



# THE HEACHAM NEWSLETTER

July 2019

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



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Amazing Today**

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The **National Blood Service** will be  
visiting Heacham and would  
welcome existing and new donors.

**Wednesday 31st July 2019** at the **Public Hall**,  
Station Road. **1.15pm - 4pm** and **5pm – 6.30pm**.

Please make an appointment if you can, by calling  
the Helpline 0300 1232323 or online at  
[www.blood.co.uk](http://www.blood.co.uk)

## Next Messy Church

20th July 10-12 noon Remember to bring a Picnic!

**At St Mary's church, Heacham.**

More information from Veronica Wilson 570697 or Church Office 572539

**You will be welcome to join us!**



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)

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# your letters..

Dear Newsletter

Heacham

## Marie Curie Tea Party 8th June 2019

We would like to thank all the people who contributed to and attended the Great Big Marie Curie Tea Party in Heacham on Saturday 8th June.

Despite the bad weather we had a really good attendance and managed to raise £400.02, which will be very much appreciated by Marie Curie. So, thank you all for your support.

**Bridget Neeham & Sue Strickland**  
**Marie Curie Fund-Raising Volunteers**

\*\*\*\*\*

Dear Newsletter

Heacham

## 'Evolution Express'

WOW, WOW, WOW!

What can we say about this production by the Pocahontas Players.

The songs, costumes and story, GREAT as always. The roller skating that was the WOW! Our heart was in my mouth at the speed! A totally different production to the norm but GREAT as usual. Well done TO YOU ALL.

**Barbara Preston & Margaret Jeacock**

\*\*\*\*\*

Dear Newsletter

Hunstanton Road

## Wheelie Bin Cleaning

Thank you for the information. Someone else told me about a "Wheelie Bin Loofah" from Coopers of Stortford - available online. This, as its name implies, is a long-handled loofah specially designed for cleaning the wheelie bin. We are awaiting ours as we write, and should be able to use that in conjunction with the hose without the prospect of falling inside, retaining our independence a little bit longer.

So, thank you very much for your help in this matter. I hope our bins are now sorted without the drama.

From the number of comments I've received, not only is it a common problem but an enormous number of people read The Heacham Newsletter. Well done, and keep up the good work.

**MaryAnn Simpson**

\*\*\*\*\*



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Dear Newsletter

Rugby

## Mercedes Gleitze

As a frequent visitor to Heacham, I was interested to see the Mercedes Gleitze event advertised in the Heacham Newsletter.

I knew that I had seen her name somewhere in Heacham and realised there is a plaque recording her achievement near North Beach but it is difficult to read it where it has been sited.

As it is 90 years since the event took place, could the plaque be moved so that everyone can read about her?

Christine Edgson



\*\*\*\*\*

Dear Newsletter

Caley Street

## 'Thank You'

Once again a big Thank You to everyone who attended and supported our Afternoon Tea on June 8th. We were thrilled to be able to hand over £435.78 to Tapping House Hospice; this brings the total amount our events have raised to over £3,100!

We hope that you enjoy these events as much as we love putting them on and plan to be back with a Festive Event later this year.

**Jan Andrew**  
**Pine Residents Art Group**

\*\*\*\*\*

Dear Newsletter

Neville Road

## Heacham River

We regularly cross the Heacham River at the North and South Beach bridges but for at least a year have not seen any fish there. Does anyone know why? The river is supposed to be well stocked with a variety of fish.

John Bird

\*\*\*\*\*



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# news & events in the community ...

West Norfolk

**ELVIS IS IN THE BUILDING!!!**

At The West Norfolk Pub

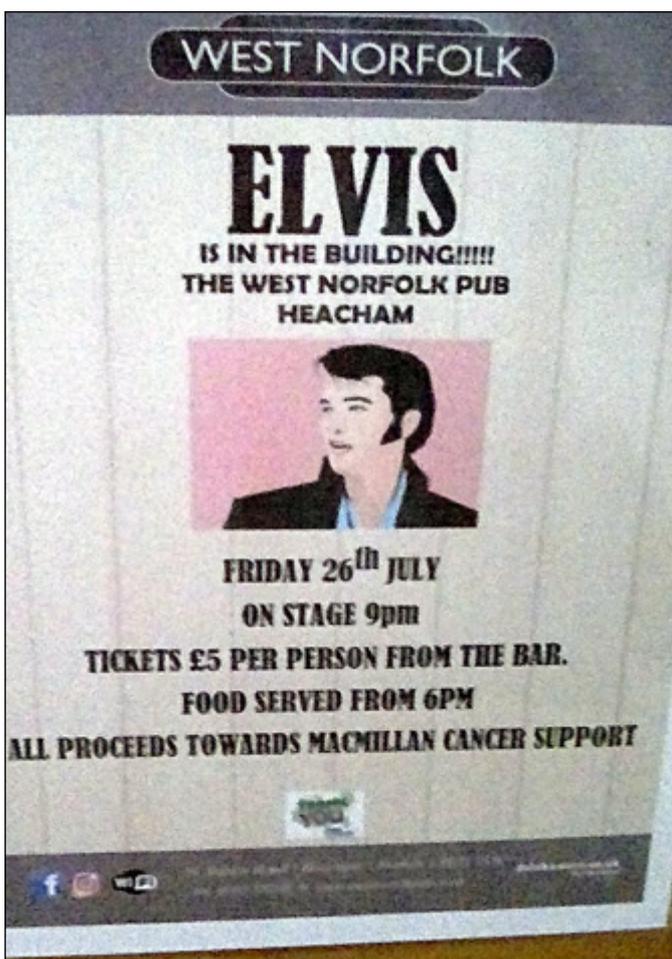
on

**Friday 26th July – on stage 9pm.**

Tickets are £5 per person from the bar

Food served from 6pm

All proceeds towards Macmillan Cancer Support / Breast Cancer Unit at QEH



10th July 2019  
10am-12noon

Tea  
Coffee  
Raffle  
Cakes  
Chat

*Community*  
*Coffee Morning & More*  
*All Ages Welcome*  
*Quiz*  
*K's Savouries*

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

*In Support of the Community Building Project*

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## News from Heacham Fire Station

Hi Everyone!

It is a genuine pleasure for me to introduce to you all, another new member of the crew at your fire station.

Having struggled to fill vacant posts in the past, we are getting closer to our goal of having the full complement of 12 with Joe, Peter, Tom H, Tom R and now Callum Tite joining us since February 2017.

Callum officially joined the Brigade on the 13th April and having successfully completed 2 weeks at training school, he went 'on the run' on the 24th May.



At 22, he's another youngster (your author is feeling old) which helps to bring down the average age of the crew which in turn is great for the future of the station. Callum hasn't lived here long but he's found himself a job carrying out maintenance and we're delighted he's also chosen to help maintain a vital service.

He tells me that since he's passed his induction course, 'it has been exciting and an amazing experience' and that he is 'part of a great crew' (this boy will go far!). He also says that he's hoping for a 'long successful career within the service'.

Well, we couldn't ask for any more than that so welcome Callum and thanks for joining us!

Callum joined just after the end of one of our busiest years ever. The total of 159 calls for 2018/19 represents an increase of over 50% on 2017/18. A number of factors played their part in us reaching this total, including the hot and dry spell around harvest time and an increase in the station's availability meaning far fewer calls were missed. Figures released around the end of 2018 showed that the number of building fires in Norfolk and the number of people killed or seriously injured in road traffic collisions had both increased during the most recent period studied. If this is a trend that continues, it may also have contributed to us being busier.

Such statistics demonstrate that fire and road safety messages are needed as much as ever and the Brigade has lots of good advice to offer, principally via its website.

On a final note this month, it was recently our turn to have the Brigade audit team visit us and I'm pleased to say they found your station is performing very well across all areas. This coincided with a visit by the recently appointed Chief Fire Officer who was on station to hear the good news with us. (Phew!)

And so until next time,  
Take Care and Stay Safe.

**Chris Wood**  
Heacham Fire Station.

## Cape Vanilla – Unique Crafts from the Cape

We are Cape Vanilla, based at The Old Granary in Snettisham, selling unique and distinctive products sourced from the Western Cape area of South Africa. During our many visits over the last 20 years, we have been so inspired by the many creative and innovative local crafts that we decided to bring back and retail some of our favourites.

Our main product line is 'Original T-Bag Designs' founded by our close friend Jill Heyes, who emigrated from Suffolk to South Africa in 1997. We are her sole UK outlet and carry the Heart and Marine ranges.

Jill employs women from the local Township in Hout Bay, Cape Town. These women work with recycled t-bags, which they paint and decorate and then apply to a wide range of products including coasters, trays, t-lights and stationery. Each artist has their own individual style ensuring each piece is completely unique.

Our broader range of South African products includes a range of hand drawn, screen printed table linen in neutral tones, featuring the 'Protea' flower; funky wooden houses and sailboats, all made from recycled apple crates from the apple growing area of the Elgin Valley; reed diffuser stems exquisitely crafted with porcelain flowers; wall art 'in words' - decorative text wood carvings in an assortment of colours and sizes, together with flower stems, also in an assortment of colours and varieties.

We are continually adding to our collection with new 'finds' during our twice-yearly visits to South Africa.

Please come and visit for that unusual gift.

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## Old Friends Hall Art Show

The Old Friends Hall, Sunnyside off Caley Street, held its seventh annual Art Show over the May Bank Holiday.

As normal at our exhibitions, we asked visitors to select their favourite three pieces of work from the 107 on display. This is never an easy task as our talented artists provide a wonderful range of exhibits to choose from. However, our hard-working guests managed to select their preferred pieces, but it was a very close run affair with the top three scoring 39, 40 and 41 points respectively.



They were:  
Third choice: S u n s e t  
“The Wash” by Carol Lincoln

Second Choice:  
“Wells” by Kerry Farr



Favourite: “Ink Cap Magic” by Pauline Coombes

To demonstrate the spread of votes and the obvious dilemma our audience had, of the items shown 95 received a vote, which I think is remarkable achievement.

Copies of the works are attached to this article, though the photographs do not do the original pictures justice.

This year our bucket collection was made on behalf of the ‘Healing Hearts’. Thanks to the generosity of visitors and artists, we were able to donate £89.13 to this cause.

So now, we move on to the next show, which will be the Photographic Exhibition held over the Bank Holiday 24th/25th August. Registration forms will be available shortly from the Parish Office, so if you are a budding photographer or member of a club or other group, you have the opportunity of sharing your work with an appreciative audience.

Finally, just a reminder that the Old Friends Hall is available for hire with rates starting at £30 for 4 hours; for further details please contact the Parish Office.

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

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## CHURCHES TOGETHER IN HEACHAM

As I sit down to write this article my thoughts have already moved on to contemplating where I will be tomorrow morning. I shall be waiting at the bottom of the church path to receive the family of a long time Heacham resident. We will gather at the church to honour and remember a special life lived out, mainly within the parameters of this very special village.

As my mind follows this train of thought, I find myself recalling how the village was when I came to live here back in the 1970s. Then, Heacham was a village of locals, many memorable long gone characters each with their roots embedded in the village. Much has changed; there used to be more pubs, shops and small businesses, many of which have disappeared along with familiar faces. Even the beach has changed. Houses and bungalows have sprung up and new roads, named after people that newcomers will never know.

Life is like that, nothing stays the same, change is always inevitable. It says in Ecclesiastes “Do not say “Why were the old days better than these? For it is not wise to ask such questions”. I don’t know about you but I do sometimes think things were better in days gone by. Things in life and the village had a simplicity and a security that has been lost somehow in the march of progress.

However, before I get too maudlin, I am also reminded of our village church which has stood at the top of the hill for centuries. The documents there record the happenings of village life and its residents. Here villagers are acknowledged and prayed for. For me it is important that we pray for and remember those here and the departed. That the church provides a place to worship, celebrate, mourn and bury our dead.

At the end of the service tomorrow I shall commit our long-term resident of Heacham, as I have done with others before, into the hands of our loving Lord. He does not change, His nature is always to be there for everyone who calls on his name. There is no better place to commit each soul of this lovely place.

If you have time this week maybe think about a visit to our village church and take time to sit in the quiet of the place where many have gone before. Maybe like me you will find yourself thanking The Lord that for us the boundary lines have fallen in pleasant places. Thanks for reading.

**Pip Lawrence, Member of St. Mary’s Ministry team**

### HEACHAM METHODIST CHURCH

Invite you to

**A NORTH BEACH SERVICE OF  
SONGS OF PRAISE**

on

**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**

### Heacham Parish Church in July

7th July 10.00am - Morning Prayer  
4.00pm - Pine Mall Service  
14th July 10.00am - Holy Communion  
20th July 10-12noon - Messy Church  
21st July 8.00am - Holy Communion  
10.00am - Morning Prayer  
28th July 10.00am - Holy Communion

### Norfolk Day - Saturday 27th July

To celebrate this special day, Terry Clay will be giving a talk on Heacham Railway “Then and Now” at 1.30pm in St Mary’s Church. Teas and coffee will be provided beforehand, so you are invited to bring your own picnic.

### Norfolk Open Churches - August Mon 5th-Fri 9th

#### Heacham Church Welcomes Talent!

Perhaps you can sing, play an instrument, dance, juggle etc or read your favourite poem or even tell some jokes, it’s up to you! The churches several pianos, sound system (and pipe organ) could be available for you.

If you’d like a 5-15 minute slot (or longer) between noon and 12.45 on any of the above dates you’d be really welcome. Tea and coffee will be available and your audience might want to bring a packed lunch.

If interested, we’d love to hear from you, so please give contact details, preferred date and proposed item to Penny Taylor at the Church Office. Tel 01485 572539 or [heacham.church@gmail.com](mailto:heacham.church@gmail.com) by Wed 10th July, so we can check, finalise and publish a programme in time for the August Newsletter.

### 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.

### CHURCH CONTACTS: (telephone code: 01485)

Methodist Church	Rev'd Stephen Oliver	570232
St Mary’s Church	Rev'd Veronica Wilson	570697
St Mary’s Church Office	Tuesday-Friday 10-12noon	572539
email: <a href="mailto:heacham.church@gmail.com">heacham.church@gmail.com</a>		

\* \* \* \* \*

### HEACHAM METHODIST CHURCH

**July 2019**

#### Sunday Services: 10.30am Morning Worship

7th July Philip Batstone  
14th July Rev. Steve Oliver - Holy Communion  
21st July Church Fellowship Service  
28th July Greg Sargent  
4th August Colin Grimwood

#### Its Radical and its back

Yes, we are bringing back Radical Hospitality on Saturday 13th July 2019 from 2.00pm. Joyous singing with the Heacham Praise Group and free refreshments with tea/coffee and scrumptious homemade cakes. All are welcome and that means You. Come and see the church in a different way.

#### Second Summer Beach Service

Come and join us for a beach service on Sunday 28th July at 3.00pm on the North Beach – a service by the sea, specially designed so that holidaymakers and Heacham residents can all praise our Lord in this unique atmosphere.

### Midweek Communion Service

The July Midweek Communion service will be on Wednesday 10th July at 10.30am in the church hall, conducted by Minister Rev. Steve Oliver. Note that ours is an open table. You do not have to be a member of the Methodist Church to take the communion. If you love the Lord you are welcome to this service.

### Bible Study

July's bible studies are on Thursdays 11th and 25th July at 10.40am. New members, including holidaymakers are welcome to join this lively discussion group, led by Rev. Steve Oliver.

### Coffee Morning

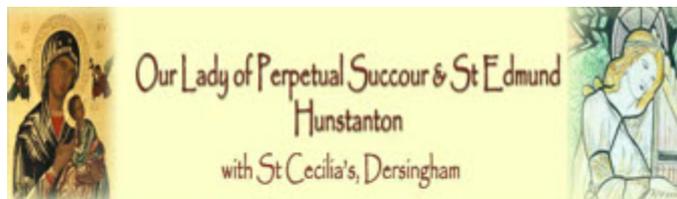
July's coffee morning will be on Saturday 20th July, 10 – 12noon. David Godfrey will provide music from 11 o'clock. We need more good quality bric-a-brac to sell. If you have any unwanted gifts, ornaments, jigsaws et cetera, please bring them to us at the church on Friday afternoons. Thank you.

### Short Mat Bowls

A reminder that short mat bowls now meets every week on Friday afternoons from 2.30 – 4.30pm. New members always welcome. Fancy having a try? Then come along. You will be most welcome.

### Midweek Activities

- Tuesday - Open Door - 10 – 12 noon. Weekly Hands and Needles - 7.30pm on 9th and 23rd
- Wednesday - Midweek Communion - 10.30am on the 10th
- Thursday - Bible Study - 10.40am on the 11th & 25th
- Friday - Short Mat Bowls - 2.30pm weekly
- Saturday - Radical Hospitality at 2.00pm on the 13th
- Saturday - Coffee Morning - 10-12noon on the 20th



### **Hunstanton Catholic Parish**

The Strawberry Fair fundraiser this year will be on 6th July at St Cecilia's, 2-4pm, with all the usual stalls, tombola, raffle and of course lots of delicious strawberries. All are welcome.

The annual Parish BBQ will be on Saturday 17th August at Our Lady & St Edmunds, Hunstanton, starting at 12 noon. Tickets will be on sale shortly at both churches.

*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)

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## Heacham History Group

The talk for May was given by Dr Sally Francis from Burnham. Sally runs a very successful small business, growing and selling Saffron. She's built the business up from scratch and is proud of the fact that she produces and sells the highest grade of Saffron. You may wonder why we should have invited Sally to talk when we are a history group. We tend to associate Saffron with the Middle East or the hotter countries of Europe but, in the medieval period, England was one of the biggest cultivators of Saffron and Norfolk was a major producer and exporter.

Ships sailed from Lynn, Heacham and Burnham with this very costly spice. Sally has researched records of shipping and looked at names in the landscape where Saffron Close, Ground or Field appear as field names. In the seventeenth century Le Strange papers, it is written of people being employed to plant and look after the Saffron crop and the accounts show items being brought for the drying of the spice. Saffron is a very labour-intensive crop and this is the main reason why it's so expensive. Mechanisation for the most part is not possible. The flowers are harvested and brought inside, then the laborious work of extracting the individual strands starts. This must be done the same day. Drying follows, which must be carefully regulated and watched, with no sleep for those in charge until it is dry.

We were all fascinated to learn so much about this part of Norfolk's past and present. Many left clutching Saffron flour, small precious jars of strands and recipe books.

July's meeting on Monday 29th, sees the return of a very popular previous speaker, local historian Philip West. Philip will be talking about a subject very relevant to us as an agricultural county, "The History of Farming in Norfolk".

As usual the venue is the Old Friends Hall, Sunnyside Close, Heacham, PE31 7DU. 7.30pm. Everyone is welcome. Admission £3 (Members £2).

**Linda Nudds**  
Tel: 01485 571794

## Another recipe from The Prudent Pensioner

There are some lovely ripe and juicy dessert pears in the shops; they are ideal for this simple recipe.

### Pear Crumble

Serves 4

2 or 3 ripe dessert pears

For the crumble topping:-

85g/3oz. flour

40g/1½ oz. butter (cold)

30g/1 oz. sugar

15g/ ½ oz. rolled oats

You will need a half litre/1 pint ovenproof dish.

Pre heat oven to 190c.

Cut butter into small pieces.

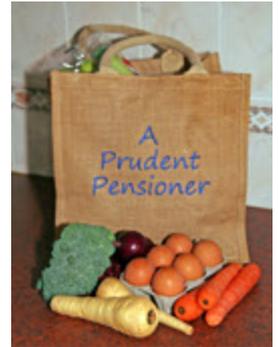
In a mixing bowl, rub butter into flour until it resembles fresh breadcrumbs, then add sugar and rolled oats and mix well.

Clean pears, remove peel, stalk pips and core and trim off any discoloured bits. Cut each pear into quarters and arrange them evenly over base of dish.

Spread crumble topping evenly over and bake in pre heated oven for 15-20 minutes or until topping is lightly golden.

Serving suggestions: serve with custard, cream or ice cream.

Note: If using a hand pastry blender to rub butter into flour, I find it easier to add sugar before mixing.



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)

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The first five novels from Ann Cleaves enthralling "Shetland" series, recently shown on BBC TV, are now available at the Library.

New on the shelf: **Stranger Diaries**, a modern murder with a gothic vibe, by popular author Elly Griffiths, and **18th Abduction** the latest offering from the Women's Murder Club series written by James Patterson.

Come along and have a look at the clearance table for summer reading bargains. As well as free access to online services via the public computers, printing services are also available for a small charge.

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

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## Ruffle's Walks – Ruffle and the Flower Head Thief!

by Rachel Greaves

“We have a flower head thief!” declared Eric as he entered the station hut. “Look what I have found AGAIN on the grass in front of my lovely blooms!”

Eric held a handful of large bright orange and yellow petals to show Ben, the engine driver, who was sitting at the table.

“But who would want to pick off all the flower heads and leave the stalks?” wondered Ben.

Ruffle, who was lying on the rug in front of the station fire, even though it was not alight, lifted his head and looked over at Eric. Eric was obviously unhappy about something.

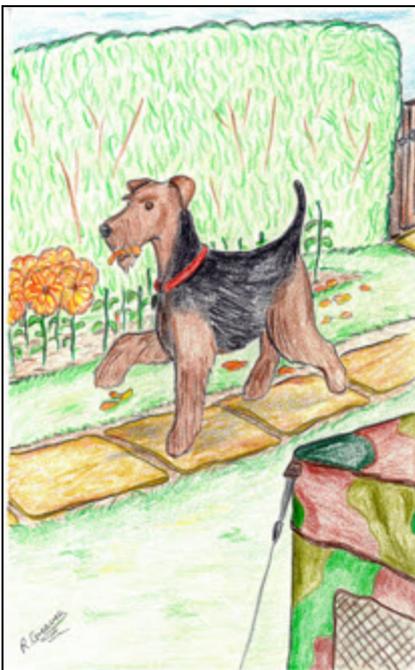
“How are you going to find out who, or what, is taking them? Whatever it is will see you watching and just wait until you’ve gone,” said Ben, thinking aloud.

“I’ve got it!” cried Eric. “I will set up a hide – a camouflaged tent – and sit and wait for them to appear! There’s one in the station garden shed – I’ll use that.”

Ruffle was curious as to what Eric was holding in his hand so decided to get up and follow Eric as he went out of the door and over the tracks to the little station garden. Ruffle lay down again opposite the garden shed doorway whilst Eric went inside. After a lot of noise Eric reappeared holding a large green and brown canvas bag. He took it over to the flower bed.

Ruffle looked on with interest as Ben joined them and helped Eric to put up the metal frame then pass the green and brown material over to create a small square tent. They then made sure the ropes fastening it down to the grass were securely positioned. Once the hide was ready, Eric fetched two fold-up chairs and a flask from the station then disappeared inside the hide to join Ben. Ben had made sure that the material covering the mesh window was tied back to give them a perfect view of the flower beds opposite.

Once Eric and Ben had disappeared, Ruffle soon became bored. He got up and had a shake. Ah yes! He would play his favourite game! With a sudden burst of energy, he raced across the garden and along by the side of the flower beds, grabbing a mouthful of bright orange and yellow blooms in his mouth as he dashed wildly past.



From somewhere in the depths of the camouflage hide Ruffle heard an astonished cry from Eric. ‘RUFFLE!’

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## Exciting News from Heacham Group Practice Amenity Fund

**Project Hope** is the name given to a new service provided by Heacham Group Practice with the financial support of the Heacham Group Practice Amenity Fund. Project Hope commenced in February 2018 with the appointment of Carolyn Rix to the post of Matron to support the residents and staff of the Care Homes in the Heacham Group Practice Area.

Carolyn brought with her many skills of an experienced nurse but, in particular, her experience of working with diabetic patients in a general practice setting and then her work as a Community Matron. Project Hope has been universally welcomed by patients and relatives, by the staff of all the care homes and by the doctors and staff of Heacham Group Practice.

Project Hope is not funded by the NHS but by the money donated to the Amenity Fund by patients of the Practice with the sole aim of benefiting the patients of the Practice with equipment and services not usually provided by the NHS.

### What has Project Hope achieved?

Project Hope has enabled a more timely response to care home residents and also improved continuity of care for those patients who often have complex health care needs. This in turn has supported the care home staff in their decision making and in particular helping them make the most appropriate decisions for their residents. Residents themselves have expressed their approval of having someone that they can identify with by name as someone who will support them with their health. Carolyn has also provided medication reviews as part of a systematic review of patients and also support in care planning.

Project Hope has allowed Carolyn as Matron to be able to see residents on average 4 times as often as the previous system where the GP was the main clinician. She has been able to assess

patients and, with the help of the carers, form a care plan to enable them to know how to respond when those emergencies arise. It has resulted in a third fewer admissions to hospital compared to the previous year before the project.

The rest of the Practice has also benefited indirectly, as Carolyn's work has reduced the pressure on the Day Duty Doctor system that runs each day to respond to those patients needing same day attention or urgent care. The GP workload to care home patients has been reduced to about a third of its previous activity.

### The Future of Project Hope

The Amenity Fund trustees have been able to approve funding for Project Hope for a further two years. We are delighted with the success of this project, and believe it will continue to make a difference in the support provided to patients and staff of the Care Homes in Heacham and Snettisham.

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# 1st Heacham Cubs

After Easter our term was only 5 weeks instead of the usual 6 but we crammed a lot into the shorter time and even managed to play outside, although it was still a bit chilly when the sun went in.

Our first week back was on 25th April; after we renewed our Law and Promise, it was over to Kaa for his games night. They played Kick Rounders and Rock, Paper, Scissors outside, then it was inside to play Netball. The evening was based around team games.

Samuel was made Seconder of Blue Six and received his 2nd year Joining in Badge.

Hayden J received his 3rd year Joining in Badge.

The following week, 2nd May, Ziggy and Rikki took the evening as myself and Hathi were away. They went on a trail around the village following verbal instructions from Rikki, i.e. I am a red box which holds letters, so the Cubs had to walk to the Post Office. The trail went around the village back to the hut. They finished the evening playing Hockey.

On the 9th, we looked at how to use a compass ready for a compass walk planned for the next term. They learnt how to read a compass by finding North, South, East and West then moved onto more difficult points like 55°. The hardest bit was not getting them to follow the red arrow which always pointed North but to follow the arrow which showed the direction of travel. Afterwards, they played Team Dodgeball, Netball and single Dodgeball.

The 16th May, we carried on with Compass points and looked at NE, SW, SSW etc; we turned it into a game. The cubs also learnt how to tie a reef knot, but we may have to spend a bit more time on this. Outside, they played Kick Rounders and inside they played Dodgeball.

At the end of the evening we were able to give the Personal Challenge Badge to Hayden F, Hayden J, Samuel and Tyler.

Team Leader Challenge Badge to Samuel.

Team Work Challenge Badge to Hayden J and Tyler.

Our last evening was on 23rd May; Kaa came to do another games evening with Chil and Mang inside as it was a bit chilly that night. They played a game with the Cones and Balls, a version of Tennis/Volleyball, Rock, Paper, Scissors and Dodgeball.

Samuel received his Silver Award.

Green Six won the sweets for the most points earned during the term. We also had to say Goodbye to Samuel and Jacob who left us to go onto Scouts.

Finally, a Big Thank You to Mark for starting to cut our grass at the front of the hut - it was getting a bit long!

Next term Hathi is planning the 7 weeks as part of her leader training; it will hopefully include an evening at Sandringham which will be run by the Young Leaders Chil and Mang as part of their training. Hathi is including a couple of evenings out which will coincide with a badge as well.

Happy Scouting to all our Cubs.

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

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## HEACHAM SCOUT TROOP

Scouting has been in HEACHAM for many years and, to keep the tradition going, the groups, especially Scouts and Cubs, could do with some new members to meet new people, play games, earn badges, learn new skills and be part of an organisation which is World Wide.

If interested, please get in contact with the relevant leaders for more information:

Beavers - Age 6-8 years - Contact: Michaela 07788 888921

Cubs - Age 8-10½ years - Contact: Sam 01485 572138

Scouts - Age 10½-14 years - Contact: Alison 07737 642828

More details about where and when groups meet can be found on the 'What's On Regular Events' pages in The HEACHAM Newsletter.

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## Heacham Minors F.C

The 2018-2019 season has come to an end for all teams at Heacham Minors F.C., but the work doesn't stop there!

Our new all-weather AstroTurf training area is almost complete thanks to an extremely generous donation from The Heacham Youth & Community Trust for which we are extremely grateful for their help and support.

Alongside improvements off the field, we are pleased to announce we have now introduced girls football to our expanding club, run on Tuesdays weekly 6-7pm at the sports field covering ages of 6-13 years old at a cost of £1.00 per child per week. If anyone is interested please contact Nathan Stockdale on 07811 629910 for more details.

The club would also like to extend its thanks to Sandra, Andrew and Kevin Dix and Scott Cawthorne for their donations to the club following the sad passing of Dennis Dix, who was a huge part of Heacham Minors over the years, and Melissa Cawthorne.

As we move into the 2019/2020 season the teams are able to welcome new players to our age groups: Under 7s, 8s, 9s 10s, 11s, 12s and 14s and Girls Mixed Age; these teams are also looking for sponsorship opportunities. If anyone is interested in sponsoring, no matter how small or big, please contact Nathan Stockdale on 07811 629910 to discuss further.

UP THE HEACHAM!!

Nathan Stockdale



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## Dylan's Special Specs!!

Thirteen year old Dylan Smith was overwhelmed at the recent Band Night held at Heacham Public Hall when a bucket collection raised £164.70 towards his new specs!!

Organised by Hunstanton Library Friends, the evening was held as part of the Library service 'In Good Company' campaign to bring people together from different walks of life, all ages and abilities, to have a great evening of singing, dancing and meeting new friends.

Dylan lives in Hunstanton and is a regular visitor to the Library. In December 2015 he was diagnosed with Irlen Syndrome which affects his ability to read and write as it affects the perception as to how his brain interprets things. He wears turquoise tinted glasses, but they are now too small and the specialised assessment costing around £300 is not available on the NHS.

The evening saw a fantastic crowd dance to the sounds of Essex band 2+ One - with many reserving their tickets for the next dance at the same venue on Bank Holiday Saturday August 24th.

For more information contact Sandy on 01485 518419/07704 803983 or email:

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

To donate to Dylan's Special Specs so that he can see the world: <https://www.justgiving.com/crowdfunding/dylan-smith2006>



### Irlen Syndrome

Dylan was diagnosed with Irlen Syndrome in early December 2015. Irlen Syndrome causes eye problems for many people because it alters the way they see things.

These eye problems are based on their visual perception. The eyes are not the main source of the problem.

The problems are caused by the way in which the brain interprets the visual information that is being sent through the eyes. Having Irlen Syndrome prevents many people from reading effectively and efficiently. Individuals with Irlen Syndrome perceive reading material and/or their environment differently. They must constantly make adaptations or compensate for their eye problems. Individuals are often unaware of the extra energy and effort they are putting into reading and perception.

Dylan wears special Irlen glasses which have a turquoise tint; he needs these glasses to help him as, if he did not have this special coloured tint, he would not be able to read or write because, for Dylan, he says the page is mostly blank when not wearing them and he also gets a lot of headaches if looking at bright lights, such as in a bright classroom or looking at street lights or car head lights. Therefore, he needs his glasses to help reduce this and to help him to read and write a little better; he is still behind at school, but these glasses do help him.

Dylan now needs to be reassessed for new glasses as his current glasses are getting to small for him and also to check that his coloured lenses are still the same or whether he needs a different colour.

The NHS pays optometrists a fee for carrying out a basic eye examination. As an examination for Irlen Syndrome is more specialized it is not covered by the NHS and it is necessary to go private, which would cost us around £250-£300 - we do not have that kind of money.

Please help us raise some money by entering into our raffle to win some lovely prizes; you can also donate some money to our justgiving page which is <https://www.justgiving.com/crowdfunding/dylan-smith2006> so Dylan can get the help needed to see the world as we do.

For more information please email me at [dolphinj2001@hotmail.com](mailto:dolphinj2001@hotmail.com) or visit [www.irlen.org.uk](http://www.irlen.org.uk)



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## THE POCAHONTAS PLAYERS 'Evolution Express Judgement Day'



After every Pocahontas Players Production, I like to write a few words to The Heacham Newsletter with a round-up of all the thanks to everyone who helps the group to put on such productions, but this time, I would like to say to The Pocahontas Players "Well Done! A very Well Done!"

We had lots of wonderful well-deserved feedback to 'Evolution Express Judgement Day'. With Dave Curtis concept and Jimma Race as writer, I knew the group were in for a very hard four months rehearsals to pull this great (and very topical) script off. Those who wanted to go for the Skater Car roles took themselves off to 'Skaters' in Walpole every Sunday morning to learn to skate. Some had never ever worn skates before let alone do dance routines wearing them. The nine cars were chosen. Four Electric Cars and five Petrol Cars. With lots of dance routines to be learnt, Joshy Chilvers stepped forward. This again was a first. He had never ever taught choreography. With new members Lewis Dallison as Tuf Nut, Zoe Fordham as Hell 'n' Wheels and Thaleia Dix as Kit Car and the other skaters, Joshy as Hot Rod, Kelsie Hall as Sparky, Abbie Marshall as Sue Perglide and Ewan

Harris as Gen Nerate, they worked so hard at their routines; with many stumbles and falls they gradually learnt to stand up to skate, do dance routines and to do Dare-Devil stunts plus sing and act. Bailey Fisher as Cy-Lent sang two solo songs - another first for him. Young Ethan Pearce also had his first experience of using the Follow Spot. Following with great steadiness as the skaters and cast performed.

We had Ryan Chilvers as Judge Gayleon who sang a variety of songs, not only 1960s Pop, but Rap and Musical Theatre as well.

(Feedback): "Why were the 12 Jury members and Miss Type (a new member Jaide Graham) not more involved?" They had a huge task of learning some 18 songs. This brings me back to day one of rehearsals. Along with Jury members we settled into the back room of the hall, with Jeannie Tooley armed with her little 'woggle box' to play the backing tracks. These songs were old and new. We had the older members saying about the new songs "Never heard it! Never heard it!" and the younger members saying about the older songs "Blimey, these are what my grandmother used to sing!" BUT with Jeannie's dedication, they got there and I think I can safely say, "enjoyed singing and performing all of them". Some Jury members were doing small solo pieces as well for the first time.

(Feedback): "Enjoyed all aspects of the show but the venue was wrong for it." As a Drama group we feel very privileged to rehearse in the hall every week. Most Drama groups have to rehearse in school halls, tiny rooms etc until the week of their actual production, when they then move into their venue. Now, with fantastic new added lighting (many hours electrical work up and down ladders by Ryan Chilvers, Joseph Rumens, Dave Curtis and Gary Pearce) and Raised Seating, what better building to present our productions - Heacham Public Hall at its best.

(See photo).



(Feedback): "Why can't the group put on something that will stretch themselves for a change?" To anyone who came to this show and have read all the above, must have

seen that they achieved what Dave set out to do "Stretch the Group to their maximum capability."

I applaud, with a Standing Ovation, The Pocahontas Players Bravo! Bravo!

With three Full Houses, having to turn folk away, there was one thing we could not do anything about and that was The Weather!



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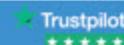


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Saturday the 1st June was one of the hottest days seeing temperatures rise to 30°C. I stood high up on the balcony for Saturday evening performance and, as we know, heat rises. Even our lovely Vicar Veronica, who, when booking her seat high up in the Gods (as she said “Perfect Place to be”), could not ask the Great man himself to make things cooler. So we apologise.

The group is now on their well-deserved Summer break but lots in the pipeline for next year. Starting with a Pantomime in January written by Warren Marshall and Thomas Whybrow; a drama Murder Mystery play in May/June written by Jo Jutsum, and a VJ Day 75th Anniversary drama written by Jimma Race in August. Although all three have to be passed by the committee, it looks like we are in for a very busy 2020.

Thank you EVERYONE for your support; without you, our audiences, we would not now be celebrating our 25th Anniversary of The Pocahontas Players.

Janice Curtis

Ryan Chilvers as The Judge and Lucy Hughes as Little Deuce Coupe.



## TIDE TABLES FOR JULY & AUGUST 2019

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST									
July 2019					Aug 2019				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 M	04 49	6.6	17 05	6.7	1 TH●	06 04	7.3	18 39	7.3
2 TU●	05 34	6.9	17 56	7.0	2 F	06 49	7.5	19 28	7.5
3 W	06 18	7.2	18 46	7.2	3 SA	07 34	7.8	20 13	7.5
4 TH	07 02	7.3	19 34	7.3	4 SU	08 16	7.6	20 57	7.4
5 F	07 45	7.4	20 21	7.3	5 M	08 59	7.8	21 42	7.2
6 SA	08 28	7.4	21 09	7.2	6 TU	09 45	7.4	22 29	6.8
7 SU	09 13	7.3	22 00	6.9	7 W	10 34	7.0	23 21	6.3
8 SA	09 19	6.8	22 05	6.6	8 TH	11 33	6.4		
9 M	10 56	6.7	23 57	6.2	9 F	00 20	6.0	12 40	6.1
10 TU			12 02	6.4	10 SA	01 24	5.7	13 55	5.8
11 TH	00 59	6.1	13 10	6.2	11 SU	02 32	5.7	15 13	5.8
12 F	02 05	6.0	14 21	6.2	12 M	03 37	6.0	16 23	6.1
13 SA	03 07	6.1	15 29	6.2	13 TU	04 32	6.3	17 19	6.3
14 SU	04 04	6.3	16 31	6.4	14 W	05 17	6.7	18 03	6.6
15 M	04 53	6.6	17 26	6.6	15 TH○	05 58	6.9	18 41	6.7
16 TU○	05 37	6.8	18 14	6.7	16 F	06 36	7.0	19 15	6.7
17 W	06 18	6.9	18 56	6.7	17 SA	07 12	7.2	19 45	6.7
18 TH	06 57	7.0	19 34	6.7	18 SU	07 44	7.2	20 13	6.7
19 F	07 34	7.0	20 08	6.6	19 M	08 15	7.0	20 42	6.6
20 SA	08 06	6.9	20 40	6.4	20 TU	08 45	6.9	21 10	6.4
21 SU	08 38	6.8	21 10	6.3	21 W	09 15	6.7	21 41	6.2
22 M	09 11	6.7	21 43	6.1	22 TH	09 47	6.4	22 17	6.0
23 TU	09 45	6.4	22 21	5.8	23 F	10 28	6.1	23 03	5.7
24 W	10 25	6.1	23 06	5.7	24 SA	11 22	5.8		
25 TH	11 13	5.8			25 SU	00 11	5.5	12 40	5.6
26 F	00 03	5.5	12 15	5.7	26 M	01 44	5.5	14 19	5.7
27 SA	01 13	5.5	13 29	5.7	27 TU	03 03	5.8	15 37	6.2
28 SU	02 26	5.7	14 44	6.0	28 W	04 05	6.4	16 41	6.7
29 M	03 29	6.0	15 49	6.2	29 TH	04 57	6.9	17 36	7.2
30 T	04 25	6.4	16 50	6.7	30 F●	05 45	7.4	18 26	7.5
31 W	05 16	6.9	17 45	7.0	31 SA	06 31	7.8	19 14	7.8

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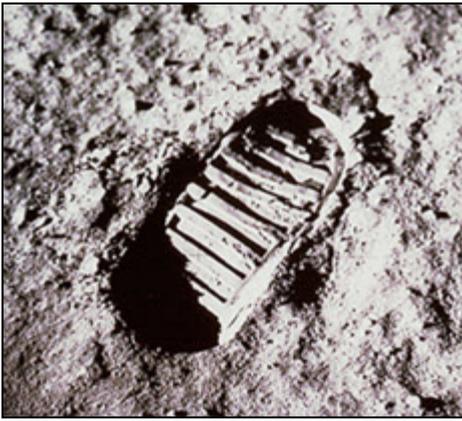
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## Heacham at Night



NASA

50 years ago, on July 20th 1969, Neil Armstrong stepped off the ladder of the Lunar Lander and put his left foot on the Moon – ‘That’s one small step for man, one giant leap for mankind.’ This statement from Armstrong has

courted controversy for years with people debating its meaning and poor grammar. I knew what he meant as I watched the delayed images on a small black and white TV in my parents’ house on an estate in Birmingham. Colour TV was not regularly broadcast until 1969 and those who could afford a set, equivalent to several thousands of pounds now, would still have seen the landing in black and white. Photographs in colour appeared when the astronauts returned and the film was taken from the Hasselblad cameras and developed – no digital cameras then.

*TV image of Apollo 11 landing. Internet*



Look at the image of the footprint and it will tell you things about the Moon which were not known for

certain in 1969. It has a firm surface covered with a thin layer of dust able to retain an imprint. This dust is very fine indeed and produced by erosion caused by solar particles hitting the Moon’s surface over 4 billion years. As the Apollo astronauts discovered, it gets everywhere in a spacecraft and will pose problems to future habitations. It is so fine it clings to surfaces through electrostatic attraction. It ‘smells of burnt gunpowder’ and is very abrasive.



NASA

The colour image above shows rather more footprints and either Neil Armstrong or Buzz Aldrin in their spacesuit. The suit cost \$670,000 dollars in today’s money, a fraction of the \$24 billion dollars the Apollo programme spent. Armstrong earned just \$33 dollars in the 2 hours 40 minutes he actually spent walking.

Behind the astronaut is the lunar lander, Eagle, which is, in fact, two craft. The whole came down on a rocket exhaust, seen just below the gold foil heat protection, and settled on the four legs. The two astronauts were in the top section. This section had its own rocket motors and, on leaving the Moon, effectively launched off from the legged base.

It was vital that this base section landed very close to horizontal, not on a significant slope or with a leg snagged on a rock. The landing guidance system had directed the lander to a point two miles short of the chosen site due to gravitational irregularities and boulders beckoned. Armstrong took over the controls, flew on for several more miles and landed the vehicle himself (with 50 seconds of fuel spare).

Armstrong first flew solo at the age of 16 and was probably the best test pilot the air force or NASA has ever had. He flew the X15 rocket powered airplane to the edge of space seven times at speeds of 3,987 miles per hour. He was also a very proficient aerospace designer and engineer. A very modest man, he died aged 82 on 25th August 2012.

*Neil Armstrong  
NASA*



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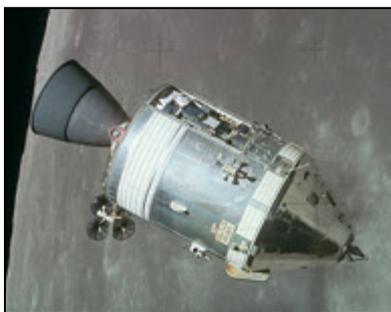
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The third Apollo 11 astronaut, Michael Collins, never got to land on the Moon because he remained in the Service/Command module in orbit. This pair of modules, with the composite lunar lander attached, arrived at the Moon after being launched from Earth by the mighty Saturn V rocket. The lunar lander detached from the command module with Armstrong and Aldrin aboard.

*Command and Service Modules of Apollo 15 (Apollo 11's was the same). NASA*



The image right is of the command module (dark cone to right) and the Service Module (cylindrical part to the left). The single rocket engine, exhausting through the bell-shaped projection at the rear, was used for mid-course corrections on the way to the Moon and (finally) to break out of lunar orbit for the return to Earth. The Lunar Lander composite craft was coupled to it at the end of the cone on the right. Armstrong and Aldrin had to crawl down a narrow tunnel into the lander where they shared a space 92 inches in diameter and 42 inches deep.



*Apollo 11 Command Module, Columbia, attached to the Service Module to the rear. NASA*

The image left is a shot of the command module left in orbit with Michael Collins in charge. He would have been in the Service Module at

the rear. The top of the Command Module cone can clearly be seen as the Lunar Lander moves away. The ascent vehicle, the Eagle, returning from the Moon with Armstrong and Aldrin, had to dock on the point of the cone. The two astronauts climbed back into the Command Module and then the Eagle was discarded and allowed to crash into the Moon (several weeks later and at an unknown location). The motor on the Service Module fired taking it out of Moon orbit and allowing it to fall back towards the Earth.

Returning to the start of the mission, the next image is of the Saturn V rocket lifting off. The pointed device right at the top is a rocket which no-one ever wanted used – the launch escape tower. If the rocket stages below were in danger of exploding, the escape rocket would fire taking the command module, Columbia, with the astronauts inside, away. It would then jettison the module and parachutes would return Columbia to the ground.

Below the escape rocket is the cowl encapsulating the Command Module. The Service Module is the dark cylinder below that. Attitude jets, for use in space, can be seen near the top edge of this. The Lunar Lander is within the truncated cylinder below. Below that are the three tremendous main rocket assemblies. Stage 1 at the bottom which lifted everything (over 300 tons weight) 36 miles high. The escape tower was discarded; the first stage fell away, the second stage took over and also fell away when finished, then the third stage fired.

This third stage, the S-IVB, put itself and all the modules attached to it into Earth orbit. After 1.5 orbits its engine fired again for 5m 20s to raise its velocity to 24,182 mph so that it could escape from the Earth's gravity and start the trajectory which would take it and the conjoined modules to the Moon.



The Service/Command Module unit then separated from the S-IVB and rotated. The panels surrounding the Lunar Lander assembly (the truncated cone) were jettisoned. The Service/Command Module moved in and coupled to the Lunar

Lander. This was disengaged from the S-IVB and the new assembly moved away from it. The S-IVB was no longer needed. Its engine was fired for just 2.8 seconds which placed it in an orbit around the Sun. The conjoined Service/Command/Landing Modules continued to Moon orbit. (Later S-IVB's were crashed into the Moon to create moonquakes for instruments left on Apollo missions to detect; though Apollo 12's is still orbiting the Earth).

You may have noticed that I am writing this like a modern BBC drama, backwards. I started at the footprint, moved towards the



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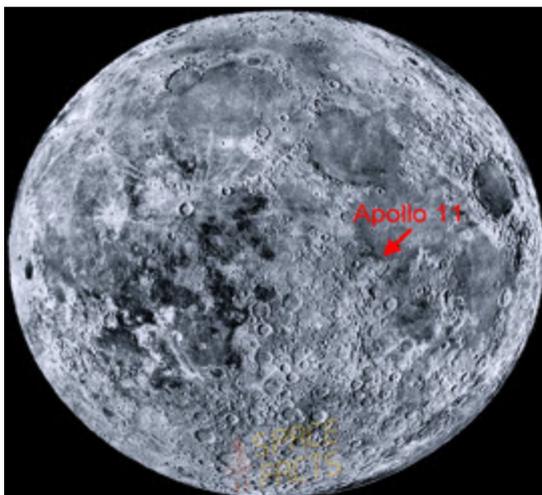
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launch and, in the middle, left our astronauts heading back to Earth in the conjoined Service and Command Modules. When they got back to Earth orbit these modules separated. The three astronauts were now packed in the Command Module which set its rounded base towards the Earth and fell. A heat shield burned away as it rushed through the atmosphere and slowed. Parachutes were deployed and the module splashed down into the North Pacific Ocean, 900 miles south west of Hawaii on 24th July.



Apollo 11 splashdown of Columbia. NASA

NASA



They landed at the edge of the Sea of Tranquillity.



The last image is iconic and revealed Earth as a little place floating in space which, perhaps, should be looked after. It helped spawn new environmental movements.

The Apollo Programme which culminated in the manned missions to the Moon, Apollos 11 to 17, employed 400,000 people and required support from over 20,000 industries and universities. All this was done with virtually no computing

power but lots of brain power. The Apollo 11 guidance computer was at the cutting edge of its time, it had 2 kilobytes of active memory and 32 kilobytes of storage – kilo means 1000. (an iPhone can have 2gigabytes and 64,000 gigabytes – giga means 1000 million).

The Saturn V rocket assembly remains the biggest and most powerful rocket ever built. D Day, recently celebrated, enabled the Apollo missions to happen because the Saturn V was the child of Wernher von Braun, helped by a further 700 German rocket engineers, spirited to the USA at the closing stages of the Second World War. They, of course, had been engaged in building and launching V2 rockets in an attempt to destroy London.

‘We choose to go to the Moon’. The essence of a speech by president John F. Kennedy in 1962. It took just 7 years from his wish to fulfilment though he was assassinated just two years after the programme began. There was already a desire to open up the ‘New Frontier’ and, if left to develop at a normal pace, it would likely have been done a little slower, a few years later, but probably better. However, there was also a Space Race as the USSR (now gone but call it Russia) had had all the early successes in spaceflight and had a Moon project of its own. In fact, the USSR developed all the kit needed and it was bad luck that they failed and then gave up.

Now there is another Space Race involving the USA, China, Europe, India, Japan, Israel and private companies. President Trump wants Americans to get to Mars first but has paused that drive to return to the Moon in 2024. STOP PRESS. At the time of writing he has just tweeted, ‘For all the money we are spending NASA should not be talking about going to the Moon – we did that 50 years ago. They should be focussed on the much

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bigger things we are doing, including Mars (of which the Moon is a part)'.  
This tweet has been mocked but, to be fair, NASA does see a Moon return as a test and as a stepping stone to the much harder problem of landing men on Mars.

And, before I get letters about men without a mention of women, NASA does plan to have one of the latter on the Moon too. Women in space came late due to toilet arrangements, or lack of them. Apollo astronauts did wear nappies and had tubes to assist where necessary. A Russian woman was the first in space but they wouldn't tell NASA what the arrangements were.

Anyway, for those of you interested there will no doubt be programmes on the TV and the Internet abounds with everything anyone wants to know about Apollo. There are also still those who pronounce it was a lie. It wasn't, I watched it.

References: My 50-year-old copies of: *The Times Atlas of the Moon* and *The Invasion of the Moon 1969* by Peter Ryan; multiple websites including NASA.

### What is in the Sky this Month?

Not a lot to say in not much space. Access last month's copies on-line as not much has changed. Earth is at Aphelion, furthest from the Sun, on July 4th when it will be 152 km or 95 million miles away.

There is a partial eclipse of the Moon on the 16th. The Full Moon will rise about 9pm already in the Earth's shadow and will be 65% obscured at 10.32pm. The shadow will then recede and the Moon will emerge fully from shadow at midnight.

In brief: Jupiter and Saturn predominate. Saturn is at opposition on the 9th (closest) and Jupiter was a few weeks ago. Unfortunately, both are rather low down (see last month's article).

Start looking for them from about the 10th at 10pm. Look due south. Jupiter will be just east of south, Saturn just rising in the south-east.

From 1pm. things will be darker if not clearer and Jupiter will be due south, Saturn SSE.

From midnight, each planet is either side of south. Later, or in the early morning, Saturn is south and Jupiter is setting in the SSW.

Jupiter is by far the brightest at magnitude -2.46 whereas Saturn is +0.12 (magnitudes get brighter the lower they are). Each change of magnitude by one is a change in brightness by a factor of 2.5. So, Saturn is about 1/7 as bright as Jupiter.

Saturn is twice as far from the Sun as Jupiter. Twice the distance means a quarter of the amount of sunlight so that would likely make Saturn at best a quarter as bright. Both planets reflect light well but Saturn is smaller hence less bright still.

Anyway, take a look at both. Galilean Moons of Jupiter easy in a small scope / large binoculars. Rings of Saturn need a decent 'scope or very good birding 'scope.

Pluto is at opposition too. I will try to see it but unlikely to succeed in a summer sky.

There are meteor showers on the 30th, the Southern Delta Aquarids and Alpha Capricornids. Early morning viewing.

The skies are darkening, rockets are launching; I would catch one tomorrow.

Terry Parish

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## VAT CHANGE FOR CONSTRUCTION BUSINESSES

by Kathryn Gigg

Chartered Accountants, Hunstanton

A significant change to VAT accounting for businesses in the **Construction Industry** comes into force this Autumn.

The Government is on a mission to clamp down on “missing trader fraud” which has migrated across several industries and has most recently taken root in construction supply chains.

This new requirement specifically tackles the supply of construction services between construction businesses, and will impact heavily on **builders, carpenters, plumbers, electricians, decorators, scaffolders and many others in the Construction Industry.**

From **1 October 2019** a VAT registered construction business supplying certain standard or reduced rated construction services, or, services along with materials, to another VAT registered construction business for onward sale (where payment of such has to be reported under the Construction Industry Scheme (CIS)), will no longer charge VAT; instead the recipient construction business will self-account for VAT by making a **Reverse Charge** adjustment.

**Suppliers** will need to identify customers liable to account for the Reverse Charge by checking the customer’s VAT registration number, CIS Registration, and obtaining confirmation from the customer as to whether it is an “End User” or not.

The **Customer** must then account for the VAT due on the supply via its own VAT Return at the appropriate rate, instead of paying the VAT to the supplier. Such VAT can, in turn, be recovered as input tax, subject to the normal rules, which will usually mean a NIL net tax position with no VAT being due to HM Revenue & Customs in respect of the transaction, as is the case currently. This removes the scope to evade any VAT owing to HMRC.

**It is therefore crucial that all relevant businesses ensure that their accounting systems and invoicing procedures are set up ready to deal with the Reverse Charge;** and, any decision currently being taken regarding software to use for the purpose of reporting under the Revenue’s **Making Tax Digital** Regulations should take this into account.

**In summary,** the Reverse Charge will apply to all Construction Industry Scheme (CIS) and VAT registered businesses who buy and sell construction services and materials that are subject to CIS reporting (apart from those that are zero rated, such as new build), right up to the point in the supply chain where the customer is the End User. At that point, normal reporting, invoicing and collection of VAT resumes. Any VAT registered construction business invoicing a client (such as a private individual), that is not CIS-registered, must continue to charge VAT.

Under the Reverse Charge regime VAT is calculated purely as a “paper exercise” and this may, in certain cases, create **cashflow pressures** as businesses will no longer be able to rely on VAT for cashflow. Additionally, any subcontractors that do not adapt to the new system correctly could make costly mistakes on their invoices if not rectified in a timely manner. The Revenue has thankfully acknowledged the difficulties business may have in implementing the Reverse Charge and have confirmed that they will apply a light touch in dealing with related errors that occur in the first 6 months after introduction of the new legislation.

**Detailed guidance from HMRC is available at <https://www.gov.uk/guidance/vat-domestic-reverse-charge-for->**

**[building-and-construction-services](#).** If you wish to confirm exactly how this will affect your business and are in need of further advice, please contact either myself or my assistant Nicola Tarry FCA who will be pleased to talk matters through with you.

Please contact Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or email [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk) if we can assist in any way.

Mrs K H Gigg FCA

**Caution:** The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information. © Kathryn Gigg 2019



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## Alternative Therapies

Thinking on last month's astounding statistic 'British people check their smart phones every 12 minutes' (thanks Barking Mad, June Newsletter article) sent me on a ponder. If a family member got up to open the front door every 12 mins, just in case someone was there or picked up the landline, even if it hadn't rang, every 12 minutes or checked the letterbox for post, we would think they were unwell and rightly so.

I had a look in the homeopathic Repertory or book of symptoms, which to the uninitiated is a huge cumbersome book written in a tedious manner. Instead of sharp pain in the leg, you research leg, pain, sharp, then get out your magnifying glass to read the tiny list of remedies. However, in this book is a whole section on Mind Delusions or illusions and came across the following which may be what these phone users are suffering from (thinking also of sites used eg facebook/twitter etc) – so for each entry there is a list of possible homeopathic remedies. So have a ponder on these:-

Delusion – accused, - alone in the world, alone always is, - answers to anyone, - anxious, - appreciated not, - argument making eloquent, - arrested about to be, - assaulted about to be, - asylum sent to, - beautiful, - behind her someone walking, - better than others is, - body deformed some parts are, - body heavy and thick, - body thin, - business occupied, - business thought pursuing ordinary, - calls him someone, - calls to someone, - calls to absent persons, - calls on walking, - catches at imaginary appearances, - changed thinks everything is, - charmed cannot break the spell, - childish fantasies has, - clothes thinks are beautiful, - clothes is clad in rags, - confusion imagines others will observe them, - consciousness belongs to another, - conspiracy against him, - crime as if committed, - deceived being, - deserted forsaken feeling, - despised is, - disease that has incurable, - disgraced that is, - enlarged body is, - failure is, - fancy illusions of, - friendless is, and on for another 11 pages.

This is before you wander into the delights of the anxiety and fears pages! So, if you or others think your attention to gadgets is taking over your life, then go and see a Homeopath for help and a meander through the other 11 pages! Or have a look at the techniques suggested by AA or NA for ways of lessening your 'fix'. Aromatherapy and Reiki and crystals can help with stress relief and help to feel better about yourself and your image. Mindfulness or meditation can help refocus thoughts. Ti Chi or Chi Qung can help rebalance the body, its energy and changes thought processes, as can Yoga. Remembering a phone is only a tool, running along the beach singing and dancing is real life and healthy.

See you there.....

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

Alison Bowyer MNCHM

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PRH = Pine Residents Hall, Wilton Rd  
SG = Scout & Guide Hut, Sunnyside

HSC = Heacham Social Club  
PH = Public Hall  
NC = Neville Court

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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)

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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)

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### 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 5.30pm (OFH)

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

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

HANDS & NEEDLES GROUP every other Tuesday

7.30 – 9.00pm Tel: Joan Careless 570363 (MC)

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

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

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

HEACHAM FLOWER CLUB 2pm St.Mary's Church Hall, 4th Tuesday January – November. Alayne Seymour 01485 570560  
NORSEMAN'S BOXING GYM Jnr 6-7pm and Snr 7-8pm at Unit 12 Heacham Hall Ind Est. Jnr £2, Snr £3 geezersales@btinternet.com

FOOTBALL Girls 6-13 YO 6-7pm, Boys U11's 7-8pm Nathan 0781169910 £1 (HSC)Playing Fields

### 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)

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 7's, 8's, 9's, 10's 4.30 - 6pm U14's 6.30 - 7pm Adults Open Match 8-9pm Contact Jason 07867527706 (HSC) playing fields

1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC) 5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084

JUDO Beginners 6-7.30pm Tel: 571614 (PH)

1st HEACHAM CUBS ages 8 – 10yrs

Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)

JUDO Advanced 7-9 pm Tel: 571614 (PH)  
 YOGA for healthy living 9.30-10.30am £6. For info Tel: Alison 571062 or email -medullayoga@gmail.com (SG)  
 HATHA YOGA at Heacham Infant School 7.45-8.45pm. £6 per person Alison 01485 571062  
 CHILDREN'S YOGA 7 to 11yrs 4-5pm (limited spaces) To book call Alison: 01485 571062 (SG)  
 SOCIAL EVENING 2nd Thursday monthly 7.30pm (MC)  
 RAO BUFFALOS 8pm (HSC Top Room)  
 QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds  
 TEA DANCE every week. Old time line dancing and sequence 2pm-4.30pm at the Public Hall. Call George 01775 670294  
 LINE DANCING 10-12noon at St.Mary's Church Hall. Improvers £3.50 contact Diane 571166

#### FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am-12 noon 3rd Friday of the month Contact Sue Spencer bereavementgroup53@yahoo.com or Tel: 572029 (SM)  
 FOOTBALL Under 10's 'Minors' 5-6.30pm Contact Jay 07711779415 (HSC) playing fields  
 TAI CHI & KUNG FU 6-7pm Beginners Tai Chi 7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu Tel: Derek 01553 674779 (PRH)  
 INDOOR BOWLS CLUB (Carpet) 2.30pm (MC)  
 CASH BINGO 7pm (PH)  
 WILDFOWLERS CLUB 1st Friday monthly 7.30pm (HSC Top Room)  
 COFFEE AFTERNOON 1st Friday in every month at Fridhem Rest Home 2-3.30pm. £1 inc tea/coffee & cake. All welcome  
 NORSEMAN'S BOXING CLUB Jnr 6-7pm, Snr 7-8pm Unit 12 Heacham Hall Ind Est. Jnr £2, Snr £3 geezersales@btinternet.com  
 POKER IN THE CLUB 1st Friday each month 7.30pm (PH)

#### SATURDAYS

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

#### SUNDAYS

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

#### HEACHAM DIARY

**Friday 5th July** GIG 'JAM with DNA' 8.30pm at The Fox and Hounds, Station Road

**Saturday 6th July** GIG 'Shane Gould' at Silver Sands Pub, North Beach  
 \*\*\* 'Big Band Concert' in aid of Break Children's Homes. 7.30pm in the Public Hall, £8. Contact Ian 07776195610

\*\*\* 'Big Band' in The Hall, at The Social Club, Station Road. £8 on the door

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

**Friday 12th July** GIG 'Betty Swallox' 8.30pm at The Fox and Hounds, Station Road

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

\*\*\* 'Afternoon of Singing' 2pm at Heacham Methodist Church. Refreshments available. All welcome

\*\*\* GIG (To Be Announced) at Silver Sands Pub, North Beach

**Sunday 14th July** 'Wolferton Singers Midsummer Melody' 3pm start followed by Choral Evensong 4.30pm at Heacham Church

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

**Friday 19th July** GIG '4Geezers' 8.30pm at The Fox and Hounds, Station Road

**Saturday 20th July** 'Waddo' in the club at The Social Club, Station Road

\*\*\* GIG 'Gemma B' at Silver Sands Pub, North Beach

**Thursday 25th July** GIG 'Beer Festival - Glam Slam Glitz' 8.30pm at The Fox and Hounds, Station Road

**Friday 26th July** GIG 'Beer Festival - Dead Horse' 8.30pm at The Fox and Hounds, Station Road

\*\*\* 'Elvis is in the Building' 9pm at The West Norfolk Pub. £5pp. Food served from 6pm. Proceeds to Macmillan Cancer Support and breast Cancer Unit QEH

**Saturday 27th July** 'Charity Petanque Marathon' for East Anglian Air Ambulance, 9am-9pm at Bushel and Strike, Malthouse Cres. More info 01485 571977. All welcome

\*\*\* 'Roger Williams' in the Club at The Social Club, Station Road

\*\*\* GIG 'Beer Festival - Groove Cartel' 8.30pm at The Fox and Hounds, Station Road

\*\*\* 'Family Fun Day' 2pm-4pm at Fridhem Rest Home, Station Road

\*\*\* GIG 'Matt Pierce (Mischief)' at Silver Sands Pub, North Beach

\*\*\* 'Messy Church' 10am-12noon at St.Mary's Church. Call Veronica 570697. Church office 572539

**Sunday 28th July** 'Where's Frank' 4pm in the Club at The Social Club, Station Road

\*\*\* GIG 'Beer Festival - Crossing The Tracks' 2pm-5pm at The Fox and Hounds, Station Road

**Monday 29th July** '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

\*\*\* 'Heacham History Group - The History of Farming in Norfolk' 7.30pm at Old Friends Hall, Sunnyside. £2 Members/£3 non-members

#### AUGUST

**Saturday 10th and Sunday 11th August** 'Heacham Heritage Exhibition' 10am-4pm at The Public Hall, Station Road. Free admission. Refreshments available



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## OTHER EVENTS

**Friday 5th July** Dancing to 'Tony G' 8.30pm at United Services Club, Homefields Rd, Hunstanton

**Saturday 6th July** 'Open Produce and Craft Show' 1.30pm - 4.30pm hosted by Snettisham Gardening Club at the Memorial Hall, Old Church Rd, Snettisham. Admission £1 via raffle ticket

\*\*\* 'The West Norfolk Jubilee Youth Orchestra' 7pm at St.Edmund's Church, Hunstanton. £5 entry includes refreshments  
\*\*\* Dancing to 'The Strollers' 8.30pm at United Services Club, Homefields Rd, Hunstanton

**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

**Monday 8th July** The Arts Society 'Lecture - Mad Men and the Artists' 2pm at Sedgeford Village Hall. Book a seat on 01485 570755

**Tuesday 9th July** 'Brancaster Camera Club, Panel Competition - Abstract' 7.30pm at Brancaster Staithe Village Hall. £3 entrance includes refreshments. All welcome

**Friday 12th July** Country Night with 'Brian Mann' 8.30pm at United Services Club, Hunstanton

**Saturday 13th July** 'Classical Guitar Recital' 3pm at St.Mary's Church, Snettisham. Tickets £8 on the door. Includes afternoon tea  
\*\*\* Dancing to 'Corri Lewis' 8.30pm at United Services Club, Homefields Rd, Hunstanton

**Sunday 14th July** 'Dog Show and Family Fun Day' 10am - 4pm at the East Park, Holkham Estate, NR23 1SF. Free entry, parking £3 per car

**Monday 15th July** 'U3A Meeting - Talk on The Wonder of Home Exchange Holidays' 2pm at the Community Hall, Hunstanton

**Wednesday 17th July** The Village Cinema Presents ' Colette' 7pm start. Doors and bar 6.30pm at The Memorial Hall, Snettisham. £5 on the door

**Friday 19th July** 'Quiz Night' 8.30pm at United Services Club, Homefields Rd, Hunstanton. £3pp

**Thursday 18th - Sunday 21st July** 'Flower Festival' 10am - 5pm at The Dersingham Village Centre organised by St.Nicholas Church

**Saturday 20th July** Syderstone Village Cinema Presents 'Green Book' 7.30pm at Amy Robsart Village Hall, Syderstone PE31 8DS. Tickets £3.50

\*\*\* 'Snettisham Village Fete' 12noon - pm on Snettisham Playing Field. Dog show, stalls, music, food and drink

\*\*\* 'Marham Military Wives Choir' 7pm at St.Edmund's Church, Hunstanton. £10 entry includes refreshments

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

**Sunday 21st July** 'SHARP Archaeological Festival' 10am - 4pm. Excavation Site, Boneyard Field, Sedgeford (follow AA signs) Free entry, £3 parking. www.sharp.org.uk

**Tuesday 23rd July** 'Brancaster Camera Club, Digital Competition - Springtime' 7.30pm at Brancaster Staithe Village Hall. Entrance £3 includes refreshments. All welcome

**Thursday 25th July** 'Recital' 2pm at St.Mary's Church, Snettisham. Tea and cakes served afterwards. No admission charge

**Friday 26th July** 'Kieran as Robbie Williams Tribute' 8.30pm at United Services Club, Homefields Rd, Hunstanton

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

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

**Monday 29th July** 'Recital' 2pm at St.Mary's Church, Snettisham. Tea and cakes served afterwards. No admission charge

**Tuesday 30th July** Dersingham Village Screen Presents 'Christopher Robin' 7.30pm in the Village Centre, Dersingham

## AUGUST

**Saturday 17th August** 'Burnham Market Craft Fair' 10am - 5pm parking on the playing field near the Nelson Pub (off Creake Road)

**Saturday 31st August** 'Cello and Piano Recital' 12noon at St.Mary's Church, Snettisham. No admission charge. Simple lunch provided

## SEPTEMBER

**Friday 13th September** 'Classical Music Rocks - The Amalthea Duo' 7pm at St.Mary's Church, Snettisham. Tickets £10 on the door or from King's Lynn Corn Exchange

### **Mondays**

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

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

### **Tuesdays**

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

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

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

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence 'all ages' 6.30 -8.30pm at Smithdon 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:Sue570823

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@wattington.com

## Borough Council News - July 2019 Heacham Sedgeford Fring

The meeting between neighbours and a small local developer mentioned last month was useful and I hope other builders / developers take note.

STOP PRESS Heacham Cheney Hill. A reserved matters application is likely to emerge in July, perhaps a little later (from recent discussion with site owner). There may be public/developer consultation. I will make arrangements for a meeting between myself and interested Heacham residents (only) when more details emerge. Email me and/ or look for a notice in the Parish Council office.

At an Environment and Community Panel, I managed to raise, again, the issue of lack of litter / dog bins along the sea defences between Heacham and Hunstanton. It is supposed to be being taken further. Don't hold your breath.

I have received a few complaints about grass verges being a bit long. My answer has been 'Spring Watch'. If you like bats then they like moths as do many birds. Many moths like long grass and associated weeds. Tidy edges on wider verges and a good cut after seeds have fallen would be a nice balance. Think about it anyway.

Sedgeford and Heacham enjoyed excellent entertainment in their halls. 'An Honest Gentleman' at Sedgeford (Stuff of Dreams Theatre Company supported by Creative Arts East) and 'Evolution Express Judgement Day' at Heacham (The Pocohontas Players). The Youth – West Partnership is running a Youth Club for 11-18 year olds at Heacham (Tuesday nights except for the last Tuesday of the month, 6.30pm, Church Hall in the High St.). The Youth-West Partnership supports local drama through enabling training. Ask about it.

I have met an old colleague who knows Fring well and I will attempt to make contact with residents over the summer. Or you can always email or 'phone me (leave a message).

### CHRISTINA THAIN

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A significant concern of many people close to building works is the disruption it might cause – noise – dust – litter - mud. There are two ways the Borough Council attempts to deal with this; planning conditions put in place by planning officers before the work starts; dealing with problems as they present themselves via Community Safety Noise and Nuisance (CSNN) action.

Planning officers are reluctant to condition nuisance, particularly on small developments as they might then be required to enforce them by tasking enforcement officers. CSNN officers would prefer planning conditions as they can reduce workload on their small department. They often request conditions on developments of more than two units. If conditions are not in place then they pursue, in particular, issues related to working hours, noise and dust.

At a planning committee I was somewhat surprised that a planning condition to restrict working hours (8am to 6pm, no Sundays or Bank Holidays) was considered not suitable for self-build developments even when very close to existing houses. My logic was noise is noise and should be controlled. I broached this with CSNN officers who agreed with me. I will pursue this contradiction.

Report nuisance building issues via the BC website and CSNN and / or report them to me.

For information: as I have noted before, self-build today is mostly done by builders and is, seemingly, just a mechanism to avoid paying the Community Infrastructure Levy.

The Single Use Plastic Working Party has been re-established to monitor progress (none at present).

Bid funding is available from government to support high street regeneration in towns. BCKLWN will almost certainly make a bid for King's Lynn.

Alive Leisure is now Borough Council controlled. King's Lynn Innovation Centre is now owned by the Borough Council again. How the £1 million owed to the council is to be repaid is being determined. A focused staffing restructure within the council aims to save money over the next two years. There will be some movements towards making aspects of the council more open. More information as and when things change.

**Terry Parish**  
Independent Borough Councillor





## Want to get involved in planning Community Events?

The Heacham Community Activities Committee is responsible for organising various social events and activities to build and support our community.

We are looking for people to help organise, promote and deliver a wider range of activities within the village, and to communicate and consult more effectively with local parishioners.

The Committee meets once a month and the Chairwoman for the Committee is Jillian Carr. Activities of the Committee include organising the annual Heacham Carnival Parade and management of the Recreation Ground.

In the past year we also co-ordinated the 'Battles Over' event to commemorate the ending of the First World War, and an exhibition to mark the 90th anniversary of the successful first swim across the Wash by renowned open water swimmer, Mercedes Gleitze.

Joining with many Councils and Parishes across the Country, we are currently starting to plan the commemoration of the 75th anniversary of VE day in May next year. We are also in the early stages of planning a refresh of the recreation ground.

If you would like to be involved in planning for these, or have ideas about events and activities you think would be popular and bring the community together, why not come and join us?

For more information please contact the Parish Office on 01485 572142.



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## Heacham Judo Club

Heacham Judo Club have received some fantastic donations in May which have helped the club keep moving forward.

Firstly, thanks go to Heacham Youth & Community Trust for their donation towards two of our players, Harry Sands and Lillie Edenborough, going to the Houvast Judo Tournament in Mierlo, Holland with the A.J.A. National squad, after winning golds at the National competition in March. Both competed well but unfortunately missed out on medals this time, fighting against some very strong opposition.

Next, we need to say thank you to Cox Scientific Ltd for their donation of sports and First Aid equipment which has been greatly received by the club members. The equipment will go to help fitness and improve strength training for everyone.

The picture is of club members with the donated equipment.

Anyone interested in coming along to the club, it is on Thursday nights in the Public Hall from 6-9pm. Contact details are on the What's On page in this Newsletter.



Shirley Tucker

## Heacham Carpet Bowls Club

We were lucky enough to secure a place at the Dersingham Bowls Competition last month and we sent two teams. This was held in their new hall which can have 4 mats wide or 7 along the length.

Once again, their selection of yummy cakes and beautiful raffle prizes was enough to satisfy but we had to play bowls too! So, we achieved a good showing and held our own against many teams of greater standing and much faster mats and a good time was had by all.

So, to get in with a chance of getting onto the local international circuit, come and join us at Heacham Public Hall, Tues/Wed/Thurs mornings 10.15 to midday, at a vast cost of £1. Everyone welcome.

## Charity Petanque Marathon for the East Anglian Air Ambulance

Saturday 27th July, 9am to 9pm

hosted by

**Bushel & Strike Public House & Strikers Petanque team**  
Malthouse Crescent, Heacham, PE31 7DL

**Players, spectators, interested non-players, all welcome.**

The format will be teams of three, playing games of triples, so come with your team, or form a team with friends, or just come and join other interested people on the day.

The Bushel management will play against the Strikers for the first hour, so if you are not familiar with the game come early and see how it's done. After that we plan to have two-hour time slots – 10.00–12.00, 12.00–2.00, 2.00–4.00, 4.00–6.00 and 6.00–8.00 – for teams to play. The Bushel management will play against the Strikers again for the last hour.

You don't necessarily need to book, or have to play for a full two hours; timing, the make-up of teams, substitutions, anything and everything is flexible so long as you have fun and we raise lots of money for the Air Ambulance.

Food and drink will be available from the pub during the day.

To book a time slot (or part of a time slot) for your team, or for more information, please contact Robert Partridge on 01485 571977 or at [17robert105@gmail.com](mailto:17robert105@gmail.com)

If you just wish to donate and sponsor the Strikers team a sponsorship form is held behind the bar. Thank you.



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# around & about...



present

## Midsummer Melody

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followed by

## Choral Evensong

at 4:30pm

**Heacham Church Sunday 14th July**

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## Classical Music for Children

Classical Music Rocks (CMR) is a small organisation covering West Norfolk, bringing professional musicians to schools to play short pieces and interact with the children, many of whom have never experienced classical music before. Since October 2016 CMR has reached 5,000 children.

I have attended their public events and also a school session, and can attest to the quality of the musicians, the lively sessions, and the interest which they generate among the children. There is usually a public performance associated with a school visit, to raise funds and awareness.

### Public Events:

The next public event is at 7pm on 13 September and features Siobhan Swider (harp) and Klio Blonz (flute) playing works by Mozart, Vivaldi, Ravel and Salzedo. Venue: St Mary's Church, Snettisham. Tickets £10, from King's Lynn Corn Exchange or on the door.

More information about CMR and the musicians is here:

<https://cmrschoolswestnorfolk.com/>

Concerts:

<https://cmrschoolswestnorfolk.com/events>

I will gladly send a brochure to anyone who does not have access to the Internet.

### How you can help:

We would greatly appreciate some help with social media, so if anyone can offer Facebook and Twitter expertise please get in touch. Volunteer ushers are occasionally required for events (with complimentary tickets for volunteers, of course). If you are able to do this, or display event posters, please let me know.

We have very little funding, and that is likely to be considerably reduced soon. We rely entirely on volunteers so that all our funds can be used to hire musicians and pay travel costs. **We appreciate every penny given.** Donations can be made easily online using this link:

<https://www.justgiving.com/crowdfunding/classicalmusicrocks>

If you would like to donate in a different way, or (even better!) would like to set up a regular payment, however small, please contact us (details below).

Please mention this article to anyone who may be able to help, or would be interested in attending events. Enquiries regarding school events should be directed to Peter Barker.

Many thanks.

**Beth Winsor, Membership Secretary/Fundraiser**

Tel 01485 570479

E-mail [PublicityCMR@gmail.com](mailto:PublicityCMR@gmail.com)

**Peter Barker, Founder and Chair**

Tel (mobile) 07972 752343

E-mail [peterbarker21@gmail.com](mailto:peterbarker21@gmail.com)

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### Entertainment for July 2019

Saturday 6th July	Music and dancing to Carol Anne. Hot Dogs will be served
Saturday 13th July	Dancing to Big D
Saturday 20th July	Dancing to Rick Roberts
Saturday 27th July	Dancing to Mike Fox
Wednesday 7th August	Trip to Bury St Edmunds. Put names in at the bar

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**Mad Men and the Artists**  
- how the advertising industry has exploited fine art.

Fine art has provided advertisers and their agencies with a great deal of material to use in their creative campaigns. This lecture describes some of the processes by which these advertisements have been created and why the works of Leonard da Vinci, Raphael and Michelangelo have been a particularly rich source.

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

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

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**On Saturday 20th July 2019**  
**Green Book (12A)**

When Tony Lip, a bouncer from an Italian-American neighbourhood in the Bronx, is hired to drive Dr Don Shirley, a world-class black pianist, on a concert tour from Manhattan to the Deep South, they must rely on 'The Green Book' to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger as well as unexpected humanity and humour, they are forced to set aside differences to survive and thrive on the journey of a lifetime.  
Starring Viggo Mortensen and Mahershala Ali.

Venue: Amy Robsart Village Hall,  
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Start time: 7.30pm.  
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**SATURDAY 6th JULY 2019**  
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Admission via Raffle Ticket £1.00  
Raffle to be drawn at 4.00pm

Memorial Hall  
Old Church Road, Snettisham

**Brancaster Camera Club**

**Tuesday 9th July 2019**  
Panel Competition 'Abstract'  
1. Wood, 2. Metal, 3. Open  
Judge: John Wilcox LRPS CPAGB

**Tuesday 23rd July 2019**  
Digital Competition 1 'Springtime' + two own choice  
Judge: Andy Swain

Meetings are held in Brancaster Staithe Village Hall at 7.30pm.  
Entrance £3 to include refreshments. Visitors are most welcome.

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## Burnham Market Craft Fair

The Burnham Market Craft Fair (which is now its 44th year) will be held on Saturday 17th August 2019.

This popular event, which is fundraising for the community, is entirely run by local volunteers. Funds are raised by stallholders contributing 10 per cent of their takings. Profits are donated to local charities and good causes.

This year's craftspeople have been selected from nearly 200 applications and have been hand-picked for quality and variety. Traditional, local and regional crafts will be displayed alongside items by local artists, designers and artisans on over 100 stalls in the centre of the village, on the greens, from 10.00am to 5.00pm.

Stalls include original art, jewellery, plants, textiles, ceramics, cards, woodwork, pottery, basketwork, sculpture, furniture, glassware, photography, aromatherapy, leather-craft, metalwork and more.

There will be a traditional Hog Roast and a Punch and Judy Show will entertain children throughout the day. There are several refreshment stands, plus tea and cakes at St Mary's Church, Westgate and, of course, the permanent good eateries and specialist shops that make up this charming and attractive village.

Ample parking is available in the new North Street car park, on the Creake Road Playing Field, or why not come into the village on the Coastliner bus?

(Enquiries regarding the Craft Fair to Lucinda Reddyhoff  
Email: [lucinda@theburnhammarketcraftfair.co.uk](mailto:lucinda@theburnhammarketcraftfair.co.uk)  
or Mobile phone: 07771 705 001).

**Lucinda Reddyhoff**

# Burnham Market Craft Fair

**Sat 17th August**  
**10am - 5pm**

**Over 100 stalls with hand-crafted goods.**

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\*Woodwork \*Pottery \*Basketwork \*Ropework \*Sculpture  
\*Glassware \*Aromatherapy \*Leather-Craft \*Metalwork



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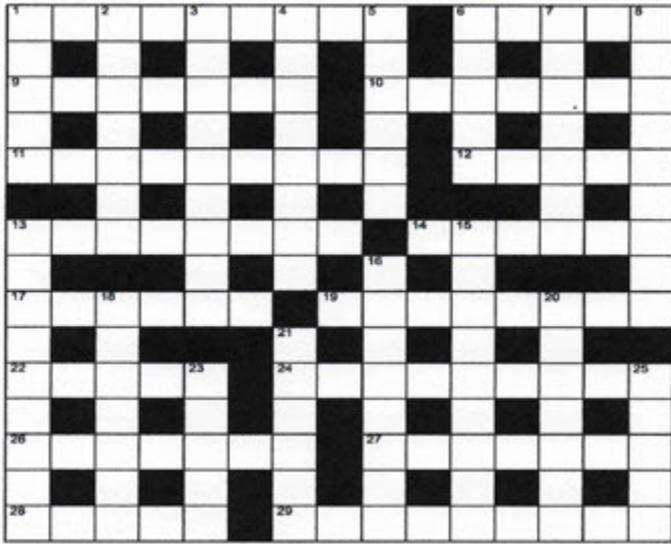
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### JULY CROSSWORD

**CLUES:**

**Across:**

- 1. Collection in church after service is for cleaner (9)
- 6. In north London Barnet declared after first Camden seat (5)
- 9. Become less interested and repeatedly unfriendly (4,3)
- 10. Ducks around the foreign runners (7)
- 11. Care about hobby, knitting a jumper, perhaps (9)
- 12. Back scores own goal – that’s about right! (5)
- 13. Work and clear schedule (8)
- 14. Caught tights with tip of nail, but sorted out (6)
- 17. A bit inclined to be arrogant? (6)
- 19. Expressed excitement at calling for classic car (8)
- 22. It’s a bit of a shock when female player rattles off a century (5)
- 24. Agreeing to exercise in future (9)
- 26. Entertain supporter, going back in time (7)
- 27. Picture can be a beautiful production, if Universal pull out (7)
- 28. Green issues concerning rollers (5)
- 29. Foxy animal captures rook and another bird (9)

**Down:**

- 1. Furnishing friendly-type in a roundabout way (5)
- 2. Uncomplaining, sit around in a circle, cold; also cut off like this (7)
- 3. Do trendy dukes make the best dough? (4,5)
- 4. Spinner resumes after lunch.... (3,5)
- 5. ....perhaps bowlers give away singles in field, but one tends boundary (6)
- 6. Informal air exhibited in speech about nothing causes confusion (5)
- 7. Evergreen has span reduced (7)
- 8. No one cares a duck has been taken off for ringing (9)
- 13. It might be juvenile to craft a romance (9)
- 15. Pick up degree with tutor (last seen on bike) (9)
- 16. Person in charge initially had Mike silenced (cut short) (8)
- 18. Clown around (goof) – I opt out (7)
- 20. Fancy, I’m engaged primarily in brewing tea! (7)
- 21. One keeps a record for composer (6)
- 23. Attempts to look seductive in smalls (5)
- 25. Gun, at ready, is drawn (5)

Solution on page 38

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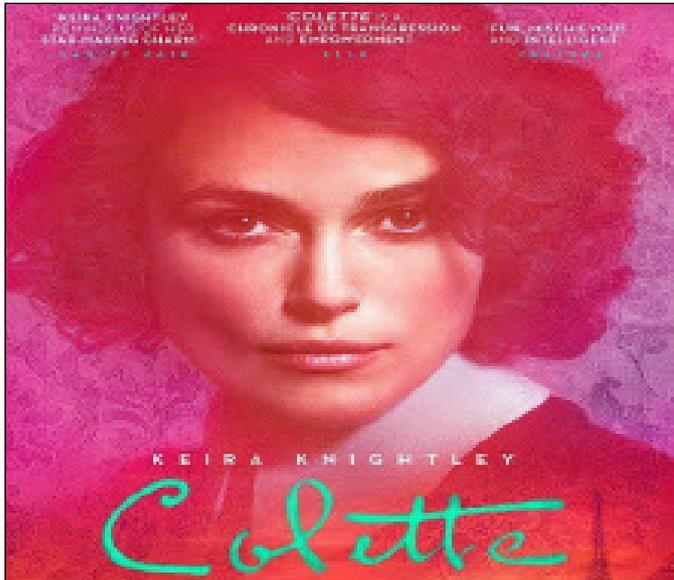
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St Mary's Church Snettisham

Saturday July 13th at 3pm

Classical Guitar Recital by  
Estevao Devides

Tickets £8.00 on door to include afternoon tea.



The Village Cinema in  
The Memorial Hall Snettisham  
Wednesday July 17th at 7pm.

Doors and Bar open at 6.30pm and tickets are available  
on the door priced £5.00 each

St Mary's Church Snettisham

Thursday July 26th 2019 at 2pm  
and Thursday August 29th

Recital by  
David Young (clarinet and saxophone)  
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## WEST NORFOLK LIBRARIES EVENTS HUNSTANTON LIBRARY

July 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)

### Top Tips Gardening Group with Mind Body and Soil - Wednesday 3rd July 10.30am

A monthly group run by the Friends of the Library to share ideas and tips for gardening. Refreshments provided, donations are welcome. Plant up a spring planter to take home for your home or garden, and gain some well-being tips and advice. For more information contact Chloe on 07726 695996 or [chloe.robisonsmith@groundwork.org.uk](mailto:chloe.robisonsmith@groundwork.org.uk)

### Sunny Hunny Hospital - Saturday 6th July 12.00noon

Junior nurses and doctors, come along to celebrate Health Information Week by crafting a stethoscope, making some sticky snots and learning some disgusting body facts. Booking essential. £3 per child.

### Norfolk Day: Bishy Barny Bees and Billy Witches - Saturday 27th July 12.00noon

Come to discover some old Norfolk words for bugs and create your own paper plate bug! No need to book, just pop in!

### Summer Reading Challenge Launch - Space Chase! Saturday 20th July 10.30am

Join us to sign up for the Summer Reading Challenge - Space Chase! Stories, treasure hunt and board games.

### More Old Stuff - Thursday 4th July 10-12noon

Come and take a trip down memory lane with lots of interesting memorabilia - bring your own old treasures to share!

### Hunstanton Book Club - Monday 8th July 2.30pm

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

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

**Walk and Talk group - Tuesday 9th July - 2pm from the library**  
A short walk around the town and then refreshments at the library afterwards. This walk is perfect for those wanting to gently build up their walking stamina.

**Knit and Natter - Thursday 11th July 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 - Mondays 8th & 22nd July 10.30am-12noon

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

### Who Dunit? - Wednesday 17th July 5.30pm

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

### Friends of the Library meeting - Wednesday 24th July 5pm

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

### Crochet Along - Mondays 1st & 15th July 10.30am-12noon

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

### Quiet Time - Wednesday 10th July 5-6pm

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 31st July 5-6pm

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

### Journaling for Wellbeing - Friday 26th July 1.30-2.30pm

Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers, colouring pages and more



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for July. Catch up at the following session on Friday 30<sup>th</sup> August and create the next month's section. Refreshments provided.

### 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 1xhour session with our volunteer to get you started.

You can also follow library events on Facebook at:

[www.facebook.com/LynnLibraries](http://www.facebook.com/LynnLibraries) - for Lynn, Dersingham and Hunstanton Libraries.

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# SNETTISHAM VILLAGE FETE

Saturday 20<sup>th</sup> July 2019

**Snettisham Playing Field**

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## Fun Dog Show



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## CROSSWORD SOLUTION

### Across

1. Dishcloth
6. Chair
9. Cool off
10. Dealers
11. Racehorse
12. Stern
13. Calendar
14. Chosen
17. Uppish
19. Corniche
22. Tress
24. Complying
26. Harbour
27. Tableau
28. Putts
29. Redbreast

### Down

1. Décor
2. Stoical
3. Cool hands
4. Off break
5. Hedger
6. Chaos
7. Ageless
8. Resonance
13. Courtship
15. Handlebar
16. Commuted
18. Pierrot
20. Chimera
21. Scorer
23. Shots
25. Gaunt



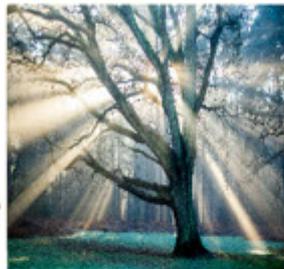
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## Norfolk Hospice receives £4,530 from Morrisons Foundation

The Morrisons Foundation donated £4,530 to Norfolk Hospice – Tapping House, based in Hillington, King’s Lynn.

Norfolk Hospice cares for local people living with life limiting illnesses and provides support for their friends, carers and families. The funds donated by the Morrisons Foundation will enable a bariatric bed and specialist mattress to be purchased by the charity, ensuring that patients receiving care are as comfortable and pain free as possible.

Sue Lane, Trust Fundraiser at the Hospice, was thrilled to receive the donation. “Here at The Norfolk Hospice, Tapping House, we offer support, care and advice to patients over the age of 18, their carers and families through all stages of their illness. The bariatric bed and mattress will greatly help our larger patients as it has been specially designed to aid the comfort of obese people who need our support and who would otherwise not be able to receive the treatment they desperately need in normal beds.”

The Morrisons Community Champion, Sara Farr, presented the donation at the Morrisons King’s Lynn store: “Norfolk Hospice is such a well-known and well respected local charity. I’m really pleased that we were able to help them with this donation and I genuinely hope that it will make a difference to the patients there as well as their friends and family; everyone is supported by the great work they do. Helping local charities is at the heart of what the Foundation is all about and I’m so happy that we can provide this support.”

The Morrisons Foundation was set up by Morrisons supermarket in 2015 and awards grants for charity projects which help

improve people’s lives. Since launching, over £26 million has been donated to hundreds of charities across England, Scotland and Wales.

Local charities are encouraged to visit [www.morrisonsfoundation.com](http://www.morrisonsfoundation.com) to find out how to apply for a grant.



**L-R:** Lee Baxter – Morrisons Duty Manager, Lindsey Atkin - Norfolk Hospice, Sara Turmaine – Morrisons Community Champion

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#### WHAT'S ON IN JULY

Saturday 6th July Big Band in the Hall, £8 on the door

Wednesday 17th July,

Lorraine's Prize Bingo, in Club Starts 1.30pm

Saturday 20th July Waddo, in the Club

Saturday 27th July Roger Williams, in the Club

Sunday 28th July Where's Frank, in the Club 4pm

Every Friday Bingo in the Hall 7pm...

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Every Thursday Judo in the Hall

Every Wednesday Car Boot on Sports Field

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*One plate one visit*

*Small plate £5.95*

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*Desserts £3.00*

*Booking advisable*



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## Lanterns Light up King's Lynn in Remembrance for the Hospice



On 14th May, 152 Hospice supporters came together to walk in The Norfolk Hospice second Lantern Walk in memory of loved ones. The 3km walk which was held at The Walks, King's Lynn, began at dusk.

Walkers were given a lantern to light the way along the route, in celebration of the life of the person or people they were remembering.

The Lantern Walk was organised in conjunction with King's Lynn Borough Council. As well as the lantern-lit walk, participants were entertained by Ben Norris, daytime presenter from KLFM, who started the walk. The Hospice would like to thank Ben and also all of the volunteers who gave up their time to help marshal the walk, sell refreshments and register the walkers; the event would not have been possible without them.

Donations are still coming in but, so far, the Hospice has raised over £2,800 from the event.

Jessica Walker, Community Fundraiser at the Hospice said, "We're really pleased with the success of our second Lantern Walk. To see so many people come together in such a poignant display of remembrance was wonderful. We have the opportunity for the community to also remember their loved ones at our Light up a Life services in December. Please contact the Hospice for more information".



### Dog Show and Family Fun Day 14th July 2019 - 10am -4pm

in aid of Wells Community Hospital Trust

We are happy to announce our fabulous fun filled day for all the family ... two and four-legged ... at the East Park, Holkham Estate - entry via the Golden Gates (B1105 Wells to Fakenham Road). Use postcode: NR23 1SF for Sat Nav directions.

**\*FREE ENTRY, parking £3 per car\***

Gates open and registration from 10am, with doggie classes from 11am - 4pm.

Lots of fun classes and activities for your dog to enter together with a huge array of children's entertainment including circus acts, a climbing wall, pet 'cuddle corner', fun fair stalls and much, much more. Over 50 craft stalls and trade stands, 10 food outlets as well as a bar and 2 live bands!

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For more information please contact Wells Community Hospital Trust on 01328 711996 or [admin@wellshospital.co.uk](mailto:admin@wellshospital.co.uk)

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## Sandringham Explorers Scout Unit

Now called Griffin Explorer Scout Unit, as the two units, Sandringham and Penguin Explorer, have merged. This was done by the Explorers following a vote of the two groups and they decided to call the joined groups 'Griffin'.

A youth forum was held at Gaywood church rooms. With new neckers and completely new colours, Black, White and Purple, they sorted out three programmes and are looking forward to 'Giwell 24' which I will tell you about next time.

The Griffin Explorers attended District Camp and were presented with their new neckers and partook in Axe Throwing, Climbing Wall, Air Rifle Shooting, Kayaking; the most popular thing they did was Fencing.

The Griffin Explorers now cover the whole area of North West Norfolk, i.e. King's Lynn, Heacham, Hunstanton, Sandringham and surrounding villages.

The leaders are frantically writing to charity organisations for new equipment as their existing equipment is not up to scratch, as there are now more Explorers as a result of combining the units together. Fingers crossed we may hopefully get sorted.

Anybody wishing to become an Explorer aged from 13½ to 17½, please contact me Mark, Tel: 07534 361956, or Michelle (my wife) or, if you are interested in being a leader, we can point you in the right direction.

Yours in scouting.

**Mark Routledge  
Little Bird**

## Ringstead Village Hall

Ringstead Village Club meet once a month (except August) on the first Thursday of the month, at 2pm, in the Village Hall, High Street (next to the Gin Trap Inn). You don't have to live in the village to come along to our meetings, everyone is welcome. We invite a variety of speakers throughout the year to come and give talks on a wide variety of subjects; there will be something to interest everyone.

There is no meeting in August.

The 5th September meeting will be a soap making demonstration by Maree McMann.

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

## United Services Club Homefields Road, Hunstanton

### Entertainment for the month of July 2019

- Fri July 5th – 8.30pm: Dancing to 'Tony G'
- Sat July 6th – 8.30pm: Dancing to 'The Strollers'
- Fri July 12th – 8.30pm: Country Night with 'Brian Mann'
- Sat July 13th – 8.30pm: Dancing to 'Corri Lewis'
- Fri July 19th – 8.30pm: Quiz Night £3per person plus Food.
- Sat July 20th – 8.30pm: Dancing to 'Borderline'
- Fri July 26th – 8.30pm: 'Kieran as Robbie Williams' Tribute
- Sat July 27th – 8.30pm: Dancing to 'Tobacco Road.'

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### Sunday Carvery

12noon - 2.30pm  
Adult £9.95pp  
Child £6.50pp

### Live Music

Saturday 13th July 8.30pm  
**Craig Powell**

Craig first began singing at the age of 14. Together with his band 'Uniting Nations' he has sung live on 'Top of the Pops' and around the country at 'Party in the Parks'. Come and see Craig perform songs from the 50's to the present day.



Follow us on Facebook for more Live Music dates.



### Live Music

Saturday 27th July 8.30pm  
**Dave Lea**

Spend an evening in the company of Dave Lea and his incredibly rich and powerful singing voice, in an up close and personal intimate get together.

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## Be an Armchair Fundraiser for the Norfolk Hospice



Ebay Volunteer Chiara listing items at the Norfolk Hospice eBay Office

The Norfolk Hospice Tapping House is embarking on an exciting new way in which to raise funds. Individuals will now be able to raise money for The Norfolk Hospice from the comfort of their home and increase sales through the Hospice's eBay shop.

"We have a wonderful team of volunteers working in our eBay department but we want to make people aware that they can help us increase our income from their homes" says Kate Bambridge, eBay manager. "People are able to sell their own items on eBay and contribute some of that sale to a charity of their choice. It's very simple to do and we are hoping that people will support The Norfolk Hospice by contributing a percentage of the money they raise. They don't even need to contact us as it is all done through eBay."

The Norfolk Hospice is also looking for more volunteers to help in their eBay office. "It is such a friendly and comfortable place to work and there are many interesting aspects to the role of eBay volunteer. It's also so exciting and fulfilling when we sell items internationally. Recently we have sold items to Hungary, Denmark, the U.S. and Australia" adds Kate.

For further information about the new incentive, or to speak to Kate about volunteering, you can contact her by email [kate.bambridge@norfolkhospice.org.uk](mailto:kate.bambridge@norfolkhospice.org.uk) or by phone on 01553 767752.

## Barclays King's Lynn tee off for The Norfolk Hospice, Tapping House

(L to R Jamie Biggadike, Neil John, Jason Nichols, Tammy Green, Daniel Ball, David Salmon and David Norris)

Barclays in King's Lynn have held an inaugural charity Golf Day at Tydd St. Giles Golf and Country Club. The event organised by Barclays Business Managers Jamie Biggadike and David Norris, was a huge success. Supported by local businesses it was a great day for those who took part. The weather along with an outstanding course tested all the teams. Following on from an excellent meal and raffle, the winning team was announced as Fraser Dawbarns, Solicitors.



Jamie Biggadike, Barclays Business Manager, said "We had been looking for a charity to support and The Norfolk Hospice, Tapping House was chosen for the outstanding service they provide in the local community. Over £2,100 was raised from the day which will go to provide much needed specialist care. I would like to thank all the teams that took part and we look forward to doing it all again next year"

Tammy Green, Senior Fundraising Manager at The Norfolk Hospice, said, "On behalf of everyone at The Norfolk Hospice, Tapping House, thank you to Barclays, King's Lynn for organising such a great day. It has been brilliant to partner up with Barclays and I look forward to continuing the relationship so we can continue to provide all of our Hospice services in the local community."



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## Heacham RBL

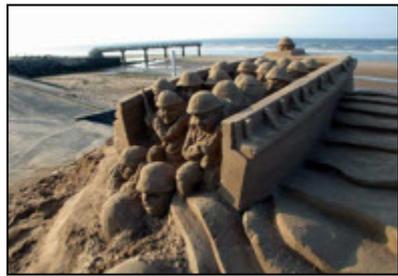
It is with the greatest of pleasure that I am able to inform you that Heacham Royal British Legion Sub-Branch has now been reconstituted as a full Branch. The formal recognition from Haig House was received on 6th June, a poignant day in every sense of the word.

I would like to thank all of my small band of colleagues who have made this happen, and ensured that our well-travelled Heacham Standard will continue to proudly pay our respects to the village fallen for many years to come. I would also like to thank John Boisson, our previous County Chairman, and Hugh King, our present County Chairman, for their wholehearted support. On the subject of our Standard being well travelled, It came with us to the Menin Gate and other memorials last August for GP 90, notably Tyn Cot, where we found, and were able to touch, 2 names from our war memorial...a very moving experience.

John then had the honour of parading the village's Standard at the Royal Albert Hall at the Remembrance Service, and then getting back in time to parade it at our memorial!

I am particularly pleased for Mike English, our stalwart of many years, who now resides in an RBL home in Cromer. Mike was overjoyed when we gave him the good news, and we are so pleased that he has seen this happen.

To top this off, our new Branch Secretary, Paul Giles, paraded our Standard in Normandy last month. Firstly, at Ranville, then on the beach at Arromanche. Our next meeting was held on 3rd July, at the Fox and Hounds, where members old and new were welcomed.



I would also like to thank Mark and Marie, mine hosts at the Fox, who are very proud to host our bi-monthly meetings...a sign will be appearing in the bar to this effect!

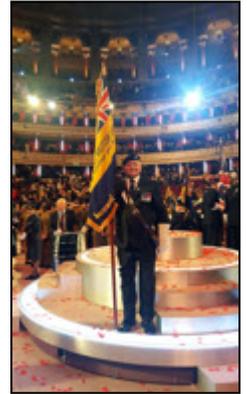
**Marcus Liddington**  
Branch Chairman



## Ranville Cemetery

On the beach at Arromanche, the DUKW is Willie Searles!

Heacham Branch of the Royal British Legion Standard on parade at the Festival of Remembrance 2018. Standard Bearer is Mr John Hussey.



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## Cupcakes and Choirs for Norfolk Care Company

Cupcakes galore greeted visitors to a special West Norfolk event raising money for the Alzheimer's Society and celebrating the award of Outstanding to home care company Extra Hands.

There was a medley of Beatles songs from Heacham Junior School choir, who also brought a tear to the eye of their audience with a rendition of Keep the Home Fires Burning at Heacham Church Hall on Friday morning 14 June.

The 20-strong choir of eight to 11-year-olds provided a musical accompaniment to the Alzheimer's Society Cupcake Day celebration and, aside from the medley, also performed Beatles numbers 'Let it Be' and 'Help' to a packed hall, led by teacher Debbie Seymour.

But the music didn't end there as a choir from the U3A (University of the Third Age) joined proceedings with a rendition of popular tunes from the past - from 'Daisy, Daisy' to 'When You're Smiling'.

"It was lovely to see so many members of the local community, our service users, friends and family at the event," said Jo Tier, Director of Care Services.

"The cupcakes were beautiful and proved to be really popular with our guests. It was a lovely morning and there were plenty of tears when the schoolchildren sang for us. Not only was it a chance to raise money for a great charity, but it was a really nice way to celebrate our award of Outstanding," she added.

The Care Quality Commission inspected the Heacham office of the company earlier this year and awarded it an overall Outstanding status. The family-owned company also has offices in Norwich where a Cupcake Day was held on Thursday for the Alzheimer's Society.



**Donna Semmens**

Teamwork: from left: Zoe Back (director), Anita Walter (director of marketing), Lynda Hilliard (Registered Manager) and Jo Tier (director of care services).

Heacham Junior School Choir.





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WNJYO

The West Norfolk Jubilee Youth Orchestra, known to many people as WNJYO, offers young instrumentalists in West Norfolk, who are aged

under 21, the opportunity to rehearse and perform music together. As well as giving them the chance to rise to all the challenges and responsibilities that are involved in being a member of an



orchestra, belonging to WNJYO enables these young people to meet up with fellow musicians socially and to build up friendships through playing music as part of a team.

Ever since it was set up in 1977, using funds from the Queen's Silver Jubilee Appeal, WNJYO has fostered the musical education and training of many young musicians in the area, encouraging a high standard of musicianship, as set out by the then President, Sir Malcolm Arnold.

In addition to fulfilling lots of engagements closer to home, WNJYO has undertaken many international tours, allowing players to travel all over the world.

Saturday, 6th July 2019



at 7.00pm



# West Norfolk Jubilee Youth Orchestra



at



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## Heacham Twinning Association welcomes visitors from Criteuil-La-Magdeleine, Charente, France

The evening of Tuesday 11th June saw the arrival in Heacham of a group of French visitors from our twinned village of Criteuil-la-Magdeleine which lies in the Charente department of South West France just a few kilometres from the town of Cognac. Members of the Heacham and Criteuil-la-Magdeleine Twinning Association were waiting eagerly to whisk their guests home to their accommodation. Those for whom this was a return visit renewed old friendships built up over the past years whilst the “first timers” were introduced to their new hosts.

The next day – Wednesday 12th June – the Heacham Association had arranged a tour round the Norfolk coast in a 1966 Red London Routemaster bus. Despite the unusually poor weather everyone on board enjoyed the experience with stops on route at Burnham Deepdale, Burnham Market, Wells-next-the-Sea and Walsingham.

On the Thursday, everyone went to Cambridge taking in a visit to the King’s College Chapel and of course shopping. This was followed in the evening with a dinner at the Fox and Hounds in Heacham..



The visit was rounded off on the Friday evening with a Bar-b-Que at one of the Heacham members beach houses where copious amounts of BBQ fare and liquid refreshment were consumed and all enjoyed watching the sunset over the Wash.

Sadly, all good things come to an end and we said au revoir to our French friends early on the Saturday morning when they departed for Stansted to catch their flight back to France leaving us to look back on a very enjoyable few days and forward to our visit to Criteuil next year.

We are always looking to welcome new members of all ages, not just from Heacham but from the surrounding area. It is worth pointing out that the ability to speak French is not a requirement to become a member of the association or indeed to enjoy oneself during the exchange visits.

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

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## HEACHAM PARISH COUNCIL NOTICEBOARD

### PARISH COUNCIL MEETINGS IN BRIEF

The 21 May was the Annual Parish Council Meeting, which dealt with the election of the Chairman and the re-establishment of Committees. Mr Chris Moore has been appointed as Chairman and Mr Graham Reader as Vice-Chairman. The Parish Council wish to express their thanks to Mr Terry Clay for his hard work and dedication during his time as Chairman. Mrs S Eke the Clerk also expressed her thanks to Mr Terry Clay for his patience and the support given during her first 18 months as Clerk.

The following Committees were re-established en bloc: Finance & General Purposes, Community Building Project, Lighting & Watching, Natural Environment, Old Friends Hall Management, Community Activities and Personnel: Committees will elect Chairmen at their first meetings.

The Annual Parish Meeting was held on 22 May. The minutes of last year's meeting were approved and matters arising noted. The Chairman reported on events of the last year; this included an update on the new Community Building Project and the Neighbourhood Plan. The Clerk gave the financial report, showing that the Council's financial situation was healthy. There were reports from Ward Members and village organisations. Parishioners items for discussion included the disgusting state of the North Beach toilets, parking on South Beach and the lack of litter bins on North and South Beach Promenade.

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

**Norfolk Day 27th July 2018:** July the 27th is Norfolk Day and to show our love and support for the local area in which we live, Heacham Parish Council will be flying the Norfolk flag at Brays Pit.

**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.

**Cold Calling:** Please be aware reports have been received about a young male (mid 20s?). He has been seen in the village trying to sell door to door. He said he was an ex-offender trying to make good.

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

### **!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.



### **Heacham Carnival Parade and Fete 2019**

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

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

Are you going to win the £100 prize for the best float?  
Give it a go - you never know!

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

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

This year you will see a new band performing with the carnival Parade.

Come and see, hear and feel, this amazing drumming band as they progress through the village.

Dance to the beat of the drums as Anna Mudeka and her award-winning band provide the sound of Africa as you've never heard it before.

Anna will welcome young and the not so young to experience the rhythm of dance to the sound of the drum as her band perform for us on the field.

This will be an amazing experience and one you'll be made to feel a part of. Don't miss it!



Any queries should be addressed to:  
**Heacham Parish Council Office**

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

Email: [heachampc@btinternet.com](mailto:heachampc@btinternet.com)

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

Open Tuesday - Friday 10.00am-12 noon.

## HELP LINES

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**SNETTISHAM** MON TO WED 08.30 TO 12.30 16.30 TO 18.00  
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OPEN MON - FRI 09.00 TO 18.30 SAT 09.00 TO 17.30

Between 13.00-14.00 prescriptions and certain other products only

available if the Pharmacist is in attendance

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

### HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

### STREET LIGHT FAULT REPORT 572142

### BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

### 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

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

Lynx Coastliner No.36

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

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

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

Via:- Fox & Hounds and Lodge Rd

0654 & 0709 first buses to King's Lynn then 4 an hour from 0729  
 0704, 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

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### 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)

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### 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

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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

23rd July

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



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

**07892942148**

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

**Wire and Plaster Sculpture Workshop**  
 10 August 10am-5pm

**STUDIO @ 55**

only 4  
places



Find out more  
 01485 570 506  
 07538 986 235  
[eb@estherboehm.com](mailto:eb@estherboehm.com)  
[adventureintocreativity.com](http://adventureintocreativity.com)