to exercise, get out and about more and generally improve our well-being.

After all, who can resist those puppy dog eyes pleading for a walk? This has been documented by Deborah L Wells of the School of Psychology, Queens University, Belfast, in 'The Effects of Animals on Human Health and Well-Being' which concluded: "This particular companion animal can contribute to a significant degree to our well-being and quality of lives."

At Barking Mad we are currently seeking more hosts in the Norfolk area to care for dogs whose owners are away. This is an ideal opportunity for retired people, home workers, families, or teaching professionals, to experience the joy and life

enhancing benefits of canine companionship, at a time to suit them.

Cuddling and caring for a lovely dog provides real interaction and exercise. We witness families' leisure time being transformed by visiting dogs, less time at the desk or on the sofa with a device in hand and more time in the garden, the beach, the woods. The dogs arrive with all their own food, bedding, toys and treats, with all insurance and administration taken care of by ourselves. There is no need to provide anything other than your time and affection and a loving home environment. If you are real dog lovers and have some free time, we would love to hear from you!

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



**Peddars Way Travel**

**Taxi Service**



**1st Class Service Comes as Standard**

Ford Journey, Wheelchair Friendly Taxi  
Seating for up to 4 Adults or 2 Adults and a Wheelchair.  
Air conditioning.  
Power points.

Air/Sea Ports.  
Bus/Train Stations,  
Holiday Destinations.  
Excursions,  
Sight Seeing.  
Hospital Appointments.  
No distance too short or too long.



**Chip & Pin Welcome**

For a **NO OBLIGATION** quote please get in touch

Tel: 01485 572234  
Mob: 07540 236656  
Email [peddarswaytravel@btinternet.com](mailto:peddarswaytravel@btinternet.com)



## Missing a dog in your life?

**Become a Barking Mad holiday host**



**Companionship, friendship and fun are guaranteed!**

- Dogs to suit your lifestyle
- Completely flexible
- Trial stays to ensure compatibility
- Full support and advice
- No other pets preferred



**Barking Mad**

Happy Dog. Happy Holiday.  
Happy You.



01485 205715 [tania.stowe@barkingmad.uk.com](mailto:tania.stowe@barkingmad.uk.com) [BarkingMad.uk.com](http://BarkingMad.uk.com)





### Festival 3 by the Sea Programme for 2019

The HDFA Festival 3 by the Sea programme of Arts events for the summer began this year in May. The first item was a creative writing course on the environment with tutor Sue Burge which was held on May 8th.

Next up is a performance of “Gangsta Granny” by Heartbreak Productions on Thursday June 6th. There is just one performance at 6pm so early booking is a must. This is a fun play adapted from the book by David Walliams and will delight all ages. Tickets cost £7.00 for adults and £3.50 for children and are available from the Tourist Information Centre in Hunstanton on 01485 532610 or at the gate. Doors open at 5.30 for a performance at 6pm. This is an open-air show, so wrap up well as it gets cold at night even in the summer and bring low chairs and picnics to enjoy. There will be refreshments available.

There will again be a programme of live pop and rock music by various artists at “The Spinney” at the end of the High Street throughout the summer. This event is free although hat collections would be welcomed by the artists.

The Hunstanton Drama Festival of One Act plays takes place from Friday June 28th till Sunday June 30th this year. Here you can see 12 different one act plays performed by Drama Groups from all over the Eastern area. This is a friendly competition, so on Sunday evening there will be an award giving Red Carpet Night where everyone gets to know who won the best actor, best team and best Youth Group awards. There will be a celebration party after in the Sunset Bar. Tickets cost £8.50 or £30.00 to see all sessions. Tickets are available from The Princess Theatre in Hunstanton. Box office 01485 532252.

The annual Family Picnic with the Hunstanton Town Concert Band will be playing at the Bandstand on the Green on Sunday 25th August from 2 – 4pm. This is a free event but please bring suitable seating and a picnic to enjoy.

The Hunstanton Music Festival will take place on Saturday September 7th on The Green from 2pm till late. Lots of fine acts are promised including the Sheringham Shantymen. More acts to follow. There are also monthly Craft Fairs throughout the year where all kinds of beautiful hand-made items will be on sale at Hunstanton Town Hall.

Further information can be found about these and future events on our Facebook page - Hunstanton Festival 3 by the Sea - and in our 2019 brochure now available from the Hunstanton Tourist Information Centre and local shops.

The HDFA is a voluntary arts organisation funded by grant from King’s Lynn Borough Council. Anyone wishing to get involved with these events or start some new ones is welcome to come along to meetings held monthly in Hunstanton. Volunteers are always welcome. Please contact our Facebook page for details HDFA - Festival 3 by the Sea.

**Ann McKimm**

**Mr & Mrs DIY**  
For all your DIY needs  
Kitchens, Bathrooms, Tiling  
Painting, Decorating, Wallpapering  
Fencing, Patios, Gardening, Flooring  
House Maintenance, Flat-pack Furniture  
No job too small  
Mark: 07843 145246  
Mandy: 07759 225192  
Email: [mandywes@hotmail.com](mailto:mandywes@hotmail.com)  
Facebook: [mrandmrsdiyheacham](https://www.facebook.com/mrandmrsdiyheacham)  
Based in Heacham

**Kathryn Gigg**  
CHARTERED ACCOUNTANTS | BUSINESS ADVISERS | TAX CONSULTANTS  
Offering a comprehensive range of services for both business and personal clients

- annual accounts, business and company taxation
- business start up advice and incorporation
- SAGE, Quickbooks & Xero installation and training
- payroll & auto enrolment administration
- VAT and bookkeeping services
- small business specialists
- personal tax returns and self assessment advice
- capital gains tax advice and inheritance tax planning
- tax planning and accounting services for private property investors

**For an appointment please contact: Mrs K H Gigg FCA**

THE OFFICE, 20 KING'S LYNN ROAD, HUNSTANTON, NORFOLK PE36 5HP  
T: 01485 534800/535100 F: 01485 534900 e: [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk)

Regulated for a range of investment business activities by  
The Institute of Chartered Accountants in England and Wales.



### Hunstanton Community Choir

Every year I think that Hunstanton Community Choir would be hard pushed to get any better, but every year the singing improves incredibly. The music and lyrics that often feel like tongue-twisters as we begin a new season's journey on a week-to-week progression, get a little easier and the magical transformation begins and the songs emerge like some magnificent butterfly metamorphosing from its shell.

If you've been impressed by an evening with HCC in the past, come join us again this year. If you've yet to have the experience, come along it's well worth it. There is a musical genre to suit every taste, from classical, songs from some of the greatest shows, to pop/rock and comedy. It really is a treat of an evening if you enjoy music.

We will be performing at St. Mary's, Old Hunstanton on 8th June and St. Edmunds Church, Hunstanton on 27th July; keep your eyes peeled for more information being posted in Hunstanton and surrounding areas as we move closer to the dates.

We are a very sociable choir and enjoy get togethers throughout the year, trips on The Broads and fish and chips suppers are a few favourites. We are pretty much up for most things and have enjoyed quiz nights and karaoke, braving the waves on seal trips and theatre outings where we have not only watched the acts but supported them live on stage too!

We always welcome new members and meet each Tuesday between 7-9pm at The Town Hall, Hunstanton. The first week is free and then it's £4 per session thereafter. You can try your luck on the raffle for £1, and there are refreshments during the break. It's a great way of meeting new people and we are such a friendly choir - you'll have the opportunity to sing your heart out and make new friends in the process. Have a look at our website for more information – [www.hunstantonchoir.co.uk](http://www.hunstantonchoir.co.uk). There is no choir in August. We look forward to seeing you soon.

**Diane (Barney) Sheldon**  
Choir member

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

## Sandringham IRONCRAFT

HIGH QUALITY ORNAMENTAL IRONWORK  
AND STEEL FABRICATION

Unit 4, Cheney Crescent, Heacham  
Tel: 571129

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS

### SOCIAL 50/50 DANCE

Hunstanton Community Centre  
Avenue Road  
Hunstanton  
PE36 5BW

Thursdays 2 – 4pm

Refreshments

Tickets: £4.00

Phone: David (Dinky) Jarrod      Mobile: 07787 966000



**Mobility Assist, Heacham Sales & Servicing**  
Buy with confidence. Used lightweight scooters, new batteries  
+ warranty from £250 + Power/wheel chairs Walkers & more.  
Call Alan on 07747601096/Viv on 07906056019  
email: [mobilityassist@yahoo.co.uk](mailto:mobilityassist@yahoo.co.uk)



## CHRIS PALMER

Plumbing-heating-gas services

Boiler servicing-repairs-breakdowns  
and replacements

Bathroom and shower room installs

Gas Safe registered

Fully insured



07798 635 860      01485 571 363

[chrispalmer333@gmail.com](mailto:chrispalmer333@gmail.com)

**HEARTBREAK productions** **OPEN AIR THEATRE**

*David Walliams*  
**GANGSTA GRANNY**  
Director - Scott Wansford | Adapter - David Kerby-Kendall | Music - Dorry Pope | Designer - Kate Whigg

Recommended age 7+

Hunstanton Community Centre  
**Thu 6th June 2019, 6pm**  
 Tickets and information : Hunstanton TIC 01485 532610

£7.00 - Adult  
 £3.50 - Child

ARTS COUNCIL ENGLAND

A unique outdoor theatre experience...www.heartbreakproductions.co.uk

**United Services Club**  
**Homefields Road, Hunstanton**  
**Entertainment for the month of June 2019**

Sat June 1st – 8.30pm: Dancing to ‘Kenny and the Motives’  
 Fri June 7th – 8.30pm: Dancing to ‘Black Steel Country and Western’  
 Sat June 8th – 8.30pm: Dancing to ‘Toccatà’  
 Fri June 14th – 8.30pm: Dancing to ‘Dennis Frere-Smith’  
 Sat June 15th – 8.30pm: Dancing to ‘Splash’  
 Fri June 21st – 8.30pm: Quiz Night £3per person plus Food.  
 Sat June 22nd – 8.30pm: Dancing to ‘Moonstruck’  
 Fri June 28th – 8.30pm: ‘Ali James’ Comedy/Vocalist  
 Sat June 29th – 8.30pm: Dancing to ‘D.N.A.’

**Dick Melton Sunny Hunny**

**SMART BRICKWORK SERVICES**

For all your brickwork requirements

**Andy Larham**  
 Advanced City & Guilds Bricklayer

For a no obligation quote  
 Phone 07810 191051  
 Email - smartbrickworkservices@outlook.com

# MOJO UPHOLSTERY

32. STATION ROAD, HEACHAM 07591 194411  
 CARAVAN UPHOLSTERY



**BEFORE**

**AFTER**



**NEW SEAT FOAMS  
 AVAILABLE  
 PUBS / CLUBS  
 DINING CHAIRS  
 HEADBOARDS  
 BEDS  
 FOOTSTOOLS  
 ETC**



## ANMER VILLAGE SOCIAL CLUB

### FILM NIGHT

Friday 21st June 2019 at 8.00pm

#### MARY POPPINS RETURNS

Starring Emily Blunt, Lin-Manuel Miranda & Ben Whishaw. Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.

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)

#### Syderstone Village Cinema

with the support of Creative Arts East

Presents:

On Saturday 22nd June 2019

Stan & Ollie (PG)

Starring Steve Coogan and John C. Reilly as the legendary movie icons, *Stan & Ollie* is the heart-warming story of what would become the pair's triumphant farewell tour. With their golden era long behind them, the pair embark on a Variety Hall tour of Britain and Ireland. Despite the pressures of a hectic schedule, and with the support of their wives Lucille and Ida, a formidable double act in their own right, the pair's love of performing, as well as for each other, endures as they secure their place in the hearts of their adoring public.

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)



**ANMER SOCIAL CLUB**  
**FRIDAY 21<sup>st</sup> JUNE 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)

Do you suffer with back pain?  
Reflexology is a non intrusive treatment to ease the pain and support the healing process.



Call Mark for more information  
or to book your first session on 07568145151  
Mark Williamson MFHT

Email is: [mark@thewellbeingpeople.co.uk](mailto:mark@thewellbeingpeople.co.uk)  
Website: [www.thewellbeingpeople.co.uk](http://www.thewellbeingpeople.co.uk)



**A SMITH CONTRACTORS**  
[www.asmithcontractors.net](http://www.asmithcontractors.net)

**BLOCK PAVING  
FENCING, SLABBING  
DRAINAGE**

**VINCE SMITH** [decpave@mail.com](mailto:decpave@mail.com)  
**01485 572269 / 07940 153614**  
**PRINTED CONCRETE DRIVEWAYS**  
**10 Cameron Close, Heacham PE31 7LF**

**20th Anniversary Ball raises money for  
The Norfolk Hospice Tapping House**



*Cheque Presentation at Boldero & Filby*

Boldero and Filby Hair & Beauty have just celebrated 20 years of business. To celebrate their big birthday, they decided to organise a charity fundraising ball in aid of The Norfolk Hospice Tapping House which took place on Saturday 13th April. The evening raised an amazing £5,580 for The Norfolk Hospice. Among the guests were many customers, family and friends and of course their amazing B&F team who were the inspiration for the whole thing.

Caroline Filby, of Boldero and Filby said, "We chose The Norfolk Hospice Tapping House when we asked the salon team which charity they would choose, as everyone had been touched by a different illness. This led us to the Norfolk Hospice as they embodied every single type of illness and they do an invaluable job supporting both the patients and their families at one of the hardest times in their lives".

Jessica Walker, Community Fundraiser at The Norfolk Hospice said, "On behalf of everyone at The Norfolk Hospice, thank you to Boldero & Filby for organising this event and for choosing to support the Hospice. I know it took a lot of work, but raised a fantastic amount for the Hospice. Local businesses really make a difference to the amount and quality of support we can provide to the local community"

If you are a member of a local club, society or organisation and are interested in supporting The Norfolk Hospice this year, please contact Jessica Walker, Community Fundraiser on 01485 601701 or email:-

[jessica.walker@norfolkhospice.org.uk](mailto:jessica.walker@norfolkhospice.org.uk).

**J Kendall**  
**Window Cleaning Services**

Using The Pure Water Pole System  
or Traditional Cleaning

CONSERVATORIES • FASCIAS • GUTTERS • SOFFITTS  
Cleaned & Cleared  
Patios Pressure Washed

Tel: 01485 572145  
Mobile: 07704 517774

[www.ajdautorepairs.com](http://www.ajdautorepairs.com)

# AJD auto repairs

*Motor Vehicle Engineers*

- CARS ● LIGHT COMMERCIALS ●
- MOTOR CYCLES ●
- AIR CON SERVICE & REPAIR ●

**5 BANK ROAD, DERSINGHAM**  
**KING'S LYNN,**  
**NORFOLK PE31 6HW**

TELEPHONE  
**(01485) 540039**  
email: [info@ajdautorepairs.com](mailto:info@ajdautorepairs.com)

AJD  
auto  
repairs

AJD  
auto  
repairs

## CARPET CLEANING OVEN CLEANING

**Sofas & curtains cleaned**

**Quality, regular, reliable service**  
**Conservatory Cleaning,**  
**Window Cleaning,**  
**Patio Cleaning,**  
**Gutter & Facia Cleaning**

Proud members of  
**Checkatrade.com**  
Where reputation matters

**Cleantech**  
Professional Clearing

(Cash, card & cheque payments accepted)

**Call Mike on 01485 609223**  
**daily 7am - 10pm • 7 days a week**

## The Norfolk Hospice Tapping House Volunteer Opportunities



Our hugely valuable team of over 300 volunteers are at the heart of The Norfolk Hospice. Volunteers help us provide care for people living with life shortening illnesses and support for their carers – we are very grateful for the gift of their time.

We are keen to recruit a diverse pool of volunteers and we have a growing variety of opportunities they can get involved with. There are our nine charity shops, including a warehouse and eBay store. The ever-expanding day therapy team, where group sessions need volunteers to help run them; a new facility, known as 'Ray Cabin', will see a range of different activities and more practical sessions. We would love to hear from people with DIY skills who are willing to teach others. There is even a new fishing group at Lynnsport, helping patients revive old hobbies. Because of all these extra activities the patient transport team is much busier and we need more volunteer drivers.

We would love to hear from you whether you can spare a few hours a day, a day a week, a couple of hours a month or occasional support at an event near you.

Rebecca Walls, Voluntary Services Coordinator, said "All our volunteers are vital to the work of The Hospice and we simply could not operate without their support; they help in every area of the charity."

To find out more about the volunteer opportunities, visit [www.norfolkhospice.org.uk](http://www.norfolkhospice.org.uk) or call 01485 601700.

**Serenity**  
natural healing centre

Offering a wide range of holistic treatments to help you  
**Relax, Balance & Heal**



**Crystal Cave**  
Earth's gifts and natural products  
Large selection of crystals, fossils, aromatherapy products, holistic and spiritual gifts.

Pop in for helpful advice and friendly service or call to make an appointment: 01485 535 321

Open 7 days a week  
**34 Westgate Hunstanton**  
(opposite the Library & Bus Station)

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

**Luke Graham**  
All external works undertaken including Decking, Patios, Driveways, Gutters, Windows and Winter Treatment.

**External Caravan Cleaning Specialists**

lgtiling13@hotmail.com  
07393687394

44 Poplar Avenue  
Heacham  
Norfolk PE31 7EA.

**Fullers Body Repair Centre**



Established 1973  
E: [beautifulbodies@hotmail.co.uk](mailto:beautifulbodies@hotmail.co.uk)

Unit 10  
Cheney Crescent  
Heacham  
Norfolk  
PE31 7BT  
T: 01485 570799  
M: 07799 118503

**Free Estimates • Resprays • Accident Repairs  
Corrosion Repairs • Insurance Approved**

**Sansevieria trifasciata  
(Mother-in-law's tongue)**

**Snake Plant**

Known for their air purifying qualities. These are robust, stocky plants. Perfect if you're looking for a Sansevieria with all their easy-care qualities, but don't have the space for one of the taller varieties.

On sale at Bliss Hair & Beauty 2B High St, Heacham, raising funds for Macmillan Nurses.



**HDFA Drama Festival**

This year's HDFA Drama Festival of One Act Plays will return to the Princess Theatre on Friday/Sunday June 28th/29th/30th this year.

Festival Director Stephen Hayter says: "Inconceivably it has been 9 months since the great and the good of local amateur theatre washed up on the east coast. The Hunstanton Drama festival is here again and this showpiece of the HDFA's Festival 3 By the Sea Programme - promises to be bigger and better than ever before."

This will be Steve's second appearance as Festival Director after taking over from Mr Michael Williamson who retired in 2017. Teams entered include two short plays from Smithdon High School, The Wilburton Theatre Group, The King's Lynn Players, The Old Buckenham Players, The Wisbech Players, The Boston Playgoers and the excellent Downham Players.

The Festival will begin on Friday June 28th at 7.30pm with 3 plays, then matinees at 2.30pm on both Saturday and Sunday. Saturday at 7.30 has two plays with the Red Carpet awards night on Sunday 30th at 7.30pm. Here the award for best actor, best team and best direction will be announced.

Tickets cost £8.50 per session or £25.00 season ticket to see all the plays plus the awards night. These are available from the Princess Theatre Box Office on 01485 532252.

As a special treat the popular Play-reading from Scratch competition will take place at the awards night and anyone can enter as no preparation is needed. Tickets for the awards night only are £2.50 each. Please contact the Theatre Box Office for tickets or 01485 533933 for further information.

For more details please contact Stephen Hayter, Festival Director on 01553 810291.

**KTS CLEANERS LTD**  
www.ktscleaners.com

Fully insured, friendly and experienced cleaners available to meet all of your cleaning requirements.  
Regular domestic appointments. One off deep cleans.  
End of tenancy cleans, holiday lets and much more.  
Key holding option available  
£9.50 an hour Call us today!  
Kelly Ranger 07825 278088  
Laundry Services Available  
To meet all of your cleaning requirements  
Kelly@ktscleaners.com

**NEWSLETTER SUDOKU**

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

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

**COVERING THE WHOLE OF NORFOLK WITH 30 YEARS EXPERIENCE**

We specialise in UPVC window and door repairs

We repair or replace:  
MISTED OR BROKEN DOUBLE GLAZED UNITS | STICKING/JAMMED WINDOWS AND DOORS | LOCKS | HANDLES  
HINGES | LETTERBOXES | DOG AND CAT FLAPS

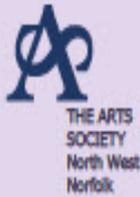
Ring us on **01485 501236** or **07775 832545**

OVER 30 YEARS IN THE TRADE

Proud members of **Checkatrade.com**  
Where reputation matters

NO CALL OUT FEE

**The Window Repair Man**  
www.thewindowrepairman.com  
E: jcthewindowrepairman@gmail.com  
T: 01485 501236 M: 07775 832545



## Our next lecture – Monday 10 June The Chinese Takeaway

Oriental influences on the English garden.  
This talk considers this fashion, using Brighton Pavilion,  
Kew Gardens and many other examples as illustration.

Visit our website [www.theartsocietynwnorfolk.org.uk](http://www.theartsocietynwnorfolk.org.uk)  
for more comprehensive information about this lecture.

2.00pm - Sedgeford Village Hall  
Visitors most welcome  
To book a seat call Gerald Pepper 01485 570755

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

## Your legal matters in safe hands for generations

Hayes + Storr Solicitors handle a whole  
range of family, property and business  
legal matters with care and professionalism.

Call us today 01485 524166  
[www.hayesandstorr.co.uk](http://www.hayesandstorr.co.uk)

Fakenham | Holt | Hunstanton | King's Lynn | Sheringham | Swaffham | Wells



You're invited to...

# THE SPARK EVENT

Tuesday 18th June  
12 noon – 2.30pm



It's a FREE lunch party for the community prepared by 'Simply Cookit' with entertainment, stalls, board games, Social Prescribers and LILY information

Docking Village Hall, High Street, Docking, PE31 8NG

**Call 07493309442 to book**

TRANSPORT MAY BE AVAILABLE - please phone to discuss in advance

**LIMITED PLACES SO BOOK NOW!**



If you are unable to make it to the event but you would like one-to-one support or you would like some help with finding social activities in your area please email on [freddie.lych@westnorfolkmind.org.uk](mailto:freddie.lych@westnorfolkmind.org.uk) or call 07493309442

# G&M Fencing & Landscaping

Fencing • Decking • Timber-work  
Paths • Patios • Driveways  
Drainage & Guttering  
Hedge, Tree & Grass Cutting  
Rubbish Clearance

**30 Years in Construction Industry**  
Call for a Free No Obligation Quote  
01485 570 143 / 07917 725 015



## Bonny Dogs

Professional Dog Grooming

With over 25 years experience  
Tel Helen at Heacham  
Mob 07775 479107

Supplier of James Wellbeloved

21B High Street Heacham PE31 7ER  
[www.bonnydogsgrooming.co.uk](http://www.bonnydogsgrooming.co.uk)

### HEACHAM SPORTS & SOCIAL CLUB



13 STATION ROAD, HEACHAM  
PE31 7HG TEL: 01485 570776

**OPENING TIMES 11AM TO 11PM**  
Members & Non-Members Welcome

**WiFi** 

### WHAT'S ON IN JUNE

Saturday 1st June The Pocahontas Players in Hall 2.00pm & 7.30pm  
Saturday 8th June Live Music in Hall 7-11pm '2 + One'  
Sunday 16th June Parish Council in Hall  
Wednesday 19th June Lorraine's Prize Bingo in Club Starts 1.30pm  
Saturday 22nd June Bootleggers in the Hall 7pm  
Every Friday Bingo in the Hall 7pm...All Welcome  
Every Thursday Judo in the Hall  
Every Wednesday Car Boot on Sports Field 7am to Noon (weather permitting)  
**All Welcome**

**FOR HIRE**

PUBLIC HALL WITH BAR,  
MEETING ROOMS AVAILABLE FOR  
WEDDINGS, PARTIES, FUNCTIONS,  
WAKES, CHRISTENINGS & MUCH MORE




*Fish'n Chips*  
Every Friday 4pm to 8pm,  
Saturday 1pm to 8pm.  
Eat in or Take Away



*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*

**BOX OFFICE EVENTS, SNOOKER, POOL, DARTS, DOMINOES. CRIB, POKER, PRIZE BINGO, MEAT DRAW, FOOTBALL, TENNIS, MEMBERS BENEFITS, CHILDREN'S PLAY**

## 'Having a Crafty One'

Crafting is fun, it's useful and a great way of recycling old materials. You could rediscover a hobby from childhood or try out something new like I did. Quilting has always caught my eye and with a family member's milestone birthday approaching, I was eager to seek inspiration and assistance with making something special. As someone with a mild handicap, the need to ask for help was imperative. I was overwhelmed with the encouragement from friends and family. So, the journey began.

We are very lucky as a village to have so many wonderful people who love to share their talents and experience, many of whom are involved in organising crafting groups and classes within the village. Heacham has a wealth of knitting and crochet groups, in particular the Heacham Yarners and Norfolk Knitters who are just two of many who have had great success with their charity knitting for local causes. The 'Flying Geese' are expert quilters who run fortnightly sessions in our neighbouring Snettisham, along with 'Scrappy Cat Crafts', who have their own classes and craft supplies. Hunstanton has its selection of shops to get you on your way with whatever you choose to do. All this on our doorstep.

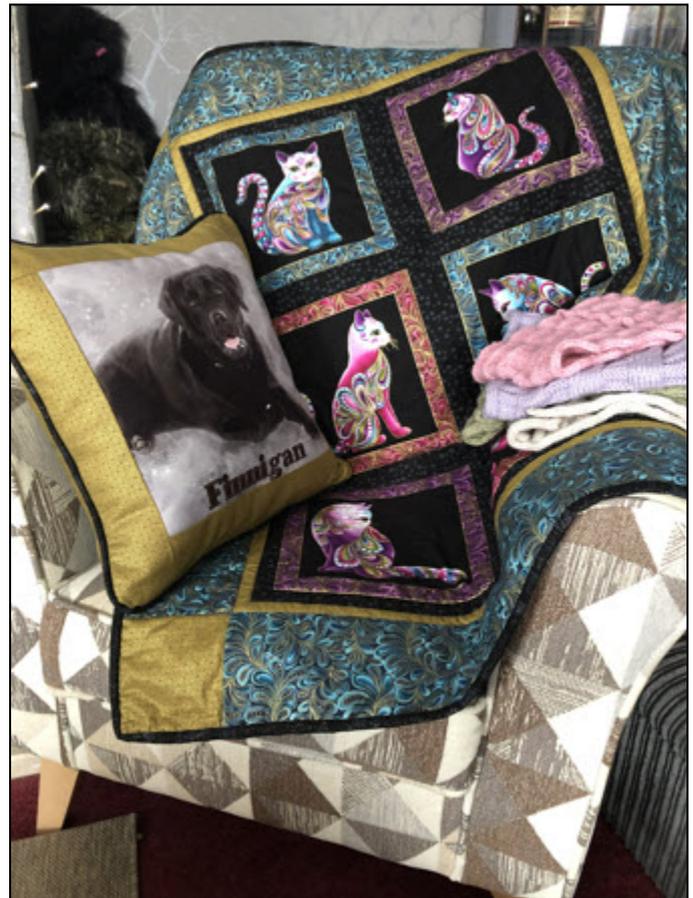
The Newsletter Events guide has a lot of groups listed, also look out for posters around the village that advertise various craft groups and events.

As an art, crafting is back in fashion and there are plenty of magazines, websites and shops offering inspiration and materials. Check out our local charity shops for quality curtains to make that luxury throw you've always wanted, or simply use your time to relax and make your ideas reality.

There is a very rewarding feeling when I sit at the table with my current project, a sense of contentment and peace without the

distractions of mobile phones and screens. Just me, a cup of tea, sleeping dogs and perhaps a bit of music. Priceless!

Michelle Carter



# Difficulty Hearing?

Then call the experts **NOW** to find out how we can help to put a smile back on your face.  
 'We are passionate about helping you to hear better.'

- ◆ **FREE** Hearing Tests - no lengthy waiting times
- ◆ **FREE** Hearing aid trial - try before you buy
- ◆ Impartial advice from a long established, local **INDEPENDENT** family business
- ◆ The latest digital hearing aid technology
- ◆ Repairs & Service to all makes & models
- ◆ Always seen by a fully qualified Hearing Aid Audiologist & not by an assistant
- ◆ Hear better in background noise
- ◆ **TINNITUS** assessment & management
- ◆ **HOME VISITS** available
- ◆ Shooting & noise protection
- ◆ **FREE** aftercare service
- ◆ Dedicated **100%** to **JUST** Hearing Care
- ◆ **WAX REMOVAL** service



**Go Local. Go Independent. Be Happy!**

**NEW** **INVISIBLE** hearing aids, **SPECTACLE** hearing aids plus **RECHARGEABLE** hearing aids (no more fiddly batteries)

**Sound Advice**  
 Hearing Centres  
 for all your hearing needs  
 www.soundadvicehearing.co.uk

5 year warranty & 5 year **FREE** batteries\*

Call the experts & book an appointment **NOW** on:

**01553 760250**

101 High Street, King's Lynn PE30 1BW (easy parking behind)  
 Day centre also at Downham Market

**Ringstead Open Gardens  
offer colour, cakes and community spirit!**

Sunday 7th July 2019 is RINGSTEAD OPEN GARDENS DAY. This special event, raising funds for the village church, has been a tradition for more than 50 years and this year promises another wonderful blaze of colour, cakes and community spirit!

Visitors can make a day of it with a variety of gardens – large and small opening specially to the public from 11am to 5pm. A new entry this year will also include a Pétanque (Boules) pitch so come and have a go! St Andrew's Church itself will play host to a Flower Festival of *Women in the Bible* and work by local artists across 3 days from Sat 6th to Mon 8th July.

The delicious home cooked 2 course lunch is always a popular draw on the Sunday and this year will be served in Ringstead Village Hall from 12.00-2.00pm @ £12 per head. Teas and Coffees will be served from 2pm 'til 5pm. With the added bonus of traditional Cake and Produce stalls, Tombola, Raffle, the

unmissable Plant Stall and a walk in nearby Ringstead Downs Chalk Pit, it has all the makings of a fun day out for all ages.

£5 admits to all gardens.

Call 07786 316610 to book lunches

See you there!

Facebook @ringsteadopengardens



**CJB-Computing**

Phone: 01553 606555

Mobile: 07447 748356

Chris Barney.

[www.cjb-computing.com](http://www.cjb-computing.com)

For all your computing needs,  
Tuition, Networking, Broadband,  
New and Reconditioned Computers,  
Repairs, Upgrades, Servicing, Inspection  
Virus and Malware Removal.

**VISIT ME  
AT MY STUDIO**

during Open Studios on  
25, 26, 27 and 31 May  
1, 2, 7, 8 and 9 June  
from 10am to 5pm

Esther Boehm  
**STUDIO @ 55**

55 High Street, Heacham, PE31 7DW  
01485 570 506 or 07538 986 235

**Goldilocks**  
*Your friendly and Professional Salon*

Stylists specialising in all aspects  
of hairdressing  
Corrective & Creative Colour Work  
Fashion Cuts, Bridal Hair,  
Perming, Up-do's  
Individual Consultation & Advice  
Gift Vouchers

State Registered Hairdressers  
Level 3 Stylists and Assessors

20 Austin Street  
Hunstanton  
01485 532001  
[www.goldi-locks.co.uk](http://www.goldi-locks.co.uk)

**Heacham Foot  
Health Clinic**

professional  
foot care service

clinics held at  
Heacham and  
Hunstanton

HOME VISITS  
AVAILABLE

Tel: 01485 570512  
Mobile: 07767 733838  
JANET PITKIN DipCFHP, MPSpract

West Norfolk Mind, Poplar Avenue, Heacham

Parking  
Disabled  
Access



## WEST NORFOLK LIBRARIES EVENTS HUNSTANTON LIBRARY

June 2019

For further information about events and to book please call 01485 532280 or email Helen at [helen.senior@norfolk.gov.uk](mailto:helen.senior@norfolk.gov.uk)

### NEW EVENTS IN JUNE

#### Paper Plants - Saturday 1st June 10.30am (Booking essential)

Come and create your very own paper plant and pot to celebrate National Gardening Week. Paint a rock as a little bug friend! £3 per child.

#### Pyjamarama! - Saturday 8th June 10.30am

Come along in your pyjamas or comfy clothes to hear some bedtime tales. Colouring and treasure hunt afterwards. All children receive a free book! No need to book.

#### Jo Cox's Great Get Together - Friday 21st June 10.30am

Join us for a coffee morning and enjoy some cake to celebrate Jo Cox's Great Get Together.

### EVEN MORE JUNE EVENTS.....

#### Hunstanton Book Club - Monday 10th June 2.30pm

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

#### Walk and Talk group - Tuesday 11th June 2pm from the library

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

## CHRISTYANA FABRICS & BLINDS

- Free Quotation and Fitting Service
- Making Up Service Available
- Contract Work Undertaken

Open 10am - 4pm Tuesday - Friday  
10am - 2pm - Saturday.

Paula Bloom  
18, Lynn Road, Dersingham, Kings Lynn PE31 6JZ  
Tel: 01485 541111 / 07917 695069

## NORFOLK LEATHERCRAFT

Specialists in the repair of Leather goods.  
Gun Cases, Gun Slips, Cartridge Bags  
Hand Bags, Brief Cases, etc

Bespoke Leather  
Debossing & Embossing

The Mill House	01485 571065
Ringstead Road	07860 236905
Sedgeford. PE36 5NQ	<a href="mailto:nicholas.healing@btinternet.com">nicholas.healing@btinternet.com</a>

#### Knit and Natter - Thursday 13th June 10.30-12.30pm

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

#### Get Crafty and Colouring - Mondays 10th & 24th June 10.30am - 12noon

Join our group for calming colouring, and postcard design, writing postcards to the housebound and isolated. All cards will be sent via West Norfolk Befrienders. Bring along crafts you are interested in too. Refreshments provided, donations are welcome.

#### Who Dunit? - Wednesday 19th June 5.30pm

Come and join the new crime book club, held on the third Wednesday of the month at 5.30pm.

#### Friends of the Library meeting - Wednesday 26th June 5pm

We meet every 4th Wednesday of the month to organise events and activities for Hunstanton library. Come along and join us.

#### Crochet Along - Mondays 3rd & 17th June 10.30am - 12 noon

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

#### Top Tips Gardening Group - Wednesday 5th June 10.30am

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

#### Quiet Time - Wednesday 12th June 5pm - 6pm

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

#### Coding Club - Chatbot and Paint Box - Wednesday 26th June 5pm - 6pm

Come along and learn about coding by creating your own space themed animation and a paint box you can draw with! Have fun and share your skills with others.

#### Journaling for Wellbeing - Friday 28th June 1.30-2.30pm

Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers, colouring pages and more for March. Catch up at the following session on Friday 26th July and create the next month's section. Refreshments provided.

#### Hatha Yoga - Saturday 1st, 8th, 15th and 22nd June 1.30-2.30pm

Learn how to move your body with awareness, improve your posture, alignment and energy flow with Anna, our trained yoga volunteer. All you need to do is bring a non-slip mat and a blanket, and wear suitable, comfortable clothing. Suitable for those aged 18 and over. Booking essential

**Mann Made Developments Ltd**  
Specialists in Property Maintenance

Extensions, New Build, Renovation, Roofing (RubberBond)  
plus All Other Tasks including groundwork, drainage, etc.

No Job Too Big or Too Small

Call anytime for your Free Quote 07798723287 or 01485540008  
or email: [info@mannmadedevelopments.co.uk](mailto:info@mannmadedevelopments.co.uk)

## WEEKLY EVENTS

### Stay and Play - every Tuesday 10.30am

Drop in and have fun. Games, toys and colouring available for children and their parents or carers to enjoy together. Stay and Play is a self-serve activity every Tuesday morning 10.30am. Refreshments provided, donations welcome.

### Just a cuppa with In Good Company - every Friday from 10.30-11.30am

Come along to this vibrant group for a cuppa and a chat. Refreshments provided, donations welcome.

### Board Games with In Good Company - every Saturday 10am.

Come and enjoy cards/chess/board games and jigsaws. For all ages. Refreshments provided, donations welcome.

### Find My Past Support - every Tuesday 10am (Booking essential)

Our experienced volunteer will be able to assist you to research and find your past and any queries you may have.

### Job help session - every Wednesday 3-5pm (Booking essential)

Want help to update your CV, using Universal Jobmatch, and searching for jobs online? Then why not book in for a 30 minute session with staff to get you started.

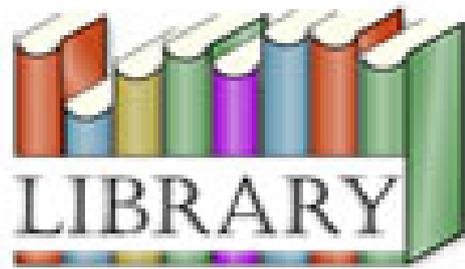
### IT help session - every Wednesday 4.45-6.45pm (Booking essential)

Want help to learn ICT basics; e-mails; other online facilities or a new device? Book in for a one-hour session with our volunteer to get you started.

**More Old Stuff** - No Old Stuff this month but we'll be back with lots of interesting memorabilia on Thursday 4th July - bring your own old treasures to share!

If you would like to help develop events, promote the library and services as a Library Friend, contact Helen - [helen.senior@norfolk.gov.uk](mailto:helen.senior@norfolk.gov.uk) for more information.

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



**Angelina's**  
CURTAINS AND BLINDS

Facebook: @angelinasinteriors1  
Twitter: @angelinas\_int  
Email: angelinasinteriors@gmail.com  
Phone: 01485 571 147

Everything your windows need professionally measured and fitted

Unit 1, Heacham Hall Ind Units, Heacham, Norfolk, PE31 7JT  
Open Mon-Fri 10am-4pm, Sat by appointment  
[www.angelinascurtainsandblinds.co.uk](http://www.angelinascurtainsandblinds.co.uk)

Sanderson



## GARY RUSHMORE FLOORING

- free measuring and estimates with no obligation
- superb range of carpet, vinyl and laminate samples
- exceptional service, including uplifting and disposing of old flooring and moving furniture
- a family-run business, with over 30 years of experience
- home selection service available

Unit 6, Heacham Hall Industrial Units, Hall Close, Hunstanton Road, Heacham, King's Lynn, Norfolk PE31 7JT

OPEN: Monday, Tuesday, Wednesday, Friday 9.30am-4pm  
Saturday: 10am-2pm (CLOSED: all day Thursday)

t: 01485 572202 email: [rushmoreflooring@btconnect.com](mailto:rushmoreflooring@btconnect.com)

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

**Cold Calling Alert** – Telephone cold calls claiming ‘you have been mis-sold solar panels’

We are warning residents to be on their guard after receiving a report of a telephone cold call received by a Norfolk resident regarding solar panels.

During the call, the cold caller stated the call recipient had been ‘mis-sold solar panels and solar panel finance agreement’ and they could ‘get all their money back’.

We advise always be very wary of any approach made in a telephone cold call and never give or confirm any personal details or agree to someone visiting your home if approached in this manner.

If you need advice about cold calling or have agreed to a visit during a cold call, contact the Citizens Advice consumer helpline via their online reporting form or telephone 03454 04 05 06.

**Scam Alert** – Scams targeting Apple App Store and iTunes gift cards

We have issued several warnings about scam calls that attempt to persuade the recipient to purchase Apple gift cards. These scams have included claims of debts to HMRC, outstanding bills, debt collection and utility bills.

Regardless of the claimed reason why payment needs to be made, the scam follows a similar pattern:

The scam caller will make claims that are designed to panic and alarm the call recipient

They will then highlight an urgency for payment to be made to ‘prevent harsher penalties’

They will then claim the quickest method of payment is to purchase Apple App Store or iTunes gift cards from the nearest retailer (supermarkets, catalogue or convenience stores) After the gift cards have been purchased, the victim is told to pay by sharing the code(s) on the back of the card with the caller over the phone

In a recent contact we have also been made aware of a message circulating on Social Media which claims you can ‘Win a prize of up to £50,000’ by ‘purchasing an iTunes gift card and messaging back with the 16-digit code on the rear of the card’. The message also claims that ‘the bigger the gift card, the higher the prize’.

Action Fraud offer the following advice to protect you from gift card scams:

Gift cards, including App Store and iTunes gift cards can only be used to purchase goods and services from the retailer named on the card

Never provide the numbers on the back of Apple Gift Cards to someone you don't know

No genuine organisation will ask you to pay taxes, bills or fees using iTunes Gift Cards, or any other type of voucher. If you're contacted by anyone that asks you to do this, you're very likely the target of a scam

Always question unsolicited requests for your personal or financial information in case it's a scam. Even if someone knows your basic details (such as your name and address), it doesn't mean they are genuine

Genuine banks or other trusted organisations won't pressure you to make a financial transaction on the spot. If something feels wrong, then it's usually right to question it

If you think you have been a victim of fraud, report it to Action Fraud online or by calling 0300 123 2040



# MULBERRY RESTAURANT

AT HEACHAM MANOR

# LUNCH OFFERS





## TWO COURSE LUNCH

only **£12.95** per person

**Served Monday to Friday 12 - 2.30pm**

AVAILABLE THROUGHOUT JUNE

Advance booking recommended

**TO BOOK CALL: 01485 536030**

**www.heacham-manor.co.uk**

## FATHER'S DAY LUNCH

BOOKINGS NOW BEING TAKEN!

**Sunday 16th June, 12.00 - 8.00pm**

2 Courses **£22.50**, 3 Courses **£27.50**,  
Children, 2 courses from the Kids Menu for **£8.95**



Includes a  
**Free Gift for Dad!**



Pre-book early to avoid disappointment

**CALL: 01485 536030**

**www.heacham-manor.co.uk**

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

**Scam Alert** – Telephone cold calls claiming ‘you have been named in a legal case’

We are warning residents to be on their guard after receiving a report of a telephone cold call which was received by a Norfolk resident.

The call, which appears to deliver a pre-recorded message which states that ‘you have been named in a legal case’ and goes on to give a contact number which the call recipient should contact ‘immediately’.

We advise always be very wary of any approach made by a telephone cold call. If you receive this, or a similar call, we advise you hang up and do not contact the number given.

If you need advice about cold calling or have responded to this cold call approach, contact the Citizens Advice consumer helpline via their online reporting form or telephone 03454 04 05 06.

**Cold Calling Alert** – Flyers being hand delivered offering driveway work

We are warning residents to be on their guard after receiving reports of flyers being hand delivered offering driveway work in the Sprowston area.

The flyers claim to offer a range of services and give contact numbers but no further details about the business.

We advise, when looking to have work done on or around your property, only deal with reputable companies you have researched and chosen yourself and have obtained a written quotation from.

Anyone concerned about possible rogue trader activity in Norfolk can contact us through our partners the Citizens Advice consumer helpline via their online reporting form or by telephone on 03454 04 05 06.

**Rogue Trader Alert** – Doorstep cold callers offering ‘garden work’

We are warning residents to be on their guard after receiving reports of doorstep cold callers offering ‘garden work’ in the Sheringham area.

The report was of two men and two women approaching

residents, offering to undertake garden and tree work. They were seen to be using a black Ford 4x4 pickup.

We advise never deal with cold callers looking to do work on or around your property. If you are looking to have this type of work done, only deal with reputable companies you have researched and chosen yourself and have obtained a written quotation from.

Anyone concerned about possible rogue trader activity in Norfolk can contact us through our partners the Citizens Advice consumer helpline via their online reporting form or by telephone on 03454 04 05 06.

Looking for a Trader you can Trust? Try a Norfolk Trusted Trader. To search our directory and read feedback from their customers visit [www.norfolk.gov.uk/trustedtrader](http://www.norfolk.gov.uk/trustedtrader)

Could your community help stop doorstep cold callers from targeting vulnerable people by becoming a No Cold Calling Zone? To find out more about the scheme or to apply visit [www.norfolk.gov.uk/nccz](http://www.norfolk.gov.uk/nccz)

**Rogue Trader Alert** – Doorstep cold callers selling household cleaning products

We are warning residents to be on their guard after receiving reports of two young men going door to door in the Thorpe and Sprowston areas trying to sell household cleaning products.

The cold callers were carrying large grey rucksacks bags and claimed they were selling items as they are on a ‘youth offending probation scheme’. They were seen to call at properties and approach people outside their homes.

We advise never to deal with anyone who cold calls at your property offering to sell something.

It is possible these sellers will continue to move onto other locations in Norfolk.

Anyone sighting these sellers in Norfolk, please contact us through our partners the Citizens Advice consumer helpline on 03454 04 05 06 or Norfolk Constabulary via 101.

If you feel intimidated or see these cold callers and are concerned for vulnerable neighbours call 999.

T: 01485 536 010

The Fountain   
Eat • Drink • Watch Sports Bar

open every evening to all!

Situated at Searles Country Park, simply drive onto Searles Leisure Resort. Don't let the barrier stop you!

If the barrier is down, simply press the intercom button for entry. Follow the road through the park to discover this charming restaurant and bar set within an area of natural outstanding beauty. Enjoy alfresco dining on our veranda with lakeside and golf course views - perfect for warm summer days and evenings. All welcome.

Open 7 days a week from 7.30am til late.  
(Live Music Nights till Late),  
for great food, or just a drink!



Like us on Facebook for information about upcoming events, live music and quiz nights!  
<https://www.facebook.com/FountainSportsBar/>

Father's Day

16th June

12noon - 2.30pm

2 Courses £14.95pp

3 Courses £17.95pp

Free Drink for Dad's!

T: 01485 536 010

Booking Recommended



Starters

Leek and Potato Soup served with warm bread  
Prawn Cocktail served with brown bread  
Chicken Liver Pate served with onion chutney and crusty bread

Main Courses

Roast Beef or Gammon from the Carvery with homemade Yorkshire puddings, roast potatoes and vegetables  
Chicken Breast in a Cream and Mushroom Sauce

Desserts

Classic Strawberry Cheesecake with cream (GF)  
Sticky Toffee Pudding with vanilla ice cream  
Lemon Tart with cream  
Cheese and Biscuits

Sunday Carvery

Every Sunday  
Adult £9.95pp Child £6.50pp

QUIZ  
Night

Friday Night Quiz Night  
returns with Dave Cox!  
Come and join us from 7pm!  
Just £1 to enter,  
All welcome!  
In aid of NARS.

DISCO  
NIGHT  
WITH

Soundbytes Disco  
Sat 8th June 8.30pm

Come get your groove on  
at the Fountain bar this evening.  
Soundbytes disco playing music  
from across the decades.



@FountainSportsBar

The Fountain Sports Bar & Restaurant, Searles Country Park,  
South Beach Road, Hunstanton, Norfolk PE36 6BB T: 01485 536 010

**Rogue Trader Alert** – Doorstep cold caller offering ‘garden work’

We are warning residents to be on their guard after receiving reports of a man cold calling offering ‘garden work’ in the Heacham area.

We advise never deal with cold callers looking to do work on or around your property.

If you are looking to have this type of work done only deal with reputable companies you have researched and chosen yourself and have obtained a written quotation from.

Anyone concerned about possible rogue trader activity in Norfolk can contact us through our partners the Citizens Advice consumer helpline via their online reporting form or by telephone on 03454 04 05 06.

Looking for a Trader you can Trust? Try a Norfolk Trusted Trader. To search our directory and read feedback from their customers visit [www.norfolk.gov.uk/trustedtrader](http://www.norfolk.gov.uk/trustedtrader)

Could your community help stop doorstep cold callers from targeting vulnerable people by becoming a No Cold Calling Zone? To find out more about the scheme or to apply visit [www.norfolk.gov.uk/nccz](http://www.norfolk.gov.uk/nccz)

**Cold Calling Alert** – Doorstep Cold Callers claiming to be from ‘Careline’

We are warning residents to be on their guard after receiving reports of doorstep cold callers claiming to be from the ‘Careline’.

This follows a report from a Fakenham resident who was doorstep cold called by two men claiming to be from Careline, who stated they needed to ‘check equipment’.

King’s Lynn & West Norfolk Borough Council have advised that Careline Installers do not cold call and only attend pre-arranged appointments.

Careline installers will also:

Have a King’s Lynn & West Norfolk Borough Council ID badge

Be in uniform

Be using a King’s Lynn & West Norfolk Borough Council vehicle

If you have any concerns about someone who comes to your home and claims to be representing Careline, King’s Lynn & West Norfolk Borough Council advise you either:

Activate your alarm unit

Call them on 01553 616200 or

Contact Norfolk Police on 101 or 999 if you feel threatened

**Scam Alert** – Text messages claiming to be from 'Tesco' stating you have 'won a prize in a recent prize draw'

Be aware of text messages circulating again claiming to be from Tesco stating that you have 'won a prize in a recent prize draw'. The message then offers a link for you to 'claim your prize'.

Anyone following the link will be taken to a website which claims you can 'track your order'. This is then likely to be used in an attempt to gather personal or financial details.

These text messages are not genuine and are not connected with Tesco in any way.

If you receive this or a similar text message, delete it without clicking on any links.

You can report contacts you think not genuine to the Citizens Advice consumer helpline via their online reporting form or telephone 03454 04 05 06.

Solution to Newsletter SUDOKU	9	8	4	1	6	5	2	7	3
	6	1	2	3	7	8	4	9	5
	3	5	7	2	4	9	1	8	6
	4	6	1	7	5	3	8	2	9
	8	9	5	4	2	1	6	3	7
	7	2	3	8	9	6	5	1	4
	1	4	8	5	3	7	9	6	2
	2	3	6	9	8	4	7	5	1
	5	7	9	6	1	2	3	4	8

**SJP SOLICITORS**

Protect your Family for the Future and have your wishes carried out

**MAKE A WILL TODAY**

For Confidential Professional Advice at our Office  
Or at your Home  
Call 01485 532662  
Or  
Email: [carol@sjsolicitors.co.uk](mailto:carol@sjsolicitors.co.uk)  
Wills from £150 plus VAT  
SJP Solicitors  
37 Greevegate, Hunstanton PE36 6AB

**CROSSWORD SOLUTION**

<b>Across</b>	<b>Down</b>
1. Isthmus	1. Inhabit
5. Barbell	2. Train
9. Heads	3. Mischief
10. Practical	4. Supra
11. Benchmarks	5. Black ball
12. Ta-da	6. Rite
13. Torrential	7. Enchanter
16. Stay	8. Lullaby
18. Acne	14. Ring bells
19. Small world	15. Time frame
21. Abbe	17. Dwelling
22. Off balance	18. Anagram
26. Reluctant	20. Dresser
27. Indus	23. Biter
28. Moselle	24. Nadal
29. Regular	25. Acol

 **Scrappy Cat Crafts**

**Cardcraft, Art & Craft Supplies**

**Classes in Card Making**

**Personalised Cards Made to Order**

**5 Old Church Rd., Snettisham, PE31 7LX**

Open 10-4 Tuesday, Thursday, Friday  
Closed for Lunch 12-1.30  
10-12.30 Wednesday : 10- 2 Saturday

**[www.scrappycatcrafts.co.uk](http://www.scrappycatcrafts.co.uk) 01485 298017**

## HEACHAM PARISH COUNCIL NOTICEBOARD

### PARISH COUNCIL MEETINGS IN BRIEF

**Brays Pit** a new Union Jack can be seen flying at Brays Pit, to replace the old one which had become very tired looking.

**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.

**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.

**Beach /Quicksand:** The Parish Council received a call from a lady who had found herself stuck in quicksand on the beach. **PLEASE** be careful when walking out towards the sea when the tide is out.

**Parish Council Meetings:** Just a reminder, Parish Council meetings are open to the Public. Whether you wish to see what the Council is doing or take part in the Parishioners question time at the start. Full Council agendas are available on the website the Wednesday before a meeting.

**The next Full Council meeting will be held on Tuesday 18 June at 7.00pm at the Parish Council Office.**

### Elections 2019

The 16 members of the Parish Council standing for re-election have all been elected un-opposed. This means that there is still a vacancy on the Council which will need to be filled by co-option. The Council is keen to hear from people within the village who would be interested in standing as a Councillor, particularly those who would wish to contribute to the new Community Building project, and anyone representing the younger element of the village.

Heacham Parish Council are very happy to see Cllr Terry Parish once again elected as our Borough Councillor and would like to give their thanks to Cllr Parish for all the hard work and dedication he has shown for the Parish Council and more importantly for our village.

## **!!WANTED!! PARISH COUNCILLOR**

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

You would need to be able to commit a few hours each week to attend meetings and to get involved with the work of the Council. If you are interested, please call in at the Parish Council Office, or contact the Clerk Sue Eke on 01485 572142 for more details.

### VANDALISM AT THE OLD DAIRY SITE

There has been a spate of vandalism at the Old Dairy Site.

### **PLEASE BE AWARE IT IS NOT SAFE TO ENTER THE SITE.**

If you see anyone you think shouldn't be in the fenced off area please contact the Police.

### WASH SWIM 90 ANNIVERSARY

20th June 2019 is the 90th Anniversary of the first British woman to swim the wash from Bennington in Lincolnshire to Heacham Beach. Mercedes Gleitze, an open water and endurance swimmer, completed this in 13 ½ hrs.

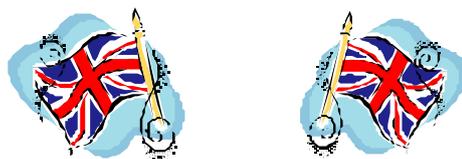
To celebrate this Heacham Parish Council in conjunction with NCC Heritage team, will be holding an information afternoon on Sunday 16th June at Heacham Public Hall; this will also include a guided heritage walk. A small charge will be made to cover costs. Posters will be displayed around the village with more details soon.

### ALLOTMENTS

There is currently one vacant quarter plot at the Allotments on Sedgeford Road. Cost is £15 per year. Please contact the Parish Office for more details.

### 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 that 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 in 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.

This year you will see a new band for the procession  
The Anna Mudeka African Band.

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.

## HELP LINES

### HEACHAM GROUP PRACTICE 01485 572769

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

### OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

### HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

### HEACHAM CHEMIST 570297

OPEN MON - FRI 09.00 TO 18.30 SAT 09.00 TO 17.30  
 Between 13.00-14.00 prescriptions and certain other products only available if the Pharmacist is in attendance

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

### HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00 572142  
 STREET LIGHT FAULT REPORT

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

TERRY PARISH 07885 258428

STUART DARK 01485 544339

NORFOLK C C MICHAEL CHENERY 07920 286638

### PARISH LIBRARY 07398647119

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

### HEACHAM POST OFFICE 570330

OPEN MON - FRI 08.30 TO 17.30 SAT 09.00 TO 13.00

### EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

NHS Helpline 111

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

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

POLICE 101

SAMARITANS 01553 761616

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRIC 0800 3163105

ANGLIAN WATER 0345 7145145

GAS ESCAPE 0800 111999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

### HUNSTANTON LIBRARY 532280

OPEN MON TUE & FRI 10.00 TO 17.00 WED 10.00 TO 19.00  
 THUR and SAT 10.00 TO 13.00

### HEACHAM CHALK PIT RECYCLING CENTRE

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

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

### HEACHAM COMMUNITY WEBSITES

[www.heachamgrouppractice.org](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



**Tax Return**  
Online Services Ltd  
for all your accounting needs

**Services offered:**

- Preparation & filing of Accounts for Self Employed and Limited Companies
- Tax Returns for individuals and businesses
- Payroll Services including Auto Enrolment for pensions
- Rental & Partnership Accounts
- VAT Returns • CIS Returns
- Book-keeping Services

Tel: 01485 601499 Mob: 07766 40 78 99  
 Fax: 01485 205499  
 E-mail: [karen@taxreturnonlineservices.co.uk](mailto:karen@taxreturnonlineservices.co.uk)  
[www.taxreturnonlineservices.co.uk](http://www.taxreturnonlineservices.co.uk)





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

Lynx Coastliner No.36

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

\*\*\*\*\*

### 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  
 0722 first bus to Hunstanton then twice hourly from 0828

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

0844, 0914 & 0945 first buses to King's Lynn then each route hourly  
 0808, 0843 first bus to Hunstanton then hourly  
 0945 (Service 35) then two hourly

\*\*\*\*\*

### 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)

\*\*\*\*\*

### Bus Enquiries

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

Tel: 01553 611955

### 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

\*\*\*\*\*

### 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  
 25th June

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



## Stephen Gibson

Heating and Plumbing  
Engineer



**Gas Safe Registered**  
**Natural Gas and LPG**  
**Central Heating Service, Repair & Installation**  
**General Plumbing**  
**Bathroom Installation**  
**Residential Park Homes & Caravans**  
**Landlord Gas Safety Certificates**

Tel: 07786365139 or 01485 543377

Email: [stephen@gibsonheatingandplumbing.co.uk](mailto:stephen@gibsonheatingandplumbing.co.uk)