



THE HEACHAM NEWSLETTER

February 2020

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Deadline for the next edition is 12 noon, Tuesday 18th February 2020

12th February 2020
10am-12noon
Tea
Raffle
Cakes

Coffee
K's Savouries
Quiz
Chat

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Next Messy Church:
Saturday 29th February
10:00am - 12 noon
Heacham St Mary's Church

For further information, contact
Veronica 01485 579087
Penny 01485 572538

WEBSITE:
heachamchurch.org.uk

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

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your letters..

news & events in the community ...



Dear Newsletter

Huddersfield

'Heacham'

Some fifteen years ago, I had occasion to write to you about a topic close to my heart, and you were kind enough to print my letter.

I still visit your lovely village whenever I can, but as a Yorkshireman from a large industrial city I find it upsetting to see the way it is being allowed to spread with new developments which I fear your village substructure will be unable to sustain.

And I fear the day when I leave King's Lynn and drive up the A149 through continuous built-up areas, when the green spaces between all those individual villages have been built over to line the developers' pockets.

Surely, no one wants to see one unbroken urban sprawl running from Lynn to Hunstanton and beyond?

Is it not time for all - parishioners and councillors alike - to pull together to preserve what you have got before it is too late?

Jack Withenshaw

Missing ginger cat

Matty, our much-loved ginger cat, went missing from High St/Kenwood Rd early 16 Jan, returning 10.30pm Fri 17th after a great deal of worry and energy. He is absolutely fine but a little skinnier, so we think he was shut in somewhere and not out in that horrible weather - a great relief.

Everyone has been so kind, thank you all for your concern and help. We live in a lovely village!

**Many thanks
Beth & Keith Winsor**



Heacham Guides

Last term ended with the Christingle Service and a crazy, team-building activity making things from newspaper. Lots of fun and lots of mess.

Happy New Year to everyone.

Another year and another term of fun and some work but in a fun way. We're looking at the little things we can do to help the planet.

Also, this term we are having a Beetle Drive and cake sale to raise funds. Do join us for the evening from 5:30 - 7:00pm on 25th February at Heacham Methodist Church Hall.

Also - would you like to be a Guide? Were you a Brownie but didn't move up to Guides or would you just like to know what it's all about? Come for a taster session on 3rd March 5:30 - 7:00pm at Heacham Methodist Church Hall.

Happy Guiding.

Sue



Dear Newsletter

Hunstanton

Looking for my Canine Friend!

I am a lovely Sheltie dog called 'Mr Bentley'. When at Thornham Dog Show in the summertime I met another gorgeous Blue Merle Sheltie called 'Brodie'. I received a lovely present from Brodie this Christmas and my mummy and daddy would like to say thank you but alas we have no name or contact details. So, if this message reaches Brodie's mummy and daddy, Carl and Anita would like them to get in touch please on 07967 125264.

Carl and Anita

(Name & address supplied)



Dear Newsletter

Heacham

'Thank You!'

A big "Thank You" to everyone who attended and supported our festive afternoon tea on November 30th last year to raise money for Tapping House Hospice.

Once again we enjoyed a lovely afternoon and, including proceeds from a stall at Tapping House, we were able to hand over a fantastic £565.30 to the Hospice.

A great result - Thank You all.

Jan Andrew

Pine Residents Art Group

Do Something Amazing Today



Save a Life

82 people attended the blood donor session at the Public Hall on 20th November 2019 and 66 units were collected. There were 2 new donors. Thank you all. Please note that the next visit to Heacham is on Wednesday 18th March 2020. To make an appointment ring the Helpline 0300 123 23 23 or online at National Blood Service information www.blood.co.uk



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Alternative Therapies

How do you walk or run into this New Year of potential amazingness? Do you stumble with dis-ease or ill-at-ease with your life, the universe and everything? The kids, the neighbours, the husband, the whatever it is, I can blame.

Or

Do you bounce and sing and laugh at those things that cause you issues? Acknowledge them but not feed them to your ego (poor me) or put them out to the universe (I have illness). So what! I want to know you the person that glows within, the sparkly jewel that we all are and not your list of ailments.

So does your language invite in illness? e.g. 'I take aspirin so I don't have a stroke', unfortunately the universe hears (and then gives you) 'a stroke'. Or the classic 'it's not cancer', but your head grabs the last word, cancer! So, change your thoughts and words this year and become well

I am happy
I am healthy
I am amazing
I am healing myself

Or you can sit and giggle at the simplicity of this and say it won't work – so it won't then will it! Because you've decided to stay ill, so stay in your comfy blanket while the rest of us reach for and achieve higher health.

As ever, any questions or further information
Alison.shaman.healer@gmail.com

Alison Bowyer MNCHM

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CHURCHES TOGETHER IN HEACHAM



Thank you so much to everyone who played a part in the Heacham Festival of Angels... it has been amazing!

To see the church filled with 200+ angels, ranging from tiny to huge, made from so many different materials, the creativity shown has been incredible, made by some of the youngest residents to some of our oldest residents, the uniformed groups, our schools, groups and

individuals, it has been quite overwhelming and beyond our expectations.

Having talked to many of you too, I have been amazed at how important angels are to so many of you, hearing stories of guardian angels, people seeing angels and feeling the presence of angels has been very encouraging for me.

Having a church full of angels my thoughts have been rather focused on angels too. In the Christmas story angels were God's messengers, first to Mary, then Joseph and then the shepherds.



I have been wondering what their message is to us today, here in Heacham in 2020? I wonder what God has to say to us as individuals and as a village community? Let's listen and hear.

Thank you Heacham for making the Heacham Festival of Angels such a success, and remember angels are for life not just for Christmas! So listen for God's message to you, through the angels this month and always.

With my prayers and best wishes.

Veronica

Rev'd. Veronica Wilson
Vicar of Heacham

Festival of Angels Committee

Our thanks to everyone who took part. We raised over £1600 for the church. We have not yet totted up the favourite angel votes but will let you know who was the favourite angel next month.

Heacham Parish Church Services in February

- 2nd Feb 10am Holy Communion
4pm Pine Mall Service
- 9th Feb 8am Holy Communion (BCP)
10am Morning Prayer
- 16th Feb 10am Morning Prayer
4pm Evening Prayer
- 23rd Feb 10am Holy Communion
4pm Contemporary Worship at Snettisham
- Ash Wednesday – 26th Feb - 7pm - Holy Communion with Ashing.

CHURCH CONTACTS: (telephone code: 01485)

Methodist Church	Rev'd Stephen Oliver	570232
St Mary's Church	Rev'd Veronica Wilson	570697
St Mary's Church Office	Tuesday-Friday 10-12noon	572539
email: heacham.church@gmail.com		

HEACHAM METHODIST CHURCH



What difference does your faith make to you? A strange question to start perhaps, but I think it is important we ask this question not only of others but ourselves.

Why do we need to ask this question? Because people of no faith must think we are really strange because we believe as Christians in someone we have never seen, that we celebrate at Christmas the birth of a child we believe is the Son of God, that we believe in resurrection after death.

It is time to speak out even though speaking out about what a difference our faith makes can be a daunting task, but it has become a necessary one.

With everything that is happening around us, not only in our country but in our own communities, searching for answers has become a priority. I am not saying that as Christians we have all the answers but what I am saying is that a faith enables us to lay our concerns on a God who listens and enables a hope that wasn't there before. Our faith gives us strength to carry on when things go wrong, to give us a peace that goes beyond understanding. Our faith also gives a great joy which sometimes must seem very odd to many people as we let this joy out in song and praise in Church and in our everyday life.

Heacham Methodist Church believe it is time for us to share our faith with you. We want to tell you about Jesus in our lives and we want to tell you of a new life in Him which has made such a difference in our personal lives and as a community of faith.

Over the coming months there will be an opportunity to come and ask your questions of us. Perhaps you would like to know - Who is Jesus? What happens in Church? What is this new life? What on earth is a Methodist anyway? Why do we worship a God we cannot see? What difference does our faith make?

So, look out for the above logo which will be letting you know what will be going on and when. There will be opportunities to come and chat, one-to-one, or to come and see, but most of all it will enable us to tell you why Jesus makes a difference to us. In the meantime, please join us for any of our services in 2020 where we will be raising our voices in song, praise and yes, laughter.

I look forward to meeting you soon

Revd. Steve Oliver

Minister, Heacham Methodist Church

Heacham Methodist Church Services

10.30am Morning Worship

2nd Feb	Phillip Batstone
9th Feb	Rev Steve Oliver Holy Communion
16th Feb	Sharon Esposito
23rd Feb	Elizabeth Macleod

Midweek Communion Service

The midweek communion will be on Wednesday 12th February at 10.30am in the church hall. All who love the Lord are welcome. The service will be led by Minister Rev Steve Oliver.

Bible Study

Continuing our journey through the Acts of the Apostles, our bible studies in February will be on Thursday 6th and Thursday 20th at 10.40am. New members are welcome to come and join what is a lively discussion group led by Rev Steve Oliver.

The Fellowship

Make a note in your diary that the Fellowship starts its year next month on the 3rd March at 2.45pm. The guest speakers will come from the RNLI. Everyone welcome.

Short Mat Bowls

The short mat bowls group will start back on Friday February 7th at 2.30pm. Anyone wishing to have a fun yet competitive afternoon is welcome. You don't need to have played the game before.

Midweek Activities

Tuesday	- Open Door 10- 12 noon - weekly.
Wednesday	- Midweek Communion - 10.30am on the 12th
Thursday	- Bible Study at 10.40am - 6th & 20th
Friday	- Short Mat Bowls - 2.30pm - weekly.



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Hunstanton Catholic Parish

World Day of Prayer this year will be held at St Cecilia's Catholic Church, Mountbatten Road, Dersingham, on **Friday 6th March 2020**. Refreshments will be served from **10am** and the **Service will start at 11am**. It has been prepared this year by the women of Zimbabwe and the theme is **"Rise! Take your mat and walk"**. This is an ecumenical service, open to everyone, men, women and children of all faiths or none, so please come along and bring a friend. All the churches in the local area have representatives involved in this service, which is celebrated in over 170 countries. For further information and resources go to the website wwdp.org.uk

Many thanks go to all the volunteers involved in making both our churches look so lovely and inviting for the Christmas period, including cleaning, dressing the crib, doing flower arrangements, as well as readers and ministers etc.



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 St Theresa's Convent, 27 Sandringham Road, Hunstanton, during the winter months, on Monday, Tuesday, Thursday and Friday. Wednesday Mass is at 10.15am at St Cecilia's, Dersingham.

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

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

Website: www.hunstantoncatholicparish.org

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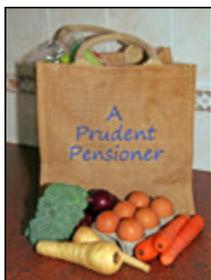
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Another recipe from The Prudent Pensioner

I am on a bit of a mission trying to get more people making soup. Blending vegetables together can create some superb flavours making a delicious way to get some of your 5 a day; many children love them. It is an excellent way of using excess vegetables that may otherwise have been wasted. I have, during the last few weeks, encouraged friends and family to try making a few of my easy, budget friendly, recipes and the feedback has been most rewarding.

I am working on a book of nourishing, budget friendly soup recipes and hope to have it published and available on Amazon very soon. Email me for details pru.pensioner@btinternet.com

As there are lovely British parsnips, Brussel sprouts and carrots available in the shops now, this recipe is not only nourishing, tasty and budget friendly but kind to the planet too.

Carrot, Parsnip & Brussel Sprout Soup.

Makes approx. 700ml

Ingredients:

- 1 med Shallot or small onion
- A knob of Butter
- Potato approx. 115g/4oz
- Carrots approx. 115g/4oz
- Parsnips approx. 115g/4oz
- Brussel Sprouts Approx. 200g/7oz.
- Chicken or vegetable stock cube dissolved in 500ml hot water.
- Salt and Pepper to taste.

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Remove and discard discoloured base and outer leaves on sprouts. Cut each sprout in half and leave to soak in lightly salted cold water.

Peel potato, parsnips and carrots and cut them into small pieces Peel shallot/onion and slice fairly thinly.

Put butter into saucepan over a low to med heat. Add shallot/onion, stir well and cook for a minute, stirring constantly. Add potato carrots and parsnips, stir and mix well. Carefully add stock, increase heat and bring to boiling point. Reduce heat and leave covered, simmering gently, for 10 minutes stirring occasionally.

Rinse sprouts in cold water and add to stock. Increase heat until liquid is starting to boil, reduce heat and leave, covered, simmering for further 5-10 mins or until all vegetables are fairly soft.

Strain off most of the liquid into a jug, put aside while you either put vegetables into liquidiser or use a hand blender and whizz until pureed. Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well. Season to taste. Reheat stirring gently. Turn off heat, serve and enjoy.



If you have left over Brussel Sprouts you may like to make Brussel Sprout and Celery soup. The recipe for this is on the Prudent Pensioner's page on my website.



For details of my books and more of my recipes and 'How to' Video clips, visit the Prudent Pensioner's page on my website

www.doreenreedpoet.com

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1st Heacham Cubs

Welcome to a New Year. Now I must go back a few months to when our last term of 2019 started.

On October 31st, Hathi and myself were unable to attend Cubs so Ziggy and Kaa ran the evening and the Cubs carved out pumpkins; they sent me a photo of them all lit up, looked very impressive. When I returned home that evening there was a smiley pumpkin sitting on my front lawn!

The following week was 7th November and the Cubs listened to Max talk about his collection of Super Zingers and Hayden F talked about his Match Attack football cards. Then it was onto something a bit more serious as the following Sunday was going to be Remembrance Sunday. We had a talk about Private George Norman Smith, a soldier from Heacham, who died in France and has a plaque in the old part of St Mary's churchyard. Then the Cubs were split into two groups; one made poppies to take to church on the Sunday and the other started making an Angel with Hathi for St Mary's Angel Festival in the church (hope you got to see them - there were lots of different shapes and sizes). When the first group had made their poppies they then swapped over. During the evening they played the key game and dodgeball.

On the 14th November Suzy from 'Paint Me Ceramics' very kindly opened her shop in Hunstanton in the evening for the Cubs to go and paint a small Christmas decoration.

Then on 21st November it was over to Hathi and she did an evening about the Environment with a matching game about endangered animals and matching them up with where they lived and how many were left in the world. Nearer to home they talked about the Countryside Code, what it was and how to follow it, then they did work on the Naturalist Badge. Hayden F finished

off his Book Reader badge by showing me how to use an encyclopaedia, dictionary and atlas. The evening ended with a game of dodgeball.

On Saturday 23rd November the Cubs that could attend came to a Model Making Day at the 7th Scout HQ in King's Lynn, with other Cubs from NWN. They made a Red Baron aeroplane kit in the morning then watched a video about dog fights during World War 1. After lunch they painted their aeroplanes and watched a film about the Red Baron. In between they all went outside to have a run around and get some fresh air.

On 28th November Hathi and Mang met with the district training manager. Mang had his work signed off and is now a Young Leader. Mang and Chil now just have to wait for their badges. The evening was again run by Hathi who did promises from around the world and how they were either similar to ours or completely different. Jamie talked about his collection of Pogs and Hayden J finished off his Book Reader badge. Evening ended playing Dodgeball.

On a very cold and windy night, Heacham Cubs went to the food bank in Hunstanton where we met Father James Monro and Rev'd Rachael Dines. The Cubs listened to a short talk about how long the Hunstanton food bank has been open and when the food bank idea started in the UK by the Trussell Trust. After the Cubs had a look around the stock room, they made a food parcel for a single person. Cubs had made their own box of food from a list of items the food bank needed and we were able to donate them on the night. We finished the evening sharing some chocolate.

We ended our term as we started it with a Games night run by Kaa; they played Hockey, Tunnel Ball and What's the Time Mr Wolf. During the evening we had talks from Hayden J on his collection of Beano Magazines, Jessie on her Pokémon Cards and Max finished off his Book Reader badge. The evening ended with Hayden J being awarded his Silver Award and Hayden F

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leaving us to go onto Scouts. Max won Cub of the Term, 100% attendance certificates went to Jessie and Max, Yellow six won the sweets for most points at the end of the term. Before the Cubs left for the Christmas holiday, they all received a selection pack and Christmas card.

Badges awarded during the term were:

Hayden J - Team Leader & Our World, Collectors, Book Reader, Naturalist and his Silver Award

Jessie - Collectors and Naturalist Badge

Tyler - Collectors Badge

Max - Collectors, Naturalist and Book Reader

Jamie - Collectors and Naturalist Badge

Hayden F - Collectors, Book Reader and Naturalist plus his leaving certificate and gift of a torch.

Happy Scouting to all our Cubs.

Akela, Kaa, Hathi, Rikki, Chil & Mang

TIDE TABLES FOR FEBRUARY & MARCH 2020

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST starts 29th March.									
Feb 2020					Mar 2020				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SA	10 34	5.7	22 41	6.0	1 SU	09 50	6.1	22 01	6.2
2 SU	11 24	5.5	23 35	5.6	2 M	10 29	5.7	22 46	5.8
3 M			12 30	5.2	3 TU	11 21	5.4	23 50	5.5
4 TU	00 48	5.5	13 52	5.4	4 W			12 45	5.1
5 W	02 13	5.6	15 04	5.6	5 TH	01 31	5.4	14 28	5.4
6 TH	03 26	5.8	16 04	6.1	6 F	03 08	5.7	15 38	5.8
7 F	04 27	6.3	16 55	6.6	7 SA	04 15	6.2	16 33	6.4
8 SA	05 23	6.7	17 42	6.9	8 SU	05 11	6.8	17 21	7.0
9 SU	06 13	7.0	18 26	7.4	9 M	06 00	7.2	18 07	7.5
10 M	07 00	7.4	19 10	7.6	10 TU	06 45	7.5	18 51	7.9
11 TU	07 45	7.5	19 50	7.9	11 W	07 28	7.6	19 34	8.0
12 W	08 26	7.5	20 31	7.9	12 TH	08 06	7.6	20 13	8.1
13 TH	09 07	7.3	21 13	7.6	13 F	08 45	7.5	20 54	7.9
14 F	09 50	6.9	21 58	7.3	14 SA	09 23	7.2	21 38	7.4
15 SA	10 36	6.6	22 48	6.8	15 SU	10 04	6.6	22 26	6.7
16 SU	11 32	6.0	23 51	6.2	16 M	10 53	6.0	23 28	6.0
17 M			12 37	5.6	17 TU	11 59	5.5		
18 TU	01 09	5.7	13 51	5.5	18 W	00 53	5.5	13 19	5.2
19 W	02 37	5.6	15 05	5.7	19 TH	02 27	5.4	14 39	5.5
20 TH	04 00	5.8	16 09	6.1	20 F	03 52	5.7	15 46	5.8
21 F	05 03	6.2	17 00	6.4	21 SA	04 51	6.1	16 38	6.3
22 SA	05 50	6.4	17 44	6.8	22 SU	05 32	6.4	17 21	6.7
23 SU	06 28	6.7	18 23	7.0	23 M	06 06	6.6	17 59	6.9
24 M	07 02	6.7	18 59	7.2	24 TU	06 37	6.7	18 34	7.0
25 TU	07 34	6.7	19 33	7.2	25 W	07 05	6.8	19 07	7.0
26 W	08 00	6.7	20 02	7.2	26 TH	07 30	6.8	19 36	7.0
27 TH	08 24	6.7	20 30	7.0	27 F	07 55	6.8	20 05	6.9
28 F	08 50	6.6	20 58	6.8	28 SA	08 20	6.7	20 33	6.8
29 SA	09 18	6.3	21 27	6.6	29 SU	08 47	6.6	21 01	6.6
					30 M	09 16	6.3	21 34	6.3
					31 TU	09 53	6.0	22 20	5.8

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West Norfolk pupils join Care Company for Festive Cheer

The festive season was well and truly started when a Heacham Care Company event saw different generations celebrate together and raise money for a charity appeal.

Extra Hands Home Care, which has offices in both Heacham and Broadland, arranged two community events to share mince pies with friends, service users and their families, along with local school children.



Pupils from Heacham Junior School entertained with Christmas Carols at one of the afternoon gatherings which was held in the village. Money was raised from a raffle organised for the Falls Support Appeal at the Queen Elizabeth Hospital, King's Lynn.

"We really enjoy organising social events in the communities in which we work. It is a really

nice way to meet everyone, make new friends from across the generations and ensure our service users have the chance to socialise," said public relations and marketing director Anita Walter.

The appeal, with a target of £35,000 is raising money towards a raft of specialist equipment to help prevent injury from falls.



The first gathering was at Horsford where children from the village primary school were invited to share some music with guests and staff from Extra Hands to bring some Christmas cheer.

Extra Hands is an award-winning family-owned company which covers Norfolk working both privately and with the local authority. It was the first in the county to offer well-being checks to help reassure families and friends who can't always be available to help.

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Outstanding Carers Recognised

Carers who work for a Heacham-based home care company were honoured at a special celebration event at Fakenham Racecourse on Wednesday 11 December).

A total of 90 Extra Hands staff members were nominated for the prestigious Gill Chase Award - an annual event to thank carers who have been nominated by their service users and their families for their outstanding work. The Gill Chase Award was started five years ago in memory of a long-standing Extra Hands carer who died suddenly in 2014 aged 68, and this year, out of the 90 nominations, eight were shortlisted, including Heacham resident Susan Bloy. The winner, Stella Cason from King's Lynn, was announced following an afternoon tea at the famous racecourse.

Susan's nominations said that nothing was too much trouble for her before adding: "She is always cheerful, smiling and would do anything for you. She has a very kind heart and is always attentive. She has great knowledge of care."

Speaking during the award ceremony, Anita Walter, Public Relations and Marketing Director at Extra Hands, said: "This was the fifth year now that we have hosted this award ceremony recognising the fantastic work that our carers do across our organisations. It is wonderful that people are embracing the award and taking the time to continue to submit nominations.

"The judging took place in November with a panel consisting of our two Registered Managers and our Training Manager and what a difficult task they had going through 90 nominations - the most we've ever had recognising the commitment and dedication of our staff members across the organisation.

"From these 90 nominations, we picked eight shortlisted names, four from each office, and we selected a finalist from each office, and Stella was named the overall winner."

Extra Hands Heacham office was rated Outstanding by the Care Quality Commission earlier this year. The company was also the first in the county to offer well-being checks to help reassure families and friends who can't always be available to help.

David Blackmore



Photo: Courtesy of Ian Burt

Heacham Carpet Bowls

New year, new bowling skills - no seems not. I seem to be worse, aiming for terrible. The other players brilliant to amazing! But whichever way those pesky bowls decide to play for you, it's always a good laugh. Come and join us at Heacham Public Hall, Tues/Wed/Thurs 10.15 to 12 noon. £2.



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Borough Council News - February 2020

Heacham, Sedgeford and Fring

The New Year is flying along and a long pause in many council activities, due to elections and Christmas, has ended.

Beach fun is not likely a priority this month so things you can look out for as the weather warms: The Friends of Horsey Seals gave a moving talk before Christmas with a focus on plastic waste and, particularly, those plastic rings people throw to each other and to their dogs. To be brief, don't use them, don't buy them and destroy and dispose of any you find. If you feel up to it, question shopkeepers and stallholders who sell them. They are land mines for seals and cause lingering death.

Heacham South Beach is on course to get double yellow lines to prevent parking on the approach road.

Proposed groyne repair / replacement on Hunstanton beaches does not seem to be extending to Heacham beaches and I will try and establish whether it is an oversight.

Bathing water quality will be reported on at a meeting of the Environment and Community Panel in January. This follows concerns of reported degradation in quality at Heacham and Hunstanton beaches. If it is significant or not should be revealed. Anglian Water are also being taken to task about extraction of drinking water from boreholes in Fring which, it seems, has likely contributed to loss of flow in the Heacham River during the summer. Sedgeford Parish Council is leading on this investigation.

At the same panel meeting an update on tree planting will be given. You will remember that NCC has promised huge numbers of trees, the Borough Council is about to reinforce that initiative (I hope) and the government, alongside its electoral competitors, pledged forests.

Whilst on tree planting, it is good to report that Mr Thomas has planted three significant oak trees at the Hunstanton road border of the woodlands there. These are to replace two large trees which were damaged by winds.

Local Planning matters have been a bit lively, though only a few of you will be aware of them. Some applications were rejected by officers (Heacham and Sedgeford), one went to appeal and was rejected by the inspector (Heacham), one went to planning committee which rejected it unanimously (Sedgeford). Overall, a positive picture for local residents.

The Cheney Hill application which was supposed to be given a public airing last autumn appears, at the time of writing, to have faded into the shadows again. It could appear on the planning portal at any time.

Interested parties have commented on the Heacham Neighbourhood Plan which is moving forward at a respectable pace. Vote for it when you can.

The Knights Hill planning appeal will have completed its public meetings by the time you read this. The outcome, which has been referred to the Secretary of State, will still be awaited. If the developers win then you will know little has changed and residents and commuters will suffer the consequences. If they lose then, maybe, some common sense is reappearing in planning policy, though it will take more than that to convince West Winch.

Just before Christmas there was a large fire in Heacham close to the waste water treatment works. A huge column of black smoke was visible from the A149. I, and others, called the fire brigade and Borough Council officers were later informed. For personal reasons I was unable to follow the matter up but will endeavour to do so. The smoke indicates a large amount of plastic was involved. This is not the first time this has happened. If anyone knows anything please pass your information to the Parish Council. If you are the person illegally disposing of plastic waste, stop doing it, you are harming the environment and are endangering public health.

If you like going to the pictures, then you will be pleased that not only is the private Majestic Cinema in Lynn getting a revamp but the Borough Council's plans for a two screen cinema at the Corn Exchange is forging ahead. You will soon see a giant crane on Tuesday Market Place which is not part of the Mart's rides.

If Shakespeare is your thing, then the Shakespeare's Guildhall Trust is making significant moves to try and regenerate the Guildhall (leased by the Borough Council from the National Trust) though it is a question of waiting to see how their initiatives develop.

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Ruffle: A Toy's Adventures

Snowfall!

by Rachel Greaves

Having been carried carefully back to the little boy's home from the charity shop, Ruffle was quickly introduced to the rest of the toy dogs owned by the boy – various shapes, sizes and breeds, though none like Ruffle! Ruffle soon became the boy's favourite and, although the boy didn't take Ruffle to school with him, he did include Ruffle in lots of games and adventures when he was home from school.

Not many days after Ruffle had arrived from the charity shop it began to snow! To the delight of all the pupils, school was cancelled so children from the neighbourhood eagerly looked out sledges from the backs of garages and sheds then made their way to the park where there was a slope just made for sledging!

The boy wrapped up warmly and chose Ruffle again from his toys, then tucked Ruffle safely into his coat pocket as he guided his sledge to where his friends had gathered. The little slope wasn't particularly steep but to the young sledge riders it seemed almost like a mountain! They soon positioned their sledges at the top, sat on as comfortably as wooden sledges would allow, then pushed each other off to get a good start.

Ruffle could feel the excitement from the safety of the boy's pocket as the sledge rushed down the hill smoothing the white glistening blanket with its sturdy runners. Ruffle also soon felt the thud as they landed in a heap at the bottom after being thrown from the sledge!

Sledging can be quite tiring work especially pulling a sledge uphill so very soon the boy became hot and decided to take off his gloves. He pushed them into the pocket with Ruffle. After an exhilarating morning sledging with friends it was time to return home for lunch. The rope on the sledge felt wet and cold



so the boy felt in his pocket for his gloves. But as well as pulling his gloves out, unbeknown to the boy, he also pulled Ruffle from his pocket. Ruffle landed with a silent PLOP in the deep snow. The boy continued to pull his sledge back home not noticing the deep Ruffle-shaped hole in the snow where Ruffle lay.

As the children walked home the excited shouting and laughter soon disappeared and the park became very

quiet in the white stillness. The park seemed empty - except for an old man wrapped up against the cold air...

For further details about Ruffle's adventures and storybooks visit www.ruffletheraildog.co.uk. Or view the series of short story films narrated by Rachel, helped by Ruffle, on YouTube under 'Ruffle's Walks'.



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Remembrance Sunday 2019

We are so proud of the village community. Last year's poppy appeal came to the magnificent sum of £2,508.52, an increase from the previous year of just over £1,000. Special thanks must go to Lidl, who could not do enough for us, and made all of us who set up a stand there, very welcome. The amount we collected at Lidl came to a fantastic £930.30. Well done all, we are very proud of our community, and those from surrounding villages who donated at Lidl...thank you one and all.



A less damp Remembrance Sunday was as well attended as ever, as ever a humbling experience for all. We were so touched by the respect from the young uniformed groups who laid their own hand-made personal tributes.

I never cease to be proud of the community in the way that the 2 minute silence is impeccably observed, so much respect for those that made the ultimate sacrifice. After the service, the Legion members laid a

cross on each of the CWGC graves in the Churchyard. We intend to look after these graves in the manner befitting, with the help of the local Cadets, once we have liaised with the local CWGC representative. Special thanks must go to Paul Giles, our Secretary, for his invaluable experience and knowledge of Legion regulations, and Adam Kellythorn, our Treasurer, for his financial and



organisational expertise...we couldn't have done it without you.

Lastly, our thanks to Reverend Veronica Wilson, who appears to have the persona of a certain female television Vicar! A

superb Church service, light hearted at times but always respectful...thank you Veronica!

Thank you, one and all.

Marcus Liddington
Heacham Branch Chairman
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The Heavenly Harlots of Heacham - The Heacham Chapter of the Red Hat Society

Hello, I'm Queen Flutterbysparkle – Queen of the Heavenly Harlots of Heacham and I'd like to tell you a bit about the Red Hat Society and our Heacham Chapter.

A few years ago, a lady named Jenny Joseph wrote a poem called "Warning". This poem starts off with:
"When I am an old woman I shall wear purple
With a red hat that doesn't go, and doesn't suit me"

Wherever you go, you may now see ladies around town sporting their purple outfits and their fabulous red hats, taking inspiration from the poem which is about embracing life, fun and friendship, rather than being held back by age, and what everyone expects a lady of a 'certain age' to be and do.

The fun starts with naming the chapters, and its members. There are over 41,000 chapters worldwide with groups in UK, USA, Canada, Japan, Mexico, etc. Seems all ladies just want to have fun. Your local Chapter are the **Heavenly Harlots of Heacham**.

To be a '**Red Hatter**' you must be over 50 years of age (there is no upper age limit). "Over fifty and fabulous" that is what we say about ourselves. But that does not mean you cannot join the Red Hat Society if you are under fifty. You may join our Chapter as a '**Pink Hatter**'. These are our Ladies in waiting and dress in lavender or lilac and wear pink hats. We welcome all ladies to do what we do '**LIVE, LOVE, LAUGH**'. That is the motto of the Red Hat Society.

We are ladies with '**HATTITUDE**'!!! It is so much fun for us to don our purple outfits and Red Hats and go for coffee, shopping trips, the movies or theatre, picnic, or just wherever our hearts decide to go and watch the people watch us having fun and enjoying ourselves.

If you are looking for a new and exciting way to enjoy life then come and join us. Once you are ready to become a RED HATTER, just buy a stunning RED HAT and a purple outfit, the more elaborate and beautiful the better. It doesn't have to be costly – we are experts at scouring charity shops and e-bay!!



If you are thinking about becoming a member, don't hesitate! We welcome new members with open arms. Don't miss out on an opportunity to become part of the best group in the world where friendly, caring women come together for fun and friendship. Remember the RED HAT motto: **LIVE, LOVE, LAUGH**.

For more information or to arrange a friendly chat over a cup of tea or coffee, email: heavenlyharlotsofheacham@gmail.com or ring me on 07801 670798, leave a message and I'll get back to you.

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Passwords (Part 1)

By Keith Winsor, oapc - computer help without the jargon!

Good news! Researchers have discovered the biggest security threat to your online activities.

Bad news: it's you.

When they think about 'hackers', most people imagine Igor in Russia, banging away at his keyboard and trying to guess what their password might be. The reality is very different. When you first sign up to a website, you're asked to make up a password. The password you type in is turned into a unique number (a 'hashed password') which is sent to the website. Next time you log in, the same process happens and, if the two numbers match, the website knows you've typed in the correct password.

Most 'hacks' involve someone sneaking into a major company's computers and stealing the entire database of customers' details, such as the *three billion customers* whose details were stolen from Yahoo in 2013. Those details "may have included names, email addresses, telephone numbers, dates of birth, hashed passwords and, in some cases, encrypted or unencrypted security questions and answers", according to news articles at the time.

Hackers have computers running round the clock, typing in random passwords and listing the numbers they equate to, so that it's possible to produce a list of the numbers and the corresponding words. In fact, even Wikipedia has a list of the top 10,000 passwords. Particularly worrying is the fact that 91 per cent of all passwords used are in the top 1,000 positions on that list.

So why does it matter?

These days, personal information is valuable: it allows you to prove you are who you say you are for banking, shopping, and all manner of transactions. So, imagine the fun the crooks could have with the information stolen from Yahoo, which "may have included" everything you need to convince almost anyone that they were you, right down to your grandmother's maiden name and the name of your first pet!

I'm regularly called out to help people who've been hacked or just forgotten their passwords. The phrase I hear most often is 'I usually use...' followed by a six-letter word and maybe a number. It's the password they use everywhere. The world would be a simple place if we had one key that opened our car, house, shed, business, garage... Of course, if someone were to steal that key, suddenly you've lost everything. And yet three-quarters of the customers I visit use the same password or two on every website.

If someone breaks in to your email – and, in case you didn't know, Yahoo ran BT email for years and in some cases still does – they can find out the banks you use, the companies you deal with, even what you've ordered recently. Your Amazon account reveals your postal address, phone numbers, email address and the expiry date and last digits of your credit cards. From your email, they can find out the banks and credit cards you deal with.

Put all this information together and it's very easy to ring someone and pretend to be a bank with an urgent query – someone's trying to break into your account and you *must* take immediate action – and relieve you of your hard-earned cash.

I'll be talking about passwords and the like in more detail soon but, for now, it's time for some homework. I'd recommend getting an old-fashioned address book – the one with A to Z tabs down the side. Grab all those post-its and bits of paper you've got in that pile and start writing them in the book. **G** – **Gmail**, etheldaardvark@gmail.com. Write down the password you use, *in pencil* so that you can change it easily, and the date you changed it last (or an educated guess).

When you've done that, we'll have another look at passwords: what makes a good one, how to change them, how to massively improve your security, and other ways to avoid forgetting them in the first place. See you next month!

Keith Winsor, oapc
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NEWSLETTER SUDOKU Answer page 41

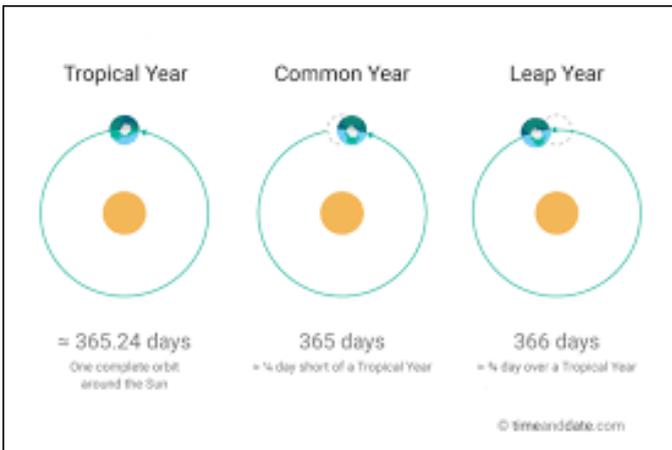
Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9.

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

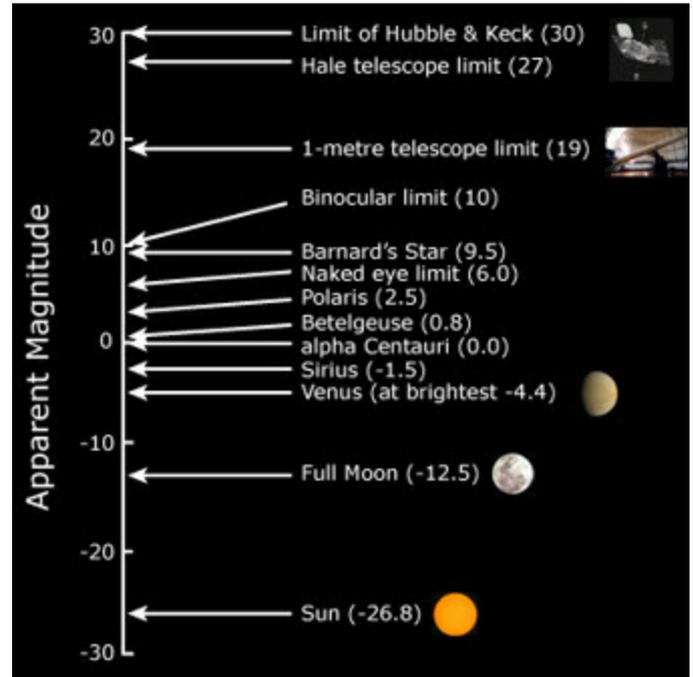
Heacham at Night

Nights are getting shorter which would be bad news if nights were clear more often. Didn't see much over the break for one reason and another and I am now short of time so a shorter article for the shortest month.

A Leap Year, so February is 29 days long. Why? asks your youngest – Because: each year, the time it takes the Earth to go once around the Sun, is actually 365.2422 (about $365\frac{1}{4}$) days long. So, every 4 years a day is added to February to keep the calendar from wandering. Otherwise, after 100 years, Christmas would be about a month later. For dissatisfied questioners, this doesn't quite do the job as 0.2422 is less than a quarter, so Century years, like 2000, can only be a Leap Year if divisible by 400. Over time, this makes the calendar pretty consistent. Thank Julius Caesar and Pope Gregory XIII for the Leap Year Rules. Persia, now Iran, has an even more accurate calendar devised by Omar Khayyam about a 1000 years ago.



In my lengthy Dec/Jan article I covered much of what is in the sky this month. I particularly discussed Orion and the star Betelgeuse. This made the news over Christmas, at least the news I read. Mighty Betelgeuse has been fading rather more than it generally does (it is variable and not stable) and some think this is a precursor to it going nova. Others believe it is just that several cyclical factors have come together and the star will brighten again. So, if you go out one night and another Moon appears, perhaps with a hint of red, you have witnessed the demise of Betelgeuse or, at least its 640-year-old demise. It will probably be cloudy.



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On Sunday February 9th there is a Supermoon; the Moon will be fourth closest of 13 Full Moons this year. So, there are 3 super-super moons to come. Supermoons have gained more recognition from amateurs in recent years as there is a chance that they might actually be seen. They are a combination of a Full Moon occurring at a point in the Moon's slightly elliptical orbit when it is a tad closer to Earth. Put the Moon close to the horizon and optical effects exaggerate the Moon's apparent size.

Venus grows brighter still and will have an apparent magnitude of minus 4.2 at the end of the month when it won't set until 10pm. Look to the west and you can't miss it. On the 27th/28th it will be close to the crescent Moon which is always a fine sight. As I write this, on the 12th January, Venus is shining through the window.

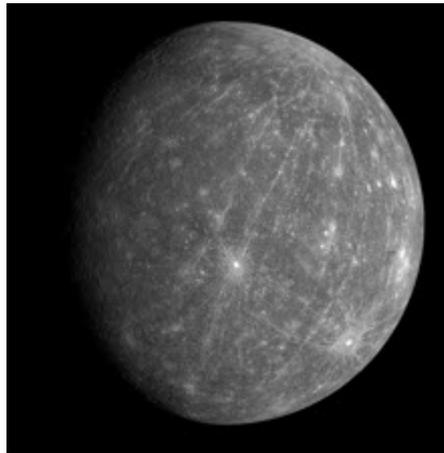
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In the first half of the month the bright spark of Mercury should be possible to see and is low down at the lower right of Venus. Mercury sets at 6.50pm. On the 10th, Mercury is at its greatest eastern elongation – furthest from the Sun and is just a little south of west.



Mars, Jupiter, and Saturn are morning objects rising at 4.30am, 5.30am, and 6am respectively. You need a SE horizon. As sunrise approaches, these planets, on the far side of the Sun, will be washed out. As the day progresses, they will continue to rise but will be below the western horizon by the time the Sun sets.

As the year progresses, the motion of the Earth, in particular, will see them rise later and later until they are evening objects once again. This predictable dance has gone on for a few billion years and will continue for another few. (Note: *the motion of each planet contributes to its rise time too – especially if relatively close like Mars*).



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Early on the 18th / 20th you could catch a crescent Moon in attendance with Mars, Jupiter and Saturn.

For early risers with that SE horizon, find Mars on the 17th/18th. Look with steady binoculars and you will see fuzzy patches above and below it which are the Trifid Nebula and the Lagoon Nebula. The former, Messier 20, is 5,200 light years away and consists of three types of gas cloud illuminated by a star cluster. The Lagoon Nebula is about 4000 light years away and is a giant cloud of gas in which stars are forming.



Lots of spacecraft are off on their travels or are about to be. I will try to catch up with them next month.

Clear skies please.

Terry Parish

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Heacham Community & Heritage Building Update

The Parish Council has listened to the views raised by Heacham Youth & Community Trust Ltd., and looked at their proposed alternative plan which did not meet the identified need. It has therefore decided to proceed with development of the new Heacham Community and Heritage Centre, for which planning permission has already been obtained, and which reflects the preferred option following the survey of the village.

This design meets all requirements of the new building for Heacham. It will provide improved facilities for the Parish Library and Parish Office, utilising significant annual expenditure being paid in rent on the current premises. It will not only provide a larger hall (a replacement for the Old Friends Hall), but will also enable the provision of a small heritage facility for the village.

The Parish Council already holds some funds towards the costs of the new building, but will need to take out a Public Works Loan which, along with annual inflation increases, will add approximately 10% to the Parish Precept for the financial years 2020/21 and 2021/22. In 2020/21 this equates to an increase of approximately 12p per week on a band D property. The Parish Council is hoping to start the tendering process for a builder and a contract manager for the project as soon as possible.

Regular up-dates will be published in future editions of the Newsletter, but in the meantime if you have any questions please contact the Parish Office who will pass these on to the Committee. The Community & Heritage Building Committee meets every 4th Tuesday in the month and anyone is welcome to attend. The next meeting will be held at the Parish Office on Tuesday 25th February 2020 at 7.00pm.



Sallywags Parent, Baby & Toddler Group

Wishing staff and readers of The Heacham Newsletter a bright new year ahead!

Sallywags has been getting into shape this new year - specifically tissue paper and felt shapes which, with plenty of glue, made some super duper pictures last week when we returned! The salad spinners have been out this week ... but only for painting! Check out our little artists' colourful creations! Love them!



A massive thank you to Lincolnshire Co-operative whose members have supported Sallywags Parent Baby & Toddler Group in their Community Champion scheme by kindly donating

£211.66 for resources - such a good letter to open on a grey January day! This will make a great difference to our group.

Thanks to Tracey for songs and parachute games and Alison for table putting away (which involves a certain knack, which she has and I can't retain, so take twice as long!)



And a belated big thank you to our lovely childminders, parents, grandparents and children for our Christmas cards and surprise gifts (yum yum); Sallywags is a pleasure with you all.

Sallywags Parent Baby & Toddler Group meet every term time Wednesday at the Scout Hut (off Caley Street) 9.30 -11am. Lots of play (play-doh, making, puzzles, ball pool, Duplo, trains, doll house, animals, play kitchen, Happyland, dolls, cars), a sit down snack time and nursery rhymes and shakers to finish!

We ask £2 per family to cover rent/refreshments/resources. Come along for a play and a cuppa when you can, we'd love to meet you and your little ones! For further info please text/call Jo on 07521 447284.

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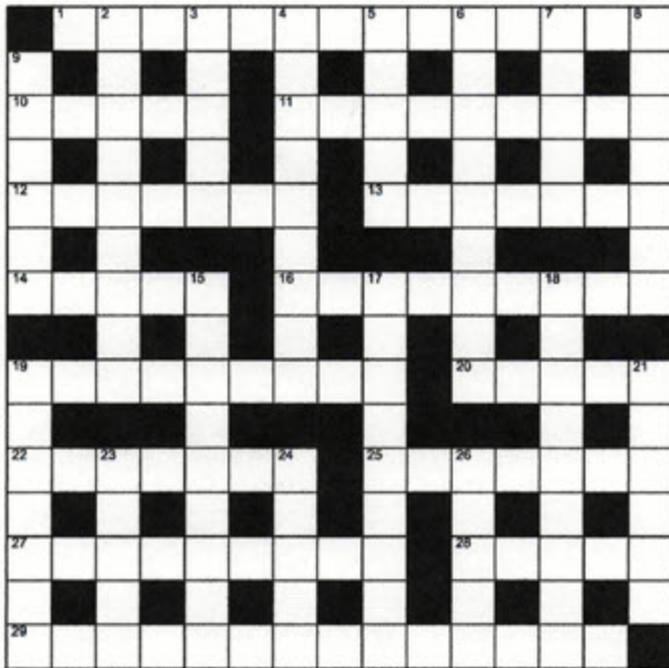
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: Pointz of Interest Therapie'z, Dersingham

FEBRUARY CROSSWORD



CLUES:

Across:

1. When seen in this way is part of one lacking sophistication? (6,8)
10. Points to familiar part of flower (5)
11. Overthrow dominant European leader, as proposed (9)
12. Top actor left, returning after holiday disheartened and wasting away (7)
13. Maybe Clarkson, Hammond and May will need to work hard to secure a backer, shortly... (7)
14. ... prepare for a fit of pique! (5)
16. They protect sheets in transit (9)
19. Bolt set rapid pace, with next to last going second (9)
20. Charges needing to be introduced in banks? (5)
22. Started climb and fell over, twisting something that connects to spine (7)
25. Left playful dog with woman (it's a mongrel) (7)
27. Keeping away from wind, got sail in (9)
28. Test is held in wet (5)
29. Disagree by roughly ten to one on rearranged meeting being segregated (14)

Down:

2. Blows savings on revitalizing drug (9)
3. Miss work to attend dance (5)
4. Where a big signing was made under my nose? Extremely funny! (9)
5. Hand on clock turns wrong way (5)
6. Prison, with rooms offset (9)
7. Opening batting with first team, is run out (5)
8. Blocks signal to five hundred of them in France (7)
9. Avoid diversion (6)
15. Youngster is unfortunate with period of apprenticeship (9)
17. Shows flair in speech, but is lacking in substance (4,5)
18. Story might be rum at start, but delivers this in the end (9)
19. Condemned Euro credit that is lost in a couple of days (7)
21. Can beds stacked up be construed as art? It will need time... (6)
23. ... while, playing on bed, this could be rewarded or penalised, depending on game (2-3)
24. Restricted access includes stairs – everyone heads for lift (5)
26. Drum beat Ted lost track of, leaving dance (5)

Solution on page 41

HEACHAM AND DISTRICT COMMUNITY CAR SCHEME

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The Salvation Army

Well, December was a very busy month for us at The Salvation Army in Snettisham. Maybe you saw our band carolling at one of the many venues we visited. It was really good to be able to meet so many of you and I hope you enjoyed hearing the old familiar carols. Our Christmas Afternoon Tea was also

well attended and is now so popular we have to hold it over two days as we can't fit everyone in in one sitting! Maybe you visited our Christmas Tree Festival with village businesses and organisations decorating a tree and raising money for their nominated charity. If so, I hope you enjoyed both the trees and the welcome. Or maybe you attended our Carol Service, so many of you did that it was a bit of a tight squeeze but we had a good time celebrating the birth of Jesus.

I would like to thank you all for your generosity in regards to donations received for our Toys and Tins Appeal. The Toys and Tins Appeal is run by The Salvation Army in Norfolk in conjunction with BBC Radio Norfolk and aims to provide food hampers and toys for those who struggle to cope at Christmas time. This year we were overwhelmed with the amount of toys and food donated to our appeal through our Community shop in Hunstanton and also left at our hall in Alma Road Snettisham.

Because of your generous donations we were able to help over 50 local people this Christmas time with food hampers and toy parcels. The Salvation Army is often called 'Christianity with its sleeves rolled up', in other words our faith is worked out in actions but much of what we do can only be achieved because of the generous support we receive from you, the general public.

If you didn't visit us at Christmas then there will be plenty of opportunities in the coming year to come and visit us. On February 15th we have a ceramic painting workshop from 10am-12noon and on 21st March we have a Community Breakfast from 9am-11am. No tickets needed, just pop in for a full English Breakfast for £5.

At the start of a new year I always have the urge to start decluttering and Spring cleaning. Over the course of a year we can hold onto things that might be useful or we might need and then they just sit in a cupboard taking up space and gathering dust. The new year is a good time to get rid of all those things that just clutter up our homes so that we have room for things that are of more use to us. The Bible tells us that we need to declutter our lives too. In Ephesians 4:31 Paul tells us 'Get rid of all bitterness, passion and anger. No more shouting or insults, no more hateful feelings of any sort. Instead be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ.' He then goes on to say in Philippians 4:8 'Fill your minds with those things that are good and that deserve praise, things that are true, noble, right, pure, lovely and honourable.'

This year as you start to declutter your homes, start to declutter your lives too. Get rid of all those hateful, bitter feelings and just hold onto the good things.

Alison Kirby

Corps Leader, Snettisham Salvation Army

Alison.Kirby@salvationarmy.org.uk visit our website
www.salvationarmy.org/snettisham
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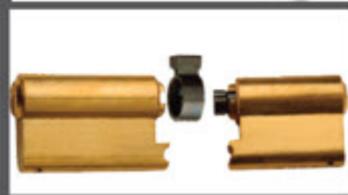
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WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

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 – 1.15pm For info Tel: Suzie Povey
07900 818311 (PH)
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5
– 6pm Contact Kathryn Tel:572138 (SG)
FOOTBALL Under 14's 6-7pm Contact Jason 07867527706
(HSC) playing fields
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. 2nd
Monday in every month at Freebridge Community Hall,
Sunnyside. Call Michelle 01485 579 024. Kits Supplied
HEACHAM TABLE TENNIS CLUB League Matches in the
Hall 7pm from 16th September (PH)
CRAFT CLUB 2-4pm every week (exp Bank Holiday) (PRH)
STRETCH AND TONE 9.30am - 10.10am (PH)
FITSTEPS (BEGINNERS) 10.15am - 10.55am (PH)
SEATED FITNESS 1.30pm - 2.15pm Call Suzie on
07900818311 (PH)

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
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)
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 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

COMMUNITY COFFEE MORNING & MORE 2nd
Wednesday monthly 10am - 12noon
All ages welcome (OFH)
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)
BINGO 7.30pm Neville Court Grouped Home
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)
WEST NORFOLK SINGERS 7.15 - 9.15pm 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)
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 6.30 – 7.30pm. £7
per person Alison 01485 571062
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

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)
 TEA DANCE every week. Old time line dancing and sequence 2pm-4.30pm at the Public Hall. Call George 01775 670294

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)
 NORSEMANS 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)
 MESSY CHURCH Last Saturday in the month 10 - 12noon at St. Mary's Church. Call Veronica on 570607 or Church Office on 572539

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 7th February GIG 'JAM with DNA' 8.30pm at The Fox and Hounds, Station Road
Friday 14th February GIG 'Black Dogs' 8.30pm at The Fox and Hounds, Station Road
 *** 'Bowls AGM' In the Meeting Room, Social Club, Station Road
Wednesday 19th February 'Lorraine's Prize Bingo' in Hall at 1.30pm, Social Club, Station Road
Friday 20th February GIG 'After Hours' 8.30pm at The Fox and Hounds, Station Road
Friday 28th February GIG 'The 142's Band' 8.30pm at The Fox and Hounds, Station Road

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OTHER EVENTS.

Thursday 6th February 'Stanhoe and Barwick WI Talk - Norfolk's Signs' 2pm at The Reading Room, Cross Lane, Stanhoe, PE31 8PS

Saturday 15th February 'Ceramic Painting Workshop' 10am - 12noon at Salvation Army, Alma Road, Snettisham

Monday 17th February 'Hunstanton U3A Meeting' 2pm at the Community Hall, Hunstanton

Friday 21st February 'Film Night - Judy (12A)' 7.30pm doors for 8pm start at Anmer Social Club. Admission £3 each on night. 01485 579465

Saturday 22nd February 'Syderstone Village Cinema Presents - The Lion King (PG)' 7.30pm at Amy Robsart Village Hall, Syderstone, PE31 8SD. Advance tickets £3.50. 01485 578171/578244

Tuesday 25th February 'Dersingham Village Screen Presents - Downton Abbey (PG)' 7.30pm at Dersingham Village Centre. £10 for film and late afternoon tea or £5 film only with refreshments

Thursday 27th February 'Norfolk Wildlife Trust Talk' 7.30pm hosted by West Norfolk Members Group at Hunstanton Methodist Church, Austin Street. £2 members, £3 visitors

Saturday 29th February 'Family Run Leap Year Quiz' 7pm at Dersingham Village Centre. £3 per head or £15 per team (max 6) To book call Graham on 07901896102

MARCH

Thursday 5th March 'Stanhoe and Barwick WI Talk - Bangladeshi Childhood' 2pm at The Reading Room, Cross Lane, Stanhoe

Mondays

HUNSTANTON BRIDGE CLUB 'Duplicate Bridge' 6.50pm for 7pm at Hunstanton Conservative Club
CASH BINGO United Services Club, Homefields Road, Hunstanton

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

CAMEO CLUB (Activities for over 50's) 10.30am Salvation Army, Alma Road, Snettisham

POP-UP COFFEE SHOP 10am - 12noon at Dersingham Village Centre. Coffee, tea, hot chocolate and cakes

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

FRIENDSHIP LUNCH 1st & 3rd Tuesday at Dersingham Village Centre. £5 for two courses. To Book call 01485 540644

VILLAGE VOICE LIVE every 2nd Tuesday. Informative talks £5 inc refreshments at Dersingham Village Centre 07707832295

FRIENDSHIP LUNCHESES 1st and 3rd Tuesday of each month. Two-course meal £5. To book call Shirley on 01485 540644 at Dersingham Village Centre

Wednesdays

DOCKING MARKET 9am-1pm in The Ripper Hall

Local Produce Craft and Gift Stalls Tel: 576233
LYMPHOEDEMA SUPPORT GRP meets the 2nd Wednesday monthly 10.30am-12noon For info please Tel:Sue 570823

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

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

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

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

MEN'S FELLOWSHIP 3rd Wednesday of the month 7.30pm at The Salvation Army, Alma Road, Snettisham

FRIENDSHIP GROUP 2pm at Salvation Army. Alma Road, Snettisham

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 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

COFFEE MORNING 10am - 12noon at The Salvation Army, Alma Road, Snettisham

CRAFT CLUB 3rd Thursday of the month, 1pm - 3pm at The Salvation Army, Alma Road, Snettisham. Bring your own project

CASH BINGO at United Services Club, Homefields Road, Hunstanton

POP-UP COFFEE SHOP 10am - 12noon at Dersingham Village Centre. Coffee, tea, hot chocolate and cakes

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

SOCIAL TEA DANCE last Friday monthly. £5 inc refreshments at Dersingham Village Centre 07707832295

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

HUNSTANTON PROMENADE PARKRUN (No need to run, can walk) 9am at The Sailing Club, North Promenade, Hunstanton

Sundays

SUNDAY LUNCH from 12noon - 2pm at Hunstanton Conservative Club. Two courses for £7.95

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The start of a new decade is a good time to take stock of where you are, what you have achieved and where you are going.

This year we are entering the third decade of this century; the NHS celebrated its 70th birthday in 2018 so the last 20 years represent only about 30% of its existence. In that time, however, it has experienced the most difficult sustained period of pressure since its inception. We must find the way to manage and meet this demand upon our services.

West Norfolk CCG came into existence during the past decade and will cease to exist as a stand-alone CCG in the next three months when it merges with the other CCGs in the area to form the new Norfolk and Waveney CCG. The idea behind CCGs is that by giving clinicians an influential seat at the commissioning table, the decisions made have a sounder basis medically, which in turn should deliver better outcomes for the patient. At a time where every penny spent has to be examined and justified, the luxury of having small administrative units to manage localities rather than large county areas which confer a saving by doing things at scale, has been difficult to support. There is no doubt money spent on administration will be less with the new merged CCG and it must be right that more of the NHS pound is spent on healthcare rather than administration.

The start of the new decade coincides with a new government. A government which has promised significant investment in the physical infrastructure of the NHS.

Last year our mental health trust was told it would receive £38m to build new wards in Norwich, which will serve people from West Norfolk too, and the Queen Elizabeth Hospital was given the good news that it will share £70m with the Norfolk and Norwich and James Paget University Hospitals to build a suite of diagnostic centres. The Queen Elizabeth also received an extra

£470,000 to help it expand services for local people plus further funding to open 30 more beds.

But we have so much more we wish to do. I make no secret of my desire for more funding for our NHS so we can improve our buildings further, build better IT systems for our hospital and our wider health and care system and improve outcomes for our patients.

I'm proud of my primary care colleagues for doing their bit. GP practices are working together in "Primary Care Networks" to innovate better ways of supporting their patients, and very soon community mental health and nursing/therapy teams will be aligned to work alongside them. More of our local GP practices are offering online consultations as well as phone and face to face contact, and we are starting to introduce a new support service to help patients at some practices in West Norfolk to order repeat prescriptions.

So, while the last decade has been difficult there is promise for the future. The changes taking place in the NHS and social care promise benefits from integration of services, for the first time we are encouraging professionals from the different strands of health and social care to work together in a spirit of co-operation on the ground and forming system partnerships across the county as a whole to better plan how investment is made and services provided. I think the quality of the management team we have established in the last few months bodes well for the future running of services in West Norfolk and the new primary care networks and the local delivery group are thriving since their creation.

You can play your part in helping local services to be the best that they can be. You have a responsibility to use the services wisely. The range of services available to you is wide with advice via the telephone and online services through local pharmacies, GP services, ambulance services and A&E services. Use the most appropriate for the type of problem you have to ensure we all get prompt attention from the right professional at the right time.

Dr Paul Williams
Chair, West Norfolk Clinical Commissioning Group



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2nd Heacham Rainbows

I hope everyone enjoyed the Christmas and New Year break. Heacham Rainbows has only been back for one meeting (we made yummy cakes) so let me tell you about the half term before Christmas, all the way back to Halloween! (I know it was a while ago!!)

For our Halloween party the girls dressed up and enjoyed making chocolate covered apples with lots of sprinkles and playing games with help from Jemma (Hathi at Heacham Cubs). The next week I had to work so the meeting was run by Bev and Sue (Heacham Guide Leaders). The girls made an angel for the Angel Festival at St Mary's Church. Our very very sparkly angel hung above the altar alongside the Rangers' Angel. Veronica very kindly sent me a photo of our Angel shining beautifully in the sunlight.

The Rainbows did brilliantly, parading and attending the Remembrance Sunday Service. They were all very calm and respectful. I was so proud.

The meeting after Remembrance Sunday was on 11th November so I talked to the girls about what Remembrance means and what they learnt about at school. The girls then decorated poppy pictures.

The Rainbows loved visiting Paint-Me-Ceramics and painting Christmas decorations to hang on their Christmas trees. Big

thank you to Suzy for making the experience so enjoyable for the girls. The next two weeks Sam (Heacham Cubs) came to help. The first week we made adorable toadstools using paper plates, cardboard tubes and decorated with tissue paper and cotton wool. The next week we made snow globes; the Rainbows decorated a card circle with a Christmassy picture, then I helped them put polystyrene balls into a clear plastic bowl. I then helped them stick their picture on the bowl. Once dry you could shake and move the bowl around for a snow globe effect.

Our last week we had a Christmas party; the girls wore Christmas jumpers or outfits, we danced to Christmas music and decorated gingerbread men.

I wonder what 2020 will bring!

Kathryn
Unit Leader



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 AGM in Meeting Room

Wednesday 19th February Lorraine's
 Prize Bingo eyes down 1.30pm in Hall

Every Monday Fitsteps, Pilates,
 Table Tennis

Every Tuesday Carpet Bowls

Every Wednesday Carpet Bowls, Ballet,
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Every Thursday Carpet Bowls, Judo

Every Friday Bingo in the Hall 7pm...
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around & about...



Our Group and Volunteering

The Coastal Stroke Support and Carers Group, based in Hunstanton, aims to provide activities that improve the rehabilitation of stroke survivors and the welfare of their carers. The activities include art and craft sessions, where members are able to develop their artistic skills with the aid of local artists and teachers: classes include painting, flower arranging, mosaics, making cards and so much more.

Exercise is a good way of improving mobility and we provide regular gentle exercise classes to achieve this goal.

On a simple social level, you can also come along and meet others in a similar situation, have a cup of tea or coffee and a natter if you wish. We are a friendly group and you will be made most welcome.



This art session was run by Maxine Byron (a local artist), supported by volunteers, and attended by group members who produced a colourful picture of a goldfinch.

We meet at the Methodist Church, Austin Street, Hunstanton every Tuesday between 10:30 and 12:30pm. We would love to see you there.

If you have some spare time and maybe looking to become a volunteer and would like to do something really rewarding, please come along and have a taster session at our group; you never know it might be the thing for you.

Contact information: Gemma Smith - Tel 01366 377803
 Mobile: 07515 596953
 Stroke Helpline: Tel 0300 3033 100
 Website: www.stroke.org.uk

Stanhoe and Barwick WI

Norfolk's Village Signs - Thursday 6th February at 2pm:
 Mike Weatherstone speaks on the history of Norfolk through its village signs.

Rural Life in a Distant Country - Thursday 5th March at 2pm:
 Juyna Lewis will talk about her Bangladeshi Childhood. This is an Open Meeting.

Visitors are very welcome; we charge just £3, to include refreshments. The Reading Room, Cross Lane, Stanhoe PE31 8PS.

For further information about Stanhoe & Barwick WI, please contact Valerie (01485 576261) or Sandra (01485 518744).

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Hunstanton Town Council

Plastic free in 2020

Hunstanton Town Council aims to lead the change on reducing single-use plastics by going plastic free in 2020.

Single-use plastics are to be phased out from all the council's premises from the 1st February.

The UK Government has already confirmed a ban on plastic straws, drinks stirrers, and plastic stemmed cotton buds that will be coming into effect in England from April 2020. A spokesperson for HTC stated, "We are putting our plan into action early to give businesses an opportunity to find alternatives before the holiday season. We are also taking our policy further than the Government and aim to ban all single-use plastics on our premises including disposable water bottles. A full list of banned items can be found on the HTC website and details will be sent to all venue hirers."

HTC declared a climate emergency in 2019 and has since implemented several new policies to address climate change and single-use plastic pollution. The Environment Panel, formed in the latter half of 2019, has already tackled cigarette litter by installing a Ballot Voting Bin, sponsoring Hunstanton's first highly successful Vegan Fair and a range of environmentally friendly products are now on sale at the Tourist Information Centre. New recycling bins have been installed on all council premises and they are working closely with other organisations within the town to develop new strategies.

Cllr. Amanda Knight, chair of the Environment Panel said, "The council already works in partnership with projects such as Refill to help reduce single-use plastic within the town. As a council we have a commitment to the environment and our policies need to reflect this."

It has been acknowledged that some single-use plastics can be made available when it is essential for medical reasons or disability.

To find out more, visit: www.hunstantontowncouncil.gov.uk or contact The Town Clerk on 01485 532402.

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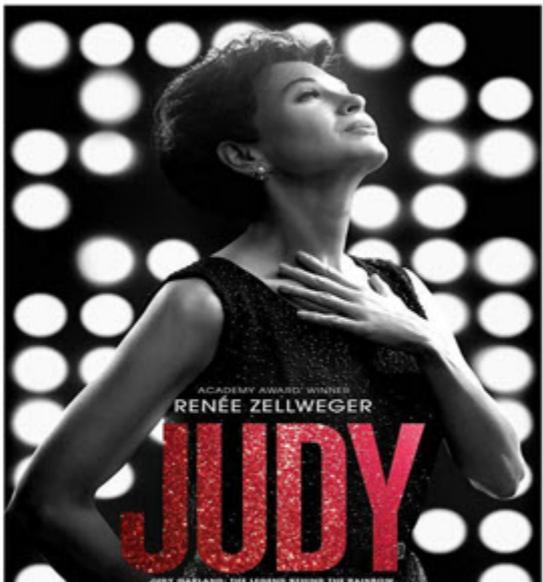
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- Seek advice for serious health problems early, to stop them getting worse
- Be a good friend or neighbour if they need a little more support
- Call 111 if urgent but not an emergency

Be a germbuster: don't spread diseases - Norovirus (sickness and diarrhoea)

You can catch it by close contact with someone with norovirus, touching surfaces or objects that have been touched by someone with norovirus, eating food that has been prepared or handled by someone with norovirus.

To avoid catching it:

- Wash your hands frequently with soap and water
- Wash surfaces and towels
- Do not come back to school, work, public spaces or use public transport for 48 hours after the last symptom

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Flu

Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours. You are more likely to give it to others in the first 5 days.

To avoid catching it:

- Wash your hands often, with warm water and soap
- Use tissues to trap germs when you cough or sneeze
- Put used tissues in a waste bin as quickly as possible

GP surgeries open their doors to offer the flu vaccination

GP surgeries across Norfolk and Waveney are providing special clinics to offer patients their annual flu jab. Children aged between 2 and 10 years old are being offered the nasal spray vaccination. The adult flu vaccine is offered free to those in groups at particular risk of infection and complications from flu. The groups being offered the adult flu vaccine are:

- Pregnant women
- Those aged 65 or over
- Those aged under 65 with long-term conditions
- Carers

GPs are asking their patients to book a place in forthcoming flu clinics as soon as they are advertised. Alternatively, you can visit your nearest participating pharmacy.

GP surgeries are also testing atrial fibrillation in patients over the age of 65. Although flu vaccinations are available from other outlets, it is only GP surgeries who are offering the additional check for abnormal heart rates at the same time.

In addition to the atrial fibrillation and flu vaccination, applicable patients are able to receive Pneumococcal vaccines protecting patients against the bacteria Streptococcus pneumoniae.

The vaccine can prevent some cases of pneumonia, meningitis, and sepsis. A pneumococcal infection can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS.

Here are just some of the things we have in place to look after people during the winter:

Across all of Norfolk and Waveney:

- Flu vaccinations
- Plans and staff to manage cases of flu in care homes
- Six more ambulance rapid response vehicles staffed with paramedics who can treat people at the scene and save them a trip to hospital
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- Ambulance Patient Safety Intervention Teams will ensure patients awaiting handover to hospital are well looked after and assessed.



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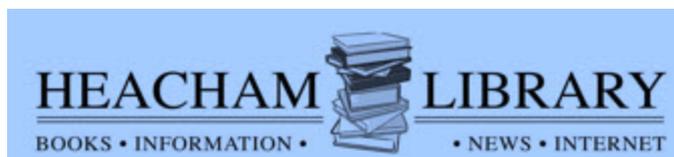
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- More therapy resource in hospitals and community teams to help people get home sooner and live as independently as possible at home
- Social care Trusted Assessor Facilitators are working with residential homes to help people return to their home from hospital
- Additional 16 adult mental health inpatient beds opened in Norwich

West Norfolk area plans include:

- Enhanced and enlarged Ambulatory Emergency Care Unit within Queen Elizabeth Hospital
- Enhanced and enlarged discharge lounge at the Queen Elizabeth Hospital to help people return home sooner
- Continuation of specialist community beds including end of life care
- Enhanced virtual ward to support admission avoidance and to return home soon
- Nurse-led clinic to support homeless people and a night shelter, reducing their reliance on hospitals.
- Continued funding for SOS bus project which offers help and advice to people in crisis or needing assistance
- More people in mental health crisis teams
- Schemes relating to frailty, COPD and asthma will identify those at risk, and help to proactively manage their condition with them to reduce needing urgent and emergency care
- Additional 30 beds to increase capacity at the hospital.



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On Saturday 22nd February 2020

The Lion King (PG)

In the African savanna, a future king is born. Simba idolizes his father, King Mufasa, and takes to heart his own royal destiny. But not everyone in the kingdom celebrates the new cub's arrival. Scar, Mufasa's brother and former heir to the throne, has plans of his own. This is a reimagining of the classic animation, brought up to date with new voices and rearranged songs that you'll be tapping your feet to whilst taking in its stunning lifelike visuals.

Venue: Amy Robsart Village Hall,

Syderstone PE31 8SD.

Start time: 7.30pm.

Advance Tickets £3.50

Contact 01485 578171 / 01485 578244

Email: cinema@syderstone.com

Brancaster Camera Club

Tuesday 11th February 2020

'Can we help you'. Problem solving evening.

Tuesday 25th February 2020

Digital Competition 'Drink' plus 2 own choice.
Club Judged.

Our meetings are held in Brancaster Staithe Village Hall (PE31 8BY) on alternate Tuesday evenings at 7.30pm. Doors open from 7.00). For more details, please contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725. Visitors always welcome.

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1st & 3rd Tuesday each month

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£5

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Tel 07707 832295

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HUNSTANTON LIBRARY**

February 2020

SPECIAL EVENTS

National Storytelling Week! Story sessions on Saturday 1st and Saturday 8th February 12noon

Harry Potter Night - Wednesday 5th February 5-6.30pm (booking essential)

Join us for Harry Potter Night and celebrate the Tri-Wizard Tournament theme by taking part in some games and quizzes and completing some fun activity and colouring sheets. Free.

Join us to take part in some extra crafts: magic a dragon egg, conjure the philosopher's stone and pet a pom pom pygmy puff! £3 per child. Booking essential.

Valentine's Crafting! - Saturday 8th February 2pm (Booking essential)

Join us to create your Valentine's Day gifts to give out on the 14th and craft some love heart bunting, lollipop butterflies and a cute card for your loved ones.

Love Your Library! - Saturday 15th February 10-12noon

Come along to celebrate your local library and discover what activities and services are available. All welcome. A chance to talk and find out more about your local library. Refreshments provided.

LGBTQ Coffee Morning! - Saturday 22nd February 10.30am

Come along for some tea and cake, learn about some of the LGBTQ community's history and raise awareness. All welcome. Refreshments provided.

Pokémon Day! - Saturday 29th February 2pm (Booking essential)

National Pokémon Day may have been on the 27th but we're still celebrating! Join us to craft a pom pom Pokémon and a poke book mark, do some colouring and bring in your cards to trade. £3 per child.

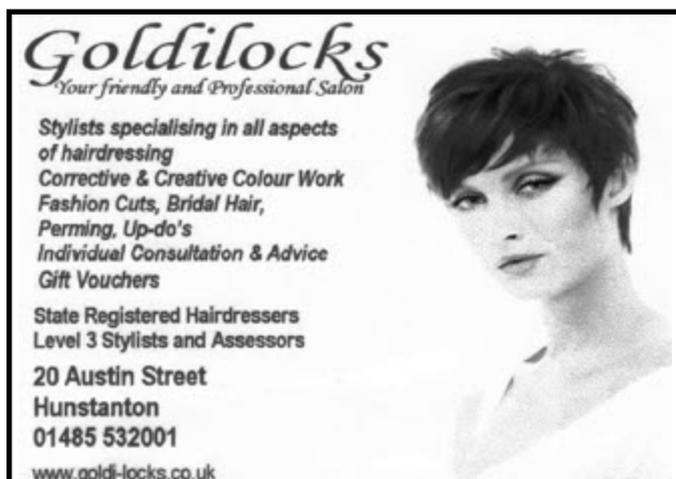
REGULAR EVENTS

Top Tips Gardening Group - Wednesday 5th February 10.30am

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

Coding Club - Wednesday 5th & 19th February 5-6pm

Come along and learn how to code, have fun and share your skills with others.



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Hunstanton Book Club - Monday 10th February 2.30pm
New members always welcome. Ask staff for details of the books being discussed. Refreshments provided, donations are welcome.

Crochet Along - Monday 3rd & 17th February 10.30am-12noon

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

Colour me Calm - Tuesday 4th & 18th February 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 your own book or try some of our collection. Refreshments provided, donations are welcome.

Jigsaw Puzzle Group - Monday 10th & 24th February 10.30am-12noon

Come along and pull out a jigsaw puzzle! Help complete a larger size as a group or do a smaller one on your own. Share photos of your completed jigsaw puzzles at the group or on our social media pages.

Knit and Natter - Thursday 13th February 10.30am-12.30pm

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

Walk and Talk group - Tuesday February 11th 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.



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Quiet Time - Wednesday 12th February 5pm–6pm

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

Who Dunit? - Wednesday 19th February 5.30pm

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

Friends of the Library meeting - Wednesday 26th February 2.30pm

We meet on the last Wednesday of the month to organise events and activities for Hunstanton library, come along and join us.

Journaling for Wellbeing - Friday 28th February 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 the following month. Catch up at the following session on Friday 27th March and create the next month's section. Refreshments provided.

WEEKLY EVENTS

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. Stay and Play is a self-serve activity. Tea and coffee available.

Find My Past Support - every Wednesday (booking essential)

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

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

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

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

Want help to learn ICT basics, 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.

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.

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.

For further information about events and to book please call 01485 532280 or email Helen at helen.senior@norfolk.gov.uk

Hunstanton now operates the 'Open Library' service, meaning you can access the library during unstaffed hours. To use this service, you need to sign up to open access at any library during staffed times.

Open Library gives you access to the library when the building is unstaffed, making your library available at times that are more convenient for you.

Library Available*		Staffed Hours	
Monday	8am - 7pm	Monday	Unstaffed
Tuesday	8am - 7pm	Tuesday	9am - 7pm
Wednesday	8am - 7pm	Wednesday	9am - 7pm
Thursday	8am - 7pm	Thursday	Unstaffed
Friday	8am - 7pm	Friday	9am - 7pm
Saturday	8am - 4pm	Saturday	9am - 4pm
Sunday	10am - 4pm	Sunday	Unstaffed

*During times when the library is available but not staffed, you can access the library using our Open Libraries system. Please visit www.library.norfolk.gov.uk or call 01603 774777 for more information

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The Lodge Hotel in Old Hunstanton raises £1,570 for Shouldham Ward at The Queen Elizabeth Hospital.

Staff at The Lodge Hotel in Old Hunstanton recently visited Shouldham Ward at Queen Elizabeth Hospital to present a cheque for £1,570.

The cheque was a combination of £570 raised at a recent Rock and Roll Bingo evening that took place in early December 2019, and £1,000 donated by The Lodge Hotel who recognise and support local charities.

Brittany Taberner, General Manager at The Lodge Hotel, said: "When we first heard of Rock and Roll Bingo, we instantly loved this fun idea of playing bingo but with song clips instead of the traditional numbers." Brittany continued, "One of our Shift Manager's father recently passed away and was given excellent care by the nurses and staff at Shouldham Ward during his illness. This seemed a perfect opportunity to host our first Rock and Roll Bingo event and raise funds to support the ward".

Shouldham Ward provides palliative end of life care at the Queen Elizabeth Hospital in King's Lynn and the money raised has gone towards the ward's equipment fund. Ward Manager Nicola Whales commented: "This money will allow us to purchase equipment that patients need during their stay with us. Specifically, we are currently looking to purchase equipment for our massage and reflexology services". Nicola continued: "We are very grateful to all the staff and customers at The Lodge Hotel in Old Hunstanton for putting on this exciting fun event, along with their own generous donation, for the benefit of Shouldham Ward patients".



L to R: The Lodge Shift Manager Drew Leggett; Shouldham Ward Nurses with Ward Manager Nicola Whales; General Manager of The Lodge Brittany Tabernen.

**United Services Club
Homefields Road, Hunstanton**

Entertainment for the month of February 2020

- Saturday Feb 1st: Dream Street - Duo
 - Saturday Feb 8th: Corey Lewis
 - Saturday Feb 15th: Just Us - Duo
 - Friday Feb 21st: Quiz Night
 - Saturday Feb 22nd: Strollers – Live Band
 - Saturday Feb 29th: DNA – Live Band
- Cash Bingo every Monday and Thursday and Karaoke in the lounge on Sunday Evenings.

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Fri 7th - JAM with DNA

Fri 14th - Black Dogs

Fri 21st - After Hours

Fri 28th - The 142's Band

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.



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



Community Action Norfolk

Collective heating oil buying combats winter heating blues – and helps support community projects

With the colder weather of late January and then February on its way, a big worry for many people who live in ‘off-gas’ areas is the cost of heating oil, so a Norfolk charity is encouraging consumers to buy collectively and save money – and help support community projects at the same time.

Dereham-based charity Community Action Norfolk runs a collective buying service that helps make buying heating oil less stressful and more manageable. ‘ThinkingFuel’ offers consistently low prices on heating oil by encouraging people to buy as part of a bulk-buy scheme.

“Heating oil is an unregulated commodity” explains Community Action Norfolk’s Chief Executive, Jon Clemo. “Unlike mains gas and electricity, there are no rules and regulations or price controls. Oil can be subject to dramatic price fluctuations and you can’t easily buy it in small helpings just when you need it.”

Comparing prices for oil is very difficult for the consumer because of fluctuations in price between days, quantities ordered, locations and delivery times. It pays to be part of a collective buying scheme like ‘ThinkingFuel’, which are increasingly popular because they offer a fair, flexible and accessible way to buy oil.

“Everyone in the scheme gets a really low price on their oil because it’s bought in bulk. All our members pay the same low price per litre no matter how much they order and buying from ‘ThinkingFuel’ also helps us at CAN support community projects across the county as well as combat fuel poverty in Norfolk.” said Mr Clemo.

“We operate ‘ThinkingFuel’ in partnership with AF Affinity, Anglia Farmers’ buying group, whose expert professional buyers are able to negotiate considerable discounts. The big plus is that, because all our members are buying from the same supplier, they get a very competitive price and we do the ringing round for you, saving you time, stress and making sure you do get a fair price.”

‘ThinkingFuel’ is already well established with three thousand members across Norfolk. The bulk ordering takes place on two key days each month to maximise savings, which is when members can get the best price, but they can order oil on any working day of the month and still get a competitive price.

For more information call 01362 698162 or visit www.thinkingfuel.org.uk and to find out more about the work of CAN in supporting community projects visit www.communityactionnorfolk.org.uk

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Overcoming Doglessness and Helping to Ease Social Isolation – Barking Mad Alternative to Dog Ownership Celebrates 20 Years

The North West Norfolk branch of a canine company founded in 2000, to provide home from home dog care instead of kenneling, is helping to celebrate 20 years of people experiencing health and well-being benefits due to an alternative to dog ownership.

Jennifer Davies has been a 'host' dog sitter for Barking Mad for nearly fourteen years and believes that her hobby has changed her life. She said,

“The best thing about hosting is – UNCONDITIONAL LOVE! I always get a lovely good morning greeting with lots of tail wagging and I am much fitter. I have lost five stone in weight. Having a dog is much the same as having a baby – people talk to you and make a fuss of the dogs. I have met so many new people with dogs and without.

My first doggy visitors were Todd and Jazz, two salukis. In the evenings, Jazz would curl up by my feet and Todd would be beside me with his head on my shoulder, gazing into my eyes. I was totally hooked – who wouldn't be?

I have a son who lives in Guernsey who I visit regularly and I like going on holidays with my friends. If I had my own dog, this would make things more complicated. With Barking Mad, I always say I have all of the pleasure and none of the expense or worry about what would happen if I became unwell.”

It has been scientifically proven that patting and walking dogs can help people to feel more relaxed and less anxious. This makes a huge difference to emotional and physical well-being.



Those caring for a dog are also less likely to be socially isolated, research suggests.

‘The Pet Factor – Companion Animals as a Conduit for Getting to Know People, Friendship Formation and Social Support’, states that:

‘Companion animals can be a catalyst for several dimensions of human social

relationships in neighbourhood settings, ranging from incidental social interaction and getting to know people, through to formation of friendships.’

Owner-operator of Barking Mad North West Norfolk, Tania Stowe, said:

“As Barking Mad celebrates its 20th anniversary, our proudest achievement is the happiness which holidaying dogs have brought to the lives of our host families. We match friendly dogs to hosts’ preferences and lifestyle, for their holidays and short

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We take care of everything, including chauffeuring dogs to our hosts' homes with all their essentials and providing 24/7 support. Hosts experience all the benefits of dog companionship without any of the emotional or financial responsibilities of full-time pet ownership."

To find out more about becoming a Barking Mad host, you can call Tania Stowe on 01485 205715 or visit www.barkingmad.uk.com.

Barking Mad is part of the Franchise Brands plc group of companies and is the UK's favourite dog holiday company, as verified by TrustPilot. Contact Barking Mad at www.barkingmad.uk.com to find your dog's home from home today.



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23. In-off
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WE DO NOT REMEMBER DAYS,
WE REMEMBER MOMENTS

Golden Years Norfolk

was established to enable me to provide personable and companionable support. I recognise that there are certain times in our lives when we just need someone to be there to help make our lives better. I believe that everyone should have access to friendly but professional help when they need it most. The value of being able to access the community and enjoy social activities and conversation should not be underestimated. Our wellbeing is important to strengthen our resolve to manage our day to day life which can be challenging as we get older. I am here because I enjoy your company and want to help you to get more pleasure out of your days. This may simply be having me with you for a few hours so that your day is not such a worrying and overwhelming experience. We could even go and have a cheery cup of tea by the sea!

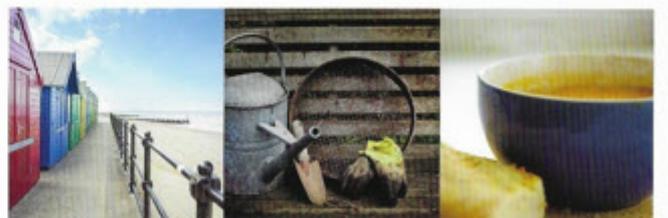
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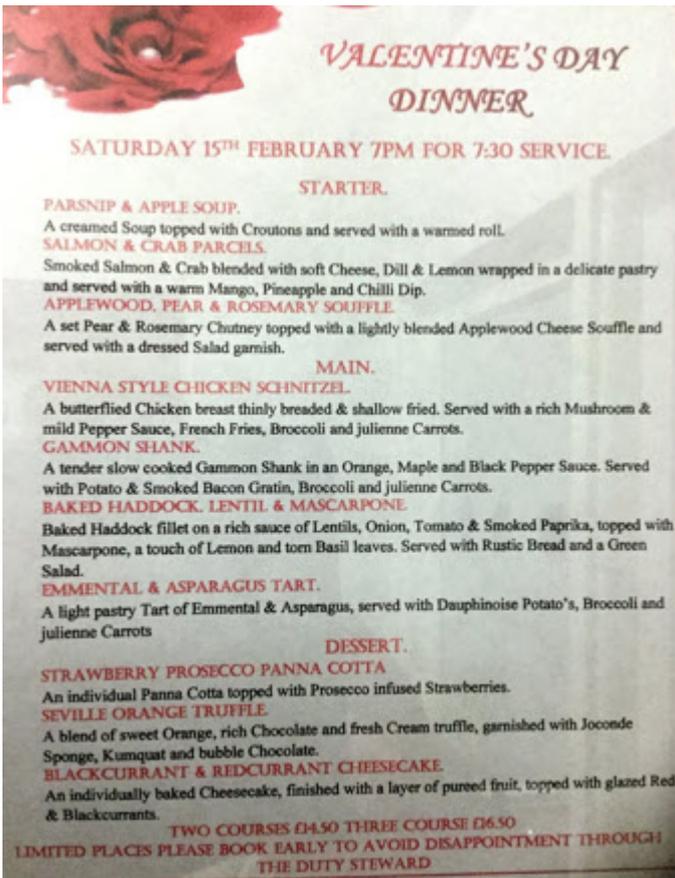


Outings & Car Trips Light Gardening Meal Preparation

Hunstanton Conservative Club

Entertainment for February

Saturday 15th Feb - 7.00 for 7.30pm - St Valentine Dinner
with entertainment by Paul Lyon



VALENTINE'S DAY DINNER

SATURDAY 15TH FEBRUARY 7PM FOR 7:30 SERVICE.

STARTER.

PARSNIP & APPLE SOUP.
A creamed Soup topped with Croutons and served with a warmed roll.

SALMON & CRAB PARCELS.
Smoked Salmon & Crab blended with soft Cheese, Dill & Lemon wrapped in a delicate pastry and served with a warm Mango, Pineapple and Chilli Dip.

APPLEWOOD, PEAR & ROSEMARY SOUFFLE.
A set Pear & Rosemary Chutney topped with a lightly blended Applewood Cheese Souffle and served with a dressed Salad garnish.

MAIN.

VIENNA STYLE CHICKEN SCHNITZEL.
A butterflyed Chicken breast thinly breaded & shallow fried. Served with a rich Mushroom & mild Pepper Sauce, French Fries, Broccoli and julienne Carrots.

GAMMON SHANK.
A tender slow cooked Gammon Shank in an Orange, Maple and Black Pepper Sauce. Served with Potato & Smoked Bacon Gratin, Broccoli and julienne Carrots.

BAKED HADDOCK, LENTIL & MASCARPONE.
Baked Haddock fillet on a rich sauce of Lentils, Onion, Tomato & Smoked Paprika, topped with Mascarpone, a touch of Lemon and torn Basil leaves. Served with Rustic Bread and a Green Salad.

EMMENTAL & ASPARAGUS TART.
A light pastry Tart of Emmental & Asparagus, served with Dauphinoise Potato's, Broccoli and julienne Carrots

DESSERT.

STRAWBERRY PROSECCO PANNA COITTA
An individual Panna Cotta topped with Prosecco infused Strawberries.

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A blend of sweet Orange, rich Chocolate and fresh Cream truffle, garnished with Joconde Sponge, Kumquat and bubble Chocolate.

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HEACHAM PARISH COUNCIL NOTICEBOARD

PARISH COUNCIL MEETINGS IN BRIEF

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

The next Full Council Meeting will be held on Tuesday 18 February at 7.00pm at the Parish Council office.

SAM2 – SPEED AWARENESS MONITOR

Since the December issue of the Heacham Newsletter went to print, the Speed Awareness Monitor has been in place in three different positions around the village; Cheney Hill, Hunstanton Road, and Lamsey Lane, all monitoring traffic movement into the Village.

We normally leave the monitor in place for 2 weeks, but because of some celebration that seems to start in October and culminates at New Year, the Lamsey Lane site was monitored for three weeks.

The spreadsheet that we create showing the data can be viewed at the Parish Offices.

The latest summary though is:

Cheney Hill: total over 14 days, 12,044 vehicles, of which 9,306 were within the speed limit and 2,581 (22%) were above the speed limit.

Hunstanton Road to the Village: total over 14 days, 14,538 vehicles of which 9,073 were within the speed limit and 5,396 (37%) were over the limit, up on percentage from previous data.

Lamsey Lane: total over 21 days, 28,744 of which 12,828 were under the speed limit and 15,830 (55%) were over the limit, 10% up on the previous time the monitor was sited here.

The data showing the percentage over 30mph on the Lamsey Lane position has increased this time from 46% to 55%. We will have to see if that is lower next time. We understand that the vehicles are picked up by the monitor while they are still in the 60mph limit and that the recorded speed is the first speed the monitor reads, but vehicles should be slowing down so they are doing 30 before the 30 sign is reached.

REED CUTTING AT THE SALTINGS.

On the 30th December 2019, Richard Brown, a co-opted member of the Natural Environment Committee, who is the Parish Councils Steward for The Salting's Nature Reserve, and two Parish Councillors, cut down an area of reeds and laid them along the path that leads to the bridge over the dyke to help make it less slippery. This is done a couple of times a year.

We hope that walkers appreciate us doing this and would like to remind dog walkers to please keep their dogs on leads through the reserve.



HEACHAM PARISH LIBRARY

***** READ ALL ABOUT IT! *****

Heacham Parish Library is moving during March from The Old Bank building next to Tesco Express and will pop-up again at its new temporary home at St Mary's Church Hall in the High Street.

This is an exciting short-term joint initiative with St Mary's Church, Heacham, which will both save costs prior to the eventual relocation of the Library to the new Community Building and enable more effective use of current Parish facilities in the village. A great first step towards integrating our community services.

The move will inevitably mean having to close the Library for a short period - hopefully for just a few days - towards the end of March but we will post more exact details in the March Newsletter and, of course, at the Library. In the meantime, if you have any queries please do not hesitate to contact the Parish Office.

PARISH COUNCIL NOTICEBOARDS

A few people have approached the Parish Council about the lack of Parish Council Noticeboards in the village. Currently there is one on the Old Dairy building on the corner of High Street and Pound Lane, and another on the side of the toilet building at South Beach.

So, do you think we need more Noticeboards? If so, what are your suggestions for where they should be located?

Thanks in advance for your contribution.

*****SAVE THE DATE*****

Heacham Parish Council and Heacham Club Charity are working together to organise an event to celebrate.



VE DAY

75th Anniversary

A shared moment of celebration

Friday 8th May 2020

Further details to follow

We are also looking for people to come forward with ideas for the day and to help with organising this wonderful celebration. Please contact the Parish Office who will pass your details on.



Any queries should be addressed to:

Heacham Parish Council Office

Jubilee Clinic Pound Lane Heacham

Norfolk PE31 7ET

Tel 01485 572142

Email: heachampc@btinternet.com

Website: 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 01553 769264

Emergency only for patients not registered with a dentist

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

www.heachamnewsletter.org.uk

HEACHAM HALLS

Public Hall 570776

Pine Residents Hall, Wilton Road Pat Toppin 779208

Methodist Church Hall, Station Road Mike Careless 570363

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

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890

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LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

Lynx Coastliner No.36

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

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 2 an hour from 0729
0704, 0723 first buses to Hunstanton then 4 per hour from 0759

Service 34 - (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd and QE Hospital
0709, 0800 first buses to King's Lynn then twice hourly from 0829
0723 first bus to Hunstanton then twice hourly from 0829

Services 34, 35 & 36 (Sundays)

0844 0915 & 0945 first buses to King's Lynn then each route hourly

0808, 0844 first bus to Hunstanton then hourly

0945 (Service 35) then two hourly

Smithdon High School Bus

Service 35 & 36

0759, 0808 to Smithdon School (Service 36)

1515 from Smithdon School (Service 35)

Bus Enquiries

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, Tesco's, Heacham Fish Bar

MOBILE LIBRARY

Route DER201 TUESDAY Every four weeks

4th February 2020

09:50 HANOVER GARDENS	12:55 GYMKHANA WAY
10:20 ROBIN HILL	13:15 COLLEGE DRIVE
10:50 RINGSTEAD ROAD	14:40 GIDNEY DRIVE
11:10 ROLF CRESCENT (Opp.No.22)	16:05 POPLAR AVE
11:30 SCHOOL ROAD	16:25 SITKA CLOSE
11:55 COLLINGWOOD CLOSE	16:50 NORWAY CLOSE
12:15 FENSIDE	- MARRAM WAY
12:35 JENNINGS CLOSE	17:10 NEVILLE COURT

DEFIBRILLATOR SITES IN HEACHAM

(Please obtain code to access and follow instructions)

St.Mary's Church -

Front Porch open 24hrs

Sports Field Pavillion -

Available only when gates are open

Fire Station -

Only available when someone is in attendance

McColl's -

Currently not in operation



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