



THE HEACHAM NEWSLETTER

March 2020

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



Deadline for the next edition is 12 noon, Tuesday 17th March 2020



**Heacham
History Group**

**Monday 30th March 2020
at the Old Friends Hall,
Sunnyside Close,
PE31 7DU. 7.30pm.**

**Everyone is welcome and
admission is only £3 (Members £2).**



Do Something Amazing Today

Save a Life

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

**Wednesday 18th March 2020 at the Public Hall,
Station Road. 1.15pm - 4pm and 5pm – 6.30pm.**

Please make an appointment if you can, by calling the Helpline 0300 1232323 or online at www.blood.co.uk

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

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

your letters..

Dear Newsletter

Finedon, Northamptonshire

The Pocahontas Players

I had the pleasure of seeing the Pocahontas Players latest production of 'Freezing in Heacham' on Friday 17th January. I've been travelling down to Heacham with family, 80 miles from Northamptonshire, all my life, but quite often during this past 8 years have come down to see shows by the Players. This one did not disappoint, and I came down to see it alone, straight from work in Northampton.

With a fantastic script, this script was hilarious with oodles of 'one liners', current and very topical jokes and a fantastic array of modern song choices. I particularly enjoyed Kelsie Hall and Becca Whybrow's version of Bananarama's 'Cruel Summer', which sounded better than Bananarama themselves (I can verify from experience!). John Snow White played by Leylah Downen was another brilliant part; featuring an impressively performed rap in her first scene. The Dame Widow Whippy played by Gary Pearce was a wonderfully colourful, flamboyant and funny part well played, as well as the daringly funny Wee Willie McFlurry played by Peter Everingham; but for me the show was absolutely stolen by Ben Parr and Izzy Frammingham as comedy duo Brain & Freeze. The onstage chemistry and comedy from these two was second to none - you two are absolute pantomime pros!! I was laughing my head off at the scripted jokes and also the clever improvisations which just kept on coming. The two of you are amazing together and even when you had two 'volunteers' from the audience, you were so natural and professional with the kids involved. My favourite of all the characters. All parts were fantastically played and yet again backed by a brilliant backstage crew, some beautiful singing voices and yet again wonderful costumes. I was also particularly impressed by the stage presence of Thomas Whybrow as Lord Frostbite - you were perfect as the villain as well as funny, and you very much have a Christopher Lee-like persona and appearance which made you perfect for the role of the baddie!

Yet again this was an amazing show by the Pocahontas Players. I know there are many people I have not mentioned but you were all absolutely fantastic, and one thing that comes across so much as an audience member is how much you all clearly enjoy doing what you're doing, and that makes for an even more enjoyable show because it makes it easier as an audience member to love what I am watching. This is one of the best shows I have seen in the 8 years of seeing Pocahontas Players Productions, and each and every one of you ought to be extremely proud of yourselves. Thank you all for the many laughs, and I cannot wait to see you all again soon!

Many Thanks.

Jamie Smith

Dear Newsletter

'Freezing in Heacham'

What another amazing production from this local group. We travelled from Peterborough and it was well worth the journey. The talent in this group makes it difficult to pick out any one person, all of them are amazing! Singing, comedy, dancing was all there to be enjoyed. Costumes and backgrounds fall on the 'behind the scenes' people who work so hard! A full hall with lots of audience participation.

Together the group really is a credit to Heacham! Can't wait for the next production.

Lynn and Graham York

Heacham

Dear Newsletter

'Thank You'

Through the Newsletter I would like to say thank you to the occupants of two cars who stopped to help me after I fell outside Tesco's recently.

It is so good to know that there are such kind and helpful people about. Thank you again.

Margaret Robertson

Dear Newsletter

South Beach Road, Heacham

I have read with interest the many letters about the parking changes in South Beach Road, and for my part, have already written to Cllr Terry Parish to suggest that maybe in the future it is enforced seasonally like on Hunstanton Cliff Parade, or in Holme Village, where parking restrictions are enforced from Good Friday until 30th September, and where one hour's free parking is allowed.

I am so sick and tired, as a local Council Taxpayer, of being screwed for Parking charges just to be near the beach / sea. First it was Ken Hill Estate bringing in draconian parking enforcement by a corporate company (after years of friendly staff on the gate of their Coastal Park car park, and very reasonable 5pm onwards charges), then it was the RSPB Snettisham car park going Pay and Display, now it's the Royal greed of Sandringham topping up their Civil list. Soon the only free local parking will be for up to 3 hours in Hunstanton Tesco's. Don't we already pay enough tax in Fuel Duty, Road Fund, and local Council Taxes?

So many LOCALS use this free roadside parking, for just a few hours of leg stretching, dog walking, birdwatching, beach cleaning or fishing.

I note the local dog walker's recent complaint about dangerous August bank holiday parking both sides of the narrow road, but this was a once a year event, and every beach access in the whole County was jammed up. Locally, Hunstanton, Brancaster, Holkham, and Holme Dunes were all full to bursting, and problems in South Beach Road could easily be solved by "Double Yellows" down the pavement side.

Perhaps KLVNBC should instead be enforcing the no overnight parking rules, with many sleeping roadside for free, in their Camper Vans and Caravanettes, and then often leaving bin bags full of litter by the roadside.

A Hunstanton resident
(Name & address supplied)

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A Hunstanton resident
(Name & address supplied)




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Heacham

Dear Newsletter

Time to Talk – A Plea for Help

I have suffered with mental health problems for a long time; I was actually given a diagnosis in 2000. It was at the same time I was sectioned after attempting suicide. My diagnosis has changed over the years, about as often as my psychiatrist changed. Over the years I have attempted suicide about 6 times, mainly by overdose. The last time was a revelation; I was put into hospital and a nurse from the local home treatment team, crisis team, came to see me. His exact words were “why did you take X? All they do is make you sleep; Y would have done a better job”. He was reported and investigated by the way. (Drugs mentioned in conversation omitted).

I suffer from having suicidal thoughts all the time, I always have a plan or make plans when I see an opportune place.

What has helped in the past is to talk to someone; I explained to a friend that when I feel really down just talking helps. He did not understand but was always there when I needed to chat. His daughter later had a severe bout of depression. He talked to her; he now understands a little about depression.

Local services are always being cut as mental health is the invisible side of the NHS. Whilst living in London a friend and I started a peer support group; it really helped those who were invited to attend. We met for 2 hours once a week just for a cuppa and a chat.

The big catch line at the moment is Time to Talk, but who do we talk to? Locally you need to be in the system and referred, which will give you about 2 weeks of contact with services. I would like someone to step up and say:

I have a safe environment, a kettle, mugs and the makings. Please feel free to invite those who are going through a tough time mentally to come and talk.

Personally, I am ex forces, and a man. I can talk about my mental problems so why not you?

If you are that person who can offer a safe place for meetings, please contact me – my email address is given below. We can then arrange to meet and discuss things.

A Heacham Resident
(Name & address supplied)
Email: glasshousejohn@outlook.com



Folgate Road

Dear Newsletter

Pocahontas Players – Railway Bench

As part of the Pocahontas Players drama group, we are performing a 1940s War Show in the Public Hall in May. Part of the written script involves 4 young Evacuees arriving at a Norfolk Railway station. This will be shown either on the station platform or in the station Waiting Room, depending on what kind of bench we can locate?

Here is my plea? . . . Has anyone got a garden bench or some kind of wooden bench that resembles a railway bench that the group could borrow for this scene please. At the moment the evacuees are rehearsing, sitting on plush Public Hall chairs?!!

With it being set in War time 1940s, we would like to get as near to the real thing in props and fashions, as possible.

With many thanks.

Janice Curtis (Props and Wardrobe)
01485 570402



Heacham

Dear Newsletter

Money no object to Parish Council!

So the Parish Council have decided in their wisdom to continue with their plans to renovate the existing building on the site and to build on. The increase in the Parish Precept will be £6.04 this year. This will enable them, with the savings from not renting the existing Parish Office and the Library, to borrow approaching £1 million via a Public Works Loan over a 50 year period (until the year 2070).

Are Parishioners aware that the cost of the project will be over £1 million and that although a Hall will be included there will only be 9 available parking spaces?

The alternative plan put forward by Heacham Youth and Community Trust Ltd catered for the needs of the village with a new build including a Hall and 23 parking spaces, with the car park being a usable area for outdoor village functions in the centre of the village and at a considerable less amount, saving approx £350,000.

I ask myself the question - Why would you want to spend a further £350,000 to get an inferior build? It does not make sense. The Parish Council are committing this village to a huge debt for such a long period of time, and what if they need at a future date (maybe in not too many years' time) to raise more funds, will they be able to afford another Public Works Loan?

Questions need to be asked. Are they giving the village ‘Value for Money’?

Parking in the High Street has been a major problem to local shops and the Parish Council are only going to add to this. It will be too late to say anything once building works start and we all realise what an awful and expensive mistake we have agreed to.

Peter Sutton

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news & events in the community ...

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Presents:

On Saturday 21st March 2020

MRS LOWRY & SON (PG)

A portrait of the artist L.S. Lowry and the relationship with his mother, who tries to dissuade him from pursuing his passion. It depicts Lowry's life in the 1930s, before he found success for his scenes of industrial life, when he lived at home caring for his widowed mother. It describes the relationship between an overpowering mother and a son in desperate need for acceptance by the one person who refused to acknowledge his talents. Starring Vanessa Redgrave and Timothy Spall.

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

Royal Antediluvian Order of Buffaloes

The Heacham Lodge of the RAOB have been helping to raise money for charity again. The 2019 King's Lynn Provincial Grand Lodge appeal raised £5125. Brother Ian Cooke, the Provincial Grand Primo and a member of the Seymour Howard Lodge here in Heacham, chose BREAK as his charity for the year. The lodge helped kick start Bro. Ian's appeal by donating £500 last January and have been contributing throughout the year along with members of lodges across the province.

Pictured presenting the funds to BREAK in King's Lynn are Bro Ian and members of Provincial Grand Lodge including Bro Chris Framingham also of the Heacham Lodge. Lapsed members



would be most welcome back in the Lodge on a Thursday evening at the Social Club, especially as this is our 100th anniversary year, which we will be celebrating later in the year. New members will also be most welcome.

Chris Evans Secretary

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for the facts

Big-hearted Carer retires after 16 years

The start of a new decade has seen the start of a new life for a long-time carer who spent more than 16 years with a West Norfolk company looking after people in their own homes.

Pamela Aberdeen said she 'loved every minute' working with the award-winning Extra Hands home care company and will miss all of her clients as she heads into her new life of retirement.

"I really have loved every minute of my job and they really are my family. I have had some wonderful clients and will miss all of them. I loved being a carer and would recommend it to anyone," she said.

A finalist in the recent Gill Chase Awards, organised by Extra Hands, Pamela was delighted to be recognised by those she cared for as they nominated her for the award. She joined her colleagues at a special event at Fakenham Racecourse in December for the event named in honour of a former carer at the company.

"Pamela really has been a wonderful ambassador for Extra Hands and we are very sorry she is retiring, although it is very much deserved," said Lynda Hilliard, registered manager.

"She is much-loved by everyone she has worked with and we all know how much she will be missed by everyone - from all of us in the office to the service users she has been seeing on a regular basis." she added.

Pamela has become friends with many of the service users and their families she has worked with over the years, and said that working very closely with others gave her a huge insight into their lives.

She has two daughters and four grandchildren and previously worked for the Berol company at the former King's Lynn factory for 17 years and has always lived in Norfolk.

Extra Hands has offices in Heacham, rated Outstanding by the Care Quality Commission, and near Norwich. The company has been established for more than 25 years and today offers a full range of care from short welfare calls to complex, tailored packages for people in their own home. Services include a wellbeing check, the first launched in Norfolk, that allows carers to have peace of mind by providing short visits to ensure friends or relatives are fine when they can't be there.



Photo: Pamela Aberdeen, centre, with company founders Hazel and David Evans at the recent Gill Chase Awards.

HEACHAM METHODIST CHURCH



INVITE YOU TO
"ELEVENSES"



See page 7 for more details

Extra Hands Established 1993

Providers of Home Care in Norfolk

Norfolk Care Awards 2018
Winners

Extra Hands - Heacham Office
Inspected and rated

Outstanding

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

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

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

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www.extrahandshomecarenorfolk.co.uk

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CHURCHES TOGETHER IN HEACHAM

Just a thought...

'The world is standing at a crossroads, and the signs have all fallen down' (unknown author); and I can't stop thinking about the crossroads in my life and where I would have been if I had taken a different path. Of course, I will never know, but what I do know is how empty my life would have been if I had decided to take the road away from my faith.

We live in an age of uncertainties, where people have ceased to be sure about anything. Life seems so full, yet deep down right where lives really matter it is empty, and having no signpost to lead the way, people turn to wealth and possessions. There is, of course, no problem in wealth and possessions, but it needs to be tempered with a spiritual inner self which can help find peace and truth in an unsure world.

The church can be that signpost; it can shine out to people who need spiritual direction and an inner peace.

As I write this, I am very conscious that the season of Lent is getting ever closer and for many people Lent is seen as a time when people of faith give up some particular food or activity and dress themselves in sackcloth and ashes as they lead to the great celebration of Easter. This is a great discipline, but nigh on impossible if my efforts have anything to go by. If the Church is to be seen as a signpost to a new direction then Lent must be seen to be more than this for people of faith and of none. It must involve reflection on life and the implications of having a new/revitalised understanding of God through Jesus.

So if you are wondering what exactly faith is all about then I suppose I am saying:-

LIFE ISN'T ABOUT FINDING YOURSELF,
IT'S ABOUT
DISCOVERING WHO GOD
CREATED YOU TO BE

Steve

Rev'd. Steve Oliver, Heacham Methodist Church

Heacham Parish Church Services in March

1st March	10am	Morning Prayer
	4pm	Pine Mall Service
8th March	10am	Holy Communion
	4pm	Evening Prayer
15th March	8am	Holy Communion (BCP)
	10am	Morning Prayer
22nd March	10am	Morning Prayer
	4pm	Contemporary Worship at Snettisham
29th March	10am	Holy Communion
	4pm	Passion of Christ in Words and music.

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		

Deanery Lent Services Wholeness in Christ

Wednesdays at 7pm. All Welcome

4th March	St Mary's, Docking – preacher Bishop Jonathan
11th March	St Mary's, Brancaster
18th March	Snettisham Methodist Church
25th March	St Nicholas, Dersingham
1st April	St Mary Magdalene, Sandringham

Saturday 4th April 10am-4pm, Russ Parker at St Mary's Church Docking (bring a packed lunch). For more information call Rev. Peter Cook on 01485 517157.



HEACHAM METHODIST CHURCH

Heacham Methodist Church Services

10.30am Morning Worship

1st March	Rev'd Steve Oliver. - Holy Communion
8th March	Rev'd Robert Roberts
15th March	Sharon Esposito
22nd March	Sheila Johnson
29th March	Elizabeth MacLeod
	4pm Rev'd Steve Oliver

Welcome Robert

Our morning service on Sunday 8th March will be led by Rev'd Robert Roberts making his first visit as the new Superintendent Minister of the West Norfolk Circuit – everyone welcome.

Lent 2020

We shall be having our own series of midweek lent services this year - these will be weekly on Tuesday mornings at 11am followed by a soup lunch.

The series is called:-

Lentern Cross Morning Reflections

3rd March	The Bread and Wine
10th March	Towel and Basin
17th March	Palm leaves 2
24th March	Purple robes and crown of thorns

Midweek Communion Service

The midweek communion service will be part of the Lenten series and will be held on Tuesday 3rd March instead of the usual second Wednesday. Please make a note in your diary. Everyone welcome.

Bible Study

The Bible study group will continue the journey through the Acts of the Apostles on Thursday 5th and 19th March at 10.40am. Why not come and join what is a lively discussion led by our Minister Rev'd Steve Oliver.

The Fellowship

The Fellowship is an afternoon group for both men and women with guest speakers. It meets every other Tuesday at 2.45pm. On Tuesday 3rd March, The Royal National Lifeboat Institution will visit, showing and talking about their work on the Norfolk Coast. The Rev'd. Kim Nally will be the speaker on the 17th March, and Joan and Mike Careless will speak on 'Berlin' on the 31st March. A pleasant way to spend a spring afternoon.

It's Sweet and Deadly

Last year the social evening began its programme with a talk by Joanna Crosby called 'Death in a Pot' telling us about Victorian food and cooking. It was so well received we have invited Joanna back to start this year's programme. It will be on Thursday 12th March at 7.30pm. Her talk this year is simply called 'CHOCOLATE'; now that's sweet so why not come along for an interesting and pleasant spring evening.

Short Mat Bowls

A reminder that short mat bowls meet weekly in the hall on Fridays at 2.30-4.30pm; new members welcome. If you would like to give it a try and enjoy a fun but competitive afternoon you're welcome to join us.

Midweek Activities

Tuesday: - The Fellowship - 2.45pm on 3rd, 17th & 31st
- Open Door - 10-12 noon
- Midweek Communion - 3rd March
Thursday - Bible Study at 10.40am - 5th & 19th
- Social Evening - 7.30pm on the 12th
Friday - Short Mat Bowls - 2.30pm - weekly.

hope
EVANGELICAL CHURCH

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

1 Peter 1:3

10:45 every Sunday morning
Memorial Hall Old Church Road Snettisham
www.hopeevangelicalchurch.org



WHO IS GOD.....?

This is a story about a young man who left home to find himself and hopefully his fortune. Instead of finding himself (or his fortune) he found drinking, smoking and gambling etc. (please fill in what you think the etc. means as it is unlikely you will be wrong)

This life continued well into his twenties where he got married and had two children and yes began to make his fortune and a belief (so he thought!) in God.

Within 9 years his life was totally ruined by the death of his wife, losing his job and given 2 years to live unless his lifestyle change.

Where was God in all of this? Nowhere as far as he was concerned, and realised he had little or no faith at all and didn't want or need such a thing anyway.

What happened next?

No he didn't find God, in fact believed there is only this life and nothing else so might as well do what he wanted. Don't get me wrong he had a new beginning, a new fortune (relatively) and marriage but there was still a void, an emptiness which he couldn't explain.

Did he eventually find God? Thankfully yes, and even more thankfully God hadn't stopped looking for him.

How do I know; because it was me.

This God whom maybe you find difficult to believe in or is a laughable construct gave me my life back and showed me what being alive really means.

Do I still like a drink - yes! Do I still smoke - no! (only because I'm told its unhealthy). Do I still like a flutter - yes occasionally! Have I lost the fortune I gained? - yes. The etc - all finished with!

Life isn't always easy and sometimes God and I argue about what happens in the world. But no matter how difficult things are he stands with me through thick and thin, who allows me to question and doubt, who loves me with an unconditional love no matter what. And perhaps even more importantly I have been forgiven all the mistakes I have made.

Now here I am with a clerical collar on trying to help other people to find what I found through a belief in God through Jesus.

What a difference a faith makes!

Want to know more (even the etc's)? Join me together with others who have their own stories in an "Elevenses" morning where we will be serving tea/coffee and even more important - cupcakes!

Time: 11.00am

Where: Heacham Methodist Church Hall

When: Friday 20th March 2020

If nothing else I can assure you of good conversation, laughter and refreshment.

Rev Steve Oliver
Heacham Methodist Church.



Hunstanton Catholic Parish

Once again, the Stations of the Cross followed by a simple hunger lunch will be held every Friday during Lent starting at 12 noon. The first will be 28th February at our Parish church, Hunstanton and the second on 6th March at St Edmunds Anglican church, Hunstanton, alternating between the two churches each Friday during Lent. Anyone is welcome to come; why not take time out and spend it spiritually preparing for Easter.

World Day of Prayer this year will be held at St Cecilia's Catholic Church, Mountbatten Road, Dersingham, on Friday 6th March 2020. Refreshments served from 10am and the Service starting 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 and 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

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

Email: parish@hunstantoncatholicparish.org

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Leaving a Legacy to Your Church

In these fast-moving times, everything seems to be rapidly changing, but one thing that remains constant and upstanding in our community is our local church. Maintaining these magnificent buildings for future generations is a constant battle. To ensure that this landmark building is available for baptisms, weddings and funerals in the future we need your support. After making provision for family and friends please remember your church in your Will.

Twice a year in March and October there is a scheme called Free Wills Month. Solicitors who have signed up for the scheme, will write a Will free of charge (although you can make a donation) for anyone over the age of 55 and wishing to make a simple Will. Further information can be found at www.norfolkwillhelp.co.uk It is important for each and every one of us to leave our earthly matters in good order so why not take advantage of this opportunity now? It is good to remember that a gift in your Will to a charity is tax free. If you already have a Will you could consider leaving a legacy to the church by adding a codicil.

Legacies left to your church go one hundred percent to YOUR church and will be spent for the benefit of the local community. A legacy from you...

- could help maintain the building
- could continue to provide a space of quiet and solitude for local people
- could provide a place for community events such as Carol services at Christmas and Remembrance Day services when we remember the brave people who gave their lives for our freedom
- could ensure that your local church continues to provide support to local people
- could help ensure local clubs continue.

Your church is also a heritage site that encourages people to visit your area and provides a source of education to many people, including children from our local schools. Sometimes a legacy can be the catalyst for a great project in your community. Wouldn't it be lovely to know that you have done your bit to support your local community for future generations.

If you are considering leaving a legacy, however large or small, to your local church, and would like to discuss it please feel free to contact Rev. Veronica Wilson Tel 01485 570697 or email: heacham.vicar@gmail.com



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The Pocahontas Players

'Freezing in Heacham – The Pantomime'

Just 3 of the hundreds of fantastic photos that Ray Sparvell took at The Pocahontas Players 'dress run' of 'Freezing in Heacham the Pantomime' written by Warren Marshall and Thomas Whybrow. Thank you Ray for giving up your time, so the cast and crew can keep these happy memories.



For this production we saw seven new faces join the group. Chrissy Gwilliam seen here wearing her woolly scarf, fingerless gloves and actually freezing in Heacham! Izzy Frammingham who played a confident double act

with Ben Parr as Brain and Freeze; Leylah Downen who slapped her thigh into the role of John Snow White the Principal Boy; Lauren Matthews who doubled up as a Dancer and the 'nasty' Pins (of Pins and Needles with Sandra Lester); and young Poppie Simkins who danced her way through, as one of the Popsicles dance troupe.

On the 'crew' side we were introduced to Caitlin Lynch who sat among the 'sliders' on the sound and light desk. Last but certainly not least, Evie Scott was there with a helping hand on quick costume changes and where any needle and thread was needed.



For this production we saw Warren Marshall as The Director. First time for Warren. Sharon Yates as The Costume lady; Naomi Rix and Becca Whybrow as Musical Directors; Joseph Rumens watching over Caitlin and Ethan Pearce in the Sound booth. (Dave Curtis was Back Stage Crew).

Thank you to Charlotte Pratt who was rather thrown in at the deep end, to arrive on Dress rehearsal day to do her magic on the face painting for the Dame, Snowman and the Baddie.



Thank you to The Front of House team. No show could run so smoothly without them. Janet Race, Jeanette Rix, Val and Michael Minns, June Critcher, Janet Kendal and this time we saw a

different side to Janice and Jeannie who were left in charge of selling programmes.

With four performances to fill, it is always a task but without the support of the audiences, we just couldn't do it or hopefully carry on for years to come.

Thank you to Jo and Mark Jutsum. Mick Jennings. Also Jenny and Peter Oakes for their generous donations towards the group.

We are now rehearsing for our War Show (May 8th/9th) See within this Newsletter more information on that.

Thank you everyone.

Janice

on behalf of The Pocahontas Players

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Based in Heacham

Ruffle: A Toy's Adventures

Toys Galore!

The old man loved the snow – there was always something quite magical about how it could transform a dull landscape with a white carpet. Wrapped up warmly against the cold, he walked carefully along the path on the far side of the park. With great delight, he had watched the children sledging on the slope in the middle of the park. He had quietly joined in with their laughter and giggles as he remembered the days when he too would have sped down at great speed holding on to the rope on the sledge as though riding a wild wooden horse.

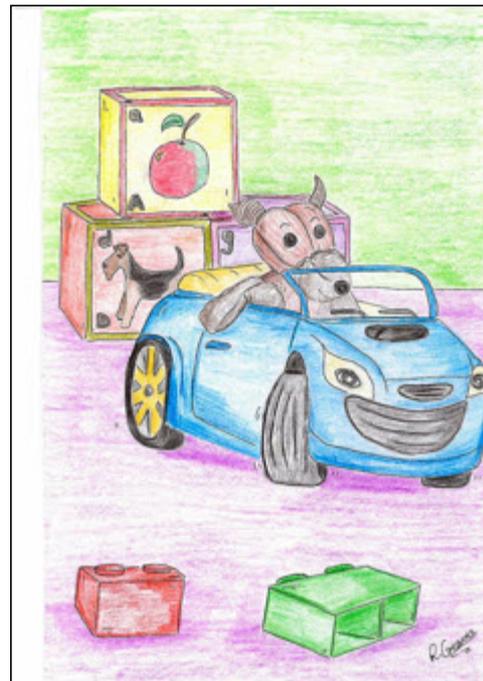
By chance, his route took him past the spot where the boy had pulled out his gloves and to where the toy Ruffle was still lying in the snow. Noticing the black and tan fur, the man bent down to pick Ruffle up. Examining him closer, the man recognised the breed straight away, remembering as a boy how his Grandfather had talked about training Airedales to carry messages in the war.

He looked round at the now empty park.

“Come on boy” he said to Ruffle, stroking his damp fur. “Let’s dry you out. No good leaving you here to get cold and wet overnight!”

The man unbuttoned his warm winter coat and placed Ruffle safely in the inside pocket. Once home, the man placed Ruffle beside the fire to dry out. With no grandchildren of his own, the man decided to give Ruffle to his next door neighbour’s young son. The youngster was delighted with his new furry friend and Ruffle soon became the new favourite. Ruffle’s first outing was an exciting trip to the boy’s playgroup where a lively bunch of children enjoyed playing and learning with an abundance of toys and activities. Ruffle had a fine time: riding in the toy cars,

sharing juice and biscuits and exploring the doll’s house which was just the right size for Ruffle! The boy who had taken Ruffle to the playgroup was happy to share Ruffle, but unfortunately during the excitement of the day, one of Ruffle’s black bead eyes became loose and fell off.



The morning sped by, but when home time came it was a different child who found Ruffle in the doll’s house and decided to take Ruffle home with them. Once home the younger child showed Ruffle to her older sister. The older sister immediately decided that she too liked the look of Ruffle and made up her mind to play with him when her younger sibling

had gone to bed. Seizing her chance later that afternoon, Ruffle was quickly hidden under the older girl’s bed...

www.ruffletheraildog.co.uk

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Friday 6th - JAM with DNA

Friday 13th - Trash City

Tuesday 17th - Betty Swollox

Friday 20th - Red Zebra

Friday 27th - Odd Man Out

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.**

QUIZ NIGHT

SATURDAY 18th APRIL 2020

7.00 p.m. for 7.30 p.m. start

THE OLD FRIENDS HALL
Sunnyside off Caley Street, Heacham

Tickets £2.50 per person at the door

For further information please telephone
01485 579465
or email heacham.twinclub@hotmail.com

Individuals welcome to make up teams of 4
Bring your own drinks and glasses Raffle



Fridhem Rest Home
79 Station Road, Heacham, PE31 7AB

Easter Bingo

Monday 13th April
eyes down at 7pm

Refreshments available and raffle
All money raised goes to the residents' activity fund

TEA DANCES

Dersingham Village Centre
Manor Road, Dersingham, PE31 6LN
Last Friday every month
2:30 to 4:30pm

Held in the St Nicholas Hall which has a superb sprung floor.

Latin, Sequence & Ballroom
Beginners very welcome.

£5 includes tea & cake

For more details check out the notices in the Centre and around Dersingham, or visit our website: www.dersinghamvillagecentre.org.uk. Sign up to the weekly blog!

Dersingham Village Centre Association
Registered Charity Number 1178462
www.dersinghamvillagecentre.org.uk
T: 07707 832395

11th March 2020
10am-12noon

Tea Coffee
Raffle K's Savouries
Cakes Quiz
Chat

**Community
Coffee Morning & More**

All Ages Welcome

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

In Support of the Community Building Project

Heacham Lawn Tennis Club

Heacham Lawn Tennis Club urgently needs local people to come forward to form a new management committee with the shared objective of increasing its adult and junior membership and fully using its lovely grass courts each spring/summer.

If you are interested in getting involved (you do not have to be a tennis player) please email the club at: heachamlawntennisclub@gmail.com or contact Mike on 07804 927764.

Thank you.

Michael Shaw



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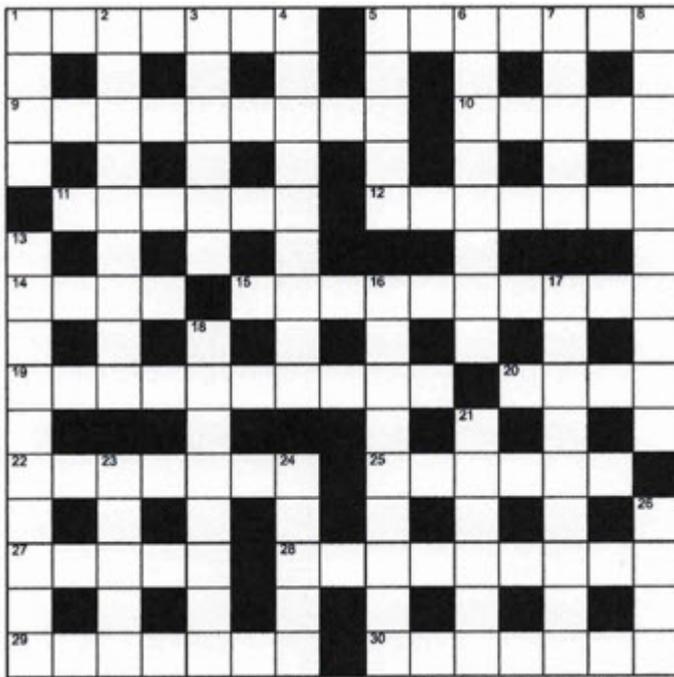
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MARCH CROSSWORD



CLUES:

Across:

1. Leave plug that's not working (4,3)
5. Boils might be seen as blisters (7)
9. Cardinal with deep pockets and place in Spain (9)
10. Law degree is on track (5)
11. Paint and mend fences (4,2)
12. Facecloth and soft soap (7)
14. Ready to accept large skip (4)
15. Novel's main redraft added chapter about a large female (6,4)
19. Covering agony with liver inflamed (10)
20. Check out uniform for opening (4)
22. Shaded in area that's damaged (7)
25. 30 might be needed to save one's skin (6)
27. Hound leader, striking out, on course to pick up a couple of shots (5)
28. Is near front in tracking desperate revolutionary (9)
29. Extra time is needed after Southampton player's foul proves to be material (7)
30. Wonder about different ways to provide cover for keeper (7)

Down:

1. Authentic old coin taken from money bag (4)
2. To invite people round to party is excellent (9)
3. First goal in match unfolded with keeper missing save (6)
4. Mild annoyance expressed over pot of curry being emptied with frivolity (9)
5. Cliff is left in the altogether (5)
6. Compliant and in a position to support proposal, having final word (8)
7. The French in Scotland go for flower found in Ireland (5)
8. Is on the same team as fast runner taking drug (10)
13. It will be easy to dig up iron more cheaply in time (10)
16. Shows fine form between the posts (9)
17. With capital, father supports group of stars (9)
18. Last rent collected for slovenly woman (8)
21. A gang in conversation about pile up (6)
23. Came by, having first accepted billet... (5)
24. ...meaning to wander around (5)
26. Trainee dropped off hospital department boss (4)

Solution on page 45

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

Open to all Open 7 days a week from Mon - Thurs 11.30am - Dusk, Fri & Sat 7.45am - Late, Sun 7.45am - Dusk. Lunch Served 12 Noon - 3pm, Evening Meals Served 5pm - 8pm (Fri & Sat).

Mothers Day Lunch
Sunday March 22nd
2 Courses £14.95 - 3 Courses £17.95
PLUS a FREE Glass of Wine for Mum.
12noon and 3pm sittings.
View our Menu on our Facebook Events Page.

Live Music
Sat 21st March 8.30pm
Craig Powell
Craig first began singing at the age of 14. Together with his band 'Uniting Nations' he has sung live on 'Top of the Pops' and around the country at 'Party in the Parks'. Come and see Craig perform songs from the 50's to the present day.

Follow us on Facebook for more Live Music dates.

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

Fridhem Rest Home
79 Station Road, Heacham, PE81 7AB

Easter Fete

Saturday 11th April

Stalls 2-4pm Tombola

Egg-Bola Raffles Games ...and more

All money raised goes to the residents' activity fund

Heacham Artisans

Handmade in Heacham

We are a group of local residents who believe that handmade is better than mass produced.

As artisans we cover a wide range of products, using good old-fashioned skills. These skills cover almost everything and include:-

Cross-stitch, needlepoint, sewing, knitting, crochet, using various clays, jewellery making, and paper-crafting plus many more.

We would like to get the words 'Handmade in Heacham' out to the nation, but to achieve this we need somewhere to showcase our work. And not just the finished products but how we do it as well. But our search for a location has failed so far.

We have formed a group on facebook (<https://www.facebook.com/groups/533619050574388/>) so that people can find us. If you would like to experience a demonstration of any of our work, please come and join the group and just ask. The main restriction is space, so if you have a large hall that is available for one Saturday a month and you would like to hold an event that showcases local talent, please contact John 01485 779985.

This article is just a warm-up to let people know we are here. We hope to become regular contributors and share some of our knowledge. But seeing something done and trying it yourself is the best way to really appreciate handmade. Also, it is a great way to make friends and improve your mental health.

John Hopkins

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part of SEARLES LEISURE GROUP

TIDE TABLES FOR MARCH & APRIL 2020

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST starts 29th March.									
Mar 2020					April 2020				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SU	09 50	6.1	22 01	6.2	1 W	10 42	5.5	23 23	5.5
2 M	10 29	5.7	22 46	5.8	2 TH	11 56	5.3		
3 TU	11 21	5.4	23 50	5.5	3 F	01 08	5.3	13 50	5.4
4 W			12 45	5.1	4 SA	02 52	5.7	15 08	5.9
5 TH	01 31	5.4	14 28	5.4	5 SU	03 57	6.3	16 06	6.6
6 F	03 08	5.7	15 38	5.8	6 M	04 51	6.8	16 55	7.2
7 SA	04 15	6.2	16 33	6.4	7 TU	05 39	7.3	17 42	7.7
8 SU	05 11	6.8	17 21	7.0	8 W	06 22	7.7	18 27	7.9
9 M	06 00	7.2	18 07	7.5	9 TH	07 05	7.8	19 13	8.0
10 TU	06 45	7.5	18 51	7.9	10 F	07 43	7.7	19 56	8.0
11 W	07 28	7.6	19 34	8.0	11 SA	08 19	7.5	20 38	7.7
12 TH	08 06	7.6	20 13	8.1	12 SU	08 57	7.2	21 21	7.2
13 F	08 45	7.5	20 54	7.9	13 M	09 36	6.7	22 09	6.5
14 SA	09 23	7.2	21 38	7.4	14 TU	10 21	6.1	23 12	5.7
15 SU	10 04	6.6	22 26	6.7	15 W	11 24	5.5		
16 M	10 53	6.0	23 28	6.0	16 TH	00 39	5.3	12 48	5.3
17 TU	11 59	5.5			17 F	02 06	5.3	14 08	5.4
18 W	00 53	5.5	13 19	5.2	18 SA	03 21	5.6	15 13	5.9
19 TH	02 27	5.4	14 39	5.5	19 SU	04 18	6.0	16 07	6.2
20 F	03 52	5.7	15 46	5.8	20 M	04 59	6.3	16 50	6.6
21 SA	04 51	6.1	16 38	6.3	21 TU	05 34	6.6	17 28	6.7
22 SU	05 32	6.4	17 21	6.7	22 W	06 04	6.7	18 03	6.8
23 M	06 06	6.6	17 59	6.9	23 TH	06 30	6.8	18 36	6.9
24 TU	06 37	6.7	18 34	7.0	24 F	06 58	6.8	19 10	6.9
25 W	07 05	6.8	19 07	7.0	25 SA	07 28	6.8	19 42	6.9
26 TH	07 30	6.8	19 36	7.0	26 SU	07 55	6.8	20 12	6.8
27 F	07 55	6.8	20 05	6.9	27 M	08 23	6.7	20 44	6.6
28 SA	08 20	6.7	20 33	6.8	28 TU	08 53	6.5	21 22	6.3
29 SU	08 47	6.6	21 01	6.6	29 W	09 32	6.1	22 09	5.9
30 M	09 16	6.3	21 34	6.3	30 TH	10 23	5.7	23 16	5.5
31 TU	09 53	6.0	22 20	5.8					

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Heacham Social Bowls Club

The Green will open on Saturday 4th April

Registration for the 2020 season will take place on Saturday 4th April in the **Social Club** from 2pm – 3pm.

Members are invited to come along to renew and have a ‘roll up’, weather permitting.

The club would like to invite anyone else interested in finding out more about bowls to come along as well.

Alternatively, the Green is open for casual bowlers at other times.

If you are free on a Wednesday between 2pm – 3pm, come long and a member of the club will show you the ropes. Equipment can be loaned. Flat, smooth soled shoes are required.

It will be great to meet new people to enjoy our lovely Green.

Heacham Heritage

Heacham Heritage will be holding their next coffee morning in April, in preparation for their second exhibition later this year. Once again, we invite you to bring along any items of interest you have found or researched, maybe old photos, memorabilia or the history of your family’s life in Heacham; information of village groups of which you may be, or have been a member, and of course your memories.

Please come along, enjoy a chat with friends over a coffee or tea and of course cake. We look forward to seeing you all at Heacham Public Hall on Saturday 11th April. Look for final details in next month’s Newsletter.

Pat Diggins



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The Salvation Army No Uniform Required

In 1878 The East London Christian Mission changed its name to The Salvation Army. Up to that point the Mission, which had been established thirteen years previously, amounted to a total of eighty members. The change of name and the adoption of military terms for aspects of worship, administration and practice, including the wearing of a uniform, fired the members' enthusiasm and soon The Salvation Army was increasing in number and spreading across the globe. Today, The Salvation Army is at work in 131 countries and its members number over two million.

Soldiers in The Salvation Army still wear a uniform today but you do not need to be a soldier or wear a uniform to worship with us on a Sunday or take part in any of our weekday activities.

The purpose of the uniform is to make Salvationists easily identifiable and is a witness to our Christian faith. On the lapels of our jackets you will find two 'S's' which stand for 'Saved to Serve'. Every Salvation Army Soldier is available to serve their local community. The two 'S's' also stand for 'Saved to Save' an indication of our role as messengers of the gospel of Jesus Christ.

The other purpose of our uniform is that we all look the same. It is a great leveller and even the General of The Salvation Army wears the same uniform as the newest soldier.

I'm sure you all remember when female soldiers wore a bonnet (see picture above). These were phased out some 30 years ago but are still fondly remembered by Salvationists and public alike. These bonnets were actually first introduced as protective headgear. In the early days of The Salvation Army there was

great hostility towards us and whenever there was an open air meeting the rival Skeleton Army would cause mayhem and throw bricks and other things at the soldiers. The bonnets were designed to protect the ladies' heads from whatever was being thrown at them. Unfortunately, this did not stop some Salvationists being killed by the Skeleton Army.

Everyone is welcome at our Sunday worship at 11am. You do not have to wear uniform to come and worship with us so why don't you come along and enjoy our informal style of worship.

We have many other activities going on during the week which you are welcome to attend too and on Saturday 21st March between 9am and 11am we have a Community Breakfast where for £5 you can enjoy a full English Breakfast.

I look forward to seeing you at The Salvation Army soon!

Alison Kirby
Corps Leader Snettisham Salvation Army
01485 579079

Alison.kirby@salvationarmy.org.uk
www.salvationarmy.org.uk/snettisham

Exciting New Year at Heacham Carpet Bowls Club

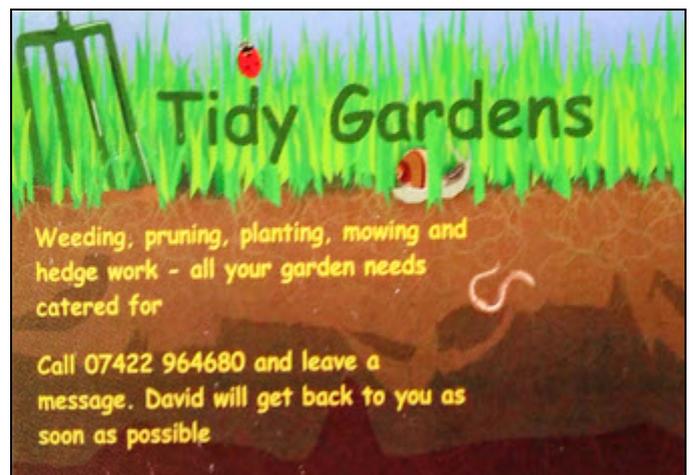
To start the year, we were able to make our annual charity donations and cheques were sent to each of the four care homes in Heacham.

On Wednesday 29th January we hosted 14 members of the Rotary Club and they were able to join us in getting to grips with our new bowling mats! Tuesday 11th February was a memorable day for our club when, thanks to member Bob East, our new Mat Roller Stand was delivered. As more of our members have become unable to physically roll the mats this is a tremendous and much-anticipated boost to the Club. Our thanks go to Rock Constructions of Spalding for their generous donation towards the manufacture of the stand. Thanks also to Heacham Social Club and the Rotary Club for their donations towards our new equipment.

Come and see for yourself and join us at the Public Hall: Tues, Wed, Thurs 10.15am-12.00. £2 per session. Everyone welcome. More details 01485 779313.



Chairman Mick Harpley and Committee Members ready to try out their new stand.



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Under the personal supervision of Mrs Samantha Pratt



Old Friends Hall Art Show

Just a quick note to all our local artists that the Annual Art Show will take place Saturday and Sunday 23rd & 24th May this year.

This gives you plenty of time to get your brushes out, the little grey cells buzzing and creative juices flowing to produce the range of art that we have had the pleasure of showing for the last seven years. The exhibition is not only 2D; pottery, sculpture or other art forms are equally welcomed.

We make no charge for exhibiting or for entry into the event and we are definitely non-judgmental on the items shown. The exhibition is for all forms of art as previously indicated, however, sadly not photography, as there may be an exhibition later in the year for that particular medium.

Further details will be available next month.

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

Hunstanton Conservative Club

Entertainment for March

Saturday 14th March – St Patrick’s Night
Irish Stew will be served. Entertainment by Justin Lovell.

Saturday 28th March – Entertainment by Simon Rose.

Alternative Therapies

There seems to be fear/anxiety rising and overhearing bus conversations about this new illness, which may be bigger or smaller by the time you read this... So, thinking of your poor immune system that gets a bit of a battering and remembering that fears (real or unreal) and scaredy thoughts can lower your strength, try these ideas for boosting your body and springing into spring!

Garlic – love it, eat more. Hate it – try capsules tablets as most have no taste.

Echinacea – purple cone flower, looks like a big purple daisy and lovely to grow. Take it as a herbal tincture. 15 - 20 drops in a little warm water (tastes disgusting) twice a day for two weeks, stop for two weeks, then repeat once or twice.

Tea-tree essential oil – always on the outside, never internally. 6 drops in a bath or washing up bowl with your feet in it. Or if you’re used to essential oils, then neat on the bottom of your feet. Start to use just as you begin to notice/think/feel you’re coming down with ‘something’. Keeps the bugs and beasties at arm’s length.

The usual sleep, eat fresh veg/fruit, exercise and be merry.

These should keep grotties out but if you do ‘catch’ something then turn to homeopathic remedies and use the ones specific to your set of symptoms. There’s about 5000 to choose from, so really get into as much detail as you can. You will find that there is one that fits you and your symptoms and you, as how you behave when ill, e.g. Bryonia for a ‘bear with a sore head’. Nat Mur for the ‘I’m fine’. Pulsatilla for clingy childlike behaviour. Nux Vom (the hangover remedy) for ‘must go to work, no-one else can do the work’. You get the idea.

As ever any questions to Alison.shaman.healer@gmail.com
Alison Bowyer MNCHM.

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Heacham History Group

On a nasty wet evening in January we had our social evening. Awaiting us on the tables were an assortment of refreshments (I loved the cupcakes) and three quiz papers.

A general knowledge quiz, some head scratching anagrams of Heacham house names and a slide show of places around the village to identify. John Windibank had prepared a selection of photographs of places in Heacham, shot from an unusual angle, close-up of a feature or pictures photo-shopped to remove something from the original. The missing item on the church is a regular entry and always defeats me. It was surprising how people keep their eyes open as they go about the village and the scores were quite respectable on the village quiz, but the anagrams were a stumbling block for most of us. After the prizes, Mavis Windibank gave us a short talk on Heacham Now and Then, showing selected places as they were in the past and shared the research she had done on them. In spite of the weather it was an enjoyable evening.

In March we welcome Kevin Elfeet who will talk about 'Norfolk Treasures'. Kevin leads the King's Lynn Metal Detecting Club which has been running for over 30 years and has worked with Time Team at Bawsey and Brancaster. He will be telling us about treasures found below the soil in Norfolk. Come along and hear about what a serious team of metal detectors actually do. If you think they spend all their time sneaking out at night to rob archeological sites of their treasures or looking for high value jewellery to sell, then Kevin could change your opinion.

We will be looking for people to replace those who are standing down from the committee in May. It's not a difficult or time-consuming commitment but we do need a reasonable number to function. If you could help, please give me a ring.

Monday 30th March 2020 at the Old Friends Hall, Sunnyside Close, PE31 7DU. 7.30pm. Everyone is welcome and admission is only £3 (Members £2).

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2nd Heacham Rainbows

All the Rainbows said they had a good Christmas and we hope everyone else did too!

For the first week back, the girls enjoyed making some Lion King themed cupcakes with the Guide Leader Sue. While the cakes baked, the Rainbows enjoyed playing a game of 'Higher or Lower' with giant playing cards; the girls seem to love the game! Then we made a nice sticky mess decorating the cakes. The next week we talked about Chinese New Year; the Rainbows all made very colourful rat masks and loved chasing each other round the hall. The next week the girls all enjoyed colouring wooden butterfly key-rings; they all paid great attention to detail and spent a long time colouring in all the little details. The next week the girls started the recycling badge. We played a matching game where the Rainbows worked together to match different items to the correct bins, black, brown, green and a food caddy. We then talked about what goes in each bin, what happens to it after and why we should recycle as much as possible.

For the week of Valentine's Day, the girls decorated Valentine's Day bookmarks and completed, then coloured in snowman dot to dots as they'd been excited about the heavy snowfall earlier that day (sadly it didn't settle!). We then enjoyed playing a football game, taking it in turns to shoot at a goal as it gets smaller.

I'd like to say thank you to Sue (Heacham Guides) and Sam (Heacham Cubs) (who the Rainbows affectionately call "Mum" - I'll let you figure out why!) for their help over this half term.

Kathryn
Unit Leader



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Passwords and Security (Part 2)

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

Last month, we looked at why it's important to use a different password on every website and your homework was to sort out all those post-its and get your existing passwords organised in an address book – A for Amazon, G for Gmail but not *everything* under C for Computer...

So let's look at what makes a good password. Which of these is harder for a hacker to crack:

EDe5u2&kvS
StapleBananaHamster

Most people instinctively opt for the first: it's hard to remember, a weird mix of upper and lower-case, plus there's numbers and symbols. It must be more secure, surely?

No.

We talked last month about 'hashed passwords' – the magic numbers that your passwords are turned into and that are stolen when a website is hacked. The hackers have computers running round the clock, trying out random strings of characters and working out the number that translates to. It's believed that, at the moment, any password with fewer than 12 or 13 characters *has already been calculated*.

One of my favourite websites – I should get out more – is www.howsecureismypassword.net

There, you can enter a password and see how long it would take one hacker with one computer to crack it. I'll save you the trouble... EDe5u2&kvS would take about six years. Not bad, but remember that the hackers have already been working at this for years with more than one computer so, effectively, that's already been guessed.

StapleBananaHamster? 318 Trillion Years.
StapleBanana24Hamster? 252 Sextillion years. That's 252 followed by 21 zeroes.

These numbers are estimates and some combinations of words will fare less well, e.g. Manchester followed by United, but the most important thing is length. So two or three unrelated words, upper and lower-case, numbers (family birthdays?) in between, maybe a symbol, and you've got a reasonable password. Looking round my palatial office in Oapc Towers, with magazines, books, boxes of stuff, Useful24Panasonic!Carpet comes out to one octillion years, which is secure enough.

But how to remember these very secure passwords? You don't have to. Your computer will do it for you and fill it in again when you visit the website. Some people worry that this weakens their

security and it does. But the chance of an easy to guess password being stolen in a website hack is much greater than the chance of the passwords being stolen from a correctly updated home computer, and using the same password everywhere means that only has to happen once. But don't forget to update your Password Book whenever you change a password, because if your computer should suffer a disk failure, those passwords are very likely gone.

I should say at this point that you should only store passwords on your computer if you can trust everyone who accesses it. If you share it with kids or significant others whom you don't want to automatically access your credit cards, a separate login for each of you and a master password to keep things secure seems like a good idea.

More secure and, in these days of using a PC, phone or tablet to access the same information in different places, more convenient is a password manager program, such as LastPass or KeePass. These, protected by a *very* secure password, will generate passwords automatically and fill them in again as required. It means you can routinely use a 20 or 30 character password like Z2\$TXec3zK4PasmvQITyE3d6Q\$8Um1 and not have to write it down or remember it. They can also work across devices, so you can save a password on your PC and fill it in on your phone.

Inevitably, these services make a very tempting target for villains but I still use one because the alternative is inevitably not so secure.

So, now that you've got all your passwords organised in your new address book, it's time to start visiting websites and changing the old short passwords for nice, long, secure ones. While you're there, make sure that the contact and security information is up-to-date. These days, most websites use a mobile phone number or an email address to send a code which allows them to confirm it's you and so allows you to easily change your password.

One of my favourite ways of spending time with customers is trying to persuade a website to send a way of resetting a password, when the two alternatives are an email address that hasn't existed since 2006 and a mobile phone number that was changed nine years ago, belonging to the customer's daughter...

Next month, I'll look at a way of making your log-ins even more secure, that many of you may already be using.

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1st Heacham Cubs

Cubs started back after Christmas on 9th January with us renewing our Law and Promise, then it was over to Kaa for our games night. They played Hockey then made Paper Airplanes and had a few games with them. We finished the evening off playing Volleyball.

The next week 16th January we started on Our Skills Badge by making a Kite then played Hockey and Snowballs. At the end of the evening we Invested Jamie into Blue Six and our Young Leaders Chil (Nat) and Mang (William) were presented with their Young Leader Badges by Ziggy.

23rd January saw us celebrate Chinese New Year. We started off by making a Rat puppet, then played Chase the Rat; the Cubs drew a Rat on a piece of card, cut them out and tied them to their leg and ran round trying to step on each other's Rat. We finished the evening playing the old carnival game of Splat the Rat.

30th January we were back to Our Skills with Healthy Eating. The Cubs split into two groups, one group put how many sugar lumps they thought were in certain foods, the other group had a traffic light and various foods that they had to put on the traffic light whether it was good for you, not too bad or not too good for you. Thanks to Leanne from Kemps Fruit & Veg in Hunstanton who donated us a lot of different fruit which Hathi cut up and the Cubs tried and guessed what it was. Everything was enjoyed except the dates! They all tried them but none were that impressed (even when we dipped them in chocolate). Games during the evening were Sticky Target Ball and Marbles.

6th February the Cubs were given an Acrostic Poem; they had to find words or phrases using the word WINTER then they did the same with their names. Kaa then played games with them; they played Pass the Bomb; who could Throw a Frisbee across the floor without touching the wall on the other side, Broom Handles, Jump the Rope and Skipping.

On our final evening we finished the last part of Our Skills Challenge with Problem Solving. With the two puzzles we have different shapes that need to be put together a certain way to make a square. The games played during the evening were Hockey, Jenga, Skittles, the Key Game and Dodgeball.

At the end of the evening we presented Jessie, Tyler and Max with their Our Skills Challenge Badge plus Max received his Year One Badge and Hayden received his Year Four Badge, which shows how long they have been in the Scouting Movement. Blue Six won the sweets for the most points earned during this term.

Happy Scouting to all our Cubs.

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



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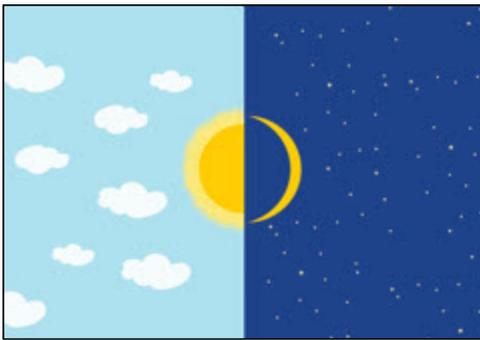
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Heacham at Night

As you read this Spring will be imminent. The 20th is the Vernal Equinox when the length of the day equals that of the night. It is also the first day of Spring.



Internet

On the 29th you will lose an hour's sleep when you put the clocks forward and British Summer Time starts.

February certainly was 'February Fill Dyke' and contrived to steal 'March Winds' too, although I suppose March could be even windier. The weather, once again, conspired to hide the skies though there were several frosty nights when the stars glittered.

Venus shone down so brightly it pierced even thin cloud and I saw it adjacent to the crescent Moon too. The planet continues to hang high in the SW this month, setting at about 10pm on the 1st but not until after midnight as April begins. It will have a magnitude of minus 4.3 (see last month).

Uranus, the green-blue ice giant discovered by Herschel, is in the apparent vicinity of Venus on the nights of the 7th and 8th. Binoculars held steadily on Venus should also show a greenish 'star' about a thumb's width to the left. This is Uranus, some 1.75 billion miles beyond Venus.

Venus is a very hot, rocky world about the same size as Earth. It is covered in a very dense atmosphere of carbon dioxide and nitrogen that supports clouds of sulphuric acid which reflect light well. Uranus is a frozen world almost 5 times the diameter of Earth with an atmosphere composed of hydrogen, helium and methane.

Venus and Uranus do have one thing in common, their spin is retrograde, opposite to that of the Sun, though Uranus complicates matters as it is tilted right over.

On the evenings of the 28th and 29th, the Moon, Venus and The Pleiades are all in the same area of sky that can be covered by a fist.

Other planets are early morning apparitions. Between the 15th and 20th look low down in the SSE from 5.30am. Strung out with the Moon will be Saturn, Jupiter and Mars. Jupiter rises from 4am and is a bright -2. Mars and Jupiter are very close and in conjunction, closest, on the 20th. If you have a telescope, on the 23rd from 4.30am, look just to the left and above Mars; the faint dot you might see will be Pluto. On the 31st, at 6am, Saturn and Mars are very close together.



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Internet. A crescent Moon will also be following the same track.

Warmer spring evenings might tempt you to stay out longer and look at the stars. To the north find the constellation of Cepheus which looks like the gable end of a house. Cassiopeia, the W, is to the west.

Cepheus is at the edge of the band of light which is the Milky Way. Scan along the bottom of the 'house' with binoculars and find fuzzy blobs some of which are entire galaxies, others are star clusters and nebulae.

In the same area a red star will be found, the Garnet Star, one of the largest in the Galaxy. If placed where our Sun is, it would encompass the orbit of Jupiter. Cepheus also contains another red supergiant, 5000 light years distant, 1,400 times as large as the Sun; it has a blue companion.

The first star discovered which is now described as a Cepheid Variable is, unsurprisingly, in Cepheus. It pulses in brightness over a period of 5 days and 9 hours. Many other such variables have since been found and it is known that the frequency of their pulsation is directly related to their absolute brightness. Measuring their apparent brightness from Earth and comparing it to their (calculated) absolute brightness means their distance can be determined. This 'ruler' was and is important in determining the size of the galaxy and the distance to other,



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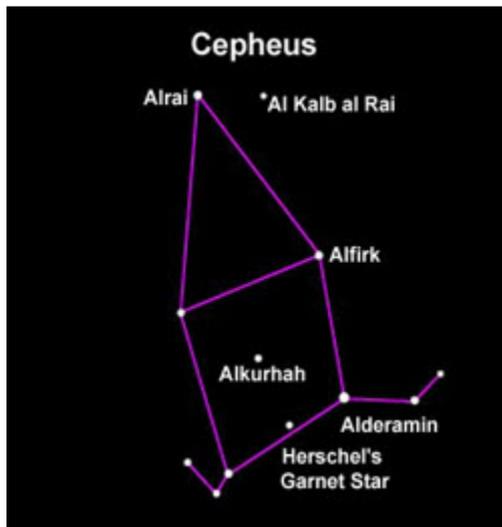
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nearby, galaxies. Type Ia supernovae provide another yardstick for greater distances.



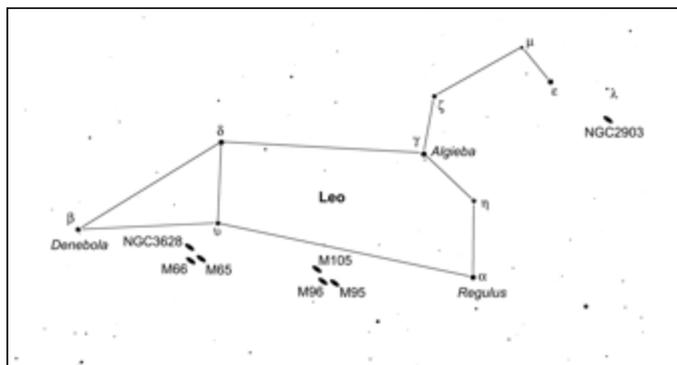
Internet

Last, but not least, Cepheus is the home of a Quasar (Quasi Stellar object) which has one of the most massive black holes known at its centre – 40 billion times as massive as the Sun. As gas falls into the black hole from the accretion

disk around it, vast amounts of energy are released in the visible spectrum. This quasar is one of the most energetic objects known.

So, look towards Cepheus and wonder.

Look South to find the constellation of Leo, the lion that Hercules slaughtered – not very correct today. I get Leo mixed up with Lenny the Lion. Anyway, Regulus, on the top of the left foreleg, is the bright star in Leo. It rotates once every 16 hours – so fast that the star bulges around its equator. The star Algieba, the lion's shoulder, is a nice double through a small telescope. And Denebola is the tip of the lion's tail. Distant galaxies lie under the lion's belly.



Internet

Space mission activity: The Spitzer space telescope was shut down in January, ending a 16-year exploration in infra-red astronomy. Not as publicly lauded as Hubble, Spitzer has likely done a lot more science and has looked back to a universe which existed 13 billion years ago.

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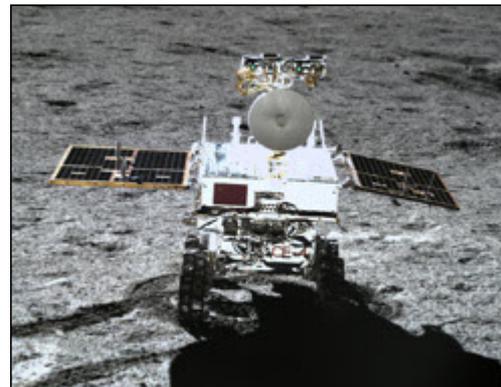
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A fourth batch of Starlink satellites has been launched, making 240 in total. Space X intends launching over 700 by the end of the year. Other companies are doing the same and the forecast is for more satellites to be visible in the sky than stars. Observational astronomy is being compromised and many scientists are outraged.

China's Chang'e lunar lander has completed a year on the farside of the Moon and remains in full operational order.



Internet. A recent Chinese selfie on the far side of the Moon.

The joint NASA /ESA Solar Orbiter mission is on its way.

This year, Boeing's

Starliner and Space X's Crew Dragon will start taking crews to the International Space Station.

There will be a number of missions to the Moon this year. Look out for OMOTENASHI – Outstanding Moon Exploration Technologies, demonstrated by a Nano scale, Semi Hardened Impactor (Japanese of course).

Mars missions will be avoiding each other as the red planet is in favourable opposition on October 13th (just like in War of the Worlds). Launch windows start in July.

So, hope for clear, dark nights with no rain or wind, look up and count satellites.

Terry Parish



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Borough Council News

Heacham, Sedgeford and Fring

Spring is almost here and the thoughts of some turn to covering new growth with concrete and bricks. Be vigilant readers.

Meanwhile, at the seaside: there are no plans to replace the groynes on Heacham Beaches; I have asked why £400,000 over 4 years is going to be spent on those at Hunstanton. Half of that is coming from the Borough Council.

Parking charges are going up as the 'third hour free' concession has gone, so 'up to 3 hours' will now cost £5. I have been arguing the case for lower charges, particularly at South Beach for years. I objected to this latest rise and am, at the time of writing, awaiting a review. I am not anticipating any success. At the same time, free parking along South Beach Road will go. There has been no assessment of the impact on businesses at the beach.

Still on the beaches and in the sea: At a meeting of the Environment and Community Panel, both the Environment Agency and Anglian Water gave a report on sea water quality. A very interesting presentation and it is good to know how monitoring takes place. However, the bathing water profile for Heacham has been classified as 'sufficient' in 2017, 18, and 19 whereas it was 'good' in 2016. The EA stated it should be 'good' and are investigating why it isn't. (Hunstanton sea water follows the same pattern whereas that at Old Hunstanton is consistently 'good').

Bathing water profiles are based on the presence of two bacteria: E.coli and Intestinal Enterococci. It is some presence of the latter which is depressing the standard from 'good' to 'sufficient'. Anglian Water maintains that discharge from the sewage treatment plant, which enters the sea at South Beach, is sterile as it is UV treated, so other potential sources for Enterococci are being looked at, e.g. properties close to the beach, ditches, farmland.

Microbial Source Tracking reveals that dog faeces make no contribution to the Enterococci loading. During initial investigations the EA did notice that dog bins were not in optimal positions, i.e. none could be seen, an issue I again raised.

Tree planting across the Borough appears to have stumbled before the first hole has been dug. An implication that the Borough was just going to fit in with the County intentions has been denied. Meanwhile, anyone with spare land should consider making it available for trees – singular, copses, woodland. Those of you who like removing trees, please stop.

The King's Lynn Transport Study has had a bit of a rocky reception whatever you read in the newspapers. How much it will affect this Ward depends on whether you travel in and



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around Lynn. Recent government announcements about rural transport and cars might have greater impact.

The Single Use Plastics (SUP) working group is ticking on and, due to the efforts of officers, some progress in reducing their use in Borough operations is being made. The Borough Council again failed to consider a motion relating to a 'Climate Emergency'. It appears that the much-awaited new Environment Policy will incorporate measures to reduce carbon contributions and firm up SUP recommendations. We shall see.

The Community Infrastructure Levy task group is nearing completion of its work and, if Cabinet agrees to its recommendations, Parish Councils should know them in the summer.

Heacham – no news re Cheney Hill. The importance of the Neighbourhood Plan cannot be overstated. I am still waiting for local businesses to indicate what they might like done to help them develop.

Sedgeford – the Parish Council is continuing to investigate Heacham River flow problems (summer extraction etc). I raised this, too, at the presentation mentioned earlier. The Parish Council is also active when planning applications come in and this is recognised by officers who respond appropriately.

Fring - has anyone got any problems? Has the recent heavy rain found its way into the recently cleared drains?

Terry Parish
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Another recipe from The Prudent Pensioner

Soup Makers are becoming quite popular; I haven't invested in one myself. I still use a saucepan but I was pleased to hear from a lady who, using my recipe, had made tasty Vegetable Soup in her new Soup Maker. Maybe I will share that recipe next month, although

I thought perhaps a cake recipe would make a change.

I would imagine this recipe would also work well in a Soup Maker. The flavour of the Broccoli and the sweetness of the Parsnip make a delicious way to take 3 of your 5 a day.

Broccoli Carrot & Parsnip Soup

Makes approx. 700ml/1¼ pints

Ingredients:

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

Method:

Cut florets from broccoli and leave to soak in lightly salted water. Trim off and discard discoloured part at base of broccoli stalk. Peel stalk and cut into small pieces.

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

Put butter into a saucepan over a low to med heat, add shallot/onion, stir well and cook for one minute stirring constantly

Add potato, broccoli stalks, 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 broccoli florets in cold water and add to stock. Increase heat for a few seconds until liquid is simmering gently. Simmer 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 liquidizer, 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. Serve and enjoy.

This recipe can be found in 'Less Waste More Soup: 30 Easy budget friendly recipes for nutritious, delicious soup from a Prudent Pensioner' by Doreen Reed. Now available from Amazon (Amazon Books then search for Doreen Reed or direct from Home 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

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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 00485 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

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 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

HEACHAM YOUTH CLUB every Thursday except the last
Thursday in each month Ages 11-18 years 6.30pm (OFH)
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 570232 or email
buzzard177@msn.com

HEACHAM DIARY

Friday 6th March GIG 'JAM with DNA' 8.30pm at Fox and
Hounds, Station Road

Saturday 7th March GIG 'Bootleggers' in Hall at the Social
Club, Station Road

Wednesday 11th March 'Coffee Morning and More' 10am -
noon at Old Friends Hall, Sunnyside

Friday 13th March GIG 'Trash City' 8.30pm at Fox and
Hounds, Station Road

Tuesday 17th March GIG 'Betty Swallow' 8.30pm at Fox and
Hounds, Station Road

Wednesday 18th March 'Blood Donor Sessions' in Hall.
Social Club, Station Road. See advert for full details.

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

Friday 20th March GIG 'Red Zebra' 8.30pm at Fox and
Hounds, Station Road

Friday 27th March GIG 'Odd Man Out' 8.30pm at Fox and
Hounds, Station Road

Saturday 28th March 'Messy Church' 10am - 12noon at
St. Mary's Church. Call Veronica on 01485 570697

Monday 30th March 'Heacham History Group Talk - Norfolk
Treasures' 7.30pm at Old Friends Hall. Admission £3 (Members
£2). All welcome. Call Linda Nudds 01485 571794

APRIL

Saturday 11th April 'Easter Fete' 2pm - 4pm at Fridhem Rest
Home, Station Road

*** Heacham Heritage Coffee Morning' Public Hall, Station
Road. Time and other details TBC

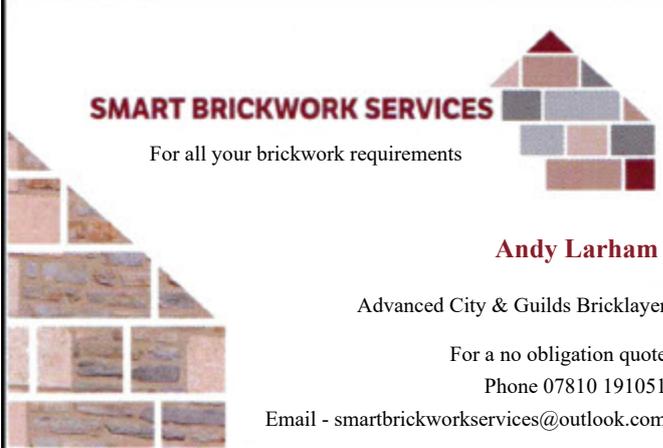
Monday 13th April 'Easter Bingo. Eyes down at 7pm at Fridhem
Rest Home, Station Road

Saturday 18th April 'Quiz Night' 7pm at Old Friends Hall,
Sunnyside. Tickets £2pp. 01485 579465



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OTHER EVENTS

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

Sunday 7th March GIG 'Kenny Lee and Hustler Band' at Hunstanton United Services Club, Homefields Road, Hunstanton

Monday 9th March 'The Arts Society NWN lectures - Treasures of the World' 2pm at Sedgeford Village Hall. To book 01485 210891

Saturday 14th March GIG 'Simon Lee - 60's to present' at Hunstanton United Services Club, Homefields Road, Hunstanton

Wednesday 18th March 'Snettisham Village Cinema Presents - Judy (12A) 7pm at The Memorial Hall, Snettisham. Tickets £5

Friday 20th March 'Anmer Village Social Club Presents - Mrs Lowry & Son (PG)' 7.30pm at Anmer Village Social Club. Tickets £4 on the door. 01485 579465

Saturday 21st March 'Syderstone Village Cinema Presents - Mrs Lowry & Son (PG)' 7.30pm at Amy Robsart Village Hall, Syderstone *** 'Quiz Night' with food. £3 each. 1st prize £50 at Hunstanton United Service Club, Homefields Road, Hunstanton

Thursday 26th March Norfolk Wildlife Trust 'Illustrated Talk - Bugs on the Move' 7.30pm by West Norfolk Members Group at Hunstanton Methodist Church, Austin Street, Hunstanton

Friday 27th March 'Cabaret Night - Drag Artist and Hypnotist' 7pm until late at Hunstanton United Services Club, Homefields Road, Hunstanton. Tickets £15 in adv. Or £20 on door

Friday 28th March 'West Norfolk Jubilee Youth Orchestra' 5pm at St.Mary's Church, Snettisham. Free admission

*** 'Easter Sugar Craft Workshop' 10am to 12noon at Dersingham Village Centre. £5 per session (children £2.50) includes all materials. Call Sue Payne to book on 07707832295

Sunday 29th March '50's and 60's and Country Music Dance' 7pm - 10pm at Snettisham Memorial Hall, Church Road, Snettisham. In aid of East Anglian Air Ambulance. Tickets £4 each. Call to book on 07787966000

Tuesday 31st March Dersingham Village Screen Presents 'Finding Your Feet (12)' 7.30pm at Dersingham Village Centre. £5 adult, children under 16 half price. Includes refreshments.

APRIL

Sunday 5th April 'Easter Children's Party' 3pm - 5pm at Dersingham Village Centre. £5 per child. Parents/carers free. Call 0777832295

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

AMEO 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 LUNCHEs 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 Sedgeford 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. Held in St.Nicholas Hall 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

SUNDAY AFTERNOON SOCIAL at Dersingham Village Centre second Sunday each month 2pm - 4pm. £2.50



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“Our Library is Moving”

In March we are embarking on a new era for Heacham Library. After 19 years, the library will be temporarily relocating to the Church Hall in the High Street and this will be our home until the new Community Building is up and running.

We will be open at our current location up to and including **Saturday 14th March** and we look forward to welcoming you when we re-open at the Church Hall at 10am on **Monday 30th March**.

On that first Monday there will also be the opportunity to sit and relax with tea/coffee and cake provided by St Mary’s Church.

Book Donations: We are very grateful for the book donations we have received in the past and will, hopefully, continue to receive. But, during March and for the first three weeks of April, we will not be able to accept any further donations. From Monday 20th April we will gratefully accept donations of good quality modern fiction and non-fiction.

Computers: The library will continue to have three computers, free to use by anybody, resident or visitor, and a printer for which there is a small charge of 15p for each page printed.

Thank you for your understanding whilst we move and we look forward to seeing you at our new ‘pop-up’ home at St Mary’s Church Hall, High Street, Heacham.

Heacham Library

around & about...



2020 looks to be another exciting year of Music at St Mary’s.

From ‘An evening in Vienna’ with familiar waltzes that might get you dancing in the aisles, to Gilbert and Sullivan in costume, an international Japanese pianist, a children’s orchestra and music from Bach to Beyoncé with an electric string quartet. The 2020 calendar of events leaflet is now out and available from church or the Snettisham parish office. Why not pick up a copy or request an online version.

And if that is not enough, how about a finalist from The Voice and a wonderful ladies group singing 1940s songs during our VE weekend celebrations.?

Our events fund the maintenance and ongoing improvements of the building that has been at the heart of our village for over 700 years. This year, at Harvest we will celebrate 680 of the present building and in the next few months, the major Spire project will be making progress, so watch this space for some exciting news in the coming weeks!

March kicks off with West Norfolk Jubilee Youth Orchestra on March 28th at 5pm. The Friends have always tried to encourage young musicians and indeed have recitals for just local school children who are bussed in for free from local schools for these events. Come and support our young musicians on March 28th. The programme promises to be entertaining and the event is free!

April 3rd hears a new kind of music. The Kavoelectrica string quartet brings you music you have probably not heard before. Bach to Beyoncé in electrifying sound. Concert is at 7pm and tickets are £10.00 each.

The Village Cinema on March 18th at 7pm in the Memorial Hall Snettisham is ‘Judy’ starring Renee Zellweger, who won an Oscar for her role.

The Friends enjoy advance notice of events and invitations to special launches. If you would like to become a Friend, for as little as £12pa, call Edward Stanton on 01485 541244 or visit.....

www.thefriendsofstmarys.co.uk



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Wake up Happy and Healthy

by Kyra Cruise (MGHT)

A lot of my clients consult me about sleep issues. One of the biggest sleep myths is that we all have 7-8 hours of blissful uninterrupted sleep. However, many people suffer from difficulties falling asleep, staying asleep or waking up in the night. Waking up does not necessarily mean poor quality sleep, it is often the anxiety and stress from being awake that makes us tired.

Why do we need to sleep?

We need sleep for the body to repair itself, to rest our mind and to allow processing of emotional experiences. If we are lacking enough sleep then we can feel exhausted, overwhelmed by the smallest of things and even perhaps a bit grumpy! Research has also shown that sleep is linked to immunity – people who sleep less than 7 hours a night are almost three times as likely to catch a cold as those who sleep for longer.

We used to think our brains ‘shut down’ during sleep – this is not true. Our brains are very active – some parts of our brain even use more oxygen and glucose when we are asleep than when we are awake.

Our sleep cycle runs in about 90 minute intervals, alternating between deep rest and lighter sleep. It is common to wake up as you come into lighter sleep, particularly from the middle of the night onwards. This is entirely normal and if you do not feel tired during the daytime it should be considered as a normal night’s sleep.

The Science Bit

Nutritionists often find that people who struggle to sleep well are deficient in serotonin and/or melatonin.

To make serotonin the body needs large amounts of vitamin B6 and magnesium. Bright light naturally boosts serotonin – so try to get outdoors every day for 10/15 minutes.

Food Solutions

- Try to eat breakfast within 30-45 minutes of getting up. If you skip your first meal of the day the body can go into survival mode. Do this too often and your body will start to produce less of the sleep hormone melatonin.
- Avoid caffeine after midday.
- Drink enough water, but not directly before bed and avoid dark coloured drinks right before bedtime.
- Drink cherry juice (unsweetened) or eat cherries – these can increase melatonin levels. Both Terranova Avena Sativa and Tart Cherry contain high vitamin B levels and other nutrients.

Your night time checklist

If you are struggling to get to sleep – try the following....

- Allow yourself about 60 minutes ‘wind-down’ time every day before bed. Try calm, relaxed activities such as a warm bath, reading or listening to music. Avoid working or

being on-line – this stimulates the brain and the blue light can interfere with sleep patterns. If you absolutely have to use an electrical device, try switching to ‘night mode’ which is a yellower light and not as bright.

- A small snack before bedtime which contains foods high in tryptophan is ideal. Tryptophan is an amino acid that boosts the levels of your sleep hormone melatonin. Good foods to try include oats, bananas, dates or pumpkin seeds. Make your drink a small one such as warm milk, or soothing herbal teas such as chamomile or lemon balm.
- Check your environment – the ideal bedroom temperature is between 18-24 degrees. If you are too warm, or too cold, then your body may alert you to this by waking up.

What about napping during the day?

Many experts advise against napping during the day. However, if you suffer from disturbed sleep and are tired during the day a short nap 10-20 minutes between 2-4 pm can help. There are 3 main reasons for this.

1. It will recharge your mental batteries so that you can function for the rest of the day.
2. It helps to relax the nervous system which may allow you to switch off better later on when it is bedtime.
3. It encourages you to rest and let go without worrying whether you will fall asleep or not. This is especially important if going to sleep has become associated with fear and anxiety.

And on that note – I wish you goodnight! If you do suffer from sleep problems then there’s lots of things to try...I offer full, free consultations and am always happy to chat.

Kyra Cruise (MGHT)

Aromatherapist, Naturopathic Nutritionist and Holistic Therapist at The Cloud Cabin, Heacham. 07968 354431
kyracruise7@gmail.com



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The Pocahontas Players VE Anniversary Show



The Pocahontas Players are excited to announce news of their May Production. On Friday 8th May at 7.30pm and Saturday 9th May at 2.00pm and 7.30pm, they are to entertain you all with a fabulous

1940s Wartime script written by Jim Race where all his scenes are held in a Norfolk Village Pub. Plus, he asked Janice and Jeannie if they could write three sketches from the same era? These include Land Army Girls at work, The two village gossips in the Butchers Shop and The Arrival of the Evacuees.

There will be lots of wartime songs to sing-a-long with and also lots of Union Jack flag waving.

The Public Hall will be set out with tables and chairs, similar to this photo taken of our last War production, way back in 2014.



Whether you would like to be there to join the cast with a rendition of 'Land of Hope and Glory' and all the other famous favourites, or just to sit back and enjoy the nostalgia of the show, you can phone for your tickets on the number below.

Please don't leave it too late. Tickets will be limited because of chair space being taken up by the tables.

It's going to be GOOD!

Tickets – Janice - 01485 570402

Jim - 01485 571267

or Hunstanton Tourist Information Centre - 01485 532610.

(Hopefully, there will be a more in-depth advertising poster available next month).

Thank you.

Heacham Pocahontas Players Drama Group



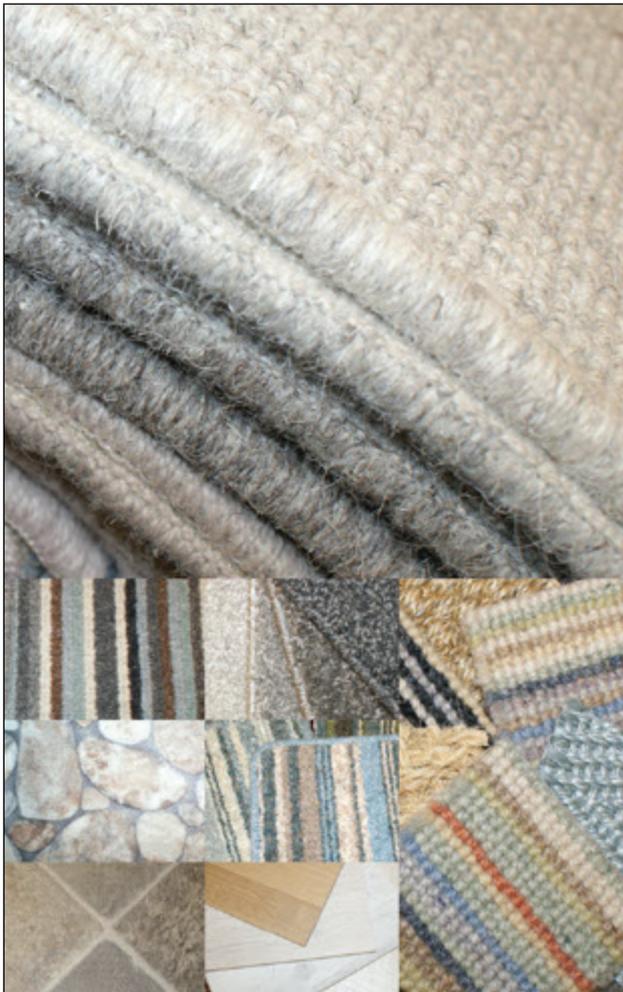
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Mayor Cllr Tony Bishopp visits Hunstanton Army Cadet Force

On Thursday 23rd January, Mayor Councillor Tony Bishopp and Councillors Robert Corby, Wendy Croucher, Verity Jowett and Michael Ruston were delighted to visit the Hunstanton detachment of the Army Cadet Force to watch the Cadets parade and witness part of their training.

During the evening, the Mayor took part in an inspection of the cadets with Britannia Company's OC Major Bagge which was followed by a presentation of the Cadet of the Year Trophy for 2019 to Corporal Hill.

After a few short words from the Mayor and Major Bagge, the evening's training began, giving the Mayor and councillors an opportunity to see what happens on a training night and, at the end of the evening, Major Bagge promoted two of the cadets from Corporals to Sergeants. Well done to Sgt Bailey and Sgt Hill!

The Army Cadet Force (ACF) has nearly 40,000 cadets in more than 1,600 detachments all over the country and is one of the biggest and best clubs around. When it comes to fun, friendship, action and adventure, it's hard to find anything that beats the Army Cadets.

Become an Army Cadet and you'll be spending your spare time taking part in adventurous activities like rock climbing, mountain biking, archery and abseiling. There will also be plenty of chances to play all your favourite sports because the ACF has competitions for both boys and girls at county, regional and national level.



Hunstanton Detachment of the ACF parades on a Thursday evening at the Hunstanton Community Centre between 1900hrs-2130hrs. To find out more, visit the Norfolk ACF Facebook page or go to www.armycadets.com

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Hunstanton & District Rotary Club Presentation

Our Group were delighted to welcome Hunstanton & District's Rotary

Club President, John Crofts, to one of our regular support group meetings. John presented a cheque for £500 to volunteer Debbie Peel (Group Secretary) and our stroke survivors who will benefit from this kind donation, providing arts and craft activities.

The Rotary Club held one of their annual fundraising events at Norton Hill Railway, Snettisham, last summer raising money for many local charities and is a supporter of our group – thank you Rotary!!

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

Children's Society Charity

Thank you to everyone for your contributions to the Children's Society recently. The house-boxes amounted to £771.64. The Christingle service was £164.57. Thus, a grand total of £936.21.

If you do not currently have a coin-collecting box, but would like one, just ask - Alison and Bryan Hoyle. Tel. 570215.

Thank you.

Alison Hoyle

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Stanhoe and Barwick WI



Rural Life in a Distant Country - Thursday 5th March at 2pm:

Juyna Lewis will talk about her Bangladeshi Childhood. This is an Open Meeting and all visitors are very welcome. We charge just

£3, to include refreshments. The Reading Room, Cross Lane, Stanhoe PE31 8PS.

Keep Fit! - Thursday 2nd April at 2pm:

Claire Barker, with ideas for keep fit exercises suitable for all.

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

Ringstead Village Hall

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

The 5th March meeting will be 'Ruffle the Rail dog – the story so far' with children's author Rachel Greaves.

The 2nd April meeting will be a presentation from Andrew England about War Memorials in Norfolk.

In May there is no meeting on Thursday but there is a fundraiser Plant sale and coffee morning instead on Saturday 2nd May in the Village Hall.

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

All welcome.

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Reducing Money Worries for Older People in Norfolk

Dr Roy Bivon, a retired university lecturer, has been a money matters volunteer for Age UK Norfolk for over three years. Money matters volunteers help older people to sort out their finances. Roy explains what he does and why.

Money matters volunteers help older people who have no experience of dealing with their finances themselves, who may find dealing with financial things very difficult or who may be in debt. Many older people have relied on their partner to deal with their finances and, after the partner's death, they have struggled with the responsibility and have turned to Age UK Norfolk for help. Some older people have a very limited income so find it difficult to manage and have got into debt.

“My approach is something between being a friend and a professional. I explain to the older person what they can and cannot do and what their options are. I don't make decisions for the older person but I do tell them they need to make a choice. I may give them the options and leave it to them to think about until my next visit. I might need to put them in touch with other organisations who can help them. I arrange appointments with my clients myself and so I can fit it in at a time that suits me. I volunteer for two to three hours a week plus travel time.

“Older people I have helped include: a couple with enormous debts who cannot really afford to heat their cottage in winter; a wonderful lady who I help deal with correspondence, writing out cheques when needed and a lady whose husband had dealt with the finances; he had died and she needed help to set up direct debits and carry out a check that she had enough money to cover expenses.

“I was a university lecturer lecturing on the Russian language. I am not entirely retired but I have enough time to do something else and I wanted to give something back to society; if I can help people, I will happily do that. I am not a financial expert but I understand bank accounts and spreadsheets. I still do some work for an organisation that arranges placements for students who are studying Russian at degree level, arranging their placements in Russia and dealing with the students and the universities there. I also volunteer for the National Trust, helping at one of their properties.”

Age UK Norfolk is looking for money matters volunteers in the Heacham and Hunstanton area, where we are particularly short of volunteers. The hours are flexible and full training and support is provided as well as reimbursement of travel expenses. For further information about being a money matters volunteer, please contact the volunteer coordinator on (01603) 785210, Email: volunteering@ageuknorfolk.org.uk or see: www.ageuknorfolk.org.uk.

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King's Lynn Festival Chorus

Great pre-Easter Performance of Epic Work

"Concerts given by the King's Lynn Festival Chorus are always special..." Lynn News

King's Lynn Festival Chorus (KLFC) will perform the mighty **St. Matthew Passion** by that giant of composers, **J.S.Bach**, in time for Easter.

This epic work, lasting nearly 3 hours, is not often performed, especially in this part of the country, partly due to the forces it requires. For starters, it needs two full mixed voiced choirs as well as full orchestra.

KLFC members have worked very hard raising funds in order to subsidise the cost of tickets to a reasonable level so this masterpiece may be experienced and appreciated by as many people as possible. Fund-raising efforts have ranged from catch-a-copper (coin collection) to marathon-walking and sky-diving!

For this performance, we are joined by the professional **Meridian Sinfonia**, an orchestra of baroque instrumentalists performing on period instruments. Our choral **Soloists** are all prominent musicians and include West Norfolk's own **Angela Brun** (ex-Sydney Opera House).

The Biblical story of the final days of Christ are well known to most. However, in Bach's hands, he weaves four simultaneous

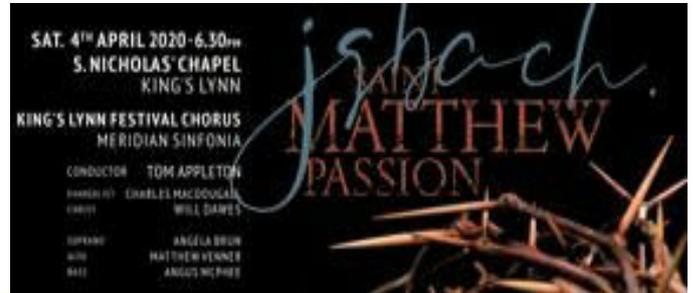
strands through the work - the narration of the events by the Evangelist in a 'spoken' style, personal reflection and meditation on events (arias sung by soloists), large choral pieces to set the scene, and chorales (hymns) in which the congregation would have joined.

The role of the double choirs, like a Greek chorus, is to set the scene by taking on many different roles: the crowd who are with Christ to begin with; later turning into one baying for His crucifixion; mocking Him on the Cross and then being hopeless sinners. Many different characterisations, indeed, to convey to the audience.

Tickets at £26, £20 and £16 are already on sale from the King's Lynn Corn Exchange (Tel. 01553 764864) or online www.kingslynncornexchange.co.uk

Please note that the performance begins at 6.30pm on Saturday 4th April in St. Nicholas' Chapel, King's Lynn. PE30 1LT.

Further details may be found on our website www.kingslynnfestivalchorus.co.uk or follow us on Facebook or Twitter @kl_festchorus. Finally, if you'd like to receive the KLFC Newsletter for further insights and news, please use the 'Contact' page on our website to register.



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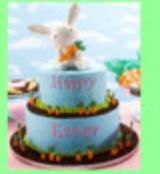
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Friday 20th March 2020 at 8.00pm

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Venue – Anmer Village Social Club

Admission by ticket - £4 at the door

Doors and bar open 7.30pm

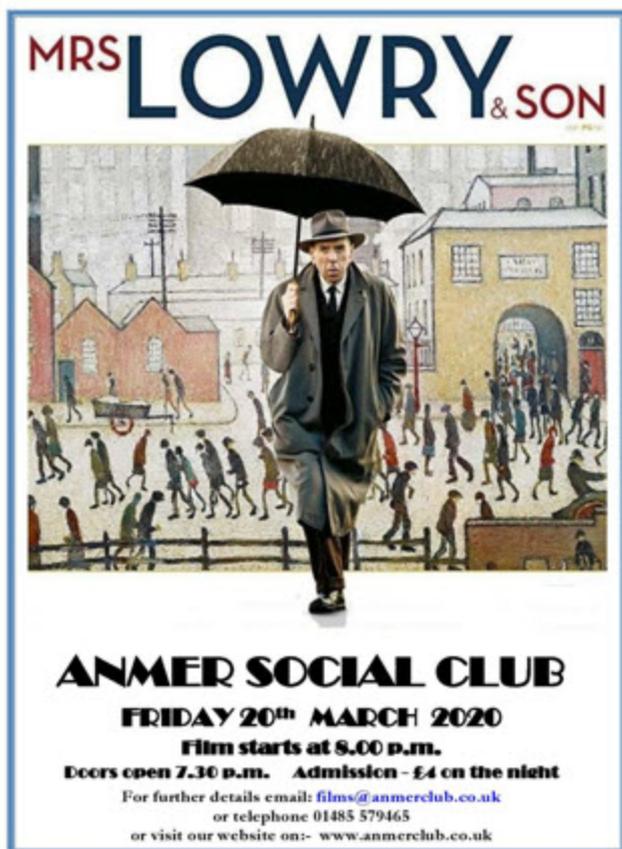
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Restaurants fundraise for the Mayor's Charity

Two local restaurants supported The Mayor's Charity over the Christmas and New Year period by supplying a meal voucher as a prize their diners could win, and encouraging donations towards the Mayor's chosen charities which, this year, are Norfolk & Waveney Mind and Riding for The Disabled.

The Mayor was delighted that the restaurants, Silk Road 2 in Heacham and The Railway Inn in Docking had raised over £350 and is really grateful for their support.

Zena Penty, Volunteer Co-ordinator at Norfolk and Waveney Mind said "The staff at both restaurants were really enthusiastic in their support and have kindly both offered their support in the future which is fantastic".

Zena Penty
Volunteer Co-ordinator Norfolk & Waveney Mind



R-L The Railway Inn, Docking - Caroline Hurrell and Zena Penty



The West Norfolk Members Group invite you to:

An illustrated talk:

Bugs on the Move
How insects and other invertebrates
Find food, mates and habitats

by **Dr Ian Bedford**
on

Thursday 26th March - 7.30pm

Venue: Hunstanton Methodist Church Hall, Austin Street.
Cost: £2.50 members / £3.00 visitors.



R-L Silk Road 2 - Heacham Peter Atterbury (Prizewinner) Louise and David Lal, Mr & Mrs Mayor, Cllr Geoffery and Rose Hipperson, Zena Penty, Norfolk & Waveney Mind

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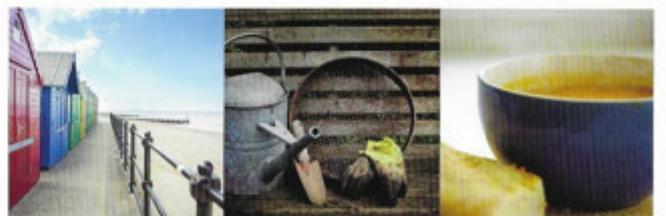
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Fairyland Trust Charity Needs Helpers

Are you concerned for our beautiful planet? Would you like to be part of a brilliant team and help children and nature?

Can you spare a few hours to help Wells-based family charity The Fairyland Trust? Volunteers are needed to help with the annual Fairy Fair at West Acre on Sunday 24th and Monday 25th May (Bank Holiday).

The Fairyland Trust teaches families about nature through arts, crafts, folklore, storytelling and theatre. Volunteers are needed for a few hours each day to help in the café or pub, manning stalls or helping with workshops.

The Fairy Fair is a popular fixture for families with young children, likened to a magical Country Fair or an 'Organic Disneyland'.

Call Ben on 07837 815452 or email ben@fairylandtrust.org

Volunteers can camp on site and bring their children, who will then get into the Fair for free both days.

Attractions at this year's Fair include workshops to make: Fairy Gardens; Fairy Pets; Bumble Burrows; Wildflower Crowns and Woodland Wings. The more adventurous can take part in Fairy Training; Elf Training, the Wildlife Hospital and The Pirate Fete or try Maypole Dancing or boogie in The Bug Ball. You can also walk in the beautiful woods to find the Fairy King and Queen, meet the Walkabout Fairies, colour in a post card in the Pixie Post Office or seek out The Storytelling Hut. There's also live music, craft and vintage stalls, face painting and local food traders. Dressing up is popular and this year the theme for the no-new-plastic home-made Fancy Dress Competition is Beautiful British Bugs.

If you can't volunteer, tickets are £7.50 in advance, £12 on the gate. Full details and tickets at www.fairylandtrust.org

I have been volunteering for this wonderful charity for 10 years now and it is a really special event in our family's calendar. I hope to see you there!

Clare Enters

THE ART SOCIETY - ENRICHING LIVES THROUGH THE ARTS.

The Arts Society NWN invites visitors to come along to the start of our new season of lectures.
Monday 9th March - Sedgeford Village Hall

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Wednesday 18th March Blood Donors in Hall
Wednesday 18th March Lorraine's Xmas
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Every Monday Fitsteps, Pilates,
Table Tennis
Every Tuesday Carpet Bowls
Every Wednesday Carpet Bowls, Ballet,
Boxercise, Badminton
Every Thursday Carpet Bowls, Judo
Every Friday Bingo in the Hall 7pm...
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**Royal Air Force Bircham Newton
Heritage Centre**



*Avro Anson
flown by No. 206
Squadron.*

Anson VX-B (K6183) was the first of Bircham Newton's aircraft to be shot down in World War 2 on September 5th 1939, just two days after Britain declared war on

Germany. The story of this plane and its fortunate New Zealand pilot, who survived to become one of the first prisoners of the war, can be read in the RAF Heritage Centre. The Heritage Centre at Bircham Newton has a unique collection of memorabilia from the former Royal Air Force station's past service, which spanned more than 44 years, including two World Wars and the Cold War. On display are photographs and personal memories of servicemen who served there and other related items from its fascinating history.

The 2020 Season of OPEN DAYS will begin on Easter Sunday:-

Easter: Sunday 12th & Monday 13th April

Early May Bank Holiday Weekend: Friday 8th & Sunday 10th May

Spring Bank Holiday Weekend: Sunday 24th & Monday 25th May.

Sunday 14th June/ Last Sunday in June: 28th June

Sunday 12th July/Last Sunday in July: 26th July

Summer Bank Holiday Weekend: Sunday 30th & Monday 31st August

Last Sunday in September: 27th September/Last Sunday in October: 25th October

Remembrance Sunday: 8th November

The Centre is open from 10am until 4pm. FREE ENTRANCE and CAR PARKING. Disabled access and toilets are available. Tea, coffee and biscuits are available.

www.rafbnmp.org.uk Facebook RAF Bircham Newton Heritage Centre

Venue:- The National Construction College
Bircham Newton NW Norfolk PE31 6RH
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Dates & Deadlines! A NEW TAX YEAR

Supplied by Kathryn Gigg,
Chartered Accountants,
Hunstanton

FROM MARCH INTO APRIL 2020

1 March 2020:

Self-Assessment: 5% penalty imposed on 2018/19 Income Tax, Capital Gains Tax (CGT) and Class 4/Class 2 National Insurance (NIC) not paid by today. The penalty can be avoided if a time to pay arrangement is agreed in advance.

11 March 2020: Budget Day

31 March 2020:

Company Tax: final date for reclaim of tax paid by a close company on a loan to a participator if loan repaid during the financial year ended 31 March 2016.

Corporation Tax: returns for accounting periods ended 31 March 2019 should be submitted by today.

Company Accounts: private companies with 30 June 2019 year-ends should file their accounts at Companies House.

5 April 2020: LAST DAY OF THE 2019/20 TAX YEAR: Deadline for various tax claims and elections; including the following:

Personal Tax: deadline for electing to transfer (part of) the married couple's allowance from husband to wife, or withdraw such an election, for 2020/21.

CGT: last day to make disposals to use the 2019/20 CGT exemption.

CGT: deadline to claim that an asset became of negligible value or a loan to a trader became irrecoverable in 2017/18.

IHT: deadline for utilising IHT exemptions for 2019/20 (and any excess from 2018/19).

NIC: deadline to pay voluntary Class 2 or Class 3 NIC for 2013/14.

NIC: deadline for claiming exception from Class 4 NIC for 2020/21 where the same earnings are subject to Class 1 NIC.

NIC: deadline to reclaim Class 1 NIC mistakenly paid in 2018/19 on earnings which should have been categorized as self-employed.

Pensions: deadline to make a contribution to qualify for tax relief in 2019/20 and to utilize any unused relief from 2016/17, 2017/18 and 2018/19.

Pensions: deadline for requesting information from a personal pension scheme administrator to allow a member to calculate their relevant amount for the purposes of Individual Protection 2016.

6 April 2020: FIRST DAY OF THE 2020/21 TAX YEAR: A number of tax changes take place on this date:

Income Tax: standard personal allowance for 2020/21 remains at £12,500.

Income Tax: basic rate limit for 2020/21 tax year remains at £37,500.

Pensions Annual Allowance: the annual allowance of £40k is tapered for high earners with income in excess of £150k, down to a minimum of £10k (but beware the Budget!).

Employers: new Company Car Tax bands due to come into force.

CGT: the requirement for CGT due on the disposal of residential property to be reported and paid within 30 days of completion comes into force.

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CGT: changes due to come into force for the private residence relief ancillary reliefs.

Income Tax: new rules for expenses of voluntary office holders due to come into force.

HMRC Debts: changes to the priority rules on insolvency due to come into force.

19 April 2020:

Employers: deadline to make 2019/10 final payroll report using either a full payment submission (FPS) or employer payment summary (EPS). After this date an earlier year update (EYU) must be made.

Employers: deadline for postal payments to reach HMRC for any outstanding non-electronic PAYE & Class 1 NIC for 2019/20.

22 April 2020:

Employers: deadline for electronic payments to be cleared in HMRC's bank account for any outstanding PAYE & Class 1 NIC for the tax year ending 5 April 2020.

30 April 2020:

Income Tax: further late filing penalties apply to outstanding 2018/19 Self-Assessment tax returns. For returns filed online after today, automatic £10 daily penalties apply. For returns filed on paper, the further penalty is the greater of £300 or 5% of the tax outstanding on 31 October 2019.

Annual Tax on Enveloped Dwellings: deadline to submit returns for the annual tax on enveloped dwellings (ATED) and pay the tax for the year 1 April 2020 to 31 March 2021; if there is no tax to pay and other conditions are met, this is the deadline to submit a relief declaration Return.

Corporation Tax: returns for accounting periods ended 30 April 2019 should reach HMRC.

Company Accounts: private companies with 31 July 2019 year-ends should file their accounts at Companies House.

1 May 2020:

Income Tax: second £300/5% penalty for outstanding 2018/19 paper Self-Assessment Returns. Daily penalties (£10 per day for 90 days) for outstanding 2018/19 online Self-Assessment Returns.

5 May 2020:

Tax Credits: last day to make a tax credits claim for 2020/21 and have it backdated to the start of the tax year.

31 May 2020:

Corporation Tax: returns for accounting periods ended 31 May 2019 should be submitted to HMRC.

Company Accounts: private companies with 31 August 2019 year-ends should file their accounts at Companies House.

PAYE: last day for giving a Form P60 for 2019/20 to each relevant person employed on 5 April 2020.

Mrs K H Gigg FCA

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

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PERSONAL TAX YEAR-END TAX PLANNING

by Kathryn Gigg Chartered
Accountants, Hunstanton

Here is a run through of some areas that you may wish to attend to in order to tidy up your tax affairs prior to 5 April 2020 (subject, of course, to the Budget on 11 March):

Income Tax

- If your total income is close to any of the key thresholds or tax bands, consider the timing of income, and of tax deductible expenditure, where possible.
- Consider organising your income producing assets to use the savings income starting rate band (£5,000 @ 0%, subject to taper) and the personal savings allowance (£1,000 for Basic rate taxpayers/£500 for Higher rate).
- Don't forget that the transferable Marriage Allowance of £1,190 is also available to couples in certain circumstances.
- If your income is likely to be significantly less in 2020/21 compared to 2019/20 you can apply to reduce your payments on account (POAs). This can help with your cash flow but remain aware that if your POAs are reduced too much, interest will accrue from the original due dates of 31 January/31 July 2020.
- Take care to claim rent-a-room relief where relevant.
- Landlords should check whether using the fixed rates per business mile to calculate allowable deductions for motor-ing expenses should be used instead of deducting actual running costs and claiming capital allowances.
- Due to the restriction on the tax deductibility of finance costs Landlords whose properties are mortgaged and have, to date, been Basic Rate taxpayers, should heed the need for careful tax planning to avoid being pushed into higher rates as a result of relief against rental profits for 2019/20 being restricted to only 25% of finance costs with the remaining 75% given as a 20% tax reducer.
- Check that your holiday cottage, if let, qualifies as a 'Furnished Holiday Let' for tax purposes in order to be excluded from the interest restriction.
- Record all of your Gift Aided charitable donations, as your Basic & Higher rate tax bands are extended by the grossed-up donation which increases the amount of your income taxed at the lower rates. But beware if you are a non-taxpayer or haven't paid enough tax during the year to cover the charity's Gift Aid claims as you will need to pay the shortfall to HMRC.
- Business owners should plan the timing of capital expenditure to make best use of the Capital Allowances available.

Capital Gains Tax (CGT)

- Have you utilised your Annual Exemption (AE) of £12,000 for 2019/20 as this cannot be carried forward? Planning such as inter-spouse transfers can assist in ensuring that the AE and Basic rate bands are utilised to minimise the overall 'family' CGT liability.
- Consider making a 'negligible value' claim for any assets/investments that have become worthless as creating such a loss can have either CGT or Income Tax benefits, dependent upon circumstances.
- Consider the timing of any chargeable disposals carefully especially if your income will change significantly between 2019/20 and 2020/21. The timing of a disposal has an effect on when tax is payable (care is especially needed here in

respect of the disposal of a residential property that does not qualify for 100% Principal Private Residence Relief or has been let, due to the new rules that are due to come into force on 6 April 2020). One may need to consider whether to advance or defer a sale, pre/post 5 April 2020.

- If you have acquired a second home within the last 2 years consider whether you should make a Principal Private Residence Election.
- Entrepreneurs Relief results in an extremely valuable preferential rate of CGT that is available on Capital Gains made on the disposal of trading businesses. Anyone contemplating the imminent sale of a business should take immediate tax advice if they have not yet done so (Beware the Budget!).

Investments

- Ensure you use your Individual Savings Account (ISA) allowance for 2019/20 (£20,000).
- Don't forget the children's Junior ISA limit of £4,368 too.
- If you are in the position to invest in Enterprise Investment Scheme (EIS) (or Seed EIS) or Venture Capital Trust (VCT) investments and wish to shelter either Income Tax, Capital Gains or both, then these investments can offer a tax efficient alternative to investing in pension funds where the maximum pension Lifetime Allowance has been reached (see below). Tailored tax planning advice will be required in tandem with advice from your Independent Financial Adviser.

Pensions

- Beware the Budget!
- The maximum annual tax relief available for contributions into a pension scheme is currently £40,000 (Beware the Budget!) or 100% of relevant earnings. Even if you don't have any relevant earnings you can still invest up to £2,880 net (£3,600 gross) in a pension.

For those earning over £150k (or in certain circumstances £110k) the annual allowance is scaled back to a reduced minimum of £10k.

Unused allowances from the previous 3 tax years can be brought forward to top up your allowance for the current year but care is needed here to get the calculations right.

Pension tax relief is a complicated area and one should always take advice to ensure that, if you have sufficient cash flow, you have maximised the contributions you can make, without triggering any Pensions Savings Allowance clawback charges, or exceeding the Lifetime Allowance.

Further care should be taken by those wishing to take advantage of a Scheme Pays facility for any Pension Savings charge as there are very specific time limits for such application.

N.B. Advice from your Independent Financial Adviser will always be needed as well as our tax advice on any decision to be taken regarding investment in pensions or other tax efficient investments such as EIS, SEIS or VCTs.

Inheritance Tax (IHT)

- Beware the Budget!
- Some useful IHT exemptions under current legislation pre the 11 March 2020 Budget include:
 - Annual gifts exemption is £3,000 per donor
 - Gifts between spouses are usually exempt
 - Gifts of surplus income on a regular basis are exempt if certain conditions are met
 - Wedding gifts are exempt up to certain limits
 - Gifts to charity are exempt

- If 10% of your chargeable estate is left to charity, your IHT rate can be reduced to 35% (as opposed to 40%)

- A gift to an individual can be exempt from IHT if the donor survives for 7 years from the date of the gift. Consider making gifts of assets likely to see a growth in value over coming years, although beware the CGT implications of such gifts.

- In addition to the 'standard' Nil Rate Band, seek advice regarding whether you are eligible for the Main Residence Nil Rate Band and, if not, what could be done to enable you to qualify as your Will may need to be altered (Beware the Budget!).

- It is imperative to have a current valid and up to date Will. Marriage, divorce and material changes in assets held and tax legislation should all prompt re-consideration of the terms of your Will to ensure that it continues to meet your wishes for your family's future.

If, having read through the information provided above, you require advice, **please contact either myself or my assistant Nicola Tarry FCA on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.**

Mrs K H Gigg FCA

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

The annual Hunstanton Drama Festival will take place on July 3rd, 4th and 5th this year at The Hunstanton Town Hall Theatre.

Festival Director Stephen Hayter said, "The change of venue is because of the excellent new facilities that the Town Hall Theatre now has to offer and its friendly community atmosphere. We have the entire building for three whole days and we expect each session to be packed full of interesting and different and exciting plays. Original plays by new writers are particularly welcome. You can also enter part of an existing 3 act play if you wish."

Drama groups from all over the Eastern area are invited to enter to share their work with a wider public. There should be three different plays each session and each play must last no longer than 50 mins to include setting and clearing the stage. There will be a 15 minute interval between performances when a full bar and refreshments will be available.

Entries to groups cost £45. This includes the technical help of an experienced stage crew and stage lighting advice. Tickets for the public will cost just £8 per session or £25 for a season ticket. There are two matinees on Saturday and Sunday at 2.30pm and 3.00pm respectively; evening performances start at 7.30pm.

Tickets will be available shortly from the Tourist Information Centre in Hunstanton. Information and Drama Festival Entry packs are now available from The Festival Director - stephenpehayter@btinternet.com

Ann McKimm

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March 2020

SPECIAL EVENTS

NEW Crafternoons! Every Saturday from 12noon £1 per child. Come along to our drop in art session. Draw, colour, create some quick crafts. Materials provided. Craft some gifts for Mother's Day on the 21st.

Women's History Month! Saturday 7th March

Join us to celebrate women all over the world! Learn about some inspirational ladies from the past and present and borrow some of our non-fiction titles on display.

Shakespeare Week! 16th to 21st March

We're celebrating Shakespeare Week with its Art and Design theme. Contribute your own work or view the pieces on display. Borrow some books and films.

Tolkien Day - 25th March

Celebrate Tolkien Day by borrowing some of his fantastic stories. Read about Tolkien's life or watch the film adaptations.

OTHER EVENTS

Top Tips Gardening Group - Wednesday 4th March 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 4th & 18th March 5pm-6pm

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



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Hunstanton Book Club - Monday 9th March 2.30pm

New members always welcome. Held on the second Monday of the month. Ask staff for details of the books being discussed. Refreshments provided, donations are welcome.

Crochet Along - Monday 2nd & 16th March 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 3rd & 17th March 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.

Knit and Natter - Thursday 12th March 10.30-12.30pm

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

Jigsaw Puzzle Group - Monday 9th & 23rd March 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.

Walk and Talk group - Tuesday 10th March 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.

Quiet Time - Wednesday 11th March 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 18th March 5.30pm

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

Friends of the Library meeting - Wednesday 25th March 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 27th March 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 24th April and create the next month's section. Refreshments provided.

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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.

Job help session - every Tuesday 11-12noon (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.

Games Evening - every Tuesday and Friday 4-6pm

Come along to the library during staffed time to enjoy some games with your friends after school.

Find My Past Support - Wednesday mornings (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.

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.

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

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 01503 774777 for more information

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Entertainment for March

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Saturday 14th March Simon Lee - 60s to present

Friday 20th March Quiz Night with food £3, 1st prize £50

Saturday 21st March Hot Wired - 60s to present day

Friday 27th March Cabaret night in upstairs Function Room. Drag artist, hypnotist and our very own compere Mick. Tickets £15 pp available from Barman or Jeff, Doorman. Pay on night £20. Great fun evening guaranteed. 7pm till late.

Saturday 28th March Tobacco Road trio - 50s to 80s

Cash Bingo - Monday & Thursday evening. Eyes down at 8pm
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Kathy Brotherhood Secretary

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Tuesday 24th March 2020

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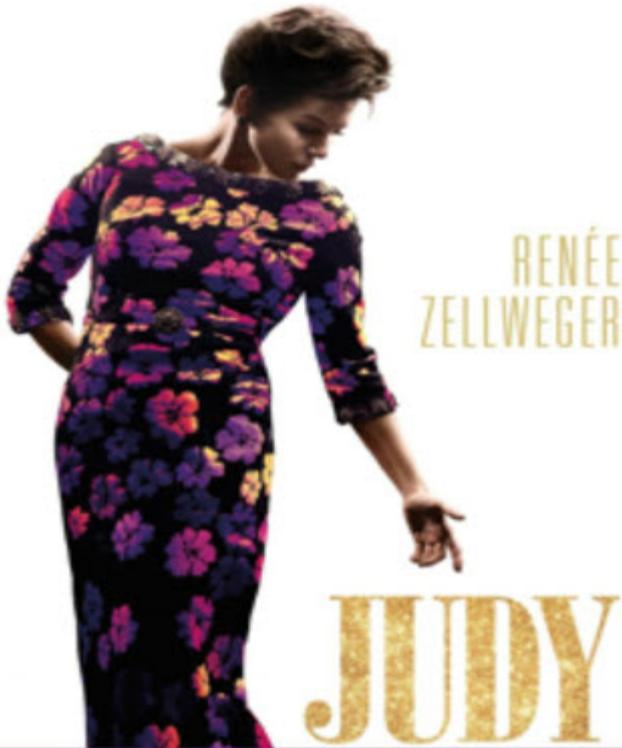
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T: 01485 535 247 M: 07834 697 719 e:kerryanneskinner75@hotmail.co.uk

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.

Heacham Youth Club is moving day and venue. From March they will meet every Thursday except the last Thursday in every month at the Old Friends Hall, Sunnyside at 6.30pm. The Youth Club is open to ages 11-18 years.

The next Full Council Meeting will be held on Tuesday 17th March at 7.00pm at the Parish Council office.

HEACHAM PARISH LIBRARY

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

As reported last month Heacham Parish Library is moving during March from its existing premises next to Tesco Express to a temporary location at St Mary's Church Hall in the High Street until the completion of the new Community Building.

This means that the Library will be closed from Monday 16th March, re-opening on Monday 30th March at the Church Hall when tea/coffee and cake will be on offer, kindly provided by St Mary's Church.

Thank you for your understanding whilst we undertake the move and also for the kind offers we have received for assistance and cardboard boxes!

We look forward to welcoming you at the Church Hall and in the meantime if you have any queries re the relocation do not hesitate to contact the Parish Office.

(please also see a separate article in this edition under the Heacham Library banner)

NEW COUNCILLORS

Heacham Parish Council welcomed two new Councillors in October and November 2019.

Ms Joy Waldron

Joy is originally from the Midlands, moving to Peterborough in 1980. She then discovered Heacham and spent many happy holidays here. Having retired to Heacham six years ago Joy has joined many local groups, including the local Library. Joy enjoys walking and taking in the glorious sunsets. Joy decided to apply to join the Parish Council to hopefully give something back to the village and the Parishioners who she feels welcomed her to the village. Joy hopes that by working together with her fellow Parish Councillors she can help to make a difference to the village and is looking forward to being part of the New Community & Heritage Building project.

Mr Dennis Lewis

Dennis has lived in the village for 11 years. He decided to move to Heacham as he was impressed by the village, its facilities and natural beauty. Dennis is very keen on the outdoors; he has 3 working dogs and enjoys shooting and fly fishing. Being part of the Parish Council and joining the Natural Environment Committee he says is his way of helping to uphold the current standards of the village.

SOUTH BEACH PARKING RESTRICTIONS

****Please note new parking restrictions at South Beach****

Norfolk County Council Highways contractor is now lined up to start installing the new kerbs, posts and finally the signs and lines - w/c 9th March for 3 weeks, with the legal order being advertised on Friday 3rd April, to be signed and sealed on Monday 6th April.

It is expected all works will be completed and installed by the 6th April and the new double yellow lines (no parking) will be enforced.

ANNUAL BEACH MANAGEMENT

The Environment Agency will be moving material from Snettisham Scalp northwards to maintain the sea defence between Hunstanton Boat Ramp and Snettisham. The work started on 17th February and should be completed by the end of the March.



**Heacham Carnival Parade and Fete
2020**

SUNDAY 2nd AUGUST

*** Keep thinking about your float ***

*******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: heachampe@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 Emergency only for patients not registered with a dentist 01553 769264

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

POLICE 101

SAMARITANS 01553 761616

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRIC 0800 3163105

ANGLIAN WATER 0345 7145145

GAS ESCAPE 0800 111999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY 532280

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

THUR and SAT 10.00 TO 13.00

HEACHAM CHALK PIT RECYCLING CENTRE

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

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

HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

HEACHAM HALLS

Public Hall 570776

Pine Residents Hall, Wilton Road Pat Toppin 779208

Methodist Church Hall, Station Road Mike Careless 570363

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

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

Lynx Coastliner No.36

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

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

Service 34, 35 & 36 (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd

0654 & 0709 first buses to King's Lynn then 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

3rd March and 31st March 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

Mc Coll's -

Currently not in operation



**RACHAEL'S DOMESTIC CLEANING
& IRONING SERVICES**

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Trustworthy & Reliable Local
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Can collect & deliver ironing.

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07892942148

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