



THE HEACHAM NEWSLETTER

April 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 14th April 2020

A Message from The Heacham Newsletter Team

The Newsletter Team wishes everyone a Happy Easter, even at this exceptionally difficult time.

Please note that all the events published in this Newsletter were correct at the time of going to Press.

**However, because of the current Coronavirus outbreak, many will be cancelled or postponed.
PLEASE CHECK WITH THE ORGANISERS FIRST BEFORE ATTENDING**

Stay Safe everyone & look after yourselves

Don't forget to keep an eye on your elderly neighbours - they may welcome some assistance.

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

ADVERTISING: Robby Topliss ☎ 01485 544954 Adverts cost £15, £30 or £60 per month

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

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

your letters..

news & events in the community ...

The Pocahontas Players VE Anniversary Show

We feel saddened to say that we have to postpone our wonderful 75th War Celebration show on 8th/9th May. Rehearsals were going along so well. Great scripts! Great cast! Good Feel Factor to this production.

Hopefully the country will be up and well again for The Pocahontas Players Drama Group to present this show to you on the 18th/19th Sept?

'Life is a Drama' but 'No one puts The PP's in a corner'. We will keep you informed. Thank you all for your continued support.

Heacham Pocahontas Players Drama Group



VE Day 75th Anniversary Event

Sadly, due to the uncertainties that Coronavirus has brought, the Parish Council have decided to postpone their plans for a VE Day Celebration on 8th May. We are currently supporting the Heacham Branch of the Royal British Legion in planning for a celebration of VJ Day on Saturday 15th August 2020. More details will follow in due course.

However, given the importance of the VE Day celebration, a small service of thanksgiving will be held at the Chalk Pit on Sunday 10th May, when the Heacham Beacon will be lit to mark the occasion.



Dear Newsletter

Heacham

Local Finances

Interesting points in the latest Parish Newsletter. I talked at length to Tracy Raby at the drop-in session the PC ran about the community centre project, and thought her arguments were very convincing, in spite of the flyer which was then circulating arguing otherwise.

But now the debate seems to be opening up again. Peter Sutton has been involved with parish matters over the years, especially the Parish Youth & Community Project, and he's a man whose opinion I'd respect. He argues quite powerfully in favour of the alternative, cheaper project (Money no object to Parish Council!)

Then there's a letter by a Hunstanton resident about parking charges and restrictions on South Beach Road. He refers to the incident of dangerous parking on a Bank Holiday that I'd previously written about. While I agree that something has to be done about parking down there, I have to agree with him on the charges. I'm recovering, from major surgery, and once I can drive again, would like to take my dog in the car to the beach for a run. But as a resident, paying council tax, I resent having to pay to park down there.

The two letters point out that we seem to be facing parking fees wherever we go these days, that the PC do seem to be quite generous with tax payers' money, and that the council tax is going up again this year.

I remember going on holiday many years ago to Polperro, which had limited parking space. I'm not proposing that visitors should be restricted to park and ride on the edge of the village, as in Polperro, but they did give residents a windscreen sticker to allow them free parking in what space there was.

It would be a nice gesture if our PC were to do the same and, as the Hunstanton Resident points out, concentrate their enforcement on the no overnight parking rules.

Pete Widdows



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Dear Newsletter

Heacham

Dismay

With regard to what has been happening recently with 'panic shopping', I would like to make a few comments. How can these ordinary people stoop so low so as to make it near impossible for others to obtain items they need. A few weeks ago it was all talk of the wonderful 'Dunkirk spirit' we all share, and how we will all dance and sing together in the streets on May the 8th. Within these passing few weeks it's definitely been proven there is no such spirit. How can these ordinary people fight each other over toilet rolls, yes it not only sounds pathetic, it IS pathetic. Panic leads to civil unrest which in turn leads to riots. Instead of teaching us how to wash our hands, perhaps the Government would have been more helpful laying down rules to the supermarkets and preventing this dog eat dog attitude of these people.

Not long ago these same people were listening in wonderstruck fascination to the Scandinavian schoolgirl, about how to save the planet, and now are rushing daily in their cars from place to place to stock up on even more non-essential items. Some I know are church people and suddenly have lost the 'Love Thy Neighbour' doctrine they used to adhere to.

It has now become clear to me, nobody cares about the other person; these people are the ones who would trample over children to escape a sinking ship, an aeroplane crashing to the ground, or any other danger. They are the 'I'm alright Jacks' of this Country.....this County and now, sadly of this nice village.

P.J.S.

(Name & address supplied)

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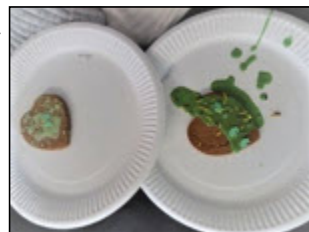
Sallywags Parent, Baby & Toddler Group

Our busy little Sallywags created lots of green hearts in February - tasty iced gingerbread hearts and less tasty paper ones for The Climate Coalition's #Showthelove campaign, thinking about the wildlife and nature we love!



As I write in March I can hear birdsong and it's a lovely bright 'n' breezy blue sky day - spring has definitely sprung! Don't hurry, don't worry and don't forget to smell the flowers!

Hope you enjoy looking at some of those creations here. Wishing you a bright Happy Easter from Sallywags xxx



Thank you to Maureen and Ivan Wolfe of Wolfys Photography for their recent donation of £82.40 to Sallywags - a great boost for us, thank you!

And thank you to Tommy for all your recent help and energy; setting up, tidying up and in the counting house and kitchen too!



Sallywags Parent Baby & Toddler group meet term time Wednesdays 9.30-11am at the Scout Hut (lots of play and creating and a sit-down snack). We ask £2 per family covering rent, refreshment and resources.

Pop by when you can, we'd love to meet you and your little ones. For further info please text/call Jo 07521 447284.

Wishing you a bright Happy Easter from Sallywags.



WEST NORFOLK LIBRARIES HUNSTANTON LIBRARY

April 2020

Due to the restrictions imposed by the Government, all activities held in our Libraries ceased on 17 March 2020, both ones run by us and ones run by other people.

Watch out for a weekly bounce and rhyme session and a daily story time which will be starting soon on @NorfolkLibrariesUK Facebook Page.

Brancaster Camera Club

Tuesday 7th April

Monochrome Print Competition 'Movement' + 2 own choice
Judged by Rex Makenson.

***Tuesday 21st April**

North Anglian Competition hosted by Hunstanton Camera Club.

***At Dersingham Village Hall.**

Tuesday 28th April

An evening with David Ryland ARPS. David is a member of Wymondham Camera Club.

Our meetings take place in Brancaster Staithe Village Hall (PE31 8BY) at 7.30pm. Visitors are always welcome. Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725.

PLEASE NOTE....

Heacham Heritage Coffee Morning, which was due to be held on Saturday 11th April, has been **CANCELLED** due to the present situation with the Coronavirus.



EASTER CHILDREN'S PARTY

at
Dersingham Village Centre
3pm to 5pm, Sunday, April 5th

WITH THE
MIAMI NIGHTS ROADSHOW



GAMES & CRAFTS

Winners of the Dersingham Easter Trail* will be announced and prizes awarded at the event.
**Trail Entry forms are being distributed via local schools, and will be at Dersingham Post Office and Dersingham Village Centre.*

Tickets £3 per child. Parents/carers FREE
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Refreshments will be available

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Fri 3rd - JAM with DNA

Easter Weekend

Fri 10th - 4Geezers Sat 11th - Crossing The Tracks Sun 12th - Jessie's Ghost (2pm - 4:30pm)

Fri 17th - Melodybeats Tues 21st - Stone Pony Fri 24th - Glam Slam Glitz

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.**

The Mayor of Hunstanton Cllr Anthony Bishop issues a warning to people to take the current Coronavirus pandemic seriously.

Following the announcement and guidance introduced by the government over social distancing, I am appealing to people and businesses to limit social contact to save lives.

This past week the government advised us all to take drastic steps to slow down the spread of Covid-19 which is having a major impact on our community both locally and nationally.

We have been asked to cut down on all unnecessary travel and socialising and follow "social distancing" guidance. We have seen pubs, clubs, cinemas, theatres, restaurants etc. shut down. These are huge steps that impact on our lifestyle. No-one wants to avoid socialising with friends and family, but the reality is we have to.

We must all take notice if we want to reduce the spread and impact of this virus to help our colleagues in the NHS to be able to cope with an increase in demand for critical care.

I am disappointed to see that so many people in Hunstanton are ignoring this guidance and simply gathering in the Town, enjoying the sunshine, oblivious to the concerns for the welfare or the residents of the town. A town that has a considerably high number of elderly residents.

I appeal to everyone in Hunstanton to please stop unnecessary travel and unnecessary socialising because this is the only way we will reduce deaths. We all need to play our part, and do this now.

I am aware that a number of people are coming to Norfolk and using their second homes or holiday homes to seek shelter away from more densely populated areas. This may place an additional burden on local services and I would ask those visitors to ensure that they practise social distancing to prevent the spread of the virus here in Hunstanton.

Many in our community feel they may not be affected by the virus as they are young, or fit and healthy but this virus can be life-threatening to young people too.

We cannot and should not take comfort from the fact that victims are mostly the elderly or chronically ill because they are all human lives and we owe it to those people to limit our activities now. Please think about those vulnerable people who are scared and alone as they seek to take shelter in their homes. Please do everything you can to support them.

I ask you to please speak to your young people, let them know how serious the situation is and the importance for them to limit their socialising too. As young people are sent home from school, please ask them to stay at home and not, as we see, congregating in groups in the town.

These measures will undoubtedly have a terrible impact on the local economy and we all hope that HM Government find ways to support our local industries but I would ask business owners to consider whether continuing to attract groups of people to come together is socially responsible.

My final appeal goes out to shoppers to stop stockpiling food and to think of others as panic-buying continues in response to the coronavirus crisis.

Taking more than you need is making things difficult for the elderly and vulnerable and for frontline workers, such as [NHS](#) staff. Please think of those finishing their late shifts and going to a supermarket only to find empty shelves.

Please, we all need to limit our socialising and travelling now so that we can reduce the spread of the virus and save lives. That's how serious this is.

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WHAT'S ON IN APRIL

PLEASE BE AWARE BECAUSE OF THE CORONAVIRUS SITUATION EVENTS BELOW MIGHT HAVE TO BE CANCELLED/POSTPONED AT SHORT NOTICE

Saturday 11th April Heacham Heritage Coffee
Morning 10am to 1pm in Hall **CANCELLED**
Saturday 11th April Karaoke in Club 8pm
Wednesday 15th April Lorraine's Prize Bingo eyes
down 1.30pm in Hall
Thursday 23rd April St George's day celebrations live
music from 4pm come and sing along.
Saturday 25th April Rusty Steel Band 7 to 11.30pm in Hall
Wednesday 29th April Car Boot on Field (weather permitting)
Every Monday Fitsteps, Pilates, Table Tennis
Every Tuesday Carpet Bowls
Every Wednesday Carpet Bowls, Ballet, Boxercise, Badminton

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INTRODUCED**



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BINGO, MEAT DRAW, FOOTBALL, TENNIS, MEMBERS BENEFITS, CHILDREN'S PLAY**



CHURCHES TOGETHER IN HEACHAM

I am not sure why, but these days I find that the arrival of spring is a real source of joy and hope. Possibly it is due to advancing years and the knowledge that time is a lot more finite than totally comprehended. Or maybe it is because things have been rather challenging of late. We have all experienced the draining years of political turmoil due to Brexit. Just as we think we are emerging we have the Coronavirus to contend with, as well as any other personal challenges we may be facing.

So as I write I am cheered by the sight of the daffodils, and today I have also been reminded again that amidst the gloom there are always sources of joy.

One source of joy has been an act of kindness to one of my daughters. On the way home from work, whilst driving, a collision occurred due to a ladder laying in the road.

My daughter pulled over to check if any damage had been caused. A man and his mother driving behind stopped also to see if she was okay, and then followed her to make sure she got back safely. It reminded me that we have a Heavenly Father who follows us through the ups and downs of our life and His desire is to see us all safely home.

Spring means we celebrate Easter and remind ourselves that our Heavenly Father sent his Son to ensure we would know the way home. Jesus said "I am the way, and the truth and the life. No one comes to the Father except through me". So despite the challenges of living in the modern world we can remind ourselves that there is a constant source of joy in Jesus who cares for every one of us, and is the author of kindness.

All residents of Heacham are invited to come and share the Easter joy any Sunday or, if you are an early bird, there is a sunrise service on Easter Sunday. Happy Easter.

Pip Lawrence

Member of the St. Mary's Ministry Team

HEACHAM PARISH CHURCH UPDATE

All public services on Sundays and midweek, as well as all meetings and groups, have been postponed until further notice.

The Church will remain open every day from 9am-4pm for private prayer and reflections.

We will still be praying for our world and our village and doing all we can to support our local community during this difficult time.

Psalm 46: 1 God is our refuge and strength, an ever-present help in trouble.

With my prayers and best wishes.

Rev'd Veronica Wilson

01485 570697 / heacham.vicar@gmail.com

CHURCH CONTACTS: (telephone code: 01485)

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

HEACHAM METHODIST CHURCH



HEACHAM METHODIST CHURCH

It's with great regret I am writing to inform you that we are now closed for the foreseeable future due to the coronavirus.

But what I would want to say is that the Church is not just the building but the people within it, and to that I give thanks for their support and prayers for me, each other and the community through this difficult time.

We as the people of God in both of our village Churches will I am sure, where possible and practical, help anyone in our community who needs assistance with deliveries, prayers or conversations over the phone or email etc.

For those of you who tuned into or would like to tune into the **Gospel Hour**, I am delighted to say that it will be back up and running **every Sunday at 10am on the following link:-**

www.hospitalradiolynn.org.uk

I would like to thank all the people who work so hard in our shops in the village; they put themselves in the frontline of our necessities and we should be extremely grateful to them.

I look forward to better, brighter days but for now please take care of yourselves and know you are in my prayers each day.

Rev'd Steve Oliver

01485 570232 / buzzard177@msn.com

hope

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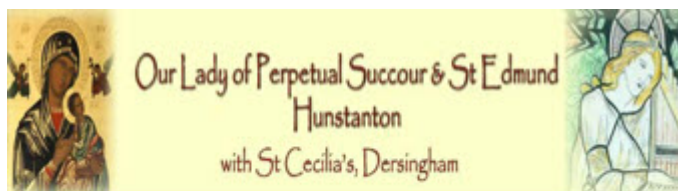
"Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead"

1 Peter 1:3

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www.hopeevangelicalchurch.org



Hunstanton Catholic Parish

Donation received during Lent, including from the Stations of the Cross lunches, will go this year to Lenten alms charities, **Aid to the church in need**, who provide ongoing support to persecuted Christians, and **SVP East Anglia**, for assistance in the purchase of a second house for the homeless.

World Day of Prayer this year held at St Cecilia's Catholic Church, Mountbatten Road, Dersingham, on Friday 6th March was very well attended. We are asked to continue prayers for the people of Zimbabwe throughout the year ahead. For further information and resources go to the website wwdp.org.uk

We had a pancake supper on Shrove Tuesday at St Cecilia's, with homemade pancakes donated by volunteers and enjoyed by all. **Our Easter services are as follows:**

Maundy Thursday: 9th April, Mass of the last supper 7.30pm at St Cecilia's followed by Watching until 10.20pm and then Compline.

Good Friday: Liturgy 10th April at St Cecilia's at 3pm; Stations of the Cross at Hunstanton, 6.30pm.

Easter Vigil: at Hunstanton 11th April starting at 8.30pm.

Easter Sunday: Masses at normal Sunday times.

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



Can you help me start a Repair Café?

What is a Repair Café? This is where a community comes together either as a repairer (it might be someone who has skills in mending or re-purposing clothes, tools and knife sharpening, mending/re-creating broken jewellery, fixing electrical appliances, repairing bicycles, carpentry, upholstery... the list is endless!) or as someone who brings things that need fixing or both.

Services are offered by the repairers for free; the idea being that it is a free, collaborative, skills-sharing event that helps reduce the waste created by throwing out broken items.

It is also a place where we can come together and have a cup of tea, even if we don't need anything fixing.

I would very much like to start such a group in Heacham and am looking for people who would be interested in helping me start the group and also people who have skills in fixing things!

If you would like to hop aboard, then please contact me via the email address at the foot of this article.

Thank you for reading this and I really hope to see you at a local Repair Café soon!

Clare Enters
clarecronshey@yahoo.com



Coronavirus - Community Support April 2020

If you need help or support, Heacham Parish Church is there for you - **just ask.**

Heacham Parish Church We have a team ready to help with shopping, medication collecting, posting letters etc., for those who are self-isolating - **just ask.**

We are also offering telephone support to those who are worried, lonely or would simply like a friendly chat - **just ask**

We will continue to pray for our village community, local area and the world, if you would like us to pray for you or someone you know - **just ask.**

We have prepared some prayer resources to use at home and for those who can't get to church; if you'd like a copy - **just ask.**

We will do all we can to help our community in the coming days, weeks and months - **just ask.**

Jesus said: Peace I leave with you, my peace I give to you. Do not let your hearts be troubled and do not be afraid.

Please ring or email Revd Veronica Wilson: 01485 570697
heacham.vicar@gmail.com



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

Easter Fete

Saturday 11th April

Stalls
2-4pm
Tombola
Egg-Bola Raffles Games
...and more

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Old Friends Hall Art Show

The Old Friends Hall on Sunnyside, off Caley Street, Heacham, PE31 7DU will hopefully be holding its Eighth Annual Art Show during the Bank Holiday weekend of Saturday and Sunday 23-24 May. We say hopefully as the present situation and impact of the spread of the Coronavirus is an unknown as I write this piece.



However, at present it is going ahead, so to enter, Exhibitors have until 15 May to complete a registration form, which is available from the Parish Office (Tel 01485

572142) or by contacting the telephone number below. Exhibiting is free as is entrance to the Hall.

The exhibition is for all forms of art; however, sadly, not photography, as there may be an exhibition later in the year for that particular medium. So, no matter if you are a regular exhibitor or a first timer, we are a non-judgemental organisation providing a space for you to display your items. This is your opportunity to show your talents to a wide and very appreciative audience. We hope to see you all there soon.



Our exhibitions began in May 2013; above is a photo from our first exhibition compared to last year's show.

Roger Drinkwater (Tel 01485 571659)
Old Friends Hall Committee

Heacham
Spring Art Show
23rd – 24th May 2020
10.00am - 4.00pm
Showcase of Local Artists' Work
Free Entry
Old Friends Hall,
Sunnyside
Heacham
PE31 7DU
Event Enquiries 01485 572142

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Development on the 'Saltings' North Beach

The Heacham Newsletter has heard, from a reliable source, that a tourist-based development along Heacham's North Beach is in the pipeline.

It appears that the 'Saltings' which has been under the stewardship of the Parish Council for many years, will become a marina for sea going craft. The implications and the size of investment for our community is enormous. The 'Saltings' has been a natural habitat for decades and the scrapes (shallow lakes) that have been provided by the Council, to increase bio-diversity, will be considerably deepened to allow the mooring of up to 300 craft.

Now the question we asked, was how would access to the sea be achieved? The answer was a mind-boggling solution reminiscent of our great Victorian inventors. In fact the basis of the proposed system could have been seen in several Midlands locations during the 1900s where barges were lifted and dropped between canals of differing heights. The proposal is to construct a channel or cutting between the Sea and the 'Saltings', near the old Coast Guard Watch Post. Then with the use of tracks, a pulley system and two large 'Tubs', best described as landing craft with opening doors at either end. The shallow draft sea going vessels, of up to 40 feet, can be floated into a 'Tub'. The doors sealed and the whole entity hauled up the incline and deposited on the other side into safety and calmness of the inshore lagoon. To see where similar schemes are in use and have previously been used, please Google 'Canal Inclined Planes'. The power source to drive the winches will be electric and, as this is a green project, it will be powered by the installation of a 30-Metre windmill erected onsite.

The implications we believe are great, but what a tourist attraction it might become in its own right. What happens to the wildlife, access along North Beach Road or indeed along the Promenade?

We hope to investigate further and bring you the answers to these questions in the May edition of this publication.



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Hawkins Ryan Solicitors is a well-established firm of solicitors who operate a coastal office in Dersingham, providing helpful, sensible, straight forward and reliable service for both private individuals and commercial clients.

Established some 10 years ago, our Dersingham office is perfect if you are based in, or moving to the West Norfolk region. If you are unable to get to our Dersingham office, we are pleased to offer our

'home visit' service where legal advice can be carried out in the comfort of your home.

Amongst other things, we have expertise in;

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Care company takes its message to the streets of Norfolk

The well-being of elderly friends and family, and advice on services to help keep loved ones independent and in their own homes were the main topics of conversation during a popular high street pop-up, run by care leaders in West Norfolk.

Extra Hands, based in Heacham, opened a temporary home in the Vancouver Quarter where they highlighted the issue of caring with the King's Lynn shopping centre's visitors over a two week period.



The West Norfolk home care company, whose Heacham operation was rated outstanding by the Care Quality Commission, invited other organisations linked with the care industry to share their space to create a unique one-stop information centre.

Anita Walter, public relations and marketing director at Extra Hands, was delighted by the steady flow of interested and curious

shoppers, and she said they hope to run a similar event again.

The well-being check-up service offered by the award-winning Extra Hands, which has been providing care and help for more than 25 years in the county, was also of particular interest to passers-by.

"We were the first home care provider in the county to offer this service for carers who need to be reassured when they cannot make their usual calls and now this service is in its fifth year and continues to grow in popularity as our pop-up event showed with the amount of people who mentioned it."



A variety of professionals from organisations, including the Care and Repair service run by West Norfolk Council, the independent living service Lily, and Wiltshire Farm Foods, all spent a day with Extra Hands, which also has offices in Horsham St Faith near

Norwich, over the fortnight it was at the temporary Broad Street address.

Anita continued: "Our visitor from Wiltshire Farm Foods came along with hot soup and cake, which drew even more people in because it was such a cold day. It was really nice to meet so many people and offer them advice and information they may not have been aware of."

The winner of a prize draw held during the fortnight was Gill Brown, of Hunstanton, who was presented with a bumper hamper of goodies by Extra Hands founder Hazel Evans.



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Passwords and Security (Part 3)

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

I've got nothing against country dancing.

Over the past couple of months, I looked at why it's important to use a different password on every website and why a long one is better than a short one. I've also mentioned the importance of keeping contact information up to date, to make it easier to reset passwords when something goes wrong.

Now let's look at an example of why this is a good idea, with a true story. There's a chap in Canada with almost the same name as me, who regularly forgets to include his middle initial in his Gmail address when he signs up for things on the internet. I could tell you the gym he uses, his car and when it needs servicing, and the fact that he goes country dancing regularly. I know this because he's signed me up for all their mailing lists.

For most of them, clicking unsubscribe has done the trick but the country dancing mailing list has been a tougher challenge. Despite the fact that the Gmail account in question has my address, my credit card details and my date of birth (and has done for more than ten years) they've refused to remove me from the list "because I'm somehow accessing *his* email".

The other night I was sitting in front of the TV when my phone pinged with a message from Google: "Is it you trying to change your password from Pleasantville, Canada?" Tap 'No' and back to a gripping Scandi detective drama.

Ping. "Is it you trying to change your password from Pleasantville, Canada?" Tap 'No' and back to...

"Is it you trying to change your password from Pleasantville, Canada?" Tap 'No' and go to make a cup of tea.

And that is a perfect example of why it's important to keep contact details up to date, and it's a perfect example of something very simple with a grandiose geek name: dual-factor authentication, sometimes abbreviated to 2FA.

Put simply, 2FA adds an extra hurdle for someone trying (legitimately or otherwise) to access your account. Something you know – like a password or your mother's maiden name – can sadly be stolen quite easily in this day and age, particularly if you use the same password in different places. So 2FA adds *something you have or something you are*, like a phone or a tablet or a fingerprint.

It can be as simple as the example above: log in from a new device and the website sends a message with either a number to type in or a button to press to confirm that whoever is trying to login not only knows your password but has your phone. This is something you'll already be experiencing more often when shopping, as banks are already using 'Secure Customer Authentication' to confirm that purchases are genuine.

On the one hand, this is another obstacle to doing what you want to do quickly and easily. On the other hand so are seatbelts, and the millions of people worldwide who wouldn't otherwise still be here probably don't regret losing two seconds every time they set off on a journey.

At the moment only about 5 per cent of online account holders have enabled 2FA, but a recent statistic released by Microsoft might show why it's a good idea: of the over one million Microsoft accounts hacked last year, 99.6% weren't using 2FA. So out of a million people, statistically 50,000 ought to have been hacked but, presumably because of 2FA, only 4,000 of them were.

For most people, setting up 2FA is as simple as giving the service you're logging on to your mobile phone number (it tends to be a mobile number because they can't text a code to a landline). It's also possible to install an app on a phone to generate a code to prove you're genuine even if you're logging on from a place with poor mobile signal (like, oh, I don't know, Heacham). I use the Google Authenticator app but others are available.

Next month I'm planning to look at ways to spot a scam before you're taken in and, as always, there'll be a copy of this article on my website at <https://www.oapc.biz/useful-stuff/>

Keith Winsor, oapc
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Ruffle: A Toy's Adventures

A Bumpy Ride!

After an exciting day at the playgroup the toy Ruffle had been taken home by a different child. He was now lying under the bed of her older sister who had decided that she would like to play with Ruffle! The older sister knelt down and reached under the bed, her fingers gripping onto Ruffle's fur as they touched him. She decided to take Ruffle into the garden along with a large white handkerchief and some string.

She took Ruffle over to the wooden bench in the garden and started to tie a piece of string to each corner of the handkerchief. Once she had checked that the string was firmly attached, she then tied the other end of each piece to one of Ruffle's legs. She concentrated hard to ensure the string was tight around the brown fur.

"There you go little dog" she told Ruffle as she picked him up to examine her work. "You're going to be able to fly into the sky then float down with your parachute!"

She folded the white handkerchief carefully against Ruffle then stood in the middle of the garden. After counting to three she threw Ruffle and the attached handkerchief as high as she could into the sky. Ruffle's legs went round and round as his body twisted in the air. He seemed to hang for a brief moment before starting his drop back down to earth. The girl watched with delight as the wind caught the handkerchief which billowed out to slow Ruffle's descent, guiding him to a gentle landing on the grass.

The girl laughed as she skipped over to where Ruffle and the parachute lay. Once again she folded the parachute handkerchief carefully against Ruffle before throwing him as high as she could into the sky. The parachute was securely fastened and brought Ruffle safely down again. The girl was very pleased with her invention and eager to try to throw Ruffle even higher. But her

stronger throw was caught by a gust of wind which took the parachute and Ruffle over the garden fence into a wooded area behind the garden. The parachute brought Ruffle to rest in the overgrown grass the other side of the fence.

Annoyed that Ruffle had flown out of reach, the girl dragged a garden chair over to the fence. Standing on tiptoe upon the chair and holding onto the top of the fence to look over, she spotted the white handkerchief partially covering Ruffle.

Hmm - she would have to wait until the following day for her older brother to help her rescue Ruffle and the parachute. She climbed down from the chair and returned inside having no choice but to leave him there for the time being.

But Ruffle hadn't been lying there for long before a large bird spotted him and swooped down, attracted by Ruffle's shiny bead eye. The bird grabbed hold of Ruffle in his claws and tried to carry him. But Ruffle was still attached to the parachute which kept opening as the wind caught it so the bird was only able to fly a short distance before letting go of Ruffle.

As though well trained, the handkerchief opened one more time and Ruffle floated down, this time landing next to a large lake.

What would happen next?

For further information about Ruffle's story books and other adventures visit www.ruffletheraildog.co.uk or watch the new series of short films on YouTube under 'Ruffle's Walks'



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Prolific Fundraiser's Final Quiz Night

raises further funds for local Mental Health Charity

After an incredible 17 years of fundraising for local mental health charities, Pauline Ring's final quiz night ensured that her continuous commitment ended on a high.

Held at Searles Leisure Resort, Hunstanton, the last of Pauline's annual quiz nights was very well attended, raising a beneficial £388 to support a music social support group. The drop-in group is held weekly on Mondays by mental health charity, Norfolk and Waveney Mind, at their centre in Poplar Avenue, Heacham.

Pauline said: "Music is such important therapy for people's wellbeing. I would like to thank Searles, and all my family and friends, who have helped support me to fundraise over the years."



Zena Penty, Volunteer Co-ordinator at Norfolk and Waveney Mind said: "We are so grateful for all of the hard work and support Pauline has given us over many years - not only through raising thousands of pounds, but also by helping us to raise awareness of our services locally. The quiz night is always great fun, and I'm delighted that offers have been made to continue the annual event."

For those interested in fundraising for Norfolk and Waveney Mind, or to find out more about the services offered by the charity, please visit:-

<https://www.norfolkandwaveneymind.org.uk/>

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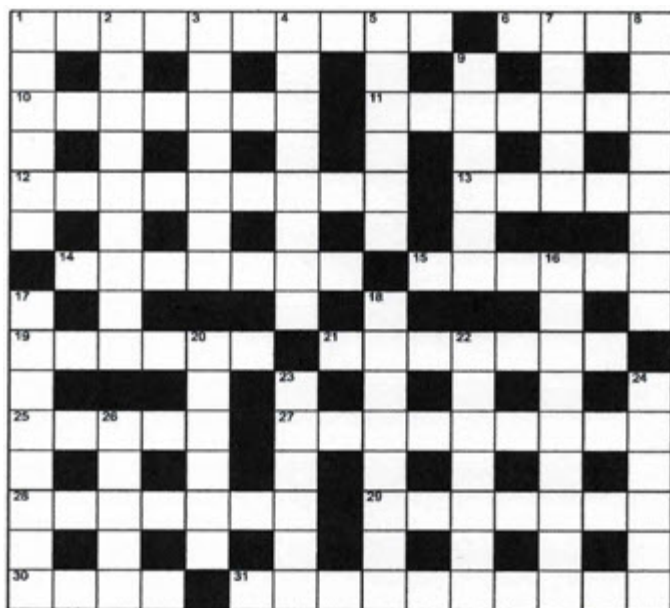
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CLUES:

Across:

1. Prison with underground workers might cause problems when opened (3,2,5)
6. Made round cheese (4)
10. Rush madly to press sheet (7)
11. A kind of music paper and magazine (7)
12. Rouse cook – right one to feed invalid (9)
13. To begin with not all long to leave old union (5)
14. Make use of broken utensil (new) I replaced (7)
15. Drag out itinerary to take in South American rodent (6)
19. Dawn has gold ring with initial recessed inside and out – ace! (6)
21. French titled character has informal English (7)
25. They are used by one in a thousand (5)
27. Lobby to get lessons for prisoners? (9)
28. Burst forth from defeat, turning crowd around (7)
29. Get together in Europe to join search... (7)
30. ... for heavenly bird's sanctuary (4)
31. Wearing dress might be seen as a gamble (10)

Down:

1. Tear a strip off sheet... (6)
2. ... fractionally above the line (9)
3. Use flattery to get material (7)
4. A person not known to ride in this type of race (3-5)
5. Collect gold found in jumble (6)
7. Feeling bad after doctor suggests exercise (5)
8. It might help to remember that some people get confused with Scottish chap in charge (8)
9. Drink strong ale after Easter treat (6)
16. Stress that 2 doesn't belong here (9)
17. Sleep is disturbed by a din behind tavern on island off Africa (8)
18. Hanger-on needs clean break from band (8)
20. Loaf is dumped in refuse (6)
22. Runner might show a clean pair of heels (7)
23. Copper has last word about smartness (6)
24. Feed criminal caught with crack (6)
26. Polish build second bridge over river (5)

Solution on page 42

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Heacham Artisans

To introduce one of the many Heacham Artisans:
John and Victoria together are '**Victoria Papercrafts**'.

We moved to the village from London in November last year. We are trained papercraft demonstrators and love to help other crafters make the most of their stash. We were independent demonstrators for a company called Particraft. Unfortunately, due to bad management by the owners, it went to the wall. Sue Wilson of Create and Craft fame was one of the people who tried to turn it around and was a trainer who showed myself and Victoria many tricks and tips in the papercrafting world; she is also a maker of fiendish cupcakes.

One of our passions is to try to keep old crafts going and, as such, have trained ourselves how to carry out many techniques. We are happy to have a go at anything; we are now quite good at things such as: cross-stitch, needlepoint, jewellery making, different variants of braiding, polymer clay, engraving with either a dremmel or wood burner, and many variants of papercrafting and Dorset buttons. We have a selection of machines to help with our various crafts.

We are available to demonstrate almost any of the above and if a group or charity want a fundraiser then we are happy to help. All it takes is an email to arrange a meeting to discuss needs, but due to insurance issues children's parties or clubs are off the agenda. Sorry. Our main passion is to produce made-to-measure cards. All we need to make that unique card for a friend or family member, are a few details of likes etc and we can make a wonderful one-off card. Our prices are very reasonable. John is also a collector of Gems and loves to show off his collection. It

is not just cards that can be made to order; if you want a unique present then just ask and we are sure we can do something.

We started Heacham Artisans because there is a huge collection of wonderful artisans in the village who need highlighting and backing. One aim is to have a shop where local artisans can sell and display their wares. Buying local is a big thing for us and supporting your local artisans is not hard. We have a group on facebook - just search for Heacham Artisans to find us.

Keep an eye out next month for another Heacham Artisan.

Email: glasshousejohn@outlook.com
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**Chair of West Norfolk CCG
wishes patients healthy futures
as he steps down from role**

The date of the merger of the NHS Norfolk and Waveney clinical commissioning groups (CCGs) and the formation of the new single CCG is nearly upon us. My last day as Chair of West Norfolk CCG is 31 March. The new CCG's west locality team is up and running under our locality director Howard Martin and I will be chairing the last West Norfolk CCG Governing Body meeting on Thursday, 26 March at the West Norfolk Deaf Association building in Railway Road, King's Lynn, at 9-15am.

I will be sad to say good-bye to West Norfolk CCG. I think it has done an excellent job in focusing on the health issues facing the population, and the problems faced by healthcare providers, in west Norfolk. During its tenure West Norfolk CCG has been able to give local support to healthcare providers and has had a greater understanding of the different needs of people living in the west of the county.

Those lessons and ways of working will now be continued as the new CCG will have a locality focus, with specific teams based in key geographic areas, including the west. This will give each area a voice and a dedicated workforce to ensure they can focus on local issues.

Each locality has a Local Delivery Group (LDG) as part of the work to transform health and care services locally. This group is represented by all the providers of healthcare in the area, including voluntary sector organisations and primary care. It also has patient representation and involves social care providers, and in the west, the Borough Council of King's Lynn and West Norfolk, which is responsible for so many local services and initiatives. The West Norfolk LDG is an especially vibrant and energised group in which each organisation wants to help the others to deliver the best care possible so we can continue to drive down health inequalities and new ways of working in west Norfolk.

We have supported the new executive team at the Queen Elizabeth Hospital King's Lynn to deliver improvements following challenging Care Quality Commission (CQC) reports in the last two years. That is bearing fruit as there have been some very noticeable improvements at the Trust which we will hear more about at our next Governing Body meeting.

The novel coronavirus continues to receive much attention in the media. A national campaign is underway to promote key public health advice and I would encourage you to look out for these messages and follow the guidance, particularly in regard to hand washing. Do call NHS 111 if you are concerned about your health and please don't visit your GP surgery, hospital or pharmacy if you think you might have symptoms of the virus. You can find out more information about the novel coronavirus on the [Government](#) and [NHS](#) websites.

Dr Paul Williams, Chair

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Borough Council News

Heacham, Sedgeford and Fring

Happy Easter to you all. As I write this, self-isolation has entered the vocabulary and the question of when the Council is affected has arisen. Officers who do the work are all below, well below, 70 years of age but many councillors are not. So, councillors might be prevented from doing a proper job. What difference will it make you might ask? Not a fat lot would be my immediate response.

Almost half the Council are opposition councillors.

The function of councillors is to steer policies and ideas through panels and committees, make recommendations and, most importantly, challenge decisions (which emanate from Cabinet) through scrutiny. Scrutiny can be done in two ways. Sufficient numbers of councillors may request that a decision is referred back to a different panel and that panel may disagree with Cabinet and throw it back to them or to Full Council. Or, recommendations that come forward may be questioned, challenged, at Full Council.

During the last month or so the process of scrutiny, already considered token by opposition groups, is now either thought of as fiction or in the process of becoming so.

Local politics is either Tory or something else. Tories hold the majority on Council; all significant panels and committees are chaired by Tories and a majority of their members are Tories. Effectively, decisions are whipped. All the Cabinet are Tory councillors and what the Cabinet decides is never questioned by Tory Councillors at Council. The only significant and consistent questioning at Panels is from opposition members. The only questioning **at all** at Full Council is from opposition members. (One Tory councillor occasionally says something).

At the last Council, questioning from the public and from opposition councillors meant that the meeting reached the 3-hour limit set by the constitution. It could have been extended but the leader proposed it was terminated and the Tory majority agreed. Debate was cut off mid-sentence, a motion (to do with climate change) was not heard (again).

The Leader is now proposing that questioning is restricted by time and numbers. Tory councillors will be allocated some of this time and, though they have never questioned before, you can be sure they will do if it further restricts opposition questioning – scrutiny.

There is no digital recording of Borough meetings including Full Council. Consequently, the discrepancies between written minutes and what actually is said, is a cause for concern. I proposed a motion at Council several months ago that meetings should be recorded. It was kicked into touch by the Leader even though the County Council, of which he is also a member, does record. The proposal is supposed to be resurfacing soon.

So, coming back to coronavirus. If panels and Council come down to emails between members, the Y (yes) keys will have it and the N (no) keys will not. Scrutiny will move from ineffective to isolated. Spot the difference if you can.

Enough of this politics. Has anything happened of great significance to yourselves? No, not really. The Environment Policy, covering all sorts including climate change, plastics, trees, house building and developments etc etc, is slowly, so it is said, coming to a conclusion. The Local Plan Task Group is being thorough considering the ramifications of various policies emerging for the new Local Plan. The mix of houses is becoming

more important. Energy generation and efficiency is being taken seriously though there remain market limitations – cost - as national dictats and building regulations are not changing fast enough. The proposed Gaywood development, 380 homes, will all be fitted with photovoltaics or air source heat pumps; they will be available to rent, buy, shared ownership etc. Various national grants for town centres are being chased which, if successful, will mean something for Lynn.

Locally, not a lot. Heacham awaits movement on Cheney Hill, still; a few minor applications court controversies and, as always, discussing proposals with the Parish Council would help. Parking charges at South Beach were reconsidered following my request but no answer has been forthcoming.

Sedgeford was quiet but I have this minute been informed that a consultation is to begin on the proposed closure of the primary school from 31st August. It remains to be seen if either Sedgeford or Fring will benefit from national budget proposals re buses. I doubt it but will pursue that with County Councillors once more is known.

Last thing. I will be interested to hear of the impact of the corona virus on local businesses – problems or opportunities – will all of England holiday in Heacham and Hunstanton this year to avoid stranding in foreign parts? In which case, the sewage system will be tested.

Terry Parish
Independent Borough Councillor Heacham Ward



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Another recipe from The Prudent Pensioner

Vegetable Soup

I did think about a cake recipe for this month but decided a nourishing soup would help our bodies fight viruses more than cake; also I have

now made it in my new soup maker.

Firstly, on the hob:

Approx. 230g / 8oz. Cabbage
a medium size carrot
a medium size parsnip
a medium size potato
1 Vegetable stock cube
Salt and pepper
Knob of butter
Medium size shallot

Method:

Dissolve stock cube in 500ml / 1 pint hot water.

Remove and discard outside leaves of cabbage, trim off and discard discoloured area of base of stalk cut away stalk and place in a bowl of cold salted water, slice leaves thinly and leave in bowl with stalk.

Peel and trim carrot and parsnip and cut into small pieces. Peel potato and cut into small pieces.

Rinse cabbage stalk and cut into small pieces. Peel and slice shallot Put butter into a saucepan and over a low to medium heat soften butter then add shallot Mix well. Cook for 1 minute stirring continuously.

Add carrot, potato, cabbage stalk and parsnip to saucepan, pour in stock stir and mix well, bring to boil, reduce heat, cover and leave simmering gently.

Rinse cabbage leaves and add to saucepan, stir well, bring back to boil, reduce heat, cover and leave simmering for 25 - 30 minutes or until vegetables are fairly soft. Season to taste.

Strain off liquid into a jug. Put vegetables into a suitable jug or bowl and whizz with blender until soft. Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well. Reheat, 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 Doreen Reed'. Now available from Amazon (Amazon Books then search for Doreen Reed or direct from my website).

And in my Soup Maker:

My soup maker is a Morphy Richards. From asking around I feel this is very popular. Mine is the compact one with a min of 800ml and a max of 1000ml. I found the above quantities reached above the minimum line so I used slightly less:

Approx. 200g / 7oz. Cabbage
Approx. 170g / 6oz. Carrot
A medium size potato
1 Vegetable stock cube
Salt and pepper
Medium size shallot

I was using a sweetheart cabbage so didn't use a parsnip as I felt it would be sweet enough.

Method:

Remove and discard outside leaves of cabbage, trim off and discard discoloured area of base of stalk. Slice rest of cabbage thinly and place in a bowl of cold salted water.

Peel and trim carrot and cut into small pieces. Peel potato and cut into small pieces. Peel shallot or onion and slice thinly.

Place carrot, potato and onion into soup maker.

Rinse cabbage in cold water and put sufficient into soup maker to reach min. line. Add stock cube and 400ml cold water, this should not pass max line. Set to smooth or chunky setting and leave it to do its stuff.

19 minutes later - serve and enjoy. 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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Heacham at Night

Spring has sprung, grass needs cutting and the birds are nesting so leave the hedges alone.

Self-isolation will provide many of you, including me, the excuse to look at the sky more often. This month allows you to catch up with Venus. It has dominated the evening sky for several months and will continue to be a lantern in the SW during April.

It is so bright that it dazzles in a telescope and, in order to observe its phase, you either have to use filters or look at it at twilight when there is still some blue in the sky – the contrast is less. Venus is moving towards us (relatively speaking) and its phase will change from half to crescent. Maximum brightness is on 28th April when it will be visible until after midnight.

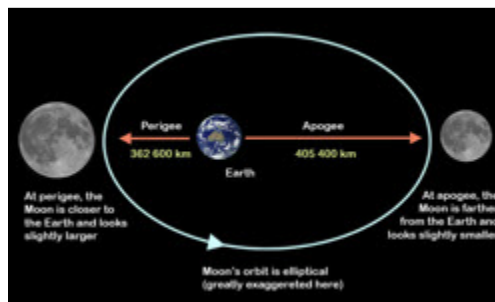
There is a special event on the 3rd April when this edition appears so I should have told you last month. Venus passes the Pleiades star cluster and it will be surrounded by bright stars. The effect will still be seen on the 4th but not so well. If you miss this, then go for Venus and the crescent Moon on the 26th



The Pleiades, Messier 45, are a cluster of 'new' hot, bright, blue stars which illuminate the nebulae gases around them; an excellent sight in binoculars. The brightest star,

Alcyone, is of magnitude 2.8; Venus will be magnitude minus 4.5 (remember, the lower the number the brighter the object).

On the 8th April the Full Moon will be the brightest of the year. It is one of the four 'Super Moons' this year. They occur when the Moon is at a distance of less than 367,607 km. The previous night, the Moon is at perigee, closest approach, at 356,900 km. On the 8th it is a tad further away at 357,029 km. It will appear almost a third brighter than the faintest Full Moon (occurring when the Moon is furthest away). These changes in distance are due to the elliptical orbit the Moon describes. It is almost circular but not quite; no orbits are.



Other planets easily visible are morning objects again. Look low in the SE at around 5.30 am to find Jupiter, Saturn and Mars. The Moon is just

below them around the 15th and 16th.

Meteor showers are back. The Lyrids peak on the 22nd in the early morning though the night before, the 21st, will do for most of you. For once, there is no moon light to wash them out, so all we need is a clear night. They are not so prolific as some showers, maybe 18 / hour, but some of the meteors will leave persistent trails. They are the remains of the comet Thatcher. Look NE for the radiant, the point they appear to come from. This moves higher as the Earth turns and is at about 60 degrees above the horizon by 3am on the 22nd. Meteors can appear in any part of the sky and lying on a recliner, looking up, is your best bet.

A telescope object to try for is the minor planet or asteroid, Vesta. This passes over the top of the Hyades star cluster in the middle of the month. You need to Google and/or use Stellarium software to pin its position down.



Use the warmer evenings to look at the constellations of stars in the sky. The Plough is an asterism, part of the constellation of Ursa Major, The Great Bear. The pattern remains a favourite as

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it is easily recognisable and it is sometimes referred to as The Saucepan now as ploughs are a little different than they used to be. Americans call it The Big Dipper.



Star patterns have remained more or less the same for several thousand years but, as stars move in different directions and speeds, patterns will alter and the sky in the distant future will look very different. However, all the stars that make up The Plough, except Dubhe and Alkaid, are about

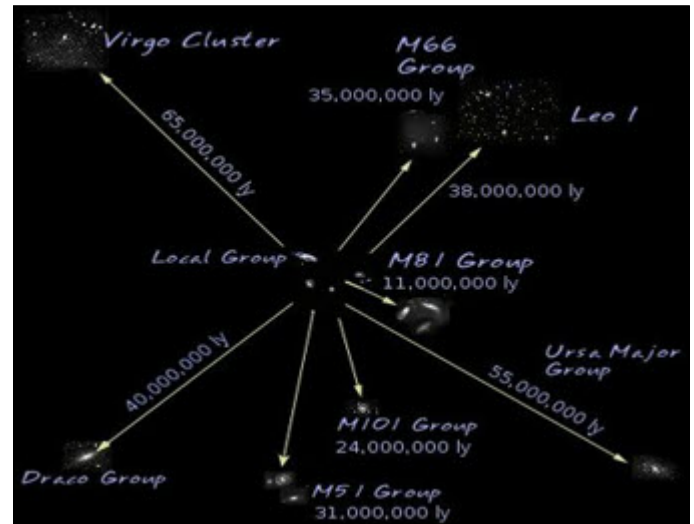
the same distance from us and are all moving in the same direction, so it will be more or less recognisable for a very long time.

The star at the middle of the 'handle' is Mizar. Good eyes on a clear night will discern that it is a double star. Binoculars will split the pair easily and Alcor, Mizar's companion, will be revealed.

All the individual stars you see are within our own galaxy, the Milky Way. This is part of a Local Group of about 80 galaxies (a new one was just identified). The Andromeda Galaxy is the biggest member of this group and has its own cluster. The Milky

Way is second largest with its own cluster; both clusters are moving towards each other.

The Local Group is part of the Virgo Supercluster of 2000 very large galaxies. The Virgo cluster itself can be seen in the constellation of Virgo immediately south of The Plough and about half way up the sky. A small telescope on a clear night will reveal many fuzzy blobs.



The gravitational force from the Virgo Cluster which ensnares our own Local Group emanates from a distance of around 60 million light years.

No matter how far away from each other astronomical objects are, they never achieve isolation because there is always some way they can connect. May the Force be with you.

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WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

SUNNYSIDE CLOSE (Sheltered Housing for over 60's)
Coffee Morning 10.30am Tel : 570492
FITSTEPS 11am – 12noon To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (PH)
FITNESS PILATES 12.15 – 1.15pm For info Tel: Suzie Povey 07900 818311 (PH)
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 – 6pm Contact Kathryn Tel:572138 (SG)
FOOTBALL Under 14's 6-7pm Contact Jason 07867527706 (HSC) playing fields
HEACHAM IN BLOOM 3rd Monday Monthly 7pm at Heacham Parish Library
WEST NORFOLK TAPPING CIRCLE meet 3rd Monday Monthly 7-9pm For more information Tel:571936 Catherine or email mcatherineallen1@gmail.com. (PRH)
HEACHAM WIVES GROUP – 2nd Monday of most months 7.30pm at Cunningham Court, Community Hall. Contact Sue Scott Tel: 572252
FIT 'N' DANCIN' 9.30am – 10.30am. Peg 01485 541162
THE HEACHAM YARNERS 1 – 3.30pm Charity knitting. 2nd Monday in every month at Freebridge Community Hall, Sunnyside. Call Michelle 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

HEACHAM YOUTH CENTRE every Tuesday 6.30-8.30pm at Church Hall, 17 High St
WEST NORFOLK MIND support for those suffering or caring for those with mental health issues. 1-3pm, 4 Poplar Avenue, call Lynda on 01485 532024
OVER 60? Enjoy improving your health and bone density with Active for Life Exercise Classes at Heacham Surgery Classroom 10.15-11-15am Tel: Pat 298429
CARPET BOWLS 10.15am - 12 noon Tel: 570776 (PH)
HEACHAM CARERS SUPPORT GROUP meets 1st & 3rd Tuesday monthly 1-3pm at A Piece of Mind 4 Poplar Avenue Tea Coffee & a chat For more info Tel: 572707
THE FELLOWSHIP 2.45pm Every other Tuesday (MC)
1st HEACHAM GUIDES 5.30 – 7pm Tel: Sue Theunissen 07833747059 or just come along (MC)
1st HEACHAM SCOUTS (boys and girls aged 10 to 14yrs) 6 – 7.30pm Tel: Alison 07737642828 (SG)
WEIGHT WATCHERS 5.30pm (OFH)
ZUMBA 7-8pm £4 per class or £7 for both Tuesday & Wednesday classes Tel: Michelle 07585002124 (SG)
PARISH COUNCIL MTG 3rd Tuesday monthly 7pm (PC)
HEACHAM & SANDRINGHAM CAMERA CLUB meets 1st & 3rd Tuesday monthly 7.30pm Sandringham Club West Newton Email: heachamdigitalcamerclub@yahoo.co.uk
POCAHONTAS PLAYERS Drama Group 7.30 – 9.30 pm Tel: 570402 (PH)
LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds
HEACHAM FLOWER CLUB 2pm St.Mary's Church Hall, 4th Tuesday January – November. Alayne Seymour 01485 570560
NORSEMAN'S BOXING GYM Jnr 6-7pm and Snr 7-8pm at Unit 12 Heacham Hall Ind Est. Jnr £2, Snr £3 geezersales@btinternet.com

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

WEDNESDAYS

COMMUNITY COFFEE MORNING & MORE 10am - 12noon All ages welcome (OFH)
WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar Ave Heacham Tel: Emma Hardy 01485 572707 www.westnorfolkmind.org.uk
SCALLYWAGS PLAYGROUP Term Time 9.30 – 11am £2 Tel: Jo 07521447284 (SG)
CARPET BOWLS 10.15 – 12 noon Tel: 570776 (PH)
THE OLD SCHOOLGIRL FRIENDS of Heacham School meet for a 'Coffee and a Chat' the last Wednesday of the month 10.30am at Norfolk Lavender Tel: 570742 or 579126
MIDWEEK COMMUNION 2nd Wednesday of the month 10.30am (MC)
HEACHAM LITTLE DRAGONS Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)
BINGO 7.30pm Neville Court Grouped Home
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)
WEST NORFOLK SINGERS 7.15 - 9.15pm For info Tel: 571315 Anne Davis www.westnorfolksingers.org.uk/ (MC)
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5 welcome £1 entry pp Cash Prize & Cash Snowball (HSC)
HEACHAM BEAVERS boys and girls aged 6-8yrs, 5.30pm-6.45pm (term time only) call 07788888921 (SG)

THURSDAYS

NOFOLK KNITTERS Cunningham Court 2-4pm. Every Week
WEST NORFOLK MIND Day Centre (specifically for older people dementia friendly) 9.30–3pm Tel: Emma Hardy 01485 572707
TABLE TENNIS CLUB 10am (PH Top Room)
OVER 60? Enjoy improving your health and bone density with Active for Life Exercise Classes at Heacham Surgery Classroom 10-11am Tel: 298429
CARPET BOWLS 10.15am - 12 noon Tel: 570776 (PH)
MOTHERS' UNION 4th Thursday monthly 2pm (SM)
TREFOIL GUILD 1st Thursday monthly 2 - 4pm (NC)
BINGO 2pm at Sunnyside Close (Sheltered Housing for over 60's) Tel: 570492
FOOTBALL Under 7's, 8's, 9's, 10's 4.30 - 6pm U14's 6.30 - 7pm Adults Open Match 8-9pm Contact Jason 07867527706 (HSC) playing fields
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC) 5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084
JUDO Beginners 6-7.30pm Tel: 571614 (PH)
1st HEACHAM CUBS ages 8 – 10yrs Term Time 6.45 – 8.30pm Tel: Sam 572138 (SG)
JUDO Advanced 7 – 9 pm Tel: 571614 (PH)
YOGA for healthy living 9.30-10.30am £6. For info Tel: Alison 571062 or email -medullayoga@gmail.com (SG)
HATHA YOGA at Heacham Infant School 6.30 – 7.30pm. £7 per person Alison 01485 571062
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds
CHILDREN'S YOGA 7 to 11yrs 4 – 5pm (limited spaces) To book call Alison: 01485 571062 (SG)
SOCIAL EVENING 2nd Thursday monthly 7.30pm (MC)
RAO BUFFALOS 8pm (HSC Top Room)
TEA DANCE every week. Old time line dancing and sequence 2pm – 4.30pm at the Public Hall. Call George 01775 670294

FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am -12 noon 3rd Friday of the month Contact Sue Spencer bereavementgroup53@yahoo.com or Tel: 572029 (SM)
FOOTBALL Under 10's 'Minors' 5-6.30pm Contact Jay 07711779415 (HSC) playing fields
TAI CHI & KUNG FU 6-7pm Beginners Tai Chi 7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu
Tel: Derek 01553 674779 (PRH)
INDOOR BOWLS CLUB (Carpet) 2.30pm (MC)
CASH BINGO 7pm (PH)
WILDFOWLERS CLUB 1st Friday monthly 7.30pm(HSC Top Room)
NORSEMAN'S BOXING CLUB Jnr 6-7pm, Snr 7-8pm Unit 12 Heacham Hall Ind Est. Jnr £2, Snr £3 geezersales@btinternet.com
POKER IN THE CLUB 1st Friday each month 7.30pm (PH) SATURDAYS
FOOTBALL U13's 10-11.30am Contact Mike 07804927764 (HSC Sports Field)
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) **CANCELLED**
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 **CANCELLED**

HEACHAM DIARY

Saturday 11th April 'Heacham Heritage Coffee Morning' - **CANCELLED**

MAY

Friday 1st May 'Hunstanton & District Lions Club - Ninth Charity Golf Tournament' at Heacham Manor Hotel. Further details call 07748052765

Saturday 23rd & Sunday 24th May 'Heacham Art Show' 10am - 4pm at Old Friends Hall, Sunnyside. Free Entry



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OTHER EVENTS

Thursday 2nd April Stanhoe and Barwick WI meeting - CANCELLED

Friday 3rd April 'St.Mary's Church - Kavoelectra String Quartet' 7pm at St.Mary's Church, Snettisham. £10 each on door

*** 'Hunstanton United Services Club - Annual General Meeting' at United Services Club, Homefields Road, Hunstanton

Saturday 4th April GIG 'High Definition Duo 60's to 80's' at United Services Club, Homefields Road, Hunstanton

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

Tuesday 7th April 'Brancaster Camera Club - Monochrome Print Competition' 7.30pm at Brancaster Staithe Village Hall. Call 01485 210013 or 01553 67425

Friday 10th April GIG 'Band Age' at United Services Club, Homefields Road, Hunstanton

Saturday 11th April GIG 'Laurie Hayley Duo 60's to 80's' at United Services Club, Homefields Road, Hunstanton

Friday 17th April 'Anmer Village Social Club Presents - The Good Liar (15)' at 7.30pm at Anmer Village Social Club. £4 on door

*** 'Quiz Night' at United Services Club, Homefields Road, Hunstanton

Saturday 18th April 'Neil Colledge on piano' 7pm at St.Mary's Church, Snettisham. £10 each on door

*** GIG 'Kenny and Motives 60's to 80's' at United Services Club, Homefields Road, Hunstanton

Tuesday 21st April 'Brancaster Camera Club - North Anglian Competition' 7.30pm at Brancaster Staithe Village Hall. Call 01485 210013 or 01553 67425

Thursday 23rd April 'Norfolk Wildlife Trust Talk' 7.30pm at Hunstanton Methodist Church Hall, Austin Street. £2.50 members/£3 non members

Saturday 25th April 'Syderstone Vilage Cinema Presents Official Secrets (15)' 7.30pm at Amy Robsart Village Hall, PE31 8SD. £3.50 in advance. Call 01485 578171

*** GIG 'Mark Steel 60's to 80's' at United Services Club, Homefields Road, Hunstanton

Tuesday 28th April 'Brancaster Camera Club - An Evening with David Ryland' 7.30pm at Brancaster Staithe Village Hall. Call 01485 210013 or 01553 67425

MONDAYS

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

CASH BINGO United Services Club, Homefields Road, Hunstanton
FITSTEPS 6.30-7.30pm at Snettisham Memorial Hall. To book Tel: Jaime 07765433100 or email jaimefitsteps@gmail.com

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

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

TUESDAYS

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

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

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

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence 'all ages' 6.30-8.30pm at Smithdon High School For details contact Ian on 07806 622154

HUNSTANTON COMMUNITY CHOIR Rehearsals 7-9pm at Hunstanton Town Hall £4per session For info Tel: 532392

ST.MARY'S CHURCH SNETTISHAM Men's Group 2nd Tuesday of every month at The Visitors Centre Snettisham 7.30pm. £2 each

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

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

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

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

FRIENDSHIP 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

BOOT SALE at United Services Club, Homefields Road, 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

around & about...

ANMER VILLAGE SOCIAL CLUB

FILM NIGHTS

Friday 17th April 2020 at 8.00pm

THE GOOD LIAR (15)

Starring Helen Mirren and Ian McKellen. Consummate con man Roy Courtney has set his sights on his latest mark: the recently widowed Betty McLeish, worth millions. But this time, what should have been a simple swindle escalates into a cat-and-mouse game with the ultimate stakes.

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MIRREN MCKELLEN

THE GOOD LIAR

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FRIDAY 17th APRIL 2020

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Syderstone Village Cinema

with the support of Creative Arts East

The film due to take place on 25th April has been cancelled.

No further dates have been set yet.

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Hunstanton Croquet Club

Come and Try Day
Saturday 25th April 2020

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

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

For those people who would like to keep fit, in either a leisurely way, or in a more competitive way, croquet is a great way to spend your time. New members are always welcome - further information at Hunstanton Croquet Club website. Croquet is certainly good for your brain power, as much as any brain training or daily crossword would do. On the social side, the twice weekly club days allow you to get together with like-minded people, and enjoy time outdoors in Sunny Hunny.

Come and Try Day this year is on Saturday 25th April at 2.00pm. Please join us.

Please wear flat shoes.



The West Norfolk Members Group invite you to an illustrated talk:

by **Dr Mark Collins**
of the Swallowtail & Birdwing Butterfly Trust

**Conserving the World's
Swallowtails**

Thursday 23rd April - 7.30pm

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

Hunstanton Conservative Club

Entertainment for April

Saturday 11th April (Easter) - Entertainment by Nick Dadd.

Tuesday 14th April - Coffee, Brandy and a Scone for £1.50

Saturday 25th April - St George's Dinner.
Entertainment by Roger Williams.

Coach Trip to Southwold – 21st May

£10 per person. All trips leave the Club at 9.30am. Please check the Noticeboards for full details.



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Norfolk Park Chief crowned 'Holiday Hero' at Tourism Awards

Two top distinctions saw Searle's Leisure Resort of Hunstanton go under the spotlight at this year's Norfolk and Suffolk Tourism Awards.

At the glittering annual celebration of the region's top tourism businesses, the park was named as overall winner of the Camping, Glamping & Holiday Park of the Year award.

But judges still had another accolade to present to the park, and it came in the form of a very special individual honour for its director Paul Searle.

In front of VIP guests from across the two counties, Paul received the Outstanding Contribution Award for his longstanding services to the tourism industry.

Sponsored by holiday bookings giant Hoseasons, the award celebrates Paul's tireless efforts to champion the visitor sector, not just at his own park, but across East Anglia.

Searles is one of Norfolk's largest and most popular holiday centres which Paul manages in partnership with his brother Andrew and sister Joanna.

Paul said he was "absolutely thrilled" when the Outstanding Contribution award was announced at Kesgrave Hall in Suffolk by ceremony host David Whiteley from BBC's Inside Out.

"Our family has been running Searles for over sixty years, and we are immensely proud of the value we bring to the local economy and employment," he said.

"That's also true of the many high quality tourism enterprises which flourish in Norfolk and Suffolk, and which provide a fantastic holiday experience for visitors.

"A lot of these, like ours, are long-established family businesses and have never been afraid to invest to ensure we stay at the top of the game in the domestic tourism market.

"But we are also aware that our success couldn't be achieved without the support of our loyal, hard-working staff, so they must share the credit for our two honours in these awards," added Paul.

Searles was founded in 1954 by Paul's grandfather, Geoffrey, and began life as a modest touring park where a pitch could be exchanged in return for a bag of potatoes.

Successive generations of the Searle family have put their own stamp on the park's character, and added to the range of facilities, attractions and accommodation options.


Today, Searles provides more than 500 privately owned and rented caravan holiday homes and lodges, as well as 300-plus touring pitches plus luxury timber camping pods.

The park employs around 200 people, plus an additional 50 staff at its Heacham Manor hotel which was converted by Searles from a listed Elizabethan building.

Not that Searles is any stranger to awards, and its many accolades include the gold David Bellamy Conservation Award for its raft of initiatives to protect the natural world.

Paul is married to Vicky, and the couple have two children. Paul's sporting interests include hockey, in which he has competed at senior regional league level, as well as cricket and golf.

There is more information about Searles Leisure Resort at www.searles.co.uk



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L-R: Joanna Searle, Eleanor Searle, Paul Searle, Vicky Searle.



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- May 29th

- June 26th

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- Richard Keeling

- David Last

Beginners very welcome.

£5 Includes Refreshments

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Entry - £5

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Children (under 16) half price

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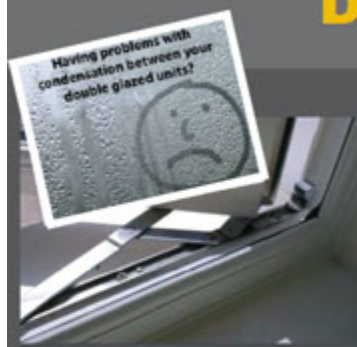
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Snettisham Beach Sailing Club

*Special prices for 7 year old +
novices in 2020
for kids learning to sail this July*

Are your holiday plans for this summer falling apart? Then you'll be looking for something to occupy the kids, perhaps?

This year there's a special offer for the youngest Novice sailors at Cadet Week at Snettisham Beach Sailing Club from 27th to 31st July.



Instead of the 2019 price of £85.00 a person for the week, Novices - 7 years and older - can now take part for £60 each, and if they book with a friend the 2 Novices can pay just £100.

Novices take part in 5 sessions each day of Cadet Week from Monday to Friday, each session lasting 3 hours, with a Prize Giving following on Saturday.

Choose between daily Morning OR Afternoon sailing sessions:-

Mornings: 9.30am to 12.30pm

Afternoons: 1.30 – 4.30pm

Only **24** places are available so make sure you book now. Participation is only available to Club members, so have a look at snetbeach.co.uk/about-us/how-to-join/ to see how you can join and email memsec@snetbeach.co.uk with any questions about the type of membership that suits you best.

SNETTISHAM ART GROUP



Easter Exhibition

Friday 10th April to Monday 13th April

British Legion Hall, Church Road, Snettisham

Open from 10.00am to 5.30pm each day.

Free Entry. All donations for British Legion Funds

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 meeting on 2nd April was 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.

The 4th June meeting will be a talk on Heathland and Moorlands by Ash Murray of Norfolk Wildlife Trust.

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

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Hunstanton Town Council implements additional measures during coronavirus pandemic

Currently there are no known or suspected cases of coronavirus (COVID-19) in Hunstanton, but in the light of the most recent advice from the Government, the town council is taking a proactive approach to mitigate the risk of the virus to help ensure all members of our community stay as safe and healthy as possible. These are some of the measures already implemented:

- Hand sanitisers have been installed at the entrance to all our public buildings and visitors are urged to use them on entering **and** leaving.
- The Annual Town meeting originally scheduled for Friday 17 April has been deferred to Friday 29 May 2020 and the Saturday Car Boot sales originally intended to begin on Saturday 11 April will be deferred to Saturday 6 June. All dates are subject to further advice from the Government.
- Indoor events due to be held on VE Day (Saturday 9 May) will be deferred to VJ Day on Saturday August 15, again subject to further advice.

Hunstanton has a higher than average number of elderly residents, some of whom may be vulnerable to infection or need assistance with their groceries or medical supplies. If you know of someone in your area, **please** notify one of our local befriending or elderly assistance agencies such as West Norfolk Befriending, Age UK or Community Action Norfolk. Find out more online.

Finally, please follow new government advice to protect yourself and others from the virus. ***Avoid all social interaction and non-essential travel and, if you can, you should work from home. Avoid pubs, clubs and restaurants.***

If you have a new continuous cough - this means you've started to cough repeatedly - and a high temperature (you feel hot to touch on your chest or back) you need to stay at home **for at least 14 days** and **so do the rest of your family if they live with you.**

DO NOT go to a GP surgery, pharmacy or hospital. You do not need to contact 111 to tell them you're staying at home. Testing for coronavirus is not needed if you're staying at home.

If you feel you cannot cope with your symptoms at home, your condition gets worse or doesn't improve after 7 days then use the **online 111 coronavirus service**. You should only call 111 if the online service can't help.

Hunstanton Town Council will be constantly monitoring the Government websites for more information and will publish regular updates on Facebook and on the Town Council website.

For more information, please contact the clerk on clerk@hunstantontowncouncil.gov.uk

Hunstanton United Services Club

Entertainment for April

Karaoke every Sunday evening 8pm

Cash prize bingo Monday and Thursday evenings - eyes down at 8pm.

Friday 3rd April - Annual General Meeting.

Come along and see how your club is doing. Followed by an evening of songs and banter with Lesley.

Saturday 4th April High Definition Duo 60s to 80s

Friday 10th April 'Band Age' their fee is given to MacMillan Nurses so please come along and support them and a great charity.

Saturday 11th April Laurie Hayley Duo 60s to 80s

Friday 17th April Quiz Night with food. £3 pp
1st prize £50

Saturday 18th April Kenny and Motives 60s to 80s

Saturday 25th April Mark Steel 60s to date

Saturday morning boot sales in the garden. Limited spaces.
8am till noon. £5 per table.

Kathy Brotherhood
Secretary

United Services Club, Homefields Road,
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TIDE TABLES FOR APRIL & MAY 2020

| HIGH WATER AT HUNSTANTON | | | | | | | | | |
|-------------------------------------|---------|-----|-----------|-----|----------|---------|-----|-----------|-----|
| Heights above chart datum | | | | | | | | | |
| Time Zone UT (GMT) add 1hr for BST. | | | | | | | | | |
| April 2020 | | | | | May 2020 | | | | |
| Date | Morning | | Afternoon | | Date | Morning | | Afternoon | |
| | Time | m | Time | m | | Time | m | Time | m |
| 1 W | 10 42 | 5.5 | 23 23 | 5.5 | 1 F | 11 35 | 5.5 | | |
| 2 TH | 11 56 | 5.3 | | | 2 SA | 00 57 | 5.5 | 13 12 | 5.6 |
| 3 F | 01 08 | 5.3 | 13 50 | 5.4 | 3 SU | 02 27 | 5.9 | 14 34 | 6.1 |
| 4 SA | 02 52 | 5.7 | 15 08 | 5.9 | 4 M | 03 32 | 6.3 | 15 35 | 6.7 |
| 5 SU | 03 57 | 6.3 | 16 06 | 6.6 | 5 TU | 04 25 | 6.8 | 16 27 | 7.2 |
| | | | | | | | | | |
| 6 M | 04 51 | 6.8 | 16 55 | 7.2 | 6 W | 05 14 | 7.3 | 17 18 | 7.5 |
| 7 TU | 05 39 | 7.3 | 17 42 | 7.7 | 7 TH | 05 58 | 7.5 | 18 06 | 7.8 |
| 8 W | 06 22 | 7.7 | 18 27 | 7.9 | 8 F | 06 40 | 7.5 | 18 54 | 7.8 |
| 9 TH | 07 05 | 7.8 | 19 13 | 8.0 | 9 SA | 07 20 | 7.5 | 19 39 | 7.7 |
| 10 F | 07 43 | 7.7 | 19 56 | 8.0 | 10 SU | 07 58 | 7.4 | 20 24 | 7.4 |
| | | | | | | | | | |
| 11 SA | 08 19 | 7.5 | 20 38 | 7.7 | 11 M | 08 36 | 7.1 | 21 08 | 6.9 |
| 12 SU | 08 57 | 7.2 | 21 21 | 7.2 | 12 TU | 09 14 | 6.7 | 21 58 | 6.3 |
| 13 M | 09 36 | 6.7 | 22 09 | 6.5 | 13 W | 09 58 | 6.2 | 22 58 | 5.7 |
| 14 TH | 10 21 | 6.1 | 23 12 | 5.7 | 14 TH | 10 54 | 5.7 | | |
| 15 W | 11 24 | 5.5 | | | 15 F | 00 14 | 5.4 | 12 11 | 5.5 |
| | | | | | | | | | |
| 16 TH | 00 39 | 5.3 | 12 48 | 5.3 | 16 SA | 01 27 | 5.3 | 13 24 | 5.5 |
| 17 F | 02 06 | 5.3 | 14 08 | 5.4 | 17 SU | 02 34 | 5.5 | 14 30 | 5.7 |
| 18 SA | 03 21 | 5.6 | 15 13 | 5.9 | 18 M | 03 31 | 5.7 | 15 25 | 6.0 |
| 19 SU | 04 18 | 6.0 | 16 07 | 6.2 | 19 TU | 04 17 | 6.1 | 16 11 | 6.3 |
| 20 M | 04 59 | 6.3 | 16 50 | 6.6 | 20 W | 04 54 | 6.3 | 16 51 | 6.5 |
| | | | | | | | | | |
| 21 TU | 05 34 | 6.6 | 17 28 | 6.7 | 21 TH | 05 26 | 6.6 | 17 29 | 6.7 |
| 22 W | 06 04 | 6.7 | 18 03 | 6.8 | 22 F | 05 58 | 6.7 | 18 07 | 6.7 |
| 23 TH | 06 30 | 6.8 | 18 36 | 6.9 | 23 SA | 06 29 | 6.8 | 18 45 | 6.8 |
| 24 F | 06 58 | 6.8 | 19 10 | 6.9 | 24 SU | 07 03 | 6.9 | 19 23 | 6.8 |
| 25 SA | 07 28 | 6.8 | 19 42 | 6.9 | 25 M | 07 36 | 6.8 | 20 00 | 6.7 |
| | | | | | | | | | |
| 26 SU | 07 55 | 6.8 | 20 12 | 6.8 | 26 TU | 08 08 | 6.8 | 20 37 | 6.6 |
| 27 M | 08 23 | 6.7 | 20 44 | 6.6 | 27 W | 08 43 | 6.6 | 21 19 | 6.3 |
| 28 TU | 08 53 | 6.5 | 21 22 | 6.3 | 28 TH | 09 24 | 6.3 | 22 09 | 6.1 |
| 29 W | 09 32 | 6.1 | 22 09 | 5.9 | 29 F | 10 15 | 6.1 | 23 15 | 5.9 |
| 30 TH | 10 23 | 5.7 | 23 16 | 5.5 | 30 SA | 11 22 | 6.0 | | |
| | | | | | | | | | |
| | | | | | 31 SU | 00 38 | 5.7 | 12 42 | 6.0 |

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Stanhoe and Barwick WI

All meetings and events throughout April, May and June are cancelled.

NEWSLETTER SUDOKU Solution Page 42

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

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



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Everyone is very welcome to come to our services at St Mary's Snettisham and there is a wide choice of services held during the week as well as on Sundays. More details may be found on www.stmaryschurch.org

We welcome weddings and baptisms and all enquiries should be directed to our vicar, The Rev Rachel Alexander on 01485 542003

The Friends of St Mary's Snettisham is a group of people who just love this beautiful 13th century building and hands raised by The Friends are used to maintain and enhance this church that Pausanias called the "best decorated church in East Angles." As well as the concerts and recitals advertised on this leaflet, you friends, parishes, The Village Council at The International Hall in Snettisham which meets most months. Details of all events are on our website, www.stmaryschurch.org

Come and see the extensive and permanent exhibition of life in Snettisham and its surrounding villages from early times. The exhibition includes details of the Snettisham Hoards which is regarded as the most important Iron Age find in Norfolk (large and the original artifacts are now housed in the British Museum).

We are delighted to be supported by local business

As our aim is to make St Mary's a centre of heritage in which all may enjoy the history of the local area, follow the progress of the Spire Project online at www.stmaryschurch.org

Music in Snettisham 2020

St Mary's Church Snettisham

St Mary's Church Snettisham is one of the most imposing and notable of over 800 Medieval churches in Norfolk and is a perfect venue for concerts with its majestic size and glorious acoustics. Situated on rising ground behind the village, it is built of flint with freestone dressings believed to have come from Barnack, near Peterborough, or possibly from Caen in Normandy. It was erected in about 1140 on the site of a Norman church (no evidence of which remains) and the windows contain beautiful tracery of that period.

Snettisham was a place of some importance in Medieval times which explains why this church is a large one but originally it was much bigger and of cruciform shape. The spire, one of the few in Norfolk, is 175 ft high with attractive flying buttresses. It is second to the spire of Norwich Cathedral, which is 315 ft high. A conspicuous landmark, it is also a landmark for vessels in the Wash. It was partly blown down by a gale in 1895 and rebuilt.

The beautifully painted Medieval pulpit, a Tudor brass lectern, a 12th century bell, brass memorial plaques and an impressive three arched porch are among some of the significant features of this remarkable church that we wish to maintain intact for future generations.

Do come and see for yourself and enjoy glorious music too!

PROGRAMME

March 28th at 5pm
Concert by West Norfolk Jubilee Youth Orchestra. No admission charge

Friday April 3rd at 7pm
The Kavolectrica, the electrifying string quartet. Tickets £30.00 each

Saturday April 18th at 7pm
Neil Colledge (piano)
Tickets £10.00 each

Saturday May 2nd at 7pm
Peterborough Community Gospel Choir. Tickets £10.00 each

Friday May 8th at 7pm. VE weekend
Benjamin Lake (soprano) Finalist in The Voice and Hayley Moss (soprano)
Tickets £12.00 each

Saturday May 9th at 2pm
The Samphires sing 1940s songs followed by afternoon tea £10.00 each

Friday May 15th at 7pm
Joo Hyun Se (violin) and Irina Andrievsky (piano) Tickets £12 each

Saturday May 30th at 2pm
"Serenata" ladies choir.
Tickets £10.00 each includes afternoon tea.

Saturday June 20th at 7pm
East Coast Sinfonietta with "An evening in Vienna"
Tickets £10.00 each

Saturday July 11th at 7pm
The Wandering Minstrels (in costume) "An evening with Gilbert and Sullivan"
Tickets £12.00 each.

Saturday July 25th at 12pm
Serendipity wind trio (Flute, clarinet and bassoon)
No admission charge and to include simple buffet lunch.

Saturday August 8th at 7pm
Nelly Rodriguez (clarinet) and William Ferguson (piano)
Tickets £10.00 each

Saturday August 29th at 12pm
Andrew Harsley (cello) and Wyn Chan (piano) No admission charge. Simple lunch provided

Saturday September 5th at 7pm
The Ella Mc Creedy Trio (soprano, cello and keyboard) with music from Bach to Adele
Tickets £12.00 each

Saturday September 19th at 7pm. Maki Sekiya (piano)
Tickets £10.00 each

Saturday October 3rd at 2pm
String fireworks from the husband and wife string duo, Brenda Stewart and Steve Bingham. Tickets £10.00 each to include afternoon tea.

Saturday November 28th at 10pm. The all age Kavalini Community Sinfonia will entertain us with Christmas music following the Advent Party in church. Mulled wine and mince pies to follow. Christmas starts here! Tickets £10 each

Reserve tickets online at www.thefriendsofstmarys.co.uk or buy at www.stmaryschurch.org

Monthly Thursday Recitals
On the last Thursday of each month from April to September inclusive, there is a recital in church at 2pm. No admission charge and tea and cakes are available after the recital.

JAZZ MUSIC

St Mary's Church Snettisham
Friday April 3rd at 7pm

Kavolectrica String Quartet
Electrifying music from Bach to Beyoncé
Tickets £10 each on the door or reserve online at www.thefriendsofstmarys.co.uk

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KING'S LYNN FESTIVAL CHORUS

Festival Chorus Concert Postponed

Regrettably, due to the current health issue with coronavirus sweeping the world, the mighty **St. Matthew Passion of J.S.Bach** scheduled for April 4th has had to be **postponed to Lent 2021**.

The prime and only concern for the Trustees of the Chorus is the health and well-being of you, our audience and members of the Chorus, many of whom are in the 'vulnerable' age group, other underlying medical conditions notwithstanding.

Also very much in our thoughts in making this decision was the welfare and well-being of the visiting professionals of soloists, orchestra members, the band of volunteers of stewards, for example, people who facilitate the smooth running of an event.

Our decision was made based on the information and predictions given by the Chief Medical Officer and Chief Scientific Advisor to the Government on Monday evening. Armed with that information, it would be inappropriate to continue with plans for the concert. Better safe than sorry!

For those of you who have already purchased your tickets, the Corn Exchange will be contacting you in due course to discuss options.

Further information may be found on our website www.kingslynnfestivalchorus.co.uk on Facebook and Twitter @kl_festchorus



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Alternative Therapies

Bugs, beasts and things that go bump in the night! Well the first two we dealt with last month and learnt how to cure ourselves of those, remember? If not try Rosemary or Sage.....

Things that go bump in the night need a slightly different approach, although do check it's not your gate/fence bumping in the recent gusty winds.

So, monsters under the bed, people walking the streets wearing dark masks covering their features, but appear normal. Black clouds following people, critters, gremlins, the bible demons and demons, guess the Koran has some too, things coming out of the walls, spirits, ghosts and I could go on and on.... You've seen them too, out in the corner of your eye, a quick glimpse of someone/thing that's gone when you turn, a sensation of you're not alone.. (maybe I should be writing this for the Halloween issue!)

All of the above exist in this plane of existence/reality, or slightly over-lapping from higher or lower places of energy/worlds (insert your own word of understanding here....) bible refers to heaven and hell. Mostly they have wandered in unintentionally or got stuck here, very few have a naughty intent. So how to deal with them? Knowing that they are real despite the men in white coats having hissy fits in the corner insisting that we imagined/hallucinated them. That's a very childish approach, "I can't see them, therefore they are not real, therefore you are ill and I know best". Hmm, maybe they should be taking the tablets and learning how to behave better, still it makes the drug companies money.

So to protect yourself to start with is very easy, and trust that it will help. See/feel/imagine a golden or white bubble around you that only lets in helpful loving things/people/situations and

everything else bounces over the top. If you have any guides, power animals, Spirits, gods they can help too. So you do this everyday on waking and going to sleep. Crystals can help here too, but remember to clean them regularly in the sunshine so they keep working, if in doubt use Quartz.

But those of you who drink a lot or use drugs, as you get 'high' and 'open' it allows things in from other dimensions, that's why everything can feel so dark and heavy. So at the least, do the bubble thing before you indulge!


You also need to have a look at your living space, often old houses have other occupants who are still there and not crossed over or new houses built on top of older living spaces long forgotten. These folks are easily moved across to where they need to be, and is lovely and easy to do together. Most of this work involves working together as this then empowers you and makes you stronger too, then everything becomes lighter in both senses of the word.

The critters and grotties are slightly harder as they may just be here or may be attached to someone but by doing an energy clearing ceremony and blessing they can be negotiated with and sent to where they need to be for their highest good and healing. In my work I have met many indescribable things and helped many people, yes it can be scary and fascinating and I've got bitten a few times, usually because I've forgotten to do something or protect myself fully first, now where's that Rosemary and Sage.


But it is such a relief to know it's not you going mad and 'its' really there and now 'its' gone, phew.

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

Alison Bowyer MNCHM



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H DFA Craft Fairs New Season Begins

It's a sure sign of Spring when the Craft Fairs return to Hunstanton Town Hall. Here once again you can find a wealth of beautifully hand made products and talk to their creators.

Saturday March 28th was the first Craft Fair of the season. There was everything on sale from hand-made jewellery to patchwork quilts, paintings and cards and beautiful wooden objects of all kinds. There was something to please all ages and home-made food and refreshments available too!

The first few Fairs are completely full, but Crafters can book other dates throughout the year. A stall costs from £15.00 and details can be found with new organiser Jenny Smith at dolphinj2001@hotmail.com

Our previous organiser Lorraine Cannell has retired after 17 years of service.

Festival Director Stephen Hayter said:

"We thank Lorraine for her efforts over the years raising many thousands of pounds to help fund Arts projects in and around Hunstanton".

Open from 10am till 4pm with free entry to the public, the other Town Hall dates this year are:-

25th April, 16th May, 27th & 28th June, 25th July, 29th August, 26th September, 31st October and The Christmas Fair on November 28th.

The H DFA is a registered Charity supporting the Arts in and around Hunstanton.

Ann McKimm

Youth Survey Launch

Hunstanton Town Council are launching a Youth Survey to all the schools in and around the Hunstanton Area about Youth facilities, or the lack of them.

All young people are asked to take part in the survey which aims to find out what is needed for youth leisure activities in the 21st Century.

Chief among them is the result of an enquiry by ten year old Caleb who was brave enough to come to a Full Council Meeting and ask about the possibility of a Skatepark returning to the sea-front.

Do we need one? Where should it go? Is it right for 2020? are just some of the questions to be answered.

The Survey will be going out to schools, and is currently available from the Hunstanton Tourist Information Centre, can be downloaded from Hunstanton Town Council website or available to complete on-line <https://forms.gle/JRq8SaEyJfZoyUqM9>

This is your Town so help make it an even greater place to live.

Heacham Social Club Car Boots

It must be Spring as the very popular Wednesday morning car boots, held at the Heacham Sports Field, are due to commence again this month. They may begin 29th April, dependent on the Coronavirus situation, and will continue into September this year, weather permitting. Car booters can gain access to the field at 06.00am and the general public at 07.00am; a charge of £6 is made per stall.

Volunteers are always welcome to assist with car parking and other duties. For more information, contact the Heacham Social Club. As said the Car Boots are subject to cancellation due to the present health emergency.



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BUDGET 2020 'STABILITY TODAY' AND 'PROSPERITY TOMORROW'

by Kathryn Gigg Chartered Accountants, Hunstanton

In a nutshell, the Budget on 11 March 2020 was one of the most extraordinary in recent memory. The first Budget of the decade, and the first one in 50 years outside of the EU. It marked a significant swing in economic policy from austerity coming to an end to a level of "borrow & spend" that nobody would have imagined possible from a Conservative government.

The new Chancellor came across well, articulate and brimming with "Getting it done?" enthusiasm, seemingly having the full attention of the House.

Wherever you go, the Coronavirus is at the forefront of everyone's mind – and this Budget was no different. The Chancellor acknowledged the significant impact of Covid-19 on people, place, business and public services. His "temporary, timely and targeted" measures all spoke of a government that is willing to intervene and do "whatever is necessary".

Given that they are likely to be the hardest hit, small and medium sized enterprises were a primary focus with access to cash and staff support at the forefront. Businesses with less than 250 employees will have 14 days of statutory sick pay for employees who are off work with the virus refunded by the government. The "Time to pay" scheme is to be scaled up, with a dedicated phone line and 2,000 HMRC staff to man it. A new temporary business interruption loan scheme will be put in place but we need to understand how quickly and effectively these loans can be administered as cash flow pressure is day to day, and taking 14 or 30 days to receive funds may be too late.

The Chancellor announced a temporary abolition of business rates for small businesses in retail, leisure and hospitality with premises that have a rateable value up to £51,000. This means that those sectors likely to be hardest hit by self-isolation measures, such as shops, restaurants, bars, gyms, and cinemas, will see their Rates bills fall. Additionally, small businesses who do not pay business rates as a result of receiving Small Business Rate Relief, will receive a £3,000 cash grant to help smooth their anticipated cash flow pressures.

For individuals, there were a range of measures to provide security and support to those who need it most, including Statutory Sick Pay from day one of absence from work due to the virus (or Employment Support Allowance for the self-employed).

After he announced the special Coronavirus measures the Chancellor moved to the main business of the Budget, including:

- There wasn't much in the way of announcements on Personal Tax and National Insurance. The increases in the NIC thresholds will be worth £104 to most employees and £75 to the self-employed. There were no changes to personal Income Tax Allowances and Rates: the 2019/2020 figures continue for a second year, as expected.
- The tapered pensions Annual Allowance Charge thresholds will be increased by £90k each, which should help mitigate Income Tax liabilities for higher paid employees in a salary and contribution windfall year.
- Corporation Tax rates are to be held at 19%.
- Entrepreneurs Relief was not entirely scrapped but the Lifetime Allowance was cut back from £10m to £1m for disposals on or after Budget Day.
- Structures & Buildings Allowance was increased from 2% to 3% with effect from 1 April 2020.
- VAT Zero rating of books and printed matter was extended to e-equivalents from 1 December 2020

- Fuel duty was frozen for the 10th consecutive year.
- Fuel subsidies for "red diesel" will be scrapped "for most sectors" in 2 years' time – agricultural, rail and non-commercial (e.g. domestic heating) will be excluded, but concern has been raised by the Construction Industry as it has been suggested that this measure will add c.£3k to the cost of a new house.
- There will be no delay to the implementation of the Construction Industry VAT Reverse Charge which will come in as planned on 1 October 2020.
- The Revenue's standard Home Working deduction has been increased from £4 p.w. to £6 p.w., but it is unclear as to whether this will only be available for permanent home working or whether temporary homeworking arrangements whilst the Coronavirus crisis continues will qualify.
- The Capital Gains Tax Annual Exemption for 2020/2021 will increase to £12,300.
- There will be no delay to the new rules for reporting and paying Capital Gains Tax on chargeable residential property, so the deadline becomes 30 days.
- Total investment in flood defences will be doubled to £5.2bn over the next 5 years.
- £640m will be made available for "nature for climate fund" to protect natural habitats, including 30,000 hectares of new tree planting.
- More than £600bn is set to be spent on roads, rail, broadband and housing by the middle of 2025, representing the largest capital investment in infrastructure for generations.
- £2.5bn will be made available to fix potholes and resurface roads over 5 years.
- The ISA allowance remains at £20,000 p.a. but the Junior ISA and Child Trust Fund investment limits were increased materially from £4,638 to £9,000 to encourage saving for the younger generation.

Budget 2020 had been anticipated with some foreboding by tax practitioners. Several advisory bodies had recommended root and branch reviews of Capital Tax reliefs and there was a feeling that a new government with a clear majority for the next five years, and plenty of energy, might have taken the strategic opportunity to deal with the bad news first, keeping more palatable announcements for later.

In the event, and with the threat of economic disruption from Covid-19 looming, hardly a single one of the predicted, or feared, adverse changes came about.

All in all, it was a remarkably benign Budget designed to stimulate the economy and prevent Covid-19 tipping the economy into a deep recession. However, sooner or later there will be a financial reckoning, so, beware: "spend today, tax

tomorrow". Hence we all need to be braced for the Autumn 2020 Budget as somebody is going to have to pay for all of this!

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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The Salvation Army

A young boy and his father were out for a drive in the country on a lovely spring afternoon when a bee flew in the open car window. The boy was petrified of bees as he was allergic to their stings which could prove fatal and he became hysterical. His father reached out and grabbed the bee, squeezed it in his hand and then let it go. As soon as he let it go his son became frantic again as the bee buzzed around the car. His father reached out his hand and showed his son the sting of the bee stuck in his palm. He said, "Do you see this? You don't need to be afraid anymore. I've taken the sting for you."

This is the message of Easter. We do not need to be afraid of death anymore. Christ faced death for us. He took the sting and by his death on the cross at Calvary we can have eternal life through faith in him.

Join us at The Salvation Army on Good Friday, 10th April at 11am, to contemplate the sacrifice Jesus Christ made for you and then celebrate his victory over death on Easter Sunday, 12th April at 11am. You will be most welcome.

We also have a quiz night on Monday 20th April at 7pm. Come along as a team or individually and pit your wits against our quiz master John Asbridge who is notorious for setting the most fiendishly difficult questions. Tickets are £5 and available from The Salvation Army and the price includes a buffet.

Whether you join us for Easter or for the quiz night or both or for any of our regular activities, you will find a warm welcome at The Salvation Army. See our website for details www.salvationarmy.org.uk/snettisham or call 01485 579079 or email alison.kirby@salvationarmy.org.uk.

Alison Kirby
Corps Leader Snettisham Salvation Army

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Making the Most of Modern Life with an Ancient Form of Exercise

by Kyra Cruise (MGHT)

Life today can be very busy and stressful. Lots of us have roles and responsibilities that can weigh us down. Work, caring roles, not having enough time in the day, feeling low in terms of energy and mood.... If I was to offer you an easy and cheap way to de-stress that would also benefit you physically, mentally and emotionally, would you try it?

I am talking about an ancient form of exercise...yoga. But don't worry... It's not about perfect bodies dressed in Lycra standing on their heads! Yoga is exercise that everyone can do and it focuses on building strength, flexibility and co-ordination. Along with postures called asanas it also includes breathing techniques to calm and relax the mind and body. The word yoga is derived from Sanskrit and means 'to join or to unite'. It is a non-competitive activity that everyone can use to help benefit their physical, mental and emotional health.

I teach children to do yoga – but you probably wouldn't recognise it as such! In a typical class we may warm up by dancing with scarves, pretend to be animals, play games, read stories or give each other a mini back massage. Yoga done in this way always puts a smile on the kids' faces and a spring in their step as they go back to their classroom. Family yoga classes also are great fun...they give parents and children time to relax, interact and laugh together. At the end of every class there is a

guided meditation or relaxation exercise that has a calming, relaxing effect and leaves everyone feeling positive.

Having seen how yoga benefits the children that I teach I am now preparing to start chair-based yoga classes. These will help adults with restricted mobility, balance issues, or those who cannot do traditional weight bearing exercise. These classes will give some of the many benefits of yoga to a new group of people helping to increase their energy levels, boost low mood, improve stamina and strength, reduce muscular and joint pain, slow down the ageing process, aid weight loss and better sleep and also boost immunity.

With the current concerns about coronavirus, many people (especially those from vulnerable groups) may worry about attending group classes in public locations. This is where the ancient form of exercise can be combined with technology as I can video classes, or instruct people using FaceTime! If you have children who would like to do yoga I can recommend Cosmic Kids Yoga on YouTube where you can find lots of stories, breathing exercises and mini-meditations...it may be just the thing if the school holidays are extended and you have bored and restless kids on your hands!

So, perhaps after reading this you may think about trying yoga at home? My top tips are:-

- Always listen to your body – don't push too hard and adapt poses to suit you.
- Create a warm, comfortable space to practice your yoga and use a mat so that you don't slip.
- If you are a beginner take advantage of videos online to help you learn – there are lots of different styles of yoga so there's bound to be one to suit your needs.
- Always end with a calm, quiet time (either a meditation or guided visualisation or relaxation).
- Don't worry about not having an hour to practice ...just do a little bit as often as you can, even 10 minutes can help you de-stress.

And finally...relax and enjoy yourself! I am a great believer that exercise should be fun, not a chore.

Kyra Cruise (MGHT)

Aromatherapist, Holistic Therapist, Naturopathic Nutritionist and Yoga Teacher

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Ninth Charity Golf Tournament – Friday 1st May 2020

We are delighted to announce that we are holding our 9th Annual Charity Golf Tournament with the kind permission of Heacham Manor Hotel. This is a great opportunity to have fun with friends and support local charitable causes.

As with previous tournaments, we are inviting Teams of 4 to play 18 holes (Stableford) and enjoy a Breakfast of Bacon Roll with Tea/Coffee and a Two Course meal in the Heacham Manor Restaurant. There will be prizes for Nearest Pin on Hole 7, Longest Drive on Hole 4, a Hole In One competition and a raffle to be won on the day.

To take part please complete the entry form, or if you wish to take the opportunity to advertise your business/company by sponsoring one of the 18 holes for £50.00 or require further details, please contact 07748 052765.

We sincerely hope you will be able to support this event and we look forward to welcoming you at Heacham Manor Hotel.



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LIONS CHARITY GOLF

1st May 2020

Entry Form



Lead Booker Details:

Name/Title:

Address:

Postcode: Tel No:

Email:

Team Name:

Full Names: H/Cap: Club: CDH No. (if known)

.....

.....

.....

.....

Special dietary requirements:

.....

.....

Teams of Four: 18 Hole Stableford Full handicap allowance

Scoring Format: Teams of 4 best 2 scorers on each hole count.

Nearest the Pin on hole 7 & Longest drive on hole 4, and Hole in One competition.

£200 per Team entry fee is inclusive of: coffee and bacon roll on arrival; 4 ball playing 18 holes golf and two course meal in Heacham Manor's Restaurant.

Please return the completed form with a £200 cheque made payable to: Hunstanton Lions:

c/o Gerry Desroches, 28 Homefields Road, Hunstanton,
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Closing date for entries: 24th April 2020

**Tee times from 9.28am will be advised from
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Snettisham Beach Sailing Club

FREE SAILING OPEN DAY: *PUSH THE BOAT OUT!*

If you are 8 or 80, or anything in between, you will be welcome as Snettisham Beach Sailing Club throws open its doors for its "Push The Boat Out" Open Day on Saturday 16th May 2020 from 10.00am to 4.00pm, as part of the Royal Yachting Association national initiative to promote sailing and discover more Champions. Everyone is welcome to come along and try sailing – all for free! There will be free sailing taster sessions on the lake from 10.00 and an opportunity to try sailing on the sea in the afternoon.

Snettisham Beach Sailing Club is the prime place to go to learn to sail in north and west Norfolk; we can take you from first steps into a small boat on our lake through your RYA courses and onto confident sailing on the sea, and thereafter the world is your playground!

Food and drink available all day from the bar.

Save 10% off any R.Y.A. courses booked on the day

There is no need to book in advance just come along on the day!

Just bring footwear you don't mind getting wet, a windproof top, a change of clothes, and a towel.

No experience is necessary and would-be sailors of all ages from 8 years upwards are welcome. Children, you must accompanied by an adult but your adult doesn't have to go sailing. Come and chat with our members and find out how you can get into sailing.

For full details see www.snetbeach.co.uk



Photo – courtesy of Mark Foley.



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Searles Resort Golf AGM donates £3,500 to NARS

The Searles Resort Golf Club AGM took place on Friday 21st February to elect new Captains for 2020. However, the first order of the evening was to present the NARS (Norfolk Accident Rescue Services), Searles 2020 Captains' Charity, with a cheque for £3500. This superb amount was raised from Captains' Day, Gala Day in June, Ladies 100 hole challenge, the captains chaos and Dave Cox's Friday quiz nights. Junior member Louise Palmer raised over £1,000 of the total by selling golf balls lost on the course.

Paul Strutt, NARS Fund Raising officer, who was there to collect the cheque, thanked the club for their continued support and Louise Palmer for all the balls sold to raise money.

Searles are delighted to have donated an ongoing total of £12,900 to NARS since 2017.

Searles Golf Manager Edward Howes was pleased to announce that David Cox was continuing as Men's Captain, Keith Whiting was elected as Seniors' Captain and Teresa Hills as Ladies' Captain for 2020.

Searles Resort Golf Club and Fountain Bar hold monthly competitions as well as numerous other events and social competitions.

Membership is now available starting on 1st April; full annual membership costs £414 and summer membership £314 with no joining fee. Join early and March will be included at no extra cost.

Visit www.searles.co.uk or call 01485 536010 for more information.



L to R - Teresa Hills (Ladies Captain), David Cox (Men's Captain), Paul Strutt (NARS Representative), Peter Wills (Outgoing Seniors Captain).



L to R - Paul Strutt (NARS Representative), Louise Palmer (Junior Fundraiser).

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Tel: 571129

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS



Heacham Foot Health Clinic

professional foot care service

clinics held at Heacham and Hunstanton

HOME VISITS AVAILABLE

Tel: 01485 570512
Mobile: 07767 733838

JANET PITKIN DipCFHP, MPSpract
West Norfolk Mind, Poplar Avenue, Heacham

Parking Disabled Access



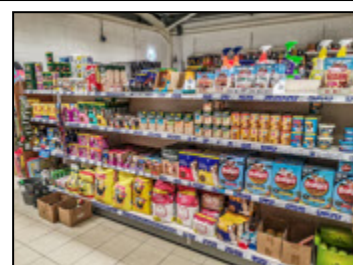
JENNINGS STORES

SOUTH BEACH ROAD

TEL: 01485 571265

WELCOME TO OUR NEW STORE

Open 7 Days a Week 6.30am - 10pm



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

Utility Payment Schemes.

Bottled Gas, Beach Goods.

National Lottery & Scratch Cards. The Health Lottery.



Wide Range of Groceries, Frozen & Chilled.

Foods, Spirits plus Chilled Wines & Beers.

Newspapers, Magazines, Toys, etc.

Wide Range of Medication.

In Store Laundry Available. Bring your Quilts.

Delivery of Groceries Purchased over £10

Over phone or in store

We Offer Cash Back.



PARISH COUNCIL MEETINGS IN BRIEF

Old Friends Hall – Coffee morning and all bookings have been cancelled until further notice.

The next Full Council Meeting will be held on Tuesday 19th May at 7.00pm at the Parish Council office.

The Parish Council has been granted a licence to treat Greylag Goose and Mallard Duck eggs. The licence permits the Council to treat nests on private property in the village, but only at the invitation of the property owner.

The Parish Council's policy of humane management is not a quick fix, but with Parishioners' support of its no feeding request, current numbers can be controlled and the flock can be maintained at a naturally sustainable balance.

The Parish Council continues to urge residents not to feed the ducks or geese. This is particularly important to prevent mother ducks bringing ducklings off the ponds and onto the roads.

Heacham Parish Council

HEACHAM 2020 SPRING ART SHOW

Calling all local artists. The Heacham 2020 Spring Art Show will be held on 23rd-24th May at the Old Friends Hall. If you are interested in showcasing your work then please contact the Parish Office on 01485 572142.

Please look out for updates on the Heacham Facebook pages.

HEACHAM PARISH LIBRARY

Hurrah! We have successfully moved the Library to its new temporary home at St Mary's Church Hall in the High Street where it will stay until the completion of the new Community Building.

Library services and opening hours remain exactly as before with free internet access via three computers, printing for a small fee (currently 15p per sheet) and opening hours as listed on the back page of this Newsletter.

However, due to the evolving Coronavirus situation at the time of going to print and in line with the decision taken by County Libraries, the Parish Library is closed and will not be re-opening until further notice. We will keep you informed when we are able to reopen.

Whatever happens over the next month or so, please keep safe, and we look forward to welcoming you at some stage in the hopefully not too distant future. In the meantime, if you have any queries please ring the Library mobile number on 07398 647119 or contact the Parish Office.

We wish you well.

Heacham Library Team

HEACHAM LIBRARY

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

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 & 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.



Heacham Carnival Parade and Fete 2020

SUNDAY 2nd AUGUST

*** Start thinking about your float ***

This year's Heacham Carnival will be held on Sunday 2nd August, please make a note in your diary. More details will be provided in the following months.

Are you going to win the £100 prize for the best float?

Give it a go - you never know?

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

CORONAVIRUS EMERGENCY

Following guidelines from the central government, the Council has taken the difficult decision to close the Old Friends Hall and the village library for the immediate future.

In line with these guidelines and to protect our employees, the office in Pound Lane will also be closed to the public from Wednesday 18th March until further notice.

The Parish Maintenance Officer will be carrying out very limited duties, mainly hygiene related.

Should you need to contact the Clerk, please do so by email or by leaving a message on the normal number. The Clerk will respond as soon as she is able.

These unwelcome measures are being taken to assist in keeping all our parishioners as safe as possible and will be regularly reviewed.

We apologise for any inconvenience this may cause and will endeavour to be back and operational as soon as it is safe to do so.

Any queries should be addressed to:

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

Email: heachampc@btinternet.com

Website: heacham.norfolkparishes.gov.uk

Open Tuesday - Friday 10.00am-12 noon.

HELP LINES

HEACHAM GROUP PRACTICE 01485 572769

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

OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

HEACHAM CHEMIST 570297

OPEN MON - FRI 09.00 TO 18.30 SAT 09.00 TO 17.30

Between 13.00-14.00 prescriptions and certain other products only available if the Pharmacist is in attendance

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

TERRY PARISH 07885 258428

STUART DARK 01485 544339

NORFOLK C C MICHAEL CHENERY 07920 286638

PARISH LIBRARY - Closed until further notice 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 - Closed until further notice 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 - CANCELLED

Route DER201 TUESDAY Every four weeks

| | |
|---------------------------------|---------------------|
| 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 read instructions and obtain code to activate)

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

Fullers Body Repair Centre



Established 1973

E: beautifulbodies@hotmail.co.uk

**Unit 10
Cheney Crescent
Heacham
Norfolk
PE31 7BT**

**T: 01485 570799
M: 07799 118503**

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