



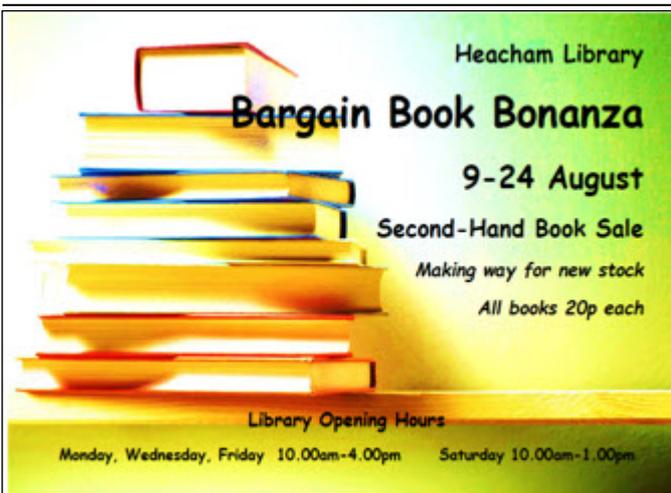
# THE HEACHAM NEWSLETTER

August 2019

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



**Deadline for the next edition is 12 noon, Tuesday 20th August**



Heacham Library  
**Bargain Book Bonanza**  
9-24 August  
Second-Hand Book Sale  
*Making way for new stock*  
*All books 20p each*

Library Opening Hours  
Monday, Wednesday, Friday 10.00am-4.00pm Saturday 10.00am-1.00pm



**Photographic Exhibition**  
**Heacham**  
24th-25th August 2019  
10.00am-4.00pm  
**Free entry**  
**The Old Friends Hall,**  
**Off Caley Street,**  
**Sunnyside, Heacham.**  
**PE31 7DU**  
Heacham Parish Council  
Enquiries: Tel 01485 572142

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET  
E-MAIL: [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk) [www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)

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

**THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH**

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

# your letters..

# news & events in the community ...



Snettisham

Dear Newsletter

## Heacham Fire Service - Thanks

I would like to say a really big Thank You to the Heacham Retained fire crew who attended my Dad on Tuesday 25th June in Neville Court, Heacham.

My 90 year old dad had a really bad fall with his walking frame, trapping him near his door blocking entry to his flat. No other option but to get the fire service.

My dad, Mr Peter Pells, and myself would like to say thank you so much to that crew on Tuesday 25th June, going above and beyond the call of duty. My dad is still recovering in hospital.

Thank you so much to the crew. Wonderful service.

**Christine Dugard**

\*\*\*\*\*

## Heacham Social Bowls Club

### Torrey Cup

2.00pm Sunday 8th September at Heacham Social Bowls Club.

This was originally a competition played between the three bowls clubs in Heacham. Unfortunately, the Fox & Hounds and the Ex-Services Greens are no more. This Cup has been an important part of the history of Heacham, and Heacham Social Bowls Club is striving to keep it going. The competition is now open to residents of Heacham and members of associations in Heacham or the surrounding villages.

If you would like to enter a team (block of 3), please contact Sue Wood, Secretary of Heacham Social Bowls Club, by e-mail: [suesilver2907@gmail.com](mailto:suesilver2907@gmail.com) or telephone 07752 988389.

**Sue Silver**



Leaside

Dear Newsletter

### 'Piano Event'

I am planning to perform another piano event, similar to last summer's, but only three hours this time, from 10am to 1pm on Saturday 3rd August in the hall behind the Methodist Chapel (opposite McColl's).

Proceeds from this event will go towards supporting my sister, who will be going out this autumn to Mombasa in Kenya, Africa (where our father served with the R.A.M.C. during the war) to help to build a support centre for women and children who have suffered violence and abuse. She needs to raise £3500 to cover the cost of the trip and her contribution to the building materials.

There will be no charge for entry or refreshments on 3rd August, but visitors will be invited to make a donation of their choice; other events are being arranged in Bungay (our home town).

I hope I may look forward to seeing many friends on 3rd August – the programme will include singalongs, and also musical games and competitions, with prizes!

With kindest regards.

**John Harris**

\*\*\*\*\*



## Heacham Carpet Bowls Club

This month we hung up our bowls, or buried them depending on how often we had hit that dratted middle, and went on a jolly to Bressingham Gardens.

We rode on steam trains, laughed at the Dads' Army collection and wandered round the tranquil gardens admiring the blooms. In my case, wishing my allotment looked a bit more like the gardens; I shall have to give it a talking too! The weather was perfect, of course! The braver ones went on the carousel which has been beautifully restored, I waved from the train!

We all had a great time and look forward to our next outing. As usual carpet bowls is on Tues/Wed/Thurs 10.15am till 12.00. £1, at the Heacham Public Hall. All welcome.

### Sansevieria trifasciata

(Mother-in-law's tongue)

### Snake plant

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

On sale at Bliss Hair & Beauty  
2B High St, Heacham.

raising funds for Macmillan nurses.



## Computer help in plain English



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

### Tablets and smartphones too!

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

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



Heacham

Dear Newsletter

### Plantlife Road Verge Campaign

Further to Terry Parish's comments on road verges, here is one view on the matter from Plantlife, who are campaigning for less cutting, backed by over 50,000 members of the public, the Prince of Wales's Charitable Foundation and the Rees Jeffreys Road Fund. Messages of support have been received from Monty Don, Alan Titchmarsh, Sarah Raven, Mike Dilger and Ellie Harrison.

They say there are nearly 500,000 kilometres of rural road verge in the UK. This is equal to half of our remaining flower-rich grasslands and meadows; their potential is enormous. Over 700 species of wild flower grow on the UK's road verges – nearly 45% of our total flora. And where wild flowers lead, wildlife follows...a multitude of bees, butterflies, birds and bugs.

However, road verges are under considerable pressure. Priorities for safety and access, alongside budget constraints, a desire for 'neatness' and difficulties with the collection of litter and grass clippings, all mean that enhancing their wildlife value is often low on the list. Safety obviously comes first, and certain verges must be cut to maintain clear lines of visibility, but for many verges a regular late summer cut and removal of clippings will keep the verge safe and thriving with interesting wildlife.

Plantlife's management guidelines can be summed up as 'cut less, cut later' so plants are allowed to flower, pollinators can work their magic, and seeds can ripen and fall to the ground.

The Good Verge Guide and information about rare plants commonly found on verges can be downloaded from Plantlife's website:

<https://plantlife.love-wildflowers.org.uk/roadvergecampaign>

Beth Winsor

\*\*\*\*\*

**SMART BRICKWORK SERVICES**

For all your brickwork requirements



**Andy Larham**

Advanced City & Guilds Bricklayer

For a no obligation quote  
Phone 07810 191051  
Email - [smartbrickworkservices@outlook.com](mailto:smartbrickworkservices@outlook.com)

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

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

State Registered Hairdressers  
Level 3 Stylists and Assessors

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



**Station Road Garage**

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

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



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

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

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

**Station Road Garage**  
33 Station Road, Heacham  
Norfolk PE31 7EX  
☎: 01485 570259

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

Friendly, family run garage.  
All Makes and Models Accepted



Vehicle Testing Station

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

## Old Friends Hall Photographic Exhibition

The Old Friends Hall, Sunnyside, off Caley Street will once again be holding an exhibition of Photographic works over the Bank Holiday weekend 24th-25th August, opening hours are from 10.00-16.00 hours. Admission is free to all those who visit, as it is to those who exhibit. We welcome clubs or individuals to show their works. It's still not too late to enter, just contact the Parish Office (01485 572142) or myself at the number below for an entry form.

This year there is no theme to the exhibition, so we are anticipating a wide variety of subjects and styles to be on show. Again, we will be asking visitors to choose their own personal favourite exhibit; there are no prizes, it's just a bit of fun and it is definitely not compulsory. However, it is an activity where couples, friends and groups discover how varied their tastes really are.

Below are a couple of pictures from last year's exhibition.

Any donations received from the bucket collection, will be given to West Norfolk Mind.

**Roger Drinkwater (Tel 01485 571659)**  
On behalf of the Old Friends Hall Committee



**Martha -  
Janice  
Curtis**

**Ray  
Handford**



### NORTH BEACH FISH BAR



**JUBILEE RD  
HEACHAM  
PE31 7AR**



**July August September  
Open 7 days a week  
11.30 am till late**

**ALL FISH ETC COOKED FRESH WHILE  
YOU WAIT. COME GIVE US A TRY**

**HUNGER HOTLINE 01485 298684**



**Peddars Way Travel**  
**Taxi Service** 

**1st Class Service Comes as Standard**

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

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



### **Chip & Pin Welcome**

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

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



## **SILVER SANDS PUB NORTH BEACH**

We are a family run business  
open daily from 12pm.

Welcoming old and new customers.  
Serving food throughout the day 'til 9pm.  
We have a Thursday Steak Night Special  
plus all the trimmings £7.95  
Friday Curry Night £6.50  
Traditional Sunday Roast £7.95

Entertainment is provided free every  
Saturday throughout August with acts as follows:-

Sat. Aug 3rd Lloyd E Moon  
Sat. Aug 10th Disco  
Sat. Aug 17th 'War Time Memorabilia'  
Steve Perry

### Bank Holiday

Sat. Aug 24th Travis Graham  
Sun. Aug 25th Barry's Karaoke  
Sat. Aug 31st Craig Powell

You can follow us on Facebook Silver Sands  
Heacham, or for info call 07779011937

## Ruffle's Walks – Ruffle Under Cover!

by Rachel Greaves

Eric's eldest two grandchildren, Alice and Jack, were staying for a few days with their Grandad. The weather had been warm and dry so they had asked Eric if they could camp out in the garden overnight. To their delight, Eric had agreed and had found out a large two-man tent which now stood proudly in the garden. The children had collected together sleeping bags, torches, books and of course snacks and were busy arranging everything in the tent ready for the night adventure! Of course, if there was any hint of food, Ruffle was sure to be near at hand!

"Ruffle! Get your paws off the sleeping bag – I can't move it up because you're standing on it!"

"No Ruffle! Get your nose out of the bag of snacks! We're saving them until our midnight feast!"

Ruffle was as excited as the children as they all squeezed into the tent. But it soon became very warm in the tent so they were forced out to the shade of the tree in the garden. They spent a lazy afternoon reading and talking, occasionally interrupted by the sound of Ruffle snoring as he lay beside them.

"Um," thought Jack out loud. "I'm not sure there's enough room in the tent for Ruffle as well tonight – especially if he's going to snore like that all night!"

"Perhaps he can stay indoors with Grandad instead?" suggested Alice, rubbing her toe gently against Ruffle's beard. Ruffle twitched and turned over, his snoring stopping for a short while before beginning again.

Darkness finally arrived. Eric held tightly to Ruffle's collar as Alice and Jack made their way to the tent, their torches picking out the way.

"Goodnight!" called Eric with a laugh. "Don't take any notice of the garden beasts!"

"What did Grandad mean?" asked Jack as they settled into the tent. "What garden beasts?"

"Oh, he was just joking!" replied Alice, not very convincingly. They crawled into their sleeping bags then opened the bag of snacks. However, they hadn't sat for long when they heard a strange snuffling, grunting sound.

"What was that?" cried Jack, his eyes wide open in the torch light.

A scraping sound began outside the tent on the side next to Alice. Jack gave a shout and leapt up, his torch falling onto his sleeping bag. He dashed out of the tent, closely followed by Alice who decided she didn't want to stay in the tent on her own! They raced along the garden path towards the welcoming light of the kitchen and burst through the back door calling for Eric.

Ruffle had heard the shouting and had gone to the back door wondering what was wrong. In their haste, the children rushed past Ruffle, leaving the back door open. Ruffle, remembering the tasty snacks, decided he would take the opportunity to see if there was anything left. As he trotted down the garden path to the tent he caught the familiar scent of the hedgehogs that usually appeared in the garden after dark. When he came to the tent, Ruffle pushed his way carefully through the opening and sat down on the sleeping bag next to the open bag of snacks.

Meanwhile, Eric had followed the children to the back door to assure them that there were no 'garden beasts' that would hurt

them. Alice and Jack suddenly stopped as they looked over to where the tent was. There, bathed in the light of Jack's torch



inside the tent was the shadow of a two-horned creature with a wide open mouth!

Alice squealed with fear. Jack held Eric's hand tightly – even Eric was stunned. At least until the shadow stood up and shook itself, forming into a body with four legs, a head and a long beard!

"Ruffle!" They all shouted Ruffle's name, partly out of relief!

A large hairy black and tan head appeared from the tent, followed by the rest of

Ruffle's body. He walked slowly along the garden path and past the little group into the kitchen. Ruffle didn't look at any of them – but licked his lips as he passed. And was that the smallest movement of his tail...?

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



# P.G. PLUMBING & BUILDING

## 24 Hour Emergency Service

---

### Plumbing - Heating - Tiling Bathroom Installations

---

### Disabled Adaptation Specialists



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



## CHURCHES TOGETHER IN HEACHAM



I have been pondering the importance of story. We all love to tell a good story don't we? Whether it's about what happened when you were on holiday, in the supermarket, at the hospital or doctors, on the beach, on the TV etc.

We love to listen to others telling us stories too; these stories can be fictional or not, funny, sad, shocking, of triumph over adversity, or ordinary life.

One of the parts of my job I love most is listening to people's stories.

When I meet couples who want to get married, I love hearing how they met, and about why they want to get married. When I meet baptism families, I love hearing about the pregnancy, birth and life of their precious child, at funeral visits and funerals it's great to hear the story of the life of the person who has died and how they have influenced the life of those who knew them. When I meet people in the supermarket, I love to hear as they tell me part of their story, sometimes the deep and meaningful bits, something simply that they came in to buy a tin of tomatoes!

It's not just people who have stories, it is places too. Our village of Heacham has its own story, which we are all part of, and again I love listening to those who tell the different parts of the Heacham Story.

The same story is always told differently by different people, from our own individual perspective. In the Bible, the stories of Jesus are known as the Gospels. There are 4 written by 4 different people, Matthew, Mark, Luke and John; they all tell the story of Jesus in slightly different ways, the same story from their perspective.

As a church here in Heacham, we are trying to think about our stories, how our lives and faith are lived out, and trying to share our stories with others.

I wonder what your story is?

I wonder who you could tell your story, or part of it, to this month?

With my prayers and best wishes. Veronica.

**Rev'd. Veronica Wilson, Team Rector  
Western Shore Team- Heacham and Snettisham**

### Heacham Parish Church: Sunday Services in August

4th August	10am Morning Prayer
11th August	10am Holy Communion
18th August	10am Morning Prayer
	4pm Evening Prayer and Afternoon Tea
25th August	8.00am Holy Communion (BCP)
	10am Morning Prayer
	3.00pm Beach Service at North Beach

### 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

August 2019

### Sunday Services: 10.30am Morning Worship

4th August	Colin Grimwood
11th August	Jenny Sparks
18th August	Rev. Steve Oliver - Holy Communion
25th August	Rev. Kim Nally

### Happy Holiday

Minister Rev. Steve Oliver and the Stewards wish a happy holiday to all August visitors and a refreshing time for any residents planning to go away.

All holidaymakers to Heacham are welcome to any of our services and events.

### Summer Fete

On Saturday 17th August from 10.00am to 3.00pm we are having a summer fete with various crafts and stalls, to include preserves, cakes and bric-a-brac. All funds raised will be shared 50/50 between the church organ fund and West Norfolk Carers.

### Midweek Communion Service

The August Midweek Communion service will be on Wednesday 14th August at 10.30am in the church hall, conducted by our Minister Rev. Steve Oliver. All who love the Lord are welcome to this service.

### Bank Holiday Beach Service

A fine Bank Holiday will bring extra visitors to Heacham and you can welcome them to our Bank Holiday Beach Service on 25th August at 3.00pm at North Beach – a Service by the sea especially designed so that residents and holidaymakers can all Praise the Lord in this unique atmosphere.

### Coffee Morning

August coffee morning is on Saturday 24th August 10 – 12 mid-day. David Godfrey will provide music from 11 o'clock. Wanted - good quality bric-a-brac to sell.

### Short Mat Bowls

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

### Christian Book Shop

A reminder that Heacham has a Christian book shop in Station Road (just past McColls). A large variety of Christian special occasion cards, books and gifts available and if they haven't got it, they can order it – just ask.

### Midweek Activities

Tuesday	- Open Door -	10 – 12 noon. Weekly
	Hands and Needles -	7.30pm on 6th & 20th
Wednesday	- Midweek Communion -	10.30am on the 14th
Friday	- Short Mat Bowls -	2.30pm weekly ( <b>not 16th</b> )
Saturday	- Summer Fete.	10am - 3pm on the 17th
Saturday	- Coffee Morning –	10 - 12noon on the 24th

## HEACHAM METHODIST CHURCH

Invite you to  
A NORTH BEACH SERVICE OF  
SONGS OF PRAISE

on

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



## Hunstanton Catholic Parish

Our parishioners had a lovely afternoon on a coach trip to Oxburgh Hall on 19th June, which included a Mass celebrated in the family Chapel followed by a cream tea.



The Strawberry Fair fundraiser held on 6th July at St Cecilia's was a success, despite the change in the weather. Thanks go to all who helped to serve lots of cream teas, all who helped with stalls and behind the scenes and all who came

to support the event.

The next parish event is the BBQ at the parish church in Hunstanton on Saturday 17th August starting at 12 noon. Tickets



will be on sale in both churches. All welcome.

Foodbank supplies are still required; items can be left in the

porches of both churches. Please ensure that all items are well in date. Thank you for your continued support.

There is a *Fair Trade Stall* at St Cecilia's after the 9am Mass on the first Sunday of every month. Please support this very worthwhile cause by buying fairly traded goods to support families abroad trying to earn a living. For more information please contact Caroline Brooks on 01553 673069.

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

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15am Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Everyone will be most welcome.

**Daily Masses** are 10am in the parish church at Hunstanton on Monday, Tuesday, Thursday and Friday. Wednesday mass is at 10.15am at St Cecilia's, Dersingham.

**Sunday Masses** are **9am** at St Cecilia's, Mountbatten Road, Dersingham and **11am** at the Parish Church of Our Lady of Perpetual Succour & St Edmunds, Sandringham Road, Hunstanton. The Parish telephone number is 01485 534675.

If you require a Priest urgently please telephone V. Rev Canon Peter Rollings on 01553 772220 or email: [parishpriest763@gmail.com](mailto:parishpriest763@gmail.com)

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

**Email:** [parish@hunstantoncatholicparish.org](mailto:parish@hunstantoncatholicparish.org)

# hope

## EVANGELICAL CHURCH

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

1 Peter 1:3

10:45 every Sunday morning  
Memorial Hall Old Church Road Snettisham

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

# SUMMER FETE

## Heacham Methodist Church

Invites you to join them for tea/coffee and much, much more on

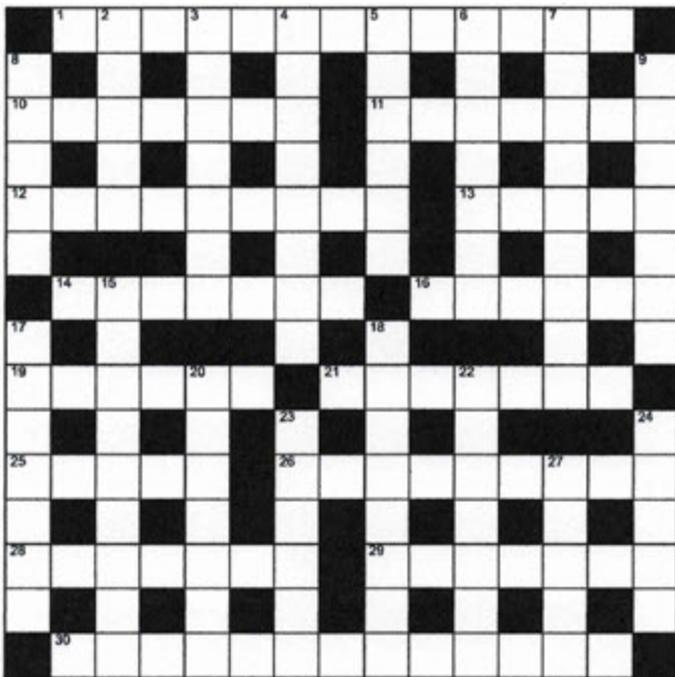
**Saturday 17th August 2019**  
**10am – 3pm**

Stalls, Crafts, Cakes, Preserves, Bric-a-Brac

**Fun for all the family**

Proceeds to be split 50/50 between the Church and West Norfolk Carers

## AUGUST CROSSWORD



### CLUES:

#### Across:

1. On the surface, telling tales is very funny (4-9)
10. It is shown through a screen to someone who looks in (7)
11. Sailor takes elevator next to stairs, missing ship with me on board (4,3)
12. Be happy with what sounds like a good hit after fix (6,3)
13. One's lost in a daze embarking on epic poem (5)
14. Shown the way it's quiet in the East End before daybreak (7)
16. Change one's mind about green energy (6)
19. Couldn't regular turn have practiced? (6)
21. Perfect way to collect your first honour (7)
25. Crowd run off to see band (5)
26. Issue urgent bill (4,5)
28. Settler has a rotten front tooth (7)
29. It might be viewed ahead or behind (7)
30. Dab hand on duck and hold down – it's a qualified judgement (6,7)

#### Down:

2. Decorated home with stage furniture? (5)
3. Is she a name in France? (7)
4. Fired up, I vigorously cleaned (8)
5. Hurt during trial deciders (6)
6. Sensitivity shown over priest who is touchy (7)
7. Having three people loaf around? Goodness! (9)
8. Stay vocal aboard ship (5)
9. Took offence and didn't work after transport operator initially took over (7)
15. Train track needs place to work signal (6-3)
17. A warmer spell would be ideal for bathers (7)
18. It might be seen outside Rovers Return on opening (8)
20. Will receiver commence activities beset with holdups? (7)
22. It is no longer simple to put into words.... (7)
23. ....telepathy maybe – Rex uses it with panache! (6)
24. Investor market is embroiled in a scandal (5)
27. Before starting off I collected key to see house up north (5)

Solution on page 45

## REMOTE CONTROL ROLLER GARAGE DOORS

**DRS PREMIER**



**PLEASE RING FOR A QUOTE  
07484 353403**

## Helping To Keep Your Independence

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

**GROCERY SHOPPING** Collection of pensions, prescriptions

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

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

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



**K.H.HOMECARE**

Established 1997  
Accredited by Norfolk Trusted Trader Scheme

For any further information please contact  
**Mrs K Carr 01485 570179**

## Alternative Therapies

Menopause is not a medical condition. Let me repeat that, menopause is not a medical condition. If more than half the population make this amazing transition of life or into life, then how can it be something that has to be treated or got rid of or hidden. No longer can these emerging wise women be brushed under the carpet or told it's your age. (Can you imagine a man being told that!) Or you are pre or perimenopausal or whatever new word they can dream up. We are the new butterflies unfolding our brightly coloured new wings, ready to launch into a new natural cycle of our lives.

Leslie Kenton wrote an amazing book a while back on Natural Menopause, which is always worth a good read and better than the more recent ones, who all get a bit fluffy bunny; this is a 'kick arse time' as we stand up like our ancient warrior ancestors.

It's useful to follow the natural family planning methods by noting cycles and temperatures, then you can easily tell if you are ovulating still or not (also helpful if you are wishing to conceive).

So, unless you wish to take HRT, the only option offered or tranquilizers so you can sleep through it, I suggest you wake up and become wise. So those of us who are vegan or veggie seem to have an easier time, guess we are not having to process all that heavy meat and the additives/hormones etc.

Homeopathy can help all those physical symptoms and any accompanying emotional states; herbs can help with heavy bleeding and balancing in the body. Reiki/Spiritual healing can help with relaxing the body and any mental stresses. Aromatherapy massage can help with balancing the body both emotional and physical. Reflexology can help in a similar way if you don't fancy a full massage. Crystals are fun and relaxing. Also, general exercise, so walk to the sunrise and sunset every day to get back in tune with our natural cycles, sing to the full moon or howl if the urge takes you. Meet up with your totem/power animals or spirit guides and walk with them into this new you, it's fun.

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

**Alison Bowyer MNCHM**

### Macmillan Coffee Morning

is being held at Neville Court  
on **Friday 6th September 2019**  
From **9.30am to 11.30am**

There will be a Raffle, Tombola, Bric-a-Brac, Cake Stall, Books and Cards. Also Guess the Weight of a Cake  
Please come and help us to raise funds to help others

Thank You

## J Kendall Window Cleaning Services

Using The Pure Water Pole System  
or Traditional Cleaning

CONSERVATORIES • FASCIAS • GUTTERS • SOFFITTS

Cleaned & Cleared  
Patios Pressure Washed

Tel: 01485 572145

Mobile: 07704 517774



## TIDE TABLES FOR AUGUST & SEPTEMBER 2019

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST									
Aug 2019					Sept 2019				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TH	06 04	7.3	18 39	7.3	1 SU	07 17	8.0	19 56	7.8
2 F	06 49	7.5	19 28	7.5	2 M	07 59	8.1	20 36	7.6
3 SA	07 34	7.8	20 13	7.5	3 TU	08 40	8.0	21 15	7.3
4 SU	08 16	7.6	20 57	7.4	4 W	09 23	7.6	21 55	6.9
5 M	08 59	7.8	21 42	7.2	5 TH	10 08	7.0	22 40	6.3
6 TU	09 45	7.4	22 29	6.8	6 F	11 01	6.3	23 37	5.8
7 W	10 34	7.0	23 21	6.3	7 SA			12 12	5.7
8 TH	11 33	6.4			8 SU	00 45	5.5	13 34	5.5
9 F	00 20	6.0	12 40	6.1	9 M	02 00	5.5	14 59	5.6
10 SA	01 24	5.7	13 55	5.8	10 TU	03 09	5.8	16 11	6.0
11 SU	02 32	5.7	15 13	5.8	11 W	04 07	6.2	17 03	6.3
12 M	03 37	6.0	16 23	6.1	12 TH	04 53	6.7	17 42	6.6
13 TU	04 32	6.3	17 19	6.3	13 F	05 34	6.9	18 16	6.7
14 W	05 17	6.7	18 03	6.6	14 SA	06 10	7.2	18 47	6.8
15 TH	05 58	6.9	18 41	6.7	15 SU	06 45	7.2	19 16	6.9
16 F	06 36	7.0	19 15	6.7	16 M	07 18	7.3	19 43	6.9
17 SA	07 12	7.2	19 45	6.7	17 TU	07 49	7.2	20 10	6.8
18 SU	07 44	7.2	20 13	6.7	18 W	08 18	7.0	20 38	6.7
19 M	08 15	7.0	20 42	6.6	19 TH	08 46	6.9	21 05	6.6
20 TU	08 45	6.9	21 10	6.4	20 F	09 17	6.6	21 38	6.2
21 W	09 15	6.7	21 41	6.2	21 SA	09 57	6.2	22 22	5.8
22 TH	09 47	6.4	22 17	6.0	22 SU	10 51	5.8	23 23	5.5
23 F	10 28	6.1	23 03	5.7	23 M			12 12	5.5
24 SA	11 22	5.8			24 TU	01 04	5.5	14 07	5.6
25 SU	00 11	5.5	12 40	5.6	25 W	02 38	5.8	15 26	6.2
26 M	01 44	5.5	14 19	5.7	26 TH	03 42	6.4	16 27	6.8
27 TU	03 03	5.8	15 37	6.2	27 F	04 36	7.0	17 20	7.3
28 W	04 05	6.4	16 41	6.7	28 SA	05 24	7.5	18 08	7.6
29 TH	04 57	6.9	17 36	7.2	29 SU	06 09	7.9	18 51	7.8
30 F	05 45	7.4	18 26	7.5	30 M	06 54	8.1	19 32	7.9
31 SA	06 31	7.8	19 14	7.8					

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

## MSH Window & Door Repairs



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

Call **Matthew**: 01485 579067 or 07444 58 09 58

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





## Heacham in Bloom

It has been a busy month looking after the flowering baskets, troughs and beds, one minute rain and the next hot sun, but we hope you are enjoying the colours marking the summer season in the Village once more.

A big “thank you” must go to all our sponsors who are kindly supporting our “blooming” efforts this year. These are: A. E. Wallis, Bliss, Councillor Terry Parish (Borough), Gary Rushmore Flooring, Heacham Carpet Bowls Club, Heacham Fish Bar, Heacham Methodist Church, Heacham Parish Council, Heacham Post Office, Heacham Sports & Social Club, Heacham Youth and Community Trust, Hepburn Hair, KMP Plastering, Mocha, Palm Beach Caravan Park, South Beach Homeowners Association (The), St Mary’s Church, Heacham, Suzi Housekeeping Services, Tall Trees Caravan Park and Ward Gethin Archer.

We would also like to give a very special “Thank You” to our previous Borough Councillor, Colin Manning, who has been the sponsor of the main bed at the Lavender crossroads for many years. We will be announcing a new sponsor very soon and we wish Cllr Manning well in his new borough ward.

Thank you again to everybody for your support and keep watering!

**Caravan Competition** – Sunday 7th July saw our team of judges out and about judging the 2019 Caravan Competition and what a challenge it was! This year we had 11 entries in the individual caravan competition, and it was lovely meeting some of you whilst we were winding our way around the parks. Thank you all for entering.

The results are as follows: Best Park went to Tall Trees, with Long Acres as runner up.

*Wayne Holmes, Sarah Morton & Julian Hiles from Tall Trees with Helen Vickerstaff from Heacham in Bloom)*



Best Individual Caravan went to Mr & Mrs Barber on Palm Beach, 2nd Prize went to Mr & Mrs Hill on Riverside and 3rd prize went to Mrs Claypole on Palm Beach.

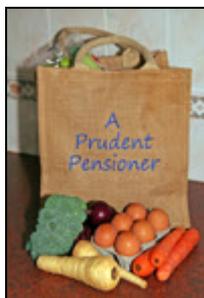


*Mr & Mrs Barber with Helen Vickerstaff from Heacham in Bloom)*

**Talk A-Z of Spring & Summer Bulbs** – On Friday 27th September

2019 we will be hosting a talk by Johnny Walkers of Taylors Bulbs, A-Z of Spring & Summer Bulbs, 6.30pm for 7pm start at the Old Friends Hall, Sunnyside Heacham. Tickets £5 each can be bought/reserved in advance by calling Tel: 01485 779217, emailing – [heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com) or will be available to buy on the night. The entrance includes refreshments and there will also be a selection of bulbs to buy on the night and a raffle. We look forward to welcoming you!

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



## Another recipe from The Prudent Pensioner

I like to have a few simple recipes for desserts so I decided to share this little naughty but nice one with you. I call it

### Pear Helen

If anyone can suggest a more suitable title, I would be interested to hear from them.

#### Ingredients per portion

- 1 small or half a large ripe and juicy pear peeled and core removed
- 1 dessertspoon of jam (I use raspberry or mixed fruit)
- 1 dessertspoon chopped walnuts
- 1 scoop vanilla ice cream
- Pouring cream
- Grated chocolate to decorate if liked

#### Simply....

- Mix jam and walnut pieces together and place in bottom of small dish.
- Cut pear into chunky slices and arrange on top.
- Add 1 scoop of ice cream.
- Pour cream over.
- Decorate with grated chocolate if using.
- I use fresh pears while the nice juicy ones are available otherwise I use tinned pears.

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

**Heacham In Bloom Presents**

**A-Z of Spring & Summer Bulbs**

Speaker Johnny Walkers of Taylors Bulbs

Taylors Bulbs are a family business based in Holbeach, growing and supplying flower bulbs since 1919.

Gold Medal Winners at Chelsea Flower Show and recently featured on BBC Gardener's World. Taylors know their bulbs.

**Friday 27 September 2019 at**

**Old Friends Hall, Sunnyside, Heacham**

**Doors open 6.30pm For 7.00pm start**

Refreshments, Raffle and Bulb Shop

Tickets £5.00

**Tel: 01485 779217**

**Email - heachaminbloom@btinternet.com**

## HEACHAM HERITAGE EXHIBITION

Due to unforeseen circumstances, Heacham Heritage have had to change their Exhibition dates from 10th and 11th August, as previously advertised, **to Saturday 21st September**. Heacham Heritage would like thank all those who have contributed, the response has been fantastic; some Villagers will be sharing their research and projects, these include...

Heacham Railway, Heacham and the Great War, Polish soldiers in Heacham, Canon Pott - St Michael's School.



**HEACHAM HERITAGE EXHIBITION**

**Heacham Public Hall**  
**Saturday 21<sup>st</sup> September 2019**  
(Rescheduled from Saturday 10<sup>th</sup> - 11<sup>th</sup> August 2019)

**10am -4pm**

Includes photos & facts of

HOLIDAYS	PEOPLE	BUILDINGS	BEACHES
SPORT	SCHOOLS	PRE 1950'S	RAILWAYS
THEN & NOW	EVENTS	BUSINESSES	AND MUCH MORE

Plus talks and a performance by Heacham's Singer/Songwriter

**FREE ADMISSION**

Refreshments available all day

Talks..... 11am and 1pm... Andrew Tullett, Heritage Learning and Outreach Officer from Norfolk County Council will be returning to do two talks with slides on Mercedes Gleitze (18 November 1900 – 9 February 1981) a British professional swimmer. On the 20th June 1929 she became the first person to swim across the Wash from Bennington (Lincolnshire) to Heacham in just under thirteen and half hours.

2.30pm..... Andrew England will give a talk on The First Air Raid of Britain over West Norfolk, in particular Heacham in January 1915.

Also.... While Norfolk has already seen a singing postman rise to fame, now a singing Neuro Nurse is following in his footsteps. Heacham singer/songwriter Steve Smith has performed worldwide and will entertain us with songs from his latest album including The Mercedes Gleitze song



**Bonny Dogs**

Professional Dog Grooming

With over 25 years experience

**Tel Helen at Heacham**  
**Mob 07775 479107**

**Supplier of James Wellbeloved**

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



**MULBERRY RESTAURANT**  
 AT HEACHAM MANOR

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



**ENJOY ALFRESCO DINING ON OUR TERRACE**  
 Relax in the summer sun and enjoy the view

<p><b>PIMM'S AFTERNOON TEA</b></p> <p>ONLY <b>£19.95</b> PER PERSON</p> <p>Served daily 2.30 - 5.00pm        AVAILABLE THROUGHT AUGUST        Advance booking recommended</p>	<p><b>MIDWEEK LIGHT LUNCH</b></p> <p>ONLY <b>£12.95</b> PP / 2 COURSES</p> <p>Served Mon to Fri 12 - 2.30pm        AVAILABLE THROUGHT AUGUST        Advance booking recommended</p>
---	---

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

## Local girls to support Library Band Night!!

Heacham Public Hall is going to be buzzing on Saturday August 24th with pop and rock music by Essex band 2 + One and special guest singers....local girls Naomi Rix and Kelsie Hall - who many of you will know better as part of the brilliant Pocahontas Players!!

13yr old Dylan will also be there wearing his new 'Special Specs' that we helped to fundraise at the dance in June; many individuals and local businesses also donated enough money for the cost of his next pair too – thank you all so much.

For more info and to get your tickets, call Sandy on 07704 803983 for what promises to be a great Bank Holiday evening of singing and dancing!!

Sandy, Nikki and Roger  
Hunstanton Library Friends



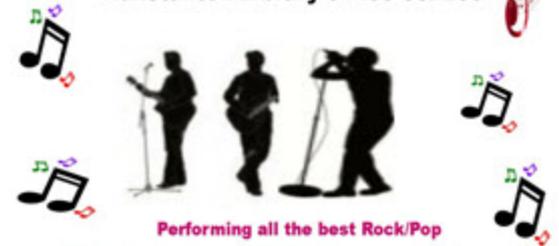
**KTS CLEANERS LTD**  
www.ktscleaners.com

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



**Live Music at**  
**Heacham Public Hall**  
**Saturday 24th August 2019**  
**2+ONE**  
**With Guest Singers—local girls**  
**Naomi Rix and Kelsie Hall!!!!**

7pm to 11pm – Licensed Bar  
Sandy 01485 518419 / 07704803983  
Heacham Social Club 01485 570776  
Hunstanton Library 01485 532280



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

In Support of Hunstanton Library Friends  
**in good company**

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

# CHRISTIANITY|EXPLORED

## WHAT'S THE BEST NEWS YOU'VE EVER HEARD?

The message at the heart of Christianity is pretty simple. It's all about the life of Jesus, and it can be summed up in the answers to three questions.

**Who was Jesus? Why did he come? What does it mean to follow him?**

Christianity Explored gives you time and space to consider the big questions of life and to explore the life of the person at the heart of the Christian faith - Jesus Christ.

Our aim is to help you investigate Christianity in a relaxed and accessible way. You don't need to know anything about the Bible. You won't be asked to read aloud, pray or sing and you can ask any question you want, or just listen.

**11:00 a.m. Wednesday 11th September 2019**  
**British Legion Hall Snettisham PE31 7NJ Call 01485 543315**

## Borough Council News - August 2019

### Heacham Sedgeford Fring

The Borough Council is getting a little more interesting. Full council in July went on to 10.15pm mainly due to extensive questioning, including a long one from the public expressed by Extinction Rebellion. The Council is conducting a study into how its operations may affect climate change. The Local Plan Task Group is revisiting how development can mitigate some of its inevitable impacts on the environment.

Recycling, waste management, single use plastics (SUP) are all wrapped up in this debate. After an attempt to brush the SUP report under the carpet, things are looking more positive after the Chief Executive Officer, Ray Harding, intervened. A good man, he will have retired by the time you read this and replaced through an internal shuffle – part of the money saving exercise I mentioned last month.

The Cabinet portfolio holder for the environment received a lot of questions at Council. There have been two issues in Heacham about litter not being collected. Rubbish placed by the public adjacent to rubbish bins at the beaches has been left and, sometimes, redistributed by birds and wind. This was likened to fly tipping with the public liable to prosecution. This at a time when the Lord Lieutenant of Norfolk is encouraging the public to pick up litter – ‘to do their bit’. Collectors of rubbish from our beaches are also having problems disposing of it – the County recycling centre refuses to accept it.

In addition, some bins in Heacham are not emptied if they are too full - more than 80%. The mind boggles. Never mind Extinction Rebellion we need a Rubbish Rebellion.

Moving on, the proposed two screen cinema on the upper floor of the Corn Exchange got an approval for further exploratory work. There were mixed feelings about this due to cost, with hard liners on both sides of the argument, like Brexit. I voted for it as the Corn Exchange is subsidised and needs substantial repair work anyway. Another income stream might see it break even.

The planning committee is a bit different too. Many new members bring different perspectives and it is not so easy to guess how applications might be received.

There should have been another meeting between Heacham Parish Council and the Cheney Hill developers at the end of last month. Look out for notice of any public meeting in the next few weeks.

After a long time pursuing landscaping of the land fronting the Hopkins Homes estate, I have been told it will soon be starting. Churning of the land will be first, so activities by machines should be expected. A meadow will then be sown.

Mysterious goings on within the land holdings to the rear of North Beach should be at the point of being resolved.

I have got Heacham on the agenda of the Regeneration and Development Panel in early 2020. They will be visiting to determine if more can be made, in particular, of Borough Council assets. These are land and facilities at both beaches and the plot of land just off the High Street recently used for bowling. Other locations could be looked at too. I would be grateful if residents and business owners could come forward with some ideas.

As no objections were received from Parish Councils about the increase in size of the chicken facility in Sedgeford, planning officers will be recommending approval. The Environment Agency has already given the application relevant permits.

Sorry, Sedgeford and Fring, for not having much to say local to your communities though that might mean you are enjoying a quiet life. Please contact me about any issues.

**Terry Parish Independent Borough Councillor**

## COVERING THE WHOLE OF NORFOLK WITH 30 YEARS EXPERIENCE

We specialise in UPVC window and door repairs

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



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



OVER 30 YEARS IN THE TRADE

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

NO CALL OUT FEE

### The Window Repair Man

[www.thewindowrepairman.com](http://www.thewindowrepairman.com)  
E: [jcthewindowrepairman@gmail.com](mailto:jcthewindowrepairman@gmail.com)  
T: 01485 501236 M: 07775 832545



## CARPET CLEANING OVEN CLEANING

### Sofas & curtains cleaned

Quality, regular, reliable service

**Conservatory Cleaning,  
Window Cleaning,  
Patio Cleaning,  
Gutter & Facia Cleaning**



(Cash, card & cheque payments accepted)

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

## Heacham Manor host their 5th annual Ladies Invitational Tournament

Heacham Manor Golf Club were pleased to host the 5th Annual Ladies Invitational tournament on Wednesday 3rd July. Perfect golfing weather welcomed the ladies with warm sunny conditions and a light cooling breeze.

Each member in the team invited 2 guests to play in the tournament which saw 27 ladies take part on the day. With the best 2 stableford scores on each hole counting and all 3 counting on the par 3s, every team member had their part to play in the final score.

The ladies returned to the Mulberry restaurant, where they had an enjoyable meal in the award-winning Mulberry restaurant followed by the presentation. The result saw Mary Stanton and her team of Robyn Seaman and Roz Fridholm score 86 points and take victory. In second place were Pauline Ring and her team members Judy Curtis and B Engledow on 78 points and in third place Rachel Hodgkinson, playing with Glenda Langmead and Joan Gill.

Nearest the pin prize was collected by Joan Gill. A charity Raffle in aid of Motor Neurone Disease Association was also organised and raised over £200.

Volunteers from the men's senior team acted as starters and provided a refreshment cart on the course.

A superb day was had by all and special thanks must go to Heacham Manor Lady Captain, Sophie De Winton, who helped organise the competition, as well as Janet Offord, Ann Keeper, Ruby Goold and Christine Hughes, plus the sponsors - Reeve Wood and The Rose & Crown Snettisham.



Left to Right: Roz Fridholm, Sophie De Winton (Ladies Captain), Mary Stanton, Robyn Seaman, Joan Gill (Nearest the Pin)



**Heacham Infant and Nursery School**  
**“Together we explore, discover, achieve and grow: developing outstanding practice”**

**PTA NEWS**



Our summer fete on Saturday 13th July was a great success. The sun was shining, eventually, and everyone had a great time. We had a good variety of

stalls, games, tasty BBQ, cakes and fun.

**We raised a staggering £1,374 for PTA funds.**

Funds this year have paid for playground resources, new books, presents from Santa, annual panto, Easter eggs and trips such as the annual Year 2 trip to Bewilderwood.



We would like to thank Sharon Wagg, Jason Sandle, Chris Gillings and Louisa Coldman for cooking and serving our tasty BBQ, Redgate Bakery for the rolls and Walsingham Farm Shop for the BBQ meat,

Vick Proctor, Wayne Proctor and Hayley Rosher for our refreshments, Louise Rudd, Martin, Bob and Angela Cooter for the amazing cakes, the Parish Council, Rodney and Stuart Aylmer for the tables, the lovely stall holders, and all our other helpers, Louise Jackson, Sally Clifton, Beth Sleet, Liz Steadman, Vicky Neal, Sandy Richardson, Hollie, Stuart, Gracie and Emmie Ashley, Jack Sandle, Karen Frary, Kayla Daniels, Ellie and Blake Proctor, Louise Prosser, Ginny Studd, Victoria and Maisie English, Jo White, Cicely Thorpe, Michaela Dartford, Sam Geen, Heacham Allotment plot holders and finally Heacham Fire crew!

Local businesses have been so generous this year with our raffle prizes. Huge thanks go to Medulla Yoga, King’s Lynn Corn Exchange, Blackbeards Golf, Sea Life Centre Hunstanton, Heacham Manor Golf, Walsingham Farm Shop, Cloud Cabin, Holkham Hall, Bliss Hair & Beauty, Bella Beauty, Sandringham House, Jack Foreman’s Barbers, Snettisham Park, The Entertainer, Farmer Freds,



Bordoli’s Pizza, Drove Orchards, Keelies, Norfolk Lavender, Heacham Manor, Thornham Deli, Moulham & Horn, Ridouts Bakery, North Beach Chips, West Norfolk Pub, Oasis Hunstanton, Coastal Vets, Amazona Zoo, Tropics (Michelle Jones), Pensthorpe, Finola’s Beauty and JJ’s Castle Hire.

A special Thank You must go to the Cake Tin Kitchen

who donated our amazing cake to be raffled off. This stall made £130 on its own!

We could not have managed it without them all. I’m sorry if I have missed anyone.

The last thank you goes to everyone who donated to the raffle, tombola and cake stall, and especially to those who came and spent their money, and supported us on the day; without your support we would not have raised so much money for our school and our children.

Here’s looking forward to next year’s fete. Have a great summer holiday!

**The PTA AGM will be held on Friday 13th September 9am in the school hall. New members needed!**

**Rachael Sandle – PTA**

**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  
 adventureintocreativity.com

**DH DIGGER HIRE**

**PLANT HIRE - GROUNDWORKS - GARDEN CLEARANCE**  
**FENCING - PATIOS - DRIVEWAYS**

07786867856  
[DHDIGGERHIRE@GMAIL.COM](mailto:DHDIGGERHIRE@GMAIL.COM)  
**FREE QUOTATIONS**

## Heacham at Night

The Perseid meteor shower is back but you may have to set your alarm. Perseids are around between July 13th and August 26th but they peak just before the middle of the month, the 11th, 12th and 13th. A publication I trust gives 3am on the 13th as the best time to observe them. This early morning slot is due to the interaction of the Earth with the dust cloud of meteors and, also, the Moon will have set by then.

There should still be plenty to see between 10pm and midnight but moonlight will interfere. Broken clouds will help observations if they block the Moon from time to time. Regular readers will know to wrap up warm and lie on a recliner.

Planets: Jupiter and Saturn are still there but only for a few hours; 9pm until 11.30pm for Jupiter and 9pm until 1.30am for Saturn. Look due south and low down, Jupiter is the brightest blob you will see, Saturn is a couple of fists to the left, yellowish and mysterious. See the June and July issues for more details.

I had some good views at the end of June and into July of both planets. Jupiter's moons were dancing and the rings of Saturn clear.

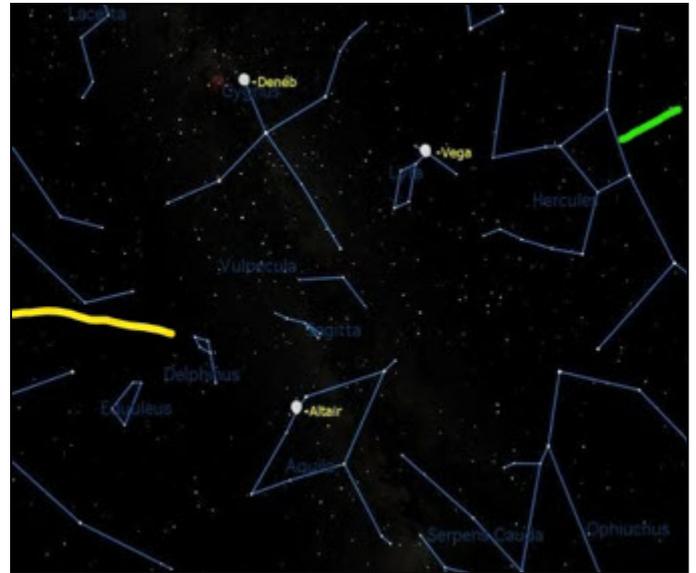
On the 8th and 9th at 10.30pm, look SSW towards the waxing gibbous Moon. Jupiter will be a little to the left of it; orange giant Antares below and the blue star Sabik above (Antares is 520 light years away, Sabik 88).

On the 10th and 11th, same time, look south. Saturn will be at the same elevation as the Moon, Jupiter off to the right in the SSW. Sabik will be above again and another blue star, Nunki, below. It is 228 light years away.

Mercury presents itself well this month but in the morning. Forty minutes or so before sunrise is the time to look and you will need

a good ENE horizon. (Sunrise is at 5.30am at the beginning of the month, 6am in the middle, 6.30am at the end). On the 1st, Mercury is very low but rises to about 10° above the horizon by the 14th, getting brighter all the time. By the 14th it is around magnitude 0 which is similar to how Saturn appears. After the 14th, Mercury continues to get brighter but is now descending towards the horizon. At the end of the month its magnitude is -1.6 about half as bright as Jupiter appears in the sky.

If you are out looking for Mercury take care as the Sun will be rising shortly after you begin observations.



*Amended Internet. Follow yellow line to Delphinus, green line to Hercules's body and location of M13. Three white blobs form Summer Triangle.*

Deep Space: Right overhead the large asterism (pattern) called the Summer Triangle is evident. From our viewpoint it stands on its apex, Altair. Well above, to the left is Deneb, to the right Vega.

To the left of Altair, 5 stars, close together, form the small constellation of Delphinus, the Dolphin. This was put in the list of star patterns by Ptolemy 1,800 years ago. Four of the stars form a small trapezium. The top left star is gamma Delphini, a nice double star.



**A SMITH CONTRACTORS**  
[www.asmithcontractors.net](http://www.asmithcontractors.net)  
**BLOCK PAVING**  
**FENCING, SLABBING**  
**DRAINAGE**  
**VINCE SMITH** [decpave@mail.com](mailto:decpave@mail.com)  
**01485 572269 / 07940 153614**  
**PRINTED CONCRETE DRIVEWAYS**  
**10 Cameron Close, Heacham PE31 7LF**

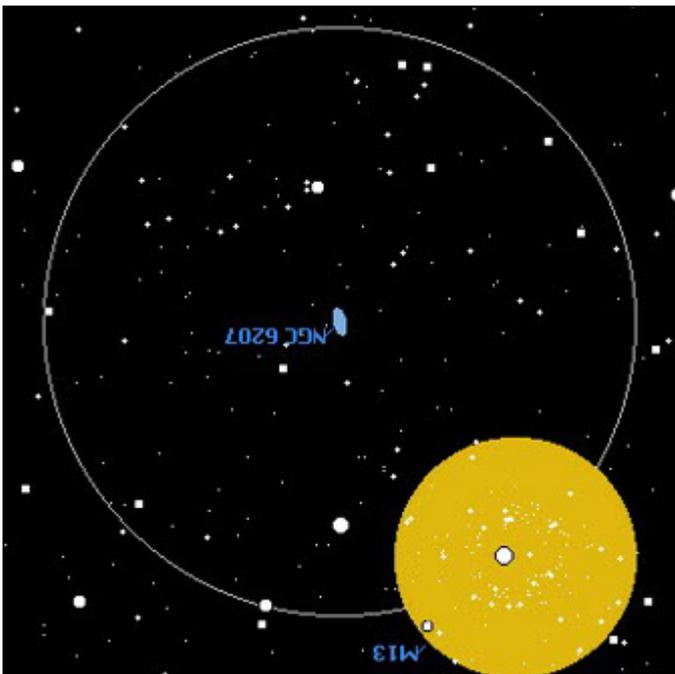
**QUALIFIED ELECTRICIAN**  
**Available for Extra Sockets,**  
**Lighting & BT Points**  
**No Job too small**  
**Free Estimates**  
**No call out charges**  
**Tel:01485 572726 or 07813 173 446**



Internet. M13

To the left of Vega is the constellation of Hercules – a box of a body with wavy arms like the air driven figures sometimes seen outside garages. Turn good, steady, binoculars to the right arm pit and you will see a fuzzy patch. A telescope might resolve this into stars. It is Messier 13, a globular cluster within our galaxy. Its centre is around 25,000 light years away. Around it are between 200,000 and 500,000 stars.

Internet modified. Relative positions of M13, yellow blob, and NGC6207 at



centre. It is not upside down. It was presented as an inverted image as seen in a telescope. This is how it is positioned to the naked eye or through binoculars. Telescope will be needed to observe it.

To the left of M13 an orange star can be seen (colour only apparent in telescope). Above this is a tiny smudge. This is NGC6207, a galaxy 45 million light years away (for those of you who have forgotten or who are new readers, light from this galaxy, travelling at 186,000 miles every second, has taken 45 million years to reach us).



NGC6207. Hubble

A last word on Apollo 11. I trust readers watched or listened to some of the coverage which included a swathe of material from the '60s and '70s. I particularly liked Radio 4 Extra's 'Floating in Space' a compilation of material from the radio archives. The interview with Alexei Leonov about his spacewalk, the first one, in 1965 is particularly vivid. And BBC 4's '8 days: to The Moon And Back' was enthralling. Both are available on 'Sounds' or iPlayer.

The latter programme, and my son, reminded me that I have walked on that catwalk which took the Apollo astronauts from the top of the launch tower to the command module where they



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

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



**CHRIS PALMER**  
 Plumbing-heating-gas services

Boiler servicing-repairs-breakdowns  
 and replacements

Bathroom and shower room installs

Gas Safe registered

Fully insured





07798 635 860    01485 571 363  
 chrispalmer333@gmail.com

sat, awaiting the Saturn V to lift off (the catwalk is preserved and set up at the Kennedy Space Centre in Florida). If only, in some Dr Who scenario, the catwalk put you into the launch itself.....

Anyway, for younger readers, the Apollo missions continued until December 1972. Let's not forget the astronauts of Apollo 17; Gene Cernan; Ronald Evans; Harrison Schmidt. Cernan and Schmidt spent 3 days on the lunar surface, the longest mission of the 6 successful Apollos (Apollo 13 had to return before reaching the Moon). I am meeting a man who met all the Apollo astronauts tonight (16th July). So, I will shake the hand of a man who shook the hand of Neil Armstrong and have walked on the same walkway he did – very tenuous links to history.

Things to do: Friday 6th September, 6-8pm, Dark Skies Festival Launch, Norfolk Wildlife Trust, Cley Visitor Centre. Includes an opportunity for some star gazing weather permitting.

Friday 20th September, 3-6pm, Dark Skies Forum, Oddfellows Hall, Sheringham. Talk and Q&A about light pollution and how to reduce it.

Sunday 22nd September, 6-8pm, Dark Skies Festival celebration, Binham Village Hall, talk and viewing, weather permitting.

NOTE. All the above are bookable. Email:- [aonb@Norfolk.gov.uk](mailto:aonb@Norfolk.gov.uk) or phone 01328 850530.

Nights are drawing in, so look up at the stars and look down for hedgehogs – fatten them up for winter.

**Terry Parish**



**CJB-Computing**

Phone: 01553 606555

Mobile: 07447 748356

Chris Barney.

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

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

The complete printing solution

**clanpress**  
[www.clanpress.co.uk](http://www.clanpress.co.uk)

Visit our NEW website

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

t: 01553 772737  
e: [info@clanpress.co.uk](mailto:info@clanpress.co.uk)  
w: [www.clanpress.co.uk](http://www.clanpress.co.uk)

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

# Paul Skinner & Sons

## Double Glazing Services



Having problems with condensation between your double glazed units?




**Window & Door Repairs**

**Double Glazing Repairs & Adjustments**

**Hinges & Handles**

**Misted or Broken Glass**

**Upgrade your Security**

Call Paul your local tradesman



**Composite Doors From £750.00**

**Back Doors From £495**

**French/Patio Doors From £895**



**T: 01485 535 247    M: 07834 697 719    e: [kerryanneskinner75@hotmail.co.uk](mailto:kerryanneskinner75@hotmail.co.uk)**



**NEW CLASS!!!**

**FITSTEPS BEGINNERS, EVERY MONDAY  
AT HEACHAM PUBLIC HALL 10:15-10:55am.**

If you've tried my FitSteps's class in the past, enjoyed it, but worried that you're always two steps behind the rest of the class but you'd really like to participate, then here's your chance. Taking you slowly through the steps, (only four steps each routine, then you just repeat, easy peasy) focusing on the benefits and posture of each move until you feel ready to move on. We'll break it all down step by step, rise by fall, kick by flick...until it just clicks. It may be slower pace than the original class but you're still guaranteed an amazing yet gentle work out. Stick with this class for as long as you like, dip in and out of the more advanced class or do both. It really is up to you but just as long as you leave the self conscious you at home, dance like no one's watching and enjoy yourself, you'll be sure to feel the benefits for both body and mind!!

10:15 BEGINNERS FITSTEPS £4

11-12 FITSTEPS £5

Do the class back to back with the existing FitSteps class at 11-12 and pay just £7 for both classes

Dance yourself fit and happier for 2019! No need to book, everyone welcome.

About FitSteps - Created by STRICTLY stars, Ian Waite and Natalie Lowe Fitsteps is a dance fitness class featuring all of your favourite Strictly dances. It is designed to give you real measurable fitness results. It's suitable for all ages and abilities and you don't need a partner.

For more information visit [www.fitsteps.co.uk](http://www.fitsteps.co.uk)

I also have a Facebook Page - Jaime FitSteps

Email; [Jaimefitsteps@gmail.com](mailto:Jaimefitsteps@gmail.com)

Telephone; 07765433100/571395

Hope to see you there.

**Jaime Parry**

**G&M Fencing & Landscaping**

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

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

**MULBERRY SPA**  
AT HEACHAM MANOR

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

**SIZZLING SUMMER NAILS**  
Get your nails ready for the holiday season with our Summer Saver.

**10% OFF**  
When you book a Manicure and Pedicure together throughout August.  
Advance Booking Required.

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

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

## Marham Military Wives Choir

Affectionately known as the Marham Bluebirds and founded in January 2012, the Marham Military Wives Choir is part of the Military Wives Choirs Foundation Charity that was created following the enormous success of the No.1 single: 'Wherever You Are'. Its aim has been to ensure a lasting legacy of choirs to enable women in the military community to share the enjoyment and pride that comes from singing together.



Just like all the other Military Wives Choirs, the Marham Military Wives Choir provides a head-start for women in the military community, by bringing them closer together through singing, thereby helping them to make new friends, connect with local communities and learn new skills in a fun and supportive environment.

Families of service personnel are frequently on the move and it can be tough to put down roots, to make new friends and to get to know people in the local community. Add to that the stresses and strains of loved ones being deployed away from home, often for long periods, and life can have its challenges.

However, by coming together to sing, the choir creates a valuable support network for women in the military community. As well as helping one another through the tough times, choir members celebrate the good times by singing through it all together!

Now with a network of over 80 choirs, the Military Wives Choirs Foundation Charity supports women in the British military community in the UK, Germany, Cyprus and further afield, wherever our forces are based. Being part of that network makes a positive difference to women's lives by improving well-being, building friendships and developing skills.

Just as much as they build up unbreakable bonds, the choirs also break down many barriers.

During the past seven years the Marham Bluebirds have enjoyed lots of success, raising much needed funds both for the Military Wives Choirs Foundation and for other military charities, as well as for charities close to the heart of the community in which they live.



T: 01485 536 010

open every evening to all!

The Fountain

Eat • Drink • Watch Sports Bar

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

Situated at Searles Country Park, simply drive onto Searles Leisure Resort. Don't let the barrier stop you!  
If the barrier is down, simply press the intercom button for entry. Follow the road through the park to discover this charming restaurant and bar set within an area of natural outstanding beauty. Enjoy alfresco dining on our veranda with lakeside and golf course views - perfect for warm summer days and evenings. All welcome.

f

Like us on Facebook for information about upcoming events, live music and quiz nights!

<https://www.facebook.com/FountainSportsBar/>

Enjoy summer evenings with a G&T

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

Saturday Night is Live Music Night from 8.30pm.

Live Music

Sat 3rd August 8.30pm

DNA

A firm favourite at Searles, DNA are a versatile cover band specialising in rock and blues but not afraid to venture into pop, funk, soul and even Jazz!

f

Follow us on Facebook for more Live Music dates.

Live Music

Sat 17th August 8.30pm

Lloyd E Moon

Ever popular Lloyd performs popular covers of classic hits from the 60s and into the new millennium, with an emphasis on great dance numbers.

f

@FountainSportsBar

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

**NEWSLETTER SUDOKU**      **Answer page 45**

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

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

**UNIQUE COMPUTERS**  
**Norfolk Ltd**  
**Sales, Upgrades, Repairs,**  
**Home Calls for Tuition,**  
**Broadband Installations**  
**& General Maintenance**  
**Tel: 01485 544 606**  
**Mobile: 07775 512 485**  
**• Personal Service • Professional Technician**  
**• 25 Years Experience**  
**New Shop now open 68 Westgate, Hunstanton**



**Angelina's**  
 CURTAINS AND BLINDS  
 @angelinasinteriors1 @angelinas\_int angelinasinteriors  
 01485 571 147 angelinasinteriors@gmail.com

**Curtains and Blinds**

Everything your windows need professionally measured and fitted

Unit 1, Heacham Hall Ind Units, Heacham, Norfolk, PE31 7JT  
 Open Mon-Fri 10am-4pm, Sat by appointment  
 www.angelinascurtainsandblinds.co.uk




**GARY RUSHMORE**  
 FLOORING

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

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

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

t: 01485 572202 email: rushmoreflooring@btconnect.com

www.garyrushmoreflooring.co.uk

## Weight-loss expert picks up Diamond & Gold at Slimming Awards

Slimming Consultant Jo Jackson has won glittering awards for her dazzling effort in helping people in Hunstanton to lose weight.

Jo who runs both the Hunstanton and King's Lynn Football Group Slimming World groups every week, was presented with a prestigious Diamond Award by Slimming World founder



Margaret Miles-Bramwell OBE and TV Presenter Ore Oduba at the slimming organisation's annual national awards ceremony.

Achieving these awards is extra-special this year, as in 2019 Slimming World is celebrating its 50th Golden Birthday Year.

*Jo with TV Presenter Ore Oduba & Slimming World Founder Margaret Miles-Bramwell OBE*

Jo recently became one of Slimming World's high-flying Diamond Consultants. The accolade is awarded in recognition of achieving the highest levels of support for slimmers, with Jo giving expert advice to help the people of Hunstanton reach their weight-loss goals week after week.

Jo was one of a high-flying group of just four of Slimming World's 5,500 Consultants to receive a prestigious Diamond Award this year, making Hunstanton home to some of the most exceptional support in the UK.

Jo says: "I'm delighted to have received this Diamond Award, and it feels even more special in Slimming World's 50th birthday year. I truly love my job and I feel so passionate about helping people to change their lives by losing weight. Seeing them achieve their dreams is so rewarding and being given this recognition really is the icing on the cake."

"It's not just a triumph for me but also for the 120 members in the Hunstanton morning group because alongside Diamond we also collected a Gold award recognising members commitment to their weight loss. They're the ones who make it the success it is, with their fabulous energy, the warm welcome they give to new members and the wonderful compassionate support they



*Jo with some of her award winning Hunstanton Morning group members.*

show to each other every week. That's as well as their impressive weight losses while following Slimming World's Food Optimising eating plan and getting more active, of course."

### HEACHAM SPORTS & SOCIAL CLUB



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

**OPENING TIMES 11AM TO 11PM**

Members & Non-Members Welcome



### WHAT'S ON IN AUGUST

Saturday 17th August Disco in Club 7.30pm

Wednesday 21st August Lorraine's Prize

Bingo in Club Starts 1.30pm

Sunday 25th August Miami Nights in Club

Every Friday Bingo in the Hall 7pm...

All Welcome

Every Thursday Judo in the Hall

Every Wednesday Car Boot on Sports Field

7am to Noon (weather permitting)

All Welcome

### FOR HIRE

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



**SORRY!**  
NO FOOD AVAILABLE AT PRESENT  
PLEASE WATCH THIS SPACE  
AND LOOK FOR NOTICES  
IN THE CLUB FOR UPDATES



**SORRY!**  
NO FOOD AVAILABLE AT PRESENT  
PLEASE WATCH THIS SPACE  
AND LOOK FOR NOTICES  
IN THE CLUB FOR UPDATES



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

“Members across my 3 groups have lost an amazing 8072lb so far this year, that’s 576 stone, and each week as members lose weight, I see them growing in confidence. I see them transforming their health, becoming more active, trying out new foods and recipes, and finding the courage to take on challenges that they’ve always dreamed of. Members who arrive at group with their self-esteem at rock bottom start to hold their heads high and stand tall as they lose weight successfully and share their experiences and success with the rest of the group.”

Like all Slimming World Consultants, Jo lost weight at a group herself and so knows just how valuable group support can be.



Consultants receive in-depth training from the Slimming World Academy to help give their members the support they need to make long-term changes to their eating and activity habits.

TV Presenter and former Strictly Come Dancing winner Ore Oduba, who hosted the Slimming World Oscars 2019, says: “It was a real honour to meet Jo and the other award

winners. The stories I heard from people who had lost amazing amounts of weight and transformed themselves – and then gone on to help other people change their lives too – were so inspirational.”

“While everyone’s stories were different, the one thing they all had in common was how much they felt they owed to their ‘Slimming World family’ and the support they found within Slimming World. They spoke passionately about how they couldn’t have made those changes to eat more healthily and become more active without the support, advice and encouragement of their Consultant and by attending group each week. So, people like Jo are clearly very important.”

To find out more about Slimming World or where your nearest group is visit [www.slimmingworld.co.uk](http://www.slimmingworld.co.uk)

**G BRADLEY JOINERY LTD**

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

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

**07717 820 357**  
**01485 534914**






# Hear **CLEARLY** again...

Never miss out on the sounds you love  
with the latest comfortable and invisible hearing aids

**FREE HEARING TESTS**

INVISIBLE RECHARGEABLE & SPECTACLE HEARING AIDS

**WAX REMOVAL SERVICE**

- ✓ **EASY** parking
- ✓ **HOME** visits available
- ✓ **FREE** aftercare
- ✓ 5 YEAR warranty\*
- ✓ 5 YEAR **FREE** batteries\*
- ✓ **INDEPENDENT** family business




Hearing aids don't have to be seen!

101 High Street, Kings Lynn, PE30 1BW

**t: 01553 760250**

Day Centres also at Hunstanton Eyecare, Hunstanton

**Sound Advice Hearing Centres**

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

TRUBLE HEARING?  
CONTACT US  
TODAY

\*on selected products

## WHAT'S ON REGULAR EVENTS

PC=Parish Council Office, Pound Lane  
MC = Methodist Church Hall, Station Road  
SM = St Mary's Church Hall, High Street

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

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

### MONDAYS

YOGA for healthy living 9.30-10.30am £6. For info Tel: Alison 571062 or email - medullayoga@gmail.com (SG)

ART CLASS 10am – 12noon For info Tel: Shirley Milborn 572247 (PRH)

SUNNYSIDE CLOSE (Sheltered Housing for over 60's)  
Coffee Morning 10.30am Tel : 570492

FITSTEPS 11am – 12noon To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (PH)

FITNESS PILATES 12.15 – 1pm For info Tel: Suzie Povey 07900 818311 (PH)

2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 – 6pm Contact Kathryn Tel:572138 (MC)

FOOTBALL Under 14's 6-7pm Contact Jason 07867527706 (HSC) playing fields

LINE DANCING Absolute Beginners/Beginners 6-7pm Improvers 7-9pm £3.50 Contact Diane 571166 (SM)

HEACHAM IN BLOOM 3rd Monday Monthly 7pm at Heacham Parish Library

WEST NORFOLK TAPPING CIRCLE meet 3rd Monday Monthly 7-9pm For more information Tel:571936 Catherine or email mcatherineallen1@gmail.com. (PRH)

HEACHAM WIVES GROUP – 2nd Monday of most months 7.30pm at Cunningham Court, Community Hall. Contact Sue Scott Tel: 572252

FIT 'N' DANCIN' 9.30am – 10.30am. Peg 01485 541162

THE HEACHAM YARNERS 1 – 3.30pm Charity knitting. Last Monday in every month at Freebridge Community Hall, Sunnyside. Call Michelle 07712268869. Kits Supplied

TABLE TENNIS League Matches in the Hall 7pm (PH)

CRAFT CLUB 2-4pm every week (exp Bank Holiday) (PRH)

### TUESDAYS

HEACHAM YOUTH CENTRE every Tuesday 6.30-8.30pm at Church Hall, 17 High St

WEST NORFOLK MIND support for those suffering or caring for those with mental health issues. 1-3pm, 4 Poplar Avenue, call Lynda on 01485 532024

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

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

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

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

THE FELLOWSHIP 2.45pm Every other Tuesday (MC)

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

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

WEIGHT WATCHERS 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 2nd August** GIG 'JAM with DNA' 8.30pm at Fox and Hounds, Station Road  
**Saturday 3rd August** GIG 'Lloyd E Moon' at Silver Sands Pub, North Beach  
**Sunday 4th August** 'Heacham Carnival Parade and Fete' Carboot (£6 from 6am), parade, stalls and more. On the sports field off Station Road  
**Friday 9th August** GIG 'The Omegamen' 8.30pm at Fox and Hounds, Station Road  
**Saturday 10th August** 'Disco' at Silver Sands Pub, North Beach  
**Tuesday 13th August** GIG 'John's Blues Crew' 8.30pm at Fox and Hounds, Station Road  
**Wednesday 14th August** 'Coffee Morning and More' 10am to 12noon at Old Friend's Hall, Sunnyside. All welcome  
**Friday 16th August** GIG 'Nightride' 8.30pm at Fox and Hounds, Station Road  
**Saturday 17th August** 'Disco' in the Club 7.30pm at The Social Club, Station Road  
 \*\*\* 'Summer Fete' 10am - 3pm at Heacham Methodist Church  
 \*\*\* 'War Time Memorabilia' with Steve Perry at Silver Sands Pub, North Beach  
**Tuesday 20th August** GIG 'Part Time Blues' 8.30pm at Fox and Hounds, Station Road  
**Wednesday 21st August** 'Lorraine's Prize Bingo' in Club.

Starts 1.30pm at The Social Club, Station Road.

**Friday 23rd August** GIG 'The 142's Band' 8.30pm at Fox and Hounds, Station Road

**Saturday 24th August** GIG 'Rock & Roll - 2+ONE with guest singers' 7pm - 11pm at The Public Hall, Station Road. £7.50 in Adv or £8.50 on door.

\*\*\* GIG 'Travis Graham' at Silver Sands Pub, North Beach  
**Saturday 24th & Sunday 25th August** 'Old Friend's Hall Photographic Exhibition' 10am - 4pm at Old Friend's Hall, Sunnyside. Free entry

**Sunday 25th August** GIG 'Miami Nights' in Club at The Social Club, Station Road

\*\*\* 'Barry's Karaoke' at Silver Sands Pub, North Beach  
 \*\*\* GIG 'Jessie's Ghost' 2pm - 4pm at Fox and Hounds, Station Road

\*\*\* 'A North Beach Service of Songs of Praise' 3pm at Heacham Methodist Church

**Monday 26th August** '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

**Saturday 31st August** GIG 'Craig Powell' at Silver Sands Pub, North Beach

#### SEPTEMBER

**Friday 6th September** 'Macmillan Coffee Morning' 9.30am to 11.30 am at Neville Court. Raffle, cake stall and more

**Saturday 21st September** 'Heacham Heritage Exhibition' 10am - 4pm at The Public Hall, Station Road. Free admission. Refreshments available

**Friday 27th September** 'Heacham in Bloom Presents - A-Z of Spring & Summer Bulbs' Speaker Johnny Walker of Taylors Bulbs. 7pm start. Doors 6.30pm at Old Friend's Hall, Sunnyside. Tickets £5. 01485 779217

**Saturday 21st September** 'Heacham Heritage Exhibition' 10am - 4pm at The Public Hall, Station Road. Free admission. Refreshments available

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

**T.M. electrical**  
 I don't charge the earth

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

Fuseboards Replaced, Electrical Inspection Certificates, Rewires

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

 ELECSA  
 Email: TMElectrical2010@btinternet.com Mob 07884454480

**Top 2 Tail Dog Grooming.**  
**Debbie Smith**

**43 York Avenue, Hunstanton, PE36 6BU.**

**01485 532626**  
**07539 608500**

**enquiries@top2tail-hunstanton.co.uk.**



## OTHER EVENTS

**Saturday 3rd August** 'Go Wild at Drove' Event about birds, insects and plants at The Drove Orchard between Thornham and Holme next the Sea. 10am - 4pm

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

**Saturday 17th & Sunday 18th August** 'Brancaster Camera Club - Annual Photography Exhibition' 10am - 4pm at Brancaster Staithe Village Hall. Free entry

**Sunday 18th August** 'RNLI Sandcastle Competition' 2pm at Old Hunstanton Beach. Registration from 1.30pm £1pp. Prizes to be won

**Wednesday 21st August** 'The Village Cinema Presents - Sometimes, Always, Never' 7pm at The Memorial Hall, Snettisham. Doors and bar 6.30pm. £5 each on door

**Friday 23rd August - Monday 26th August** 'Snettisham Art Group Exhibition' 10am to 5.30pm at the British Legion Hall, Church Road, Snettisham. Free entry

**Saturday 24th August** 'Syderstone Village Cinema Presents - A Private War (15)' 7.30pm at Amy Robsart Village Hall, Syderstone PE31 8SD. Advance tickets £3. 01485 578171

\*\*\* 'Craft Fair' hosted by Festival 3 Arts. 10am - 4pm at The Town Hall, Hunstanton

**Tuesday 27th August** 'Dersingham Village Screen Presents - Bohemian Rhapsody' 7.30pm at Dersingham Village Centre. Entry £5 includes tea or coffee

**Thursday 29th August** 'Recital (mixed instruments)' 2pm at St.Mary's Church, Snettisham. No admission charge

**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 High School For details contact Ian on 07806 622154

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

ST.MARY'S CHURCH SNETTISHAM Ladies Group 2nd Tuesday of every month at 100 Station Road, Snettisham. £2 each  
SOCIAL 50/50 DANCE 2-4pm at Reffley Community Centre PE30 3EQ. Tickets £4 each. 07787966000

### **Wednesdays**

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

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

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

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

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

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

### **Thursdays**

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

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

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

### **Fridays**

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

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

### **Saturdays**

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

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

www.ajdautorepairs.com

# AJD auto repairs

Motor Vehicle Engineers

MOT  CENTRE

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

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

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

## Heacham Carnival 1995 style!

Following on from the 1983 Carnival pictures which appeared in the March Newsletter, here are some more, this time from 1995. There are some well known faces on parade including Janice Curtis, John Wallis and Rod Hutchings. I've already been given the names Len Smith and Billy Skoyles by Mike Newman but can you name any more???

Chris Wood





## The Hunstanton Rock Choir

The Hunstanton Rock Choir is much more than a choir. Inspired by the power of music, it offers its members the chance to make new friends and to experience a new-found confidence that impacts upon their everyday lives. Its members are taken on a powerful and emotional journey, by singing the most uplifting and feel-good songs ever written.

**Friday, 9th August 2019**  
 at 7.00pm

**The Rock Choir**

At

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

Entry: £5.00 at the Door  
 including Refreshments

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

Rock Choir is the pioneering contemporary choir of the UK and remains unique with over 20,000, members enjoying it across the UK. Each member is welcomed into the Rock Choir family and together they perform at life-changing events. An award-winning standard of excellence has been achieved in both the educational and emotional aspects of that which the Rock Choir seeks to accomplish.

While some new members might choose simply just to rehearse with their friends, others may opt to take to the stage and participate at a variety of Rock Choir events and shows - it's entirely up to each member. As much or as little can be taken from the experiences on offer.

So do come along to St. Edmund's Church in Hunstanton on Friday, 9th August at 7.00pm and be uplifted by our very own Hunstanton Rock Choir!

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

**External Caravan Cleaning Specialists**

lgtiling13@hotmail.com      44 Poplar Avenue  
 Heacham  
 07393687394      Norfolk PE31 7EA.



Staveley Johnson & Procter SOLICITORS LLP  
Established 1998



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

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

info@sjpsolicitors.co.uk

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

**We are a local firm of solicitors  
 that cover and are experienced in;**

**Conveyancing, family, residential and  
 commercial lease, debt recovery, litigation, wills and  
 probate, and personal injury, contract and  
 professional negligence and dispute matters.**

**We can often offer fixed fees so you know  
 where you stand on costs and an  
 introductory ½ hour free of charge.**

**www.sjpsolicitors.co.uk**



## Charity helps Mums and Newborns

A charity group of volunteers in West Norfolk has recently helped their 200th mum with all the essentials she and her baby both need in the first few days (weeks) together.

Baby Basics offers help to women who need help and items for their newborns and who may be vulnerable, from teenagers, those in poverty for whatever reason, to asylum-seekers or those fleeing domestic violence.

A Moses basket packed with items from nappies and sanitary items, to blankets, clothing, toys, wipes and shampoo is made-up for each mum in need, usually referred via the professional health services, and can be the only items some mothers have at the time.

“Baby Basics works on the simplest of models but offers such important help to women, many of whom may be incredibly vulnerable. Every item given away is donated by someone, or from groups in the community, and sorted, checked, washed and ironed if not new, and packed and labelled by our team,” said the group’s Maggie Anderson.

The national charity of Baby Basics was launched in Sheffield in 2009 when a lead midwife for displaced people was shocked by stories of women who could not afford sanitary wear after giving birth. Some were in situations of exploitation and others were in desperate poverty.

A branch of the group was then created in West Norfolk at the end of 2015 and is based in St Nicholas Church Dersingham, where volunteers meet each Tuesday when they work on ensuring no new mum in the borough is without the essentials for her child.

Maggie continues: “There is a growing network of community groups and churches across the country running a Baby Basics project and here in West Norfolk referrals can be made via email, or if needed by telephone, initially to us and all we need is the mum’s name or initials, and the baby’s due date along with the gender if it’s known.”

The charity will email the care professional or person who made the referral with a collection date and the basket will be ready when the mum is 36 weeks pregnant. The contents of each Moses basket are reliant entirely on donations and hundreds of items are given away each year.

Further details and information, including how to donate, can be found out by emailing [babybasicswestnorfolk@gmail.com](mailto:babybasicswestnorfolk@gmail.com) or via the charity’s West Norfolk branch’s Facebook page.

### Donna Semmens



Joanne Eldridge, with Brogan, help sort and pack with Baby Basics.



Yvonne Avery with one of the baskets for new mums.

**Serenity**  
natural healing centre

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



**Crystal Cave**  
Earth’s gifts and natural products

Large selection of crystals, fossils, aromatherapy products, holistic and spiritual gifts.

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

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

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

### Choosing the right funeral service

## Our Personal Service

*Available 24 hours a day*  
Serving Heacham and surrounding areas

### A complete funeral home offering:

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

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

### Eric W Witton

26 Station Road, Heacham, Kings Lynn, Norfolk PE31 7EX

**01485 570 475**

[ericwitton@dignityfunerals.co.uk](mailto:ericwitton@dignityfunerals.co.uk)

*Under the personal supervision of Mrs Samantha Pratt*



## The Norfolk Hospice Gardening for Health

There is lots of evidence of the benefits of nature and being outdoors. Working in a garden is a fun and effective form of exercise, which provides benefits to both physical fitness and emotional wellbeing. For some people, due to ill health or disability, it can be difficult to get into their own garden.

The Norfolk Hospice is starting a new group focussed on gardening. It is aimed at anyone in the community who struggles to participate in gardening due to their condition, but would like to get back into it. The group will be open to anyone who wants to improve their health whilst enjoying the outdoors. The Hospice has close links with the local Breathe Easy and Heart support groups, and the British Lung Foundation has provided a grant to support the development of this group.



The Hospice has large gardens, and they are especially proud of the day therapy garden, which has a large fully accessible greenhouse, a n d n u m e r o u s

raised beds, and where many different fruits, vegetables and plants are grown and sometimes sold. The Hospice already runs gardening groups for patients and bereaved clients, and is able to tailor activities according to ability. People will be encouraged to do as much or as little as they are able. During the session the Hospice will not be able to provide personal care, but carers are always welcome.

Nichola Child, the Hospice Day Therapy Lead, said, "We are extremely proud of the Hospice and its Gardens; sharing it with the local community has always been our aim. The Gardening for Health Group will benefit physically whilst enjoying our amazing facility.

For more information please call the Day Therapy office on 01485 601700 or visit [www.norfolkospice.org.uk](http://www.norfolkospice.org.uk) for more details.

### Brancaster Camera Club

We only have one event in August which is the main event of our year:

Our Annual Photography Exhibition which will be held in Brancaster Staithe Village Hall on **Saturday 17th August 2019 and Sunday 18th August 2019** from 10am to 4pm daily. Entrance is free.

Please come along and meet us and see our work. We would particularly love to see any fellow photographers who are holidaying in the area.

We hope to see you then.



Delivering what we promise

External & Internal Window Cleaning

Fascia, Soffits, Gutters &  
Conservatory Cleaning

Call For A Free Quote  
07871 008564 - 01485 493038

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



S & J Partyka Ltd  
(plumbing & heating)

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

01485 570688 - 07831 776881  
[partyka.plumbing@gmail.com](mailto:partyka.plumbing@gmail.com)

all plumbing and heating work undertaken

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

water - gas - oil - air source



"all work fully guaranteed"

## Go Wild at Drove!

This free joint wildlife event at Drove Orchards with the Norfolk Ornithologists' Association (NOA), is back for its fourth consecutive year on Saturday 3rd August 2019, 10am-4pm.

On August 3rd, the Norfolk Ornithologists' Association will be teaming up with Drove Orchards for 'Go Wild at Drove', celebrating local wildlife and offering visitors the chance to get up close and see the amazing variety of birds, insects and plants at Drove Orchards.



The Norfolk Ornithologists' Association, whose base at Holme Bird Observatory lies just to the north west of Drove Orchards beside the coastal footpath between Thornham and

Holme next the Sea, will be on site to bring close encounters with birds, moths, butterflies, and caterpillars.

Guided walks around the orchards and wildlife-rich areas of the farm will take place during the day, with a shorter wildlife walk for families. This includes the chance for visitors to find out some of the amazing journeys made by migrant birds that have visited Drove in recent years. A bird-ringing demonstration will take place if weather permits.

There will be lots of information and activities available at the big barn including arts and crafts for children, and there will also be a stall selling Drove Orchards' seasonal produce, with cider and juice tasting so visitors can try the in-house produce for themselves.



Entry and parking is free. The event will run between 10am and 4pm, taking place in the big barn just behind the farm shop car parking area. There will be indoor and outdoor displays, activities and goody bags for kids, and fun for all the family.

For more information, visit the NOA website at [www.noa.org.uk](http://www.noa.org.uk) and follow the Events link in the menu bar. See also the Drove Orchards website at [www.droveorchards.com](http://www.droveorchards.com)

**Photographer: Ken Smith**

### Dersingham Village Screen

**27th August at 7.30pm**  
in the Dersingham Village Centre

### 'Bohemian Rhapsody'

Starring Rami Malek, Gwilym Lee and Ben Hardy

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



**DAVID PEARCE**  
**ROOFING SERVICES**



**SLATING TILING LEADWORK GUTTERS**  
**FREE ADVICE & QUOTATIONS**  
**TWO YEAR GUARANTEE**  
**WORK CARRIED OUT BY**  
**TIME SERVED TRADESMAN**  
**CITB REGISTERED ROOFING ASSESSOR**  
**TEL: 01485 544279 MOBILE 07825415040**  
**E MAIL [davepearcenol@aol.com](mailto:davepearcenol@aol.com)**  
**[www.davidpearcerooftingservices.com](http://www.davidpearcerooftingservices.com)**

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

**Extensions, New Build, Renovation, Roofing (RubberBond)**  
**plus All Other Tasks including groundwork, drainage , etc.**  
No Job Too Big or Too Small

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

**Leisure Club**




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

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

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

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

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

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

### Festival 3 Arts Events in Hunstanton

The popular Craft Fair held at Hunstanton Town Hall will be on Saturday August 24th from 10am – 4pm. They are part of the Festival 3 Arts Events in the Town this summer. Here you can find unusual hand-made gifts from jewellery to woodwork crafts at affordable prices. Refreshments are available. All profits from the stall bookings go toward the Festival of Arts Programme currently running in the area. Booking details from [lorraine@thebeadqueen.co.uk](mailto:lorraine@thebeadqueen.co.uk). Entry to the public is free.

The annual Picnic on the Green will take place on Sunday 25th August with Hunstanton Concert Band at the Bandstand on the seafront from 2-4pm. Bring low seating and a picnic to fully enjoy this free event.

Further details from our Facebook page Festival 3 by the Sea or pick up a brochure from the Tourist Information Centre.

**Ann McKimm**

### Hunstanton Conservative Club

#### Entertainment for August 2019

Saturday 3rd Aug. Dancing to Tony G  
 Saturday 10th Aug. Dancing to Neil Reave  
 Saturday 17th Aug. Dancing to Dave Andrews  
 Saturday 24th Aug. Dancing to Mark Steele  
 Saturday 31st Aug. Dancing to Mark Shelby

**Eileen Hamilton  
 Chairman**

## CHRISTYANA FABRICS & BLINDS

- Free Quotation and Fitting Service
  - Making Up Service Available
  - Contract Work Undertaken
- Open 10am - 4pm Tuesday - Friday  
 10am - 2pm - Saturday.

**Paula Bloom**

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



### Hunstanton Town Council

#### The Return of the Boot!

The popular Car Boot Sales will return to Hunstanton Community Centre Field from this month.

They were popular at this venue when they ran in the mornings some years ago, but now they will move to the afternoons from 12 noon till 4pm.

Everyone is welcome and gates will open for stallholders at 10am and will cost just £5.00 per pitch, trade stalls £15.00.

This event is being held jointly between the Hunstanton Town Council and the local Scouts groups and all proceeds will go to local charities.

Entry is free to the public but there will be a donation bucket offered at the gate.

There is no need to book, but enquiries can be made to The Town Clerk – email: [clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk) if you wish to reserve a place.

The Community Centre Field can be found at Avenue Road. PE36 5BW and limited free car parking is available. These new Boot sales will run till mid-September.

### 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.

## Fullers Body Repair Centre



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

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

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

# Hunstanton Lifeboat Sandcastle Competition Sunday 18 August 2019

Start 2.00 pm Registration from 1.30 pm

On the beach at Old Hunstanton in front of the RNLI boathouse and shop

Entry £1 only

Everyone welcome, especially children with families

The competition lasts for about an hour and is in three age groups

Prizes will be vouchers for the RNLI shop

Parking available at the Le Strange car park



## Norfolk Coast Skies to star in new Festival

The incredible dark skies and landscapes of the Norfolk Coast will be celebrated during a two week long festival this September. Hosted by the Norfolk Coast

Partnership, which looks after the Area of Outstanding Natural Beauty (AONB), the festival will feature a range of activities run by partner organisations such as the RSPB, Norfolk Wildlife Trust and the North Norfolk and King's Lynn Astronomy Societies.

The Dark Skies Festival runs between 6th-22nd September and is aimed at people who live, work and visit the coast. There will be something for everyone to enjoy with events including nature reserve walks, bat evenings, star-gazing, and a guided night walk by travel writer Dixie Wills. The festival will come to a close with a celebration event on Sunday 22nd September at Binham Village Hall.

For more information and details on how to book your place on events, check out the festival website: [bit.ly/30i0Cq](http://bit.ly/30i0Cq)

Join in on social media:

Twitter @Norfolkaonb

Instagram @norfolkcoastaonb

Facebook: Norfolk Coast AONB Dark Skies Festival page @norfolkcoastaonb

Hashtags: #Norfolkcoastdarkskies #darkcoastNorfolk #norfolkaonbdsf

## FOX & HOUNDS

AWARD WINNING FOX BREWERY

Station Road, Heacham. Tel: 01485 570345

Up to 8 handpulls serving our own & guest real ales

Forthcoming gigs For August 2019 ( 8.30pm unless stated )

Fri 2nd - JAM with DNA

Fri 9th - The Omegamen

Tues 13th - John's Blues Crew

Fri 16th - Nightride

Tues 20th - Part Time Blues

Fri 23rd - The 142's Band

Sun 25th - Jessie's Ghost (2-4pm)

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

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

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

Bar open every day from Noon.



Follow us on Facebook @foxandhoundsheacham

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

## Searles Golf Gala Day supports NARS

Searles Resort Golf Club held their 8th Annual Golf Gala day on 22nd June, in aid of the Norfolk Accident Rescue Service (NARS).

Organised by Searles Captains David Cox and Teresa Hills with help from Edward Howes (Golf Manager) and Ray Stocker (PGA Professional) as well as input from many active members of the club, a superb day was had by members and visitors alike with events for all.

30 members competed in a Mixed Texas Scramble, which was a close run competition for the top teams. However, the clear winners were Paul Searle, Des Chalk and Mary Stringer on net 28.1; coming in second on net 30.6 was Ray Lockton, Mike Smith and Margaret Earl; only 0.9 behind on 31.5 were Arnold Benson, Alan Kisbee and Chloe Tarbard.

Other events that ran included a 9 hole Stableford which was open to all; this was won by member Tony Holt with a superb 23 points over the 9 holes. A putting competition was won after a family battle by Brenton Carver.

Gala Day visitors were able to enjoy a hot and cold buffet in the Fountain Sports Bar. Searles entertainment team provided face painting and the Searles Superstar female vocalist entertained everyone. Together with a tombola and raffle a total of £343 was raised for NARS.



Left to Right: David Cox (Men's Captain), Teresa Hills (Ladies Captain), Texas Scramble winners, Mary Stringer, Paul Searle, Des Chalk and NARS Representative Martyn Parker.

## Snettisham Art Group

### Exhibition



Friday 23rd August to  
Monday  
26th August

British Legion Hall, Church Road, Snettisham

Open from 10.00am to 5.30pm  
each day.

Free entry.

All Donations for British Legion funds

## Summer Twilight Special

9 Holes for only **£12.00**  
or Purchase a book of  
10 Rounds for **£80**

The perfect way to unwind  
after a hard day at work!

Twilight Summer Deals NOW Available  
Discounted Golf 7 days a week  
From 4pm to 31st August. From 3pm throughout September.

call: **01485 536010** [www.searles.co.uk](http://www.searles.co.uk)

Searles Golf & Country Park, South Beach,  
Hunstanton PE36 5BB

## R'N'R FENCING & Landscapes

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

**ALL ASPECTS OF LANDSCAPING**  
FREE QUOTES • PUBLIC LIABILITY INSURED

**07881 947506 / 01485 572107**  
Prided on Quality & Reliability  
[www.rnrfencing.co.uk](http://www.rnrfencing.co.uk)

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

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

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

## Keith Whiting takes victory in a wet Seniors Championship

Heacham Manor Golf Club held the annual Seniors championship on Monday 10th June 2019 in very wet and windy conditions.

The competition is a gross competition format so the lower handicaps who were teeing off first were expected to lead the way.

Tim Hoare in the first group and last year's champion Tony Thacker were joint leaders with 86. However, when Keith Whiting in the 3rd group came in with an 84, he topped the leader board.

Tony Thacker came 2nd on countback with Tim Hoare picking up 3rd place. This result reversed last year's when Tony pushed Keith into 2nd place.

A Net Prize was also awarded; this went to David Leavis coming in with a net 70.



Keith Whiting



Left to Right, Steve Eadie (Seniors Captain), Keith Whiting (Winner), Dave Leavis (Net Winner), Tony Thacker (Runner Up), Tim Hoare (3rd Place)

HEACHAM MANOR  
GOLF CLUB

GOLF  
**TOP 100**  
GOLF RESORTS  
IN BRITAIN & IRELAND  
2018

### ENJOY GOLF AT HEACHAM MANOR

VOTED IN THE TOP 100 GOLF RESORTS IN BRITAIN & IRELAND

Fine quality greens and superb condition course in a beautiful coastal setting

### SUNSET GOLF DEALS

£15.00 - Within 4 hours of sunset

£17.50 - Sunset Societies after 3pm

### MEMBERSHIP AVAILABLE

Join from 1st August for just-£520

TWILIGHT GREEN FEES

£22.50 - Midweek, £24.00 - Weekend (after 3pm)

Advance booking recommended

Book online or call 01485 536030

www.heacham-manor.co.uk

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

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

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

# 01485 472474

wardgethinarcher.co.uk/heacham

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

### Ward Gethin Archer

SOLICITORS AND NOTARIES

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



**Saturday August 31st at 12.00 noon**

At St Mary's Church Snettisham

A Recital by

**Andrew Harsley (cello) and  
Wyn Chan (piano)**

No admission charge. Retiring collection. Simple lunch provided.

## St Mary's Church Snettisham

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

**Recital by**

**David Young (clarinet and saxophone)  
Richard Barker (French horn)  
Marian Abramovich (piano)**

Tea and cakes served after the recital

No admission charge. Retiring collection.



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

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

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

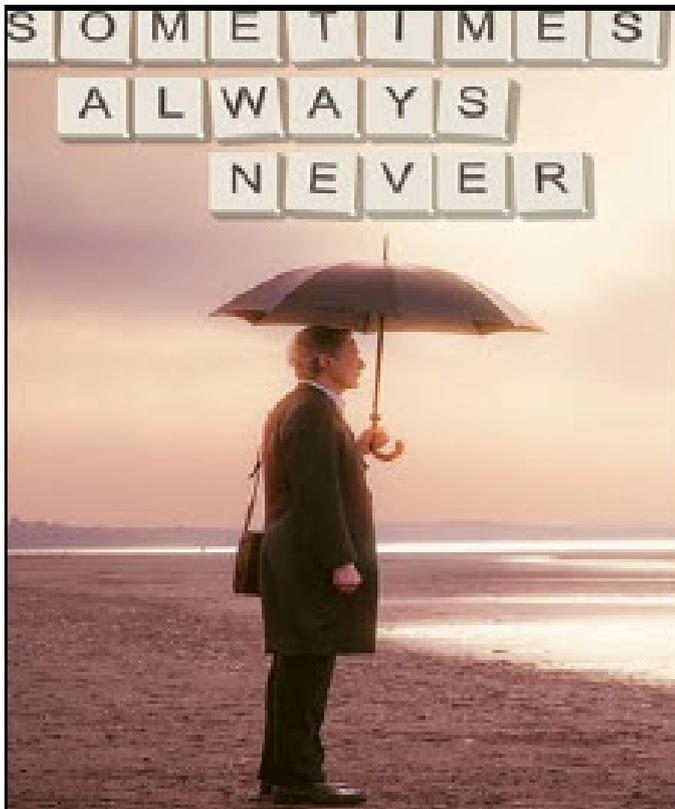
Tel: 01485 541998

Email: [info@allentomasfinancial.co.uk](mailto:info@allentomasfinancial.co.uk)

Web: [www.allentomasfinancial.co.uk](http://www.allentomasfinancial.co.uk)

**Allen Tomas & co**  
FINANCIAL MANAGEMENT





The Village Cinema in  
The Memorial Hall Snettisham  
Wednesday August 21st at 7pm.

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

**Syderstone Village Cinema**  
with the support of Creative Arts East

Presents:

**On Saturday 24th August 2019**

**A Private War (15)**

Marie Colvin is one of the most celebrated war correspondents of our time. After being hit by a grenade in Sri Lanka, she wore a distinctive eye patch and was still as comfortable sipping martinis with London's elite as she was confronting dictators. Colvin sacrificed loving relationships, and over time her personal life started to unravel as the trauma she'd witnessed took its toll. Yet her mission to show the true cost of war led her, along with renowned war photographer Paul Conroy, to embark on the most dangerous assignment of their lives in the besieged Syrian city of Homs. Starring Rosamund Pike and Jamie Dornan.

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

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578171 / 01485 578244

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

**PIONEER  
HOLIDAY PARK**

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

Please call for a quote and availability.

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

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

## THE OTHER STUFF!

An Exhibition of paintings by Barbara King

Friday 16th to Sunday 18th August 2019

10am to 5pm

Ringstead Village Hall

High Street Ringstead. PE36 5JU

An exhibition of paintings including figures and fireworks, shadows and reflections, flora and fauna. Everything but the Landscapes (though these too can be made available if required!).



Following a successful exhibition of Norfolk landscape paintings in April, Barbara King returns to the Ringstead Village Hall in August with a new exhibition showcasing all the other subjects which appear in her work. The exhibition will be divided into sections including:

'SHADOW PATTERNS' - paintings in oil demonstrating the intriguing shadows created by the projection of various light sources (torches, lamplight, sunlight) onto plants, chosen for

their interesting shapes and/or decorative foliage and set against various backgrounds to add additional interest to the composition. 'REFLECTIONS' - paintings of the reflections of boats on water in various conditions from turbulent to calm, creating reversed and distorted images which, whilst representative of an actual view, border on the abstract. Like the shadow patterns, the subject creating the image (boat, plant, etc) features only as a peripheral object at the edge of the composition.

FIGURES - Life drawings in pastel and paintings in oil and watercolour celebrating dancers such as Morris, Clog, and Molly.

ANIMALS - Horses, cows, pigs and sheep make up a collection of animal studies many showing the characters of the animals, including curious Friesians, mucky pigs, black headed gulls and pink flamingos!

FIREWORKS - Spectacular firework explosions reflected on water inflaming and informing the surrounding harbour structures and floating boats.

STILL LIFE AND FOLIAGE - A sample of small works including fruits, vegetables and flowers in acrylic and watercolour. Large studies of rhododendron woods carpeted in rose/violet petals and some new vibrant and textural creations based on hedgerows.

The exhibition promises to be a colourful spectacle with sufficient subjects to please most visitors. For further details contact Barbara King on:- 07798 918470 or [bek@barbaraking.co.uk](mailto:bek@barbaraking.co.uk).

# MOJO UPHOLSTERY

Phone Ash on 07591 194411



## CARAVAN UPHOLSTERY

NEW SEAT FOAMS

AVAILABLE

PUBS / CLUBS

DINING CHAIRS

HEADBOARDS

BEDS

FOOTSTOOLS

ETC



## Searles Club Championships 2019

The Searles Golf Club Annual Men's and Ladies' Club Championships took place on Sunday 7th July in perfect weather conditions. For the 2nd year the men's competition was played as a gross competition but with a prize available for the best net score and the ladies' competition was played as a net competition.

In the Men's Club Championship for the Le Strange Trophy, good conditions resulted in 4 players scoring in the 70s. Last year's winners, Rob Hills and Tony Thacker, both shot gross 77. However, Peter Green in the 3rd group submitted a gross score of 76 and took the victory. The best net prize was collected by Wesley Hill off 20 who shot a net 65.

The format of the Ladies' Club Championships for the Tennison Cup is played net strokeplay, with a gross prize also presented. Competing in her first Club Championships after only taking up golf 18 months ago, Karen Walden took victory with a net 67, followed by Glynis Thacker in second place with a net 70. Samantha Gooderson won the best gross.



Searles runs regular competitions for members nearly every weekend with Medals, Stablefords and social matches. Membership is still available. For more information call 01485 536 010 or visit [www.searles.co.uk](http://www.searles.co.uk)

Left to Right: Peter Green and Karen Walden.



## JENNINGS STORES

**SOUTH BEACH ROAD**

**TEL: 01485 571265**

**WELCOME TO OUR NEW STORE**

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



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

Utility Payment Schemes.

Bottled Gas, Beach Goods.

National Lottery & Scratch Cards. The Health Lottery.



Wide Range of Groceries, Frozen & Chilled.

Foods, Spirits plus Chilled Wines & Beers.

Newspapers, Magazines, Toys, etc.

Wide Range of Medication.

In Store Laundry Available. Bring your Quilts.

Delivery of Groceries Purchased over £10

Over phone or in store

We Offer Cash Back.



## Burnham Market Craft Fair

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

This popular event, which is fundraising for the community, is entirely run by 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: 07771 705 001).

# Burnham Market Craft Fair

Sat 17th August  
10am - 5pm

Over 100 stalls with hand-crafted goods.

- \*Original Art \*Jewellery \*Textiles \*Ceramics \*Cards & Gifts
- \*Woodwork \*Pottery \*Basketwork \*Ropework \*Sculpture
- \*Glassware \*Aromatherapy \*Leather-Craft \*Metalwork



### PLUS

Hog Roast Stall,  
Ice Creams,  
Refreshments,  
and more!

Punch & Judy  
to entertain children  
throughout the day.



### PLENTY OF PARKING

ON THE PLAYING FIELD NEAR THE NELSON PUB OFF CREAK ROAD  
[www.theburnhammarketcraftfair.co.uk](http://www.theburnhammarketcraftfair.co.uk)



**PLUMMER  
& ASSOCIATES**  
WEALTH MANAGEMENT  
CONSULTANTS

## Mastermind your financial future

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

- Investment planning • Retirement planning
- Inheritance Tax planning

For further details contact Jeremy Plummer on:

**Tel: 01485 500025**

Email: [jeremy.plummer@sjpp.co.uk](mailto:jeremy.plummer@sjpp.co.uk)  
Website: [www.plummerandassociates.co.uk](http://www.plummerandassociates.co.uk)  
The Business Centre, 43 Lynn Road,  
Snettisham, Norfolk, PE31 7LR



Simply CookKit

## HOME COOKED MEALS DELIVERED TO YOUR DOOR

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

All natural, no artificial preservatives or additives.

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

Made by local chef Kat Asker in Snettisham.

Cooked in a 5\* hygiene rated kitchen.

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



Real home cooking at its best!

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



To place an order or see a full menu please contact me on

Tel: 07767753413

email: [simplycookit.kat@gmail.com](mailto:simplycookit.kat@gmail.com)

Find menus and full details on  

[www.facebook.com/simplycookitnorfolk](http://www.facebook.com/simplycookitnorfolk)

@SimplyCookKit

# Quiz Night

Friday 30<sup>th</sup> August 2019

starts 7.30pm

Quiz & Raffle prizes to be won including £60 Quiz 1<sup>st</sup> Prize!

Tickets £5 per person

(ticket includes tea or coffee at half time)

Maximum 6 people per team

Sedgeford Village Hall, Jarvie Close PE36 5NF

Tickets to be bought in advance from Alex Callaby 07766 335118 or David Woolley 07881 742776 or email [dmwgolf@talktalk.net](mailto:dmwgolf@talktalk.net)

Proceeds go to the Mollie Patterson table tennis fund



Mollie Patterson is a talented 16 year old table tennis player from Brancaster. Mollie has just finished her GCSE's and is hoping to play table tennis full time next year in order to progress to a full time professional player. She has been able to play in Europe thanks to the money we raised at the quiz and through Just Giving last year. Mollie's international results (including beating the world ranked no.22 junior) have meant she has moved up over 300 places in the senior world rankings and she needs your help to continue.

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

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

**\*Dealership of Quality\***  
TV's, Video's and DVD's,  
Washing Machines and Tumble Dryers,  
Cookers, Built in models and so much more.

**Cycle Sales  
Cycle Spares  
Cycle Repairs  
Cycle Hire**

34/40 High Street Heacham 01485 570303/ 571683

1939 A.E. WALLIS 80 YEARS OF SERVICE 2019

**Heacham Foot Health Clinic**

professional foot care service  
clinics held at Heacham and Hunstanton  
HOME VISITS AVAILABLE

Tel: 01485 570512  
Mobile: 07767 733838  
JANET PITKIN DipCFHP, MPSpract  
West Norfolk Mind, Poplar Avenue, Heacham

Parking Disabled Access



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

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

**BLANCO**

**Symphony**

**Quooker**  
THE BOILING WATER TAP

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



**NEFF**  
COOKING PASSION SINCE 1877

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

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

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



## HUNSTANTON LIBRARY CHILDREN'S EVENTS

### Special August Events

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)

#### Stay and Play - Every Tuesday 10.30am

Drop in and have fun with a selection of games, toys and colouring available for children and their parents or carers to enjoy together. This is a self-serve activity. Tea and coffee available.

#### Dinosaurs in Space! - Saturday 3rd August 11am

Ever seen a dinosaur poop a planet? Join us for some space dino stories and crafts. **Booking essential. £3 per child.**

#### Hunstanton Gardens Story Time - Mondays 5th & 19th August 1pm-3pm and Fridays 9th & 16th August 10am-12noon

Join us in Hunstanton's Promenade Gardens for some stories! Free, just come along and see us!

#### Hey Duggee! Mini Movers - Wednesday 7th August 3pm

Let's dance with Duggee! Join us for an active session with some of the squirrel's favourite songs and dance moves, scarf waving and bubbles! Please wear cool, comfortable clothes. Light, healthy refreshments provided. **Booking essential.**

#### There's a Mermaid in the Library! - Saturday 10th August 11am

Come and meet Hannah Pearl, Norfolk's very own mermaid! Join us for some stories and paper crafts. **Free bookable event** - donations to Hannah for the Ocean Conservation Society.

## CHRISTINA THAIN

(Non-practising Solicitor)

### WILLS & POWERS OF ATTORNEY

Home appointments at no  
additional charge.

Telephone: 07776 102 498

Email:

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

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

#### Jetpack Junk Modelling! - Wednesday 14th August 1.30 - 2.30pm

Join us to make your very own Jetpack, learn to fly and see who will win the race! **Booking essential. £3 per child.**

#### Coding Club - Botley - Wednesday 21st August 5pm-6pm

Come along and learn about coding by using Botley our coding robot. Tell him where to go and what sounds to make. Race against another bot!

#### Bees and Butterflies - Saturday 17th August 11am

Come along and craft some beautiful bees and butterflies. **Booking essential. £3 per child.**

#### Space Slime! - Thursday 29th August 2pm

Sticky, starry, space slime! Create your own galaxy goop! **Booking essential. £3 per child.**

## WEST NORFOLK LIBRARIES EVENTS HUNSTANTON LIBRARY

August 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)

### Special August Event

#### Vintage Summer Just a cuppa with In Good Company - Friday 9th August 10.30-11.30am.

Come along to celebrate summer with vintage holiday reads and a strawberry tea. Refreshments provided, donations welcome

### Regular Events in August

#### Norfolk Reading Pathway Just a Cuppa - Friday 16th August 10.30-11.30am

Reading Pathway - Do you struggle with reading or know an adult who does? Find out how you can get free help with the Reading Pathway or email [nrp@norfolk.gov.uk](mailto:nrp@norfolk.gov.uk) to find out more.

#### Hunstanton Book Club - Monday 12th August 2.30pm

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

#### Walk and Talk group - Tuesday 13th August 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 - 8th August 10.30am-12.30pm

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



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

**Get Crafty Monday – 12th & 26th August 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 21st August 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 28th August 5pm**  
We meet every 4th Wednesday of the month to organise events and activities for Hunstanton library; come along and join us.

**Crochet-along Monday – 5th & 19th August 10.30am–12noon**  
Come along and crochet, share tips and ideas, with the experienced, novices welcome too. Refreshments provided, donations are welcome.

**Top Tips Gardening Group - Wednesday 7th August 10.30am**  
A monthly group run by the Friends of the Library to share ideas and tips for gardening. Refreshments provided, donations are welcome.

**Journaling for Wellbeing - Friday 30th August 1.30-2.30pm**  
Come along and make your own journal with monthly/weekly diary plans, mood and sleep trackers, colouring pages and more for August. Catch up at the following session on Friday 27th September and create the next month's section. Refreshments provided.

**Quiet Time - Wednesday 14th August 5pm – 6pm**  
A quieter time to visit, ideal for people who may have autism, dementia or if you would like a calm environment.

### Weekly events

**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.

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

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

Want help to learn ICT basics, get help with emails and other online facilities or familiarise yourself with a new device? Then why not book in for a 1hour session with our volunteer to get you started.

**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.

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



**For all your Painting & Decorating**

**Please Ring Terry:**  
**07961 362443**



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

**Norfolk Care Awards 2018 Winners**

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

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

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

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

We offer: • Good rates of pay • Various hours available  
• Enhanced holiday entitlement • Paid mileage  
• Free DBS check & uniforms • Mobile Phone

**Tel: 01485 570611**

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

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

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

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

# Sandringham

## IRONCRAFT

HIGH QUALITY ORNAMENTAL IRONWORK  
AND STEEL FABRICATION

Unit 4, Cheney Crescent, Heacham  
Tel: 571129

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS



## TRUST REGISTRATION – SHOULD I WORRY?

by Kathryn Gigg  
Chartered Accountants, Hunstanton

There is nothing new about governments trying to keep tabs on what their citizens own. In 1086 William the Conqueror surveyed his new kingdom in the Domesday Book, and in the words of a contemporary “[not] one ox nor one cow nor one pig which was there left out, and not put down in his record“. Going even further back, we know from St Luke that “a decree went out from Caesar Augustus that all the world should be registered...”.

Although the HMRC Trust Registration Service (TRS) was set up back in 2017, and many Trusts have already gone through the process, with effect from March 2020 when the Fifth Anti-Money Laundering Directive is expected to come into force (regardless of any Brexit negotiations), new rules will capture a huge additional number of Trusts that did not previously have to submit their details. In fact, current estimates indicate that the number of registrable entities may rise from about 200,000 to over 2 million.

Prior to 2017, HMRC only knew about the Trusts which were submitting annual Tax Returns – and since the TRS register was not compatible with other records held by the Revenue, those Trusts were all obliged to register, whereas others that had no income to report were exempted from registration. However, the need to register has already been overlooked by many Trustees. Registration for existing trusts should have been made by 5 March 2018 at the latest, but by February 2019 only 85,000 Trusts had registered – somewhat fewer than the 141,000 which filed self-assessment Tax Returns in previous years.

The disclosure requirements impose a significant administrative burden and penalties for non-compliance apply if a lead Trustee cannot demonstrate that they took reasonable steps to register.

Given the volume of potential registrations under the new rules the Government has proposed a deadline of 31 March 2021 for existing unregistered Trusts. For new Trusts created after 1 April 2020, it is proposed that these should be registered within 30 days of their creation because the information needed for registration will be readily available.

When the Fifth Directive becomes law, the scope of the registration net is set to be widened to include all express Trusts including Discretionary Trusts, Interest in Possession Trusts; possibly many types of Bare Trusts; Charitable Trusts, and Employee Ownership Trusts. Care will need to be taken in all cases and not to overlook the likes of whole of life policies written into Trust, life interest Trusts under a Will (e.g. where a surviving spouse continues living in the matrimonial home for life, after which it passes to the children); Marriage Settlements; and Discounted Gift Trusts.

So, there are currently two issues. Firstly, it seems that over half of the Trusts which should have registered in 2017 have not yet done so and are therefore in breach of the legislation and in a penalty position; and, secondly, there may be as many as ten times that number that will need to go through the online registration process when we reach March 2020. The situation is made worse because the Trustees of many of the Trusts to which the requirements apply are not financial professionals and hence have no idea at all of their existing or forthcoming responsibilities.

The introduction and extension of the TRS poses various issues for lay Trustees. Penalties for failure to register and account for tax can be severe and Trustees are liable personally, and so if you have any concerns about whether you need to register a Trust, now or in the future, and are in need of advice or you are finding the requirements of registration overly onerous, please contact either myself or my assistant Nicola Tarry FCA. Likewise, if, in reading this article as a Trustee, you realise that you have failed previously to submit a Tax Return (or an IHT100 in respect of a 10 year charge) for your Trust, and account for the tax as due, please do contact us for assistance to enable you to rectify such oversights and minimise any penalties that could be levied.

**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



CHARTERED ACCOUNTANTS | BUSINESS ADVISERS | TAX CONSULTANTS

**Offering a comprehensive range of services for both business and personal clients**

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

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

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

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

## CROSSWORD SOLUTION

### Across

1. Side-splitting
10. Visitor
11. Jack tar
12. Settle for
13. Iliad
14. Ushered
16. Renege
19. Unable
21. Honesty
25. Thong
26. Sore point
28. Arbiter
29. Trailer
30. Expert opinion

### Down

2. Inset
3. Estelle
4. Purified
5. Injury
6. Tactile
7. Nutriment
8. Avast
9. Bridled
15. Shadow-box
17. Suntrap
18. Doorstep
20. Legatee
22. Explain
23. Esprit
24. Storm
27. Igloo

Solution to  
Newsletter  
SUDOKU

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

# GardenScapes

Fencing & Landscapes

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

PHONE : 07555126913

EMAIL : Gardenscapes1@hotmail.com



## J.C.Hammond

Carpenter/Joiner

From Flooring to Roofing  
and Everything In Between!

Local, Reliable Service - Competitive Rates

Snettisham (01485) 541220

07944 281960

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

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



...The Store to your Door

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

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

- **FREE** Estimates and planning
- **Full service** from measuring to fitting
- **Competitive pricing** to suit all tastes & budgets
- **Overwhelming** choice of carpet, Vinyl, Karndean, safety flooring, LVT's, Real Wood & Laminate samples brought directly to you

- **10 years** experience, expert advice & knowledge
- **Additional Services** available, including moving furniture, uplift & disposal of previous flooring and door trimming
- **Domestic or Commercial**

work carried out **NOW SUPPLIERS OF** amtico

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

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

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

Registered No: 8956560. Vat No: 171416230

## Home Tuition

Extra support with English  
Daytime / Evening / Weekends

I work within the SEN department at  
Glebe House School, Hunstanton

I support students that are Dyslexic and many areas of SEN

Available throughout School Holidays and  
term time.

Contact details : 01485 779159 / 07487 842150  
e-mail : [suecardew2@gmail.com](mailto:suecardew2@gmail.com)



## Scrappy Cat Crafts

### Cardcraft, Art & Craft Supplies

#### Classes in Card Making

#### Personalised Cards Made to Order

5 Old Church Rd., Snettisham, PE31 7LX

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

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

## Jubilee Welfare Trust Heacham

This charitable Trust, based in Heacham, is available to help provide financial support for the following purposes:-

- To provide payment for items, services or facilities to children or adults who are disabled, handicapped or with long term health problems.
- Enquiries would be considered when items, services or facilities are not readily available through existing services e.g. NHS, Social Services, Education Authority, etc.
- Usually intended for residents of Heacham Parish.

If you know of someone who may benefit from the Trust, or wish to find out more, please enquire in writing to: The Jubilee Welfare Trust Secretary, c/o Heacham Parish Council, Jubilee Clinic, Pound Lane, Heacham, PE31 7ET.



## Stephen Gibson

Heating and Plumbing  
Engineer



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

**Tel: 07786365139 or 01485 543377**  
**Email: [stephen@gibsonheatingandplumbing.co.uk](mailto:stephen@gibsonheatingandplumbing.co.uk)**



## Your legal matters in safe hands for generations

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

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

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



## HEACHAM PARISH COUNCIL NOTICEBOARD

### PARISH COUNCIL MEETINGS IN BRIEF

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

**Fly Tipping** is illegal and everyone is responsible for their own waste; please don't leave your rubbish in the Parish Council car park.

**Old Friends Hall Photographic Show:** Please do support this local photographic showcase. The show is on Saturday 24th and Sunday 25th August and if you would like to show your work you can pick up a registration form from the Parish Council Office.

**Heacham Youth Club** meets every Tuesday, except the last Tuesday, in every month at the Church Hall, High Street at 6.30pm. The Youth Club is open to ages 11-18 years. They are also looking for volunteer helpers. If you feel you have something to give to the young people at the club please contact the Parish Clerk and she will forward on your details.

**The next Full Council meeting will be held on Tuesday 20th August at 7.00pm at the Parish Council Office.**

### YOUNG HOT SHOTS DAY

Heacham Wildfowlers' Association will be hosting their Young Hot Shots day on Saturday 17th August at Heacham Chalk Pit. Children from the age of 8 can try their hand at clay pigeon shooting, under the supervision of BASC instructors. Places must be booked in advance at the Parish Council Office. Sessions run from 10.00am-11.30am and 12.00noon-1.30pm. The cost is £2 per session.

### **!!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.

### DOGS AT THE SALTINGS

The Parish Council continues to receive reports of dogs off the lead at the Saltings. What part of 'keep dogs on leads' do people not understand? The Saltings is a managed nature reserve; dogs are allowed, but not free-range ones.

### OVERHANGING VEGETATION

The Parish Council receives regular complaints about vegetation growing over footpaths and making passing at best awkward, and at worst painful and wet. Property owners are responsible for ensuring that their hedges or trees do not block footways. Please give thought to pushchairs and mobility scooters. The Parish Council seeks property owners co-operation on this please.

### NEXT DOOR HEACHAM

If you receive a letter in the post from Next Door Heacham, please be aware this may be a scam. The Safer Neighbourhood Team are not aware of this but are looking into this as a possible scam.

### HEACHAM LIBRARY

Heacham Library is a very valuable village asset and is run purely by volunteers. These people give their time willingly and are there to help. The Library has three computers linked to the internet for you to use and printing or scanning is available at a small cost. The Library is open Mon-Wed-Fri 10am-4pm and Sat 10am-Noon. The Parish Council are looking for volunteers to help our current volunteers, so if you feel you have some regular free time or for emergency cover please contact the Clerk at the Parish office.

### MERCEDES GLEITZE

With reference to an article in the July edition of the Newsletter from a regular Heacham visitor. Heacham Parish Council have contacted the Environment Agency and the Borough Council to see if the Mercedes Gleitze wash swim Plaque could be moved to somewhere where it would be more visible. Hopefully this will be agreed and the plaque moved.



### Heacham Carnival Parade and Fete 2019

#### SUNDAY 4th AUGUST

We are delighted to announce that Tegen Frary has been selected as our Carnival Queen for this year's Parish Carnival Float. She will be attended by Izabella Chase, Ella McGinn and Charlie Buckingham.

The Parade leaves College Drive at 1.15pm joining the Fete at the Sports Field around 2pm.

Even at this late stage there's still time to be involved in the Parade itself - turn up at College Drive on wheels or walking by 1pm latest - but, most importantly, just come and support everybody and join in the fun.

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

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

Email: [heachampe@btinternet.com](mailto:heachampe@btinternet.com)  
Website: [heacham.norfolkparishes.gov.uk](http://heacham.norfolkparishes.gov.uk)  
Open Tuesday - Friday 10.00am-12 noon.

## HELP LINES

### HEACHAM GROUP PRACTICE 01485 572769

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

### OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

### HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

### HEACHAM CHEMIST 570297

OPEN MON - FRI 09.00 TO 18.30 SAT 09.00 TO 17.30

Between 13.00-14.00 prescriptions and certain other products only

available if the Pharmacist is in attendance

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

### HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

### 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)

\*\*\*\*\*

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

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

Via:- Fox & Hounds and Lodge Rd

0654 & 0709 first buses to King's Lynn then 4 an hour from 0729  
 0704, 0723 first buses to Hunstanton then 4 per hour from 0758

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

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

0709, 0759 first buses to King's Lynn then twice hourly from 0829  
 0722 first bus to Hunstanton then twice hourly from 0828

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

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

0808, 0843 first bus to Hunstanton then hourly

0945 (Service 35) then two hourly

\*\*\*\*\*

### Smithdon High School Bus

#### Service 10

Via:- Lodge Road, Station Road

0755 to Smithdon School

1512 from Smithdon School

#### Service 34, 35 & 36

0758, 0808 to Smithdon School

1510 from Smithdon School (Service 35)

\*\*\*\*\*

### Bus Enquiries

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

Tel: 01553 611955

### WNCT - DIAL-a-BUS Service

Heacham to King's Lynn via Snettisham, Ingoldisthorpe, Dersingham, Sandringham, & Castle Rising Every Tuesday, Wednesday & Friday

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

Tel: 01553 770310

\*\*\*\*\*

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

First Saturday of each month except January.

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

### MOBILE LIBRARY

Route DER201 TUESDAY Every four weeks

20th August

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

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

**Services offered:**

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

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