



THE HEACHAM NEWSLETTER

May 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 19th May 2020

THE HEACHAM NEWSLETTER

Whilst we will make every endeavour to continue publishing printed copies of the Newsletter, it could be that in the near future we will be prevented from doing so due to the Coronavirus restrictions. However, should this happen, the Newsletter will still continue to be available to view online at www.heachamnewsletter.org.uk

NB: All 'What's On' & back page information is subject to Covid-19 rules/availability.

Thank you for your understanding.

THN



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

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your letters..



Dear Newsletter

Paola, Malta

'Keep Smiling at Trouble'

It has been a long time since my last letter was published in the Newsletter.

May I remind the readers of the Newsletter my connection with Heacham. It was in 1966 that I worked as a waiter at the 'High House' which at that time was a guest house.

Taking a quick look at the March Newsletter it seems that the village is doing well at the moment. I sincerely hope that the coronavirus will be kept out of Heacham as much as possible.

Although my country, Malta, is a small country in the middle of the Mediterranean Sea, we have a population of about 450,000. At the moment (March) we have 110 infected Maltese citizens, including some foreigners who live in Malta, who are infected with the coronavirus. The vast majority of Maltese citizens, like other citizens in various countries, are staying at home and get out very little. But there are some Maltese who don't care and get out often.

Malta is close to Italy and we receive Italian TV stations easily all day long. Therefore, we know quite well the situation in Italy. We are sympathetic and supportive of the Italian people as the situation in Italy for a very long time has been very dramatic and dangerous medically.

So I want to make an appeal to everyone. Stay at home as much as possible so that we, all together, will defeat this deadly virus.

As my late favourite minstrel, Al Jolson, in one of his songs sings, "Keep smiling at trouble for troubles are bubbles and bubbles will soon go away".

Vince Williams



Dear Newsletter

Hunstanton

'The Saltings'

I started to read the article about The Saltings in the April Newsletter about a tourist-based development along Heacham North Beach. When I got to the bit about the mooring up of 300 craft, I thought hey-up there's something fishy here. Then I looked at the front cover and it said April. It was a good story!

It was not unlike when a few years back the Lynn News put an April Fools article in their paper. It was about the Anmer (near Sandringham) Yacht Club, wanting to build a canal, or something like that, from Anmer right through to Heacham Beach.

This story had a funny ending, as a day or two after it was printed in the Lynn News I was riding my bike along Beach Road near Jubilee Bridge when a chap in a Landrover stopped me and asked me where this canal was being built as he was a JCB driver and was looking for work. When I told him what it was all about, he was not very happy as he had come from the other side of King's Lynn!

**Dick Melton
Sunny Hunny**



Dear Newsletter

High Street

Lockdown - the Positives!

Contrary to the views of PJS in last month's Newsletter I have found many positives during the current crisis:

- The thousands of organisations (and countless individuals) providing free help and support (both practical and emotional) to others.
- The many people who have bought in moderation for themselves and especially those who have bought frugally so they can also shop for others, despite rationing.
- Those who remain friendly and smiling while continuing to work (sometimes in very difficult circumstances).
- Ambulance workers, like my niece, who are still going to work (harder than ever) despite the inadequacy of their protective equipment.
- Thursday night clapping.
- The local shopkeepers in Heacham and Hunstanton who are continuing to provide us with essential services and items, and occasional treats (respite from cooking).

A very special thank you to everyone who continues to work to help us all including refuse collectors, postmen and women, delivery drivers, bus and train drivers, cleaners, carers, shop assistants and food producers/sellers. Also, the inevitable people I have missed. You are all doing a great job, as well as (of course) NHS employees. Amongst the supermarkets, Tesco (Heacham and Hunstanton) have been exceptional in their efforts to keep staff and customers safe.

Let's look on the bright side here - this is going on for a long time. It is such a shame to focus on the minority of people who are behaving selfishly.

Beth Winsor



Dear Newsletter

Marram Way

Dog Mess – Marram Way

I live on Marram Way and had finished cutting my lawn and was about to mow the verge when I counted 6 heaps of dog mess! Quite frankly, it's disgusting.

Please, can dog walkers pick up the mess after their dogs!!

Paul Curson



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news & events in the community ...



Heacham

Dear Newsletter

Dismay

With reference to the letter in the April Newsletter headed 'Dismay'.

What a true reflection of some of our society in these difficult times. On some occasions when I have been in the supermarket, it saddens me to see the bewildered faces of our less able citizens looking at the empty shelves. I made a point of, at a safe distance, asking are you looking for something I can help you with. The pleasure it gave me to see their faces light up as we had a little joke and tried to find what they needed (if possible). Gentlemen especially, who are not as 'au fait' as us ladies in the shopping department, were always pleased with a bit of help.

Hopefully, when this is over, can we spare a thought for some of the smaller shops who have helped out and offered delivery etc., - Kemps, the greengrocer, the Pet Shop in Hunstanton, Jennings and the Bakery in Heacham and, perhaps (myself included) we should support them a bit more. They deserve it.

Also, the supermarket staff who have had to bear the brunt of people's fury in not being able to get enough of what they wanted.

Mrs B Levett

Old Friends Hall Art Show

The May Art Show at the Old Friends Hall will not be going ahead; it is postponed to reappear when circumstances allow.

Thank you to those who made enquiries about the event. As soon as the committee feels it is feasible to reinstate the exhibition, we will provide information via the Newsletter.

Roger Drinkwater
Old Friends Hall Committee

Heacham Carpet Bowls Club

So, you thought you couldn't go bowling! A small scrunched up piece of paper makes a good jack or egg cup and better still a big ball or bigger scrunched up newspaper makes a bowl. Think, 'here's one I made earlier'!

So, set up your garden/front room, or hallways are good. Take aim, look to where you expect it to go, send out that expectation and just bowl your paper and success! Hurrah the crowd goes wild, it's a medal for Great Britain. Gold of course. Your dog or cat can join in too.

But, and here's the interesting part, did you know that in experiments, people sitting on the sofa visualizing (seeing in imagination) themselves winning gold, those doing some exercise towards that goal, and others actively chasing that medal, actually achieved similar results in body responses and chemistry. Now, how fascinating is that. So get scrunching that newspaper.....

Alison Bowyer

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Apocalypse

Most of us have seen it all, the good the bad the brave,
But as you know there's always, something new to save,
There are, we all remember, the wars and bombs for all,
A three-day week encountered, we answered to the call.

Unemployment, queuing for the dole, nations disagree,
And we could save the planet, if we join in planting trees,
Every sort of tempest, the fire, the flood and famine too,
And everywhere there's terror, that we have all lived through.

Now we have a new one, a virus, could be bad for you and me,
It's landed in our laps so soon, there's lots of trouble that we
see,

Viruses, we pass them round by being close and breathing
everywhere,

So, we must all be patient, look, listen, be careful and take
care.

Don't squeeze your favourite mistress or snog your new best
guy,

Just keep a little distance, and you know, you'll both get by.

While we wait, remember, we will have time to think,
And if that's not enough, we can always turn to drink,
No good, rethink, not the time to sink, to the brink?

But, as we have seen it all and many times before,
I'll hunker down and let my poor old mind explore.

John W. 22/03/2020

(Read slowly with lots of pauses)
(Choose your own end to this poem)

Infinitesimally Small

The chances of life, are infinitesimally small,
In fact, it's a wonder, that we're here at all,
Billions of earth years, have flashed through the sky,
Suns and planets are lost and born and I, wonder why.

But why is not the question, we are searching to explain,
It's how it came to happened and we are here all the same,
We have arrived at a place, that is all quite unique,
You're here and you know it, you see and you speak.

This place is all just magic, it's now and it's new,
A miracle of eternity, miraculous and it's you.

So, what do we do in this wonder of life?
That provides us with all that we need,
We fight and complain, kill a wonder every day,
And the miracle we have;

John W. 31/01/2020

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The Salvation Army Where is God in all this?

This may be a question many people ask as we live through the COVID-19 pandemic. As I write this we are in 'lockdown'. Our lives are severely restricted, we are not allowed out of our own homes except for vital supplies and daily exercise and we listen to the daily news updates of the number of cases of the disease and sadly the number of deaths too. With all this going on, with no corner of the world left untouched by this virus, we may well ask, 'Where is God in all this?'

In 1 Kings 19 we read the story of the prophet Elijah who was hiding in a cave in fear of his life. Whilst he was in the cave the Lord spoke to him and told him to go outside as he was about to pass by. Elijah went outside and a powerful wind tore the mountains apart and smashed rocks, but the Lord was not in the wind. Then came an earthquake but the Lord was not in the earthquake. After the earthquake came a fire but the Lord was not in the fire and after the fire there was the soft whisper of a voice and God spoke to Elijah.

God is not in the coronavirus. God is not in the disruption caused to our lives. He is not in the storm of COVID-19. He is in the soft whisper of those who come after. He is in the dedication of the NHS staff who selflessly and tirelessly work to care for those admitted to hospital and those who remain at home. He is in all those who continue to work in key industries, supermarkets and other food outlets, pharmacies and delivery services to name but a few. He is in the hundreds of thousands of volunteers who have offered their services to those who are self-isolating. He is in the neighbours who rally round at our time of need.

On Songs of Praise a few weeks ago Second World War veteran, Henry Billinge spoke of his answer to those who asked of the war, 'Where is God in all this?' His reply was that it had nothing

to do with God but everything to do with the evil that is in every man **but** he said there was also a spark of good in every man which just needed to be fanned into a flame.

I think we have witnessed the spark of goodness in each one of us being fanned by the coronavirus pandemic. It has brought out the good in everyone and seen communities coming together to help the most vulnerable. We have seen acts of goodness and kindness all around us and it has helped us to appreciate those things that we often take for granted, such as visiting family and friends, travelling and gathering together for worship.

Although we are not allowed to gather for worship, our hall in Snettisham is closed and so is our charity shop in Hunstanton; The Salvation Army is not closed. We are still here praying for our community and available to help with practical assistance and spiritual needs. If you need us just get in touch.

God bless you and all you are doing in this time of national crisis.

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WHAT'S ON IN MAY

CORONAVIRUS

**WE ARE CLOSED UNTIL FURTHER NOTICE
BUT WE WILL BE BACK!**

Every Monday

Every Tuesday

Every Wednesday

Every Thursday

Every Friday



**CORONAVIRUS
STAY HOME
PROTECT THE NHS
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CHURCHES TOGETHER IN HEACHAM

There is a time for everything, and a season for every activity under the heavens.

A time to be born, and a time to die

A time to plant and a time to uproot

A time to weep and a time to laugh

A time to mourn and a time to dance

A time to embrace and a time to refrain from embracing

A time to be silent and a time to speak

Ecclesiastes chapter 3 from the Bible



What a season we are in: life as we know it has been turned upside down with so many changes for us all, whoever we are. I am writing this a few days

after the strangest Holy Week and Easter I have ever known, with no services or activities in church. It's a time when we are socially isolated from each other, yet connected through this virus to people all around the world. It's a time when some of us are relearning old skills and others of us on steep learning curves for new ones. It's a time when we are reassessing what and who our priorities are, a time when we are reflecting on what is important. A time where grief and fear are overwhelming for many. For some, faith has been strengthened, for others it's been tested to the limit. We are seeing the best and worst of people, as we learn to live this new (albeit temporary) normal. These verses from the Bible seem very appropriate.

6 years ago, we moved to Heacham, and I am so thankful that we did, it's an amazing village community to be part of. Thank you to all of you who are playing your part in this, at this unprecedented time. Those staying at home, and in doing so protecting our NHS and saving lives. Those key workers, who are keeping life going for the rest of us: yes, the NHS workers, but also the countless others who are working, often behind the scenes. Those volunteering to help others, and those looking after their neighbours - together we are making a difference - THANK YOU.

Please know that at this time, you are loved and valued, and that God holds us all in the palm of his hand.

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.

Amen.

With my prayers and best wishes.

Veronica.

Revd Veronica Wilson
Vicar of Heacham 01485 570697
heacham.vicar@gmail.com



Heacham Parish Church

HEACHAM PARISH CHURCH

The Church building remains closed, but the church is still open! We are still praying for you all at 9am every day and other times; we are still worshipping, though we can't gather together. We have set up a You-Tube Channel - Heacham Parish Church, Our website is <https://www.heachamchurch.org.uk/> and we have a Heacham Parish Church facebook page.

The churchyard remains open for anyone to walk in for your daily permitted exercise, and to visit graves; please observe social distancing when there.

We are really sorry that we can't hold funeral services in church at this time; we can still offer burials with a graveside service for close families, as well as cremation services. We will be offering memorial and thanksgiving services for anyone who has died when we are able to. Do contact Veronica, if you would like one.

The bereavement group is not able to meet at this time, but can offer telephone support to those who are grieving; contact Veronica if you would like to talk to someone who will understand.

We are doing our best as a church to care for each other, our neighbours and our village community.

If you need help, practical, emotional or advice, do contact Revd Veronica Wilson 01485 570697 or email: 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
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Coronavirus - Community Support for Heacham

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

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

We have a comprehensive list of local businesses who are delivering food, and essential supplies to those 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

Other volunteer groups who can give help and support are:-

Round Table Support – Tel: 07592 636534

Coronavirus Mutual Aid, West Norfolk – Tel: 07956 621177

HEACHAM METHODIST CHURCH



HEACHAM METHODIST CHURCH

Are you brutally honest with God? I don't mean do you try and hide things from Him, (be a bit difficult to do anyway really), but are you brutally honest with God when it comes to this

time in your life when all seems pretty dark and forbidding.

Often people have asked me is it right to question God? Is it right to call out "where are you?"; is it right to ask "why have you forsaken me?" I bring this up not only because I think it is important we consider the matter, but also because of its appropriateness to many people's lives at this moment.

As I was thinking about this subject the questions that came into my mind were "Did Peter cry out in pain when he realised the enormity of what was happening to Jesus?" "Did Mary scream in anguish to God *why* when she saw her son being beaten and hung on a tree? The psalms give us clues that as honest Jews they probably did.

Even Jesus on the cross cried out the words "why have you forsaken me?"

Perhaps over the coming weeks we need to be brutally honest with God; our lives, other people's lives are at times shattered by personal circumstances which are beyond our understanding. As people of God we, just like our Lord on the cross, are not faithless crying out why; we are just people who are putting all our trust and faith in a God whom we know is listening. And it is to that God that we in the end sing our praises, because even in our deepest groaning of despair, He walks beside us and sees us through the darkness of our own personal Calvary.

Steve (Rev)

Heacham Methodist Church

(Join me in the Gospel Hour at 10am every Sunday www.hospitalradiolynn.org.uk or on your smart speaker)

Hunstanton Catholic Parish

Due to the Coronavirus, our churches are closed. However, just a reminder that you can go online to our website at: www.hunstantoncatholicparish.org to catch up on news, information, Fr Henry's Sunday Homilies and links to livestreaming the Masses.



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1 Peter 1:3

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The Pocahontas Players

As you will have read in last month's issue, The Pocahontas Players wonderful May 8th and 9th War show was postponed with new dates for the show planned for 18th and 19th September. Whether the group will be able to perform on these dates is still undecided due to the Coronavirus situation. Please watch this space, as they say. We will keep you informed.

However, things are still going on, behind the scenes. I wrote in the March issue asking if anyone had a Railway bench, or something similar, for a war time scene, for the young evacuees arriving at the train station with their little brown cases and gas masks to sit on. Thank you very much for the many phone calls regarding my odd request. Mr Terry Clay offered the group The REAL thing but unfortunately after much measuring up, 9ft long was too big. It would have looked very much the part on Heacham Public Hall stage but it wouldn't bend to be stored in the side wings, whilst other scenes were being acted out.

We then had a trip to Snettisham Auction and managed to bid successfully on a garden bench. With lots of sandpaper, 2 coats of paint and a clever husband, who built the HEACHAM sign, we came up with this. It may not be exact but The Pocahontas Players have slightly changed the famous war time saying of 'Make Do and Mend' to 'Make Do and Pretend'.

This project was well under way when we had many phone calls from you with offers of your garden benches.

Thank you all, Terry Clay and The Heacham Newsletter, very much. Update next month (hopefully?). With thanks.

Janice Curtis





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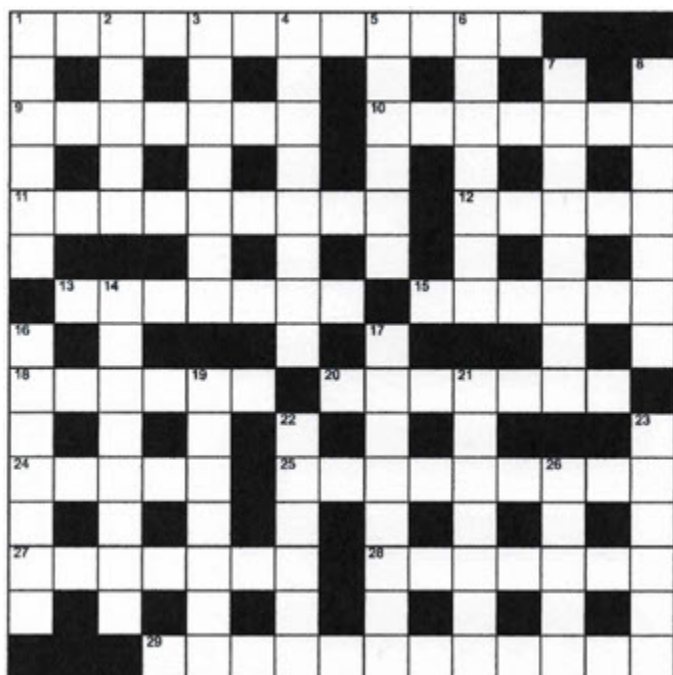
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MAY CROSSWORD



CLUES:

Across:

1. They play music by Handel on the radio (6,6)
9. Block view of shimmering sunlight with large shed (7)
10. Position ring on small cog (7)
11. Start to construct a brilliant plan (9)
12. Private cover released by Vera Lynn? (5)
13. Small farmer found flyer hard to ignore (7)
15. Being devoid of spirit (drunk before ten, we hear), but harmless (6)
18. Start thirsting after carefully guarded secret (6)
20. Cheese roll on? Shortly (7)
24. Little one counted on toes during rhyme (5)
25. Be confronted by amusing people at pictures (4,5)
27. Guards head off challengers (7)
28. One used to putting in a low-key performance? (7)
29. Home before midnight after trip here (2,10)

Down

1. Feeling a bit down, I wear red (6)
2. Sunrise really has one getting out of bed (5)
3. Make highest jump by fractions (7)
4. Figures pain should be reduced in months (8)
5. Good cotton producer – why sound pessimistic? (6)
6. Working away one encounters a few who are unpleasant (7)
7. Flap about, turn and seethe (8)
8. Having broken iron, securing a different one is hell (7)
14. One running over long opening stretch (8)
16. Dash for a second drink, as told (7)
17. Hot place where plants might be potted? (8)
19. Delightful way to say lines – off stage to begin with (7)
21. Taxed, having worked without a break (7)
22. Make amends for cancelled party (6)
23. Fly to place abroad twice (6)
26. Where ignorance will hold sway? (5)

Solution on page 38



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Heacham Beavers

This year marks our one year anniversary already!! We have a full colony of beavers and have had a busy first term. We have been learning about endangered animals, fair trade, made water filters and made a poster to send to the local supermarkets to tell them we think they use too much plastic for their packaging. For this we earned our Global Issues Badge. We have also earned our Collectors Badge, Experiments Badge, Community Impact



Badge and invested lots of new Beavers.

One of the best badges we earned this term was our **N i g h t s A w a y** Badge. For this we slept in the

Scout Hut in tents!!! We had dinner together, played games, did activities, stayed up late, slept most of the night then all had breakfast together in the morning before going home – we can't wait for the next one.

S i n c e suspending meetings mid-March, we have been b u s y completing tasks and e a r n i n g badges from home. We have been helping



parents with gardening and chores, delivering care packages to neighbours and the elderly, helping with younger siblings, putting rainbows in their windows and posting crafts and paintings to friends and family.

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Before lockdown these three Beavers were helping at Kemps Fruit and Veg shop in Hunstanton who have been working



tirelessly to provide food for the elderly, vulnerable and people in isolation. The Beavers had been helping make and box up the orders and deliver them to customers. Since lockdown they have been helping with some deliveries by staying in the cars and finding the door numbers on the way round.

I am very proud of all of them for showing their support in the community and at home.

Malak
(Heacham Beaver Scout Leader)



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Ruffle: A Toy's Adventures

All Aboard!

After the large bird had dropped Ruffle, the parachute made by the girl had gently guided him to a landing next to a boating lake in the park. Ruffle had spent another night in the open with the sounds from the lake echoing in the stillness. It was quite comforting for Ruffle to be near the geese and ducks who had made the park their home, even if they were very curious about the new black and tan fur arrival!

The weather was lovely and warm which had brought out families looking forward to the promise of Summer days to come. In the early afternoon two children walked eagerly along the path towards the lake. The older boy carried a large model boat in his arms, the younger girl a remote control unit.

'Wait at the edge please!' called their mother, a little way behind.

Once together they began readying the boat for its voyage when the girl suddenly caught sight of the white handkerchief. She went over to investigate and gave a cry of delight as Ruffle was uncovered. She brushed him down with her hand then took Ruffle, still attached to the handkerchief, over to her brother and mother.

'Look what I've found!' she cried. Her brother looked at Ruffle.

'Let's take the hankie off the dog then tie him to our boat! He could go for a ride around the lake!'

Their mother helped to untie the white parachute that had done its job so well. then the pieces of string were used to carefully tie Ruffle to the front, or the bow, of the model boat.

'There!' she said once she had secured him. 'He'll have a fine view!'

The boy took the boat over to the edge of the lake and gently lowered it into the water where it bobbed about expectantly.

The girl pulled out the aerial from the remote control unit then skilfully moved the boat away from the edge towards the middle of the lake with Ruffle proudly guiding the way. The boat easily rode the little waves made by a gentle breeze that blew across the lake.

The children took turns to guide the boat but as the boy manoeuvred the vessel around the little island in the middle of the lake the boat suddenly came to a stop. The batteries had been exhausted leaving the boat stranded. Luckily the lake was quite shallow so the children's mother reluctantly took off her shoes and socks, rolled up her trouser legs and waded carefully across to retrieve the boat. With batteries dead the boat would no longer sail so the family decided to return home. They untied Ruffle and decided to leave him on the bench next to the lake in case the person who had dropped and lost Ruffle returned.



Ruffle sat quietly on the green park bench as the children and their mother carried the boat along the path and disappeared...

Find out more about Ruffle's adventures and story books at www.ruffletheraildog.co.uk or watch and listen to some of the stories on YouTube under 'Ruffle's Walks'

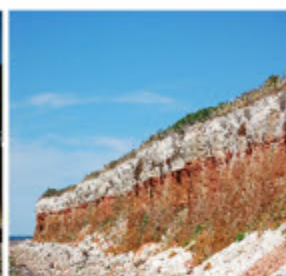


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How to spot a fraud by Keith Winsor, oapc – computer help without the jargon and International Man of Mystery

On moving to Heacham, I gave up my previous career as an international counter-intelligence operative, working out of a smoke-filled basement somewhere in Westminster.

Hello, I'm calling from BT. We've noticed some unusual activity on your line and we'd like to help you resolve the issue now.

Which of those two paragraphs do you think is more likely to be true?

I'd guess the majority of readers would have chosen the second, but those who know me will obviously have opted for the first and they would have been correct (although the truth will have to remain a secret between me and Sir Richard Dearlove).

Quite simply, BT would never ring you to tell you about an internet problem, unless you had rung them first. Nor would Sky, TalkTalk, Plusnet, or any of the other major internet service providers.

Before the world came crashing about our ears, I had two appointments in succession where customers had been fooled into clicking something they shouldn't: one a substantial financial fraud, the other a website designed to look like an official government site but charging a fee for something that would be free if you visited the correct site.

So, this month's article starts a series on how to avoid cons: visiting a dodgy website, clicking on a link in an email, or falling for a convincing phone call and putting yourself at risk.

Let's start with a few definitions, so that we're all on the same page:



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Browser – a program you use to access the internet:



Internet Explorer (RIP).

Search Engine – a service you visit *using your browser* to find a specific item. Examples include Google, Bing, DuckDuckGo.

Mobile phones can do things slightly differently, blurring the lines between the two, but those are the basics.

Google has a search engine called, er, Google. Microsoft has a search engine called Bing. I often find customers get confused because you can use Chrome (Google's browser) to access Bing (Microsoft's search engine). And in Microsoft's Edge you can search using Google...

Anyway...

When you search for a website, the results are presented to you in order of relevance, so the higher up the list, the more it matches what you're looking for. What you see depends on your previous history, the browser you use, your privacy settings and more.

As an example, when you renew a driving licence, you might well go to Google to find the correct place. I did just that, and came up with this:

Ad - www.applyukdrivinglicence.co.uk/ ▼

Renew Your Licence | Renew Online

Renew your licence for 10 years - Immediate Order Email Confirmation. Free reprocessing in case of any errors. Lost Licence Protection. Specialist Services. Multiple Payment Options.

[Refund Request Form](#) - [Contact Us](#)

www.gov.uk > Driving and transport > Driving licences ▼

Renew your driving licence - GOV.UK

Apply online to renew your 10-year driving licence, full or provisional - cost, payment methods, documents and information you need.

Anything strike you as odd there? Notice that little word **Ad**, hiding in plain sight? Depending on the program you use (Chrome, Edge, Firefox), it might look different, perhaps like this:



but it tells you that the website isn't there on merit, they've *paid* to be at the top.


I tried the same search using a number of different browsers and search engines and got varying results, from no ads to four, with names like applyukdrivinglicence.co.uk, licenceapply.co.uk and applydvladrivinglicence.co.uk

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Now I wouldn't for one minute say that any of these were dodgy companies set up to trap the unwary: I'm sure they all guide you through the renewal process for a very reasonable fee on top of any charges the DVLA raise. But the real DVLA site www.gov.uk/renew-driving-licence costs nothing to access, and charges only the government-mandated fees with nothing on top, so be careful.

My simple rule is, *never click on a link that says 'Ad'*.

How to decipher a website address:

Next month, God willing, we'll look at spotting scam emails but let's take a general look at how a web address (also known as the URL) breaks down. Here's a straightforward one:

<https://www.bbc.co.uk/news/business-52184229>

Let's focus on a few points. Every web address begins <http://> or <https://> so we can ignore that bit. That leaves:

www.bbc.co.uk/news/business-52184229

The internet uses the forward-slash symbol / to separate pages from website names (think Moby Dick / Page 4). So everything after the first / is just the page within the website. That means, to see if a site is genuine, we can ignore the first / and everything after

By ditching [news/business-52184229](http://www.bbc.co.uk/news/business-52184229) we're left with www.bbc.co.uk/ which I'm sure you'll recognise as a legitimate address.

Naturally, there's a slight complication. Sometimes you'll hear the phrase 'domain name' bandied about. Sticking with the BBC, their domain name is bbc.co.uk. But it's also possible to have a **sub-domain**. This is a separate area but crucially still part of the main website. An example is news.bbc.co.uk

If you type that into a browser, it will take you to bbc.co.uk/news, part of the BBC website.

The important point is, a sub-domain will only ever be separated from the main domain by a full stop, so news.bbc.co.uk

is a legitimate part of the BBC but

news-bbc.co.uk

is not. It might exist as a website but that hyphen means it's not part of the BBC.

Some unscrupulous companies might include letters hinting at legitimacy like, off the top of my head, applydvladrivinglicence.co.uk including the letters dvla. Not that I would for one minute suggest that applydvladrivinglicence.co.uk was an unscrupulous company. Not at all.

But any official government agency will tend to end in gov.uk, such as hmrc.gov.uk and if the site you've clicked on doesn't, it probably isn't what you think it is.

Next month, we'll look at some real examples of not-dodgy-at-all websites that I've received but, in the meantime, keep safe, keep well and be nice to each other.

Keith Winsor, oapc

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Heacham in Bloom



At the time of writing, mid-April, all work parties and meetings are suspended due to the lockdown so our virtual (email) thoughts have been given over to how we will manage this summer once (if) we come out of the lockdown.

The first decision taken was to cancel this year's Best Blooming Caravan Competition which is a shame after 9 very well supported years; here's hoping we can run it next year.

As to our planned summer planting, at the time of writing we are still expecting our plant order but planting will be an issue if we are still social distancing. If, and it is a possibility, we do not receive our order, our best hope will be to keep the beds looking as tidy as possible and plant whatever we can obtain, if anything.

We, as a team are very grateful to have such lovely sponsors and supporters and we wish you all well and we hope to see you around and about our lovely village once we are on the other side!

Take care, keep safe and well. With very best wishes.

The Heacham in Bloom Committee
heachaminbloom@btinternet.com

TIDE TABLES FOR MAY & JUNE 2020

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST.									
May 2020					June 2020				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 F	11 35	5.5			1 M	01 55	6.0	13 58	6.3
2 SA	00 57	5.5	13 12	5.6	2 TU	03 00	6.3	15 03	6.7
3 SU	02 27	5.9	14 34	6.1	3 W	03 56	6.7	16 01	6.9
4 M	03 32	6.3	15 35	6.7	4 TH	04 47	6.9	16 56	7.2
5 TU	04 25	6.8	16 27	7.2	5 F	05 33	7.2	17 50	7.4
6 W	05 14	7.3	17 18	7.5	6 SA	06 17	7.3	18 40	7.4
7 TH	05 58	7.5	18 06	7.8	7 SU	07 00	7.3	19 30	7.3
8 F	06 40	7.5	18 54	7.8	8 M	07 40	7.3	20 14	7.1
9 SA	07 20	7.5	19 39	7.7	9 TU	08 19	7.1	20 59	6.7
10 SU	07 58	7.4	20 24	7.4	10 W	08 57	6.8	21 44	6.3
11 M	08 36	7.1	21 08	6.9	11 TH	09 37	6.5	22 34	5.9
12 TU	09 14	6.7	21 58	6.3	12 F	10 25	6.1	23 32	5.5
13 W	09 58	6.2	22 58	5.7	13 SA	11 23	5.7		
14 TH	10 54	5.7			14 SU	00 33	5.4	12 29	5.6
15 F	00 14	5.4	12 11	5.5	15 M	01 35	5.4	13 33	5.6
16 SA	01 27	5.3	13 24	5.5	16 TU	02 33	5.5	14 32	5.7
17 SU	02 34	5.5	14 30	5.7	17 W	03 24	5.9	15 24	6.0
18 M	03 31	5.7	15 25	6.0	18 TH	04 09	6.1	16 12	6.2
19 TU	04 17	6.1	16 11	6.3	19 F	04 49	6.3	16 57	6.5
20 W	04 54	6.3	16 51	6.5	20 SA	05 27	6.6	17 41	6.6
21 TH	05 26	6.6	17 29	6.7	21 SU	06 06	6.8	18 25	6.7
22 F	05 58	6.7	18 07	6.7	22 M	06 44	6.9	19 10	6.8
23 SA	06 29	6.8	18 45	6.8	23 TU	07 23	6.9	19 51	6.8
24 SU	07 03	6.9	19 23	6.8	24 W	07 59	6.9	20 33	6.8
25 M	07 36	6.8	20 00	6.7	25 TH	08 37	6.9	21 18	6.7
26 TU	08 08	6.8	20 37	6.6	26 F	09 20	6.8	22 06	6.5
27 W	08 43	6.6	21 19	6.3	27 SA	10 08	6.6	23 04	6.2
28 TU	09 24	6.3	22 09	6.1	28 SU	11 06	6.5		
29 F	10 15	6.1	23 15	5.9	29 M	00 10	6.1	12 14	6.3
30 SA	11 22	6.0			30 TU	01 17	6.1	13 24	6.3
31 SU	00 38	5.7	12 42	6.0					

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73 people attended the blood donor session at the Public Hall on 18th March 2020 and 54 units were collected. There were 4 new donors. Thank you all. Please note that the next visit to Heacham is on Wednesday 8th July 2020. To make an appointment ring the Helpline 0300 123 23 23 or online at National Blood Service information www.blood.co.uk

We are grateful to all our amazing donors for their continued support during these challenging times. Our priority is to safeguard the blood supply to make sure hospitals and patients get the blood they need and sessions are continuing with extra safety measures in place. Blood stocks remain healthy but may fall sharply in the future so please make every effort to keep your forthcoming appointments. If you are one of the thousands who have tried to register, thank you and we will be in touch. Thank you for your support at this time on behalf of our NHSBT staff, hospitals and recipients.

More information can be found at <https://www.blood.co.uk/news-and-campaigns/news-and-statements/coronavirus-covid-19-updates>

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General Knowledge Quiz

Whilst most of us must stay at home during these unprecedented times, we are grateful to one of our readers who has devised a monthly quiz for the Newsletter. It may stave off cabin fever for a short time and stimulate some brain cells!

Each quiz will have a theme.

Ships and Boats and Things that Float

1. What was the name of the ship used by the scientist Charles Darwin on his voyages of discovery?
2. In the children's TV series Captain Pugwash was the master of which vessel?
3. What mode of transport was a Short Sandringham?
4. Which Greenpeace ship was sunk by the French Intelligence Service in Auckland harbour in July 1985?
5. The retired Royal Yacht Britannia is currently berthed at which port?
6. Which vessel currently in dry dock after its £81 million restoration is named after a short nightdress?
7. What was the name of Ellen MacArthur's trimaran in which she broke the world record for a single-handed non-stop circumnavigation in 2005?
8. The "Quinquireme of Ninevah" was a creation of which English poet in 1903?
9. What was the name of Francis Drake's ship during the attempted invasion by the Spanish Armada?
10. According to J.M.Barrie who captained "The Jolly Roger"?
11. In 1872 which American brigantine was found intact but abandoned in the Atlantic?
12. In which ship did Jason and his crew set sail in their search for the Golden Fleece?

(Answers on page 38)

The Norfolk Hospice

The Loose Change Challenge

This is a new challenge that the Norfolk Hospice has created: 'The Loose Change Challenge'.

Firstly, this is one of the most challenging times we have all had to face. We hope that you and your loved ones are safe and well.

We are setting a challenge for our supporters. As you start to Spring clean and come across any loose change, we are asking you to put this aside and donate it all to The Norfolk Hospice.

Why not raid your piggy banks, reach down the back of all of the sofas and check your coat pockets for any loose change!

You can also make this into a fun Maths lesson for the kids! Once you have collected as much loose change as you can, let them count it. Use different amounts... if you have more than one child, have them count two, three, four amounts, check them with each other and add them up! (Could be a good way of getting them to clean too!!)

All money raised from both will go towards care at The Norfolk Hospice, where income has suffered significantly since the Covid19 outbreak.

<https://www.norfolkhospice.org.uk/Event/the-loose-change-challenge>

Thank you.

Alice Crome
Fundraising Co-ordinator



Another recipe from The Prudent Pensioner

I have posted more soup recipes on The Prudent Pensioners Facebook page so thought I would share a recipe for a nice cake this month.

When I have made and shared this cake, I have had comments like, lovely, yummy even sensational. When I offered a friend the recipe her hubby said, 'don't bother with the recipe just keep sending us cake.

Fruit Loaf

Ingredients:

100g/ 3½ oz. Sultanas

100g/ 3½ oz. Raisins

75g/ 3 oz. Currants

150ml Strong Tea

225g S.R Flour

100g Sugar

1 egg beaten

Approx.4 tbsps. Milk

A generous teaspoon of mixed peel

Put fruit in mixing bowl. Pour hot tea over fruit and leave to cool preferably overnight.

Method:

Pre heat oven to 190c/375f.

Add mixed peel to fruit and stir well.

Sift flour into fruit and mix in. Add sugar, then egg, then sufficient milk to mix to a dropping consistency. Place in lined loaf tin and bake for 45 –50 mins. or until cooked. Test with a clean skewer which should come out clean. Place on wire rack to cool.



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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Dear Friends/Patients

If you require any urgent/necessary foot care, to keep you comfortable and free from pain, Please do not hesitate to contact me.

I would also like to give my support in any way that I can during this lockdown. A telephone call, shopping, posting that urgent letter etc or if you know anyone in your neighbourhood who would benefit from this offer please forward my number.

I look forward to seeing you all again soon.

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**The Art Society –
Enriching Lives through The Arts**

You don't need to spend the coming months starved of art, even if most of the world's galleries and museums have closed. From the comfort of our easy chairs we can now view many of the world's greatest collections on line by taking free virtual tours. Almost as good as exploring in the flesh without the hassle of a plane trip or the inevitable queue.

A good place to start is by downloading the Google Arts and Culture App. It has partnered with 2,000 global art institutions. You might fancy a trip to the Musee d'Orsay in Paris with your coffee in the morning and with your tea in the afternoon a stroll round the Van Gogh Museum in Amsterdam to gaze at the *Paul Gauguin painting of Vincent Van Gogh painting Sunflowers*. Or you may prefer Vermeer's painting of *Girl with a Pearl Earring* at the Mauritshuis in The Hague.

This 'lockdown' has to have some positives attached and if you love art, take advantage of this once in a lifetime opportunity with technology to enter the virtual doors of the worlds' galleries and museums. State Hermitage Museum on You Tube, the Louvre in Paris, the Getty Museum in Los Angeles, MOA, Frick and Guggenheim, the list goes on and on.

A special mention for British Museums, who are also well served. The National Gallery can be accessed (Google Street View tour), and the internet tourist may fancy a trip to the websites of the British Museum, The Courtauld Gallery or the V&A. The British Library is slow to the party but some of its 'more hidden treasures' may be available on line soon.

Nearer to home, The Art Society Organisation is showing a series of 'Becoming an Instant Expert On.... Given by leading Art Society Lecturers. The two tasters are Andy Warhol and the invitation to become an instant expert on 20th Century glass. If you enjoy these and want more, you're invited to sign up to receive the next one directly into your inbox. Go to: connected.theartssociety.org

We look forward to starting our lectures again just as soon as the Government guidelines permit.

www.theartssocietynwnorfolk.org.uk

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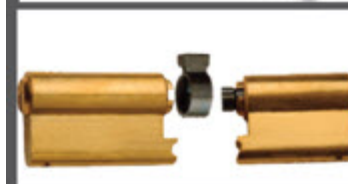
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Borough Council News Heacham, Sedgeford and Fring

The lockdown began as I wrote the last article and remains as I write this one.

Borough Council officers have been very busy ensuring the many Government directives have been efficiently enabled in West Norfolk – business rate relief; business grant for some; homing the homeless; setting up a community hub; dissuading people from travelling to second homes, etc.

All this and more has been published on-line, through press releases, through the use of social media and, some, within a letter addressed to all residents. It has all been copied to Parish Councils and to Borough Councillors.

The helpline number in use during the Lockdown Period is 0344 800 8020. Use it for enquiries related to essential food items, medicines, or well-being support.

Planning decisions have been following due process but are generally delayed as officers are working from home, visits to sites are very restricted and there has been no planning committee since 2nd March. As I write, the first on-line meeting, a sifting committee for applications, is scheduled to take place.

Meetings of Panels and the Council itself will likely take place on-line soon. The Independent Group asked for this to happen just before the government said that electronic means should be utilised in all democratic organisations. Where possible, through whatever system or application is used, the public should be given access too.

Across West-Norfolk, in smaller villages at least, individuals and organisations have sorted everything from food deliveries to sourcing hand steriliser and flour. Locally, at least in this Ward, people seem to have managed mostly on their own or with help from friends and neighbours.

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There have been some issues: concerns about visitors which faded after the first weekend. Persistent complaints were received about a property on North Beach which I followed up with the police but, at the time of writing, I have had no resolution of it.

There was some disgruntlement about police warning locals about walking on the beach or bird watching. I think a national comment about using common sense settled that issue.

Common sense answered / answers a lot of the problems concerned with lockdown; minimise travel, keep your distance and wash your hands when you return (during work and before leaving it too).

I was asked about working at other people's homes and checked government directives. This was / is to work at your own home if you can. If you can't, then work if you can follow social distancing directives. This allowed / allows gardeners, boiler maintenance engineers etc, to get on with their jobs. The government, it appears, has been left wrong footed by the number of people who have stopped working and are claiming support of one form or another. (Health and Safety Executive guidance 14th April says, 'keep your business open, all workers are encouraged to keep working – following guidance).

Bin collections caused a bit of confusion. Currently (at the time of writing) all 3 bins are collected, general waste, recycling, garden. However, food waste is not and should be put in the general waste black bin. Minimise it, compost what you can, and wrap the rest well.

Congratulations to the small Tesco's in Heacham for the efficient self-distancing protocols they organised and managed. I have no experience of whatever Lidl did / does as I have never been in it but I am confident it did the job too. And congratulations to Moulam and Horn for continuing to operate and stepping up deliveries. They even got plants in from our beleaguered nurseries.

Boots managed well with queuing outside – it would be good if they could expand into the empty premises next door. Heacham could do with a larger shop selling Boots full range of goods; just the prescription service needs more space in normal times. And thanks to places like The Fox for delivering meals to order and to Flames for continuing take-aways and delivery. If I have missed your business out, sorry and thanks too.

As I write, it is over 2 weeks until May. Perhaps we are beginning normal times again. I hope we are, at least in West Norfolk, but Covid 19 or a variation will be back and the country can't shut down again and again, so normality will be a variable concept.

**Terry Parish
Borough Councillor Heacham Ward
Leader of the Independent Group**

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75th Anniversary of VE Day

On the 7th May 1945, the formal act of military surrender was signed by Germany, coming into force the next day and ending the war in Europe, which had started in 1939. The news was announced to the British public by Prime Minister Winston Churchill late on the 7th via a newsflash radio broadcast declaring that the 8th May would be a public holiday. The news went around the world in a shockwave and celebrations broke out immediately. Bunting and flags festooned streets across the nation, bonfires were lit, people danced and pubs were full. On the 8th, community spirits ran high with street parties, parades and services of thanksgiving. In London, St Paul's held 10 such services in a row, and the King and Queen made 8 appearances on the balcony of Buckingham Palace, where they were also joined by Mr Churchill. Both he and King George VI gave radio broadcasts that day.

We today are also living through exceptional times as the world battles against Coronavirus. People in the media have drawn some parallels between our present situation and hardships faced during World War II. I'm not sure about you, but I think they have got a point. The reasons behind things are different, but we have had food shortages, we do have restrictions in our daily life, and are afraid for our lives and those of loved ones. We have also shown unity as a nation by having finally pulled together to stop going out, shopping for those at risk, volunteering to help the national effort and of course by making some noise for all our keyworkers on Thursday evenings.

This all got me thinking about WW2 and VE Day having its 75th Anniversary on May 8th which is clearly a big milestone in history. The bank holiday has even been moved to commemorate it. I realised that I know far less about it all than I probably should, so I have been on a mini voyage of discovery. You have already read some of my findings at the start of this article. First off, I spoke to my Auntie Norma, who was aged 9 when the war ended. She, my uncle and my nan were evacuated at the beginning of the war to Clacton, but soon returned to Edmonton in North London; so far there had been no bombings and this period was known as the 'phoney war'. They then stayed in London, surviving the blitz and rationing, whilst my Grandad was away at war in Belgium. There are family photos of the VE Day street party in Warwick Rd. This made me wonder what the celebrations were like here in Heacham; do any of you have tales or photos you would like to share through the Newsletter?

I also spent time listening to speeches and announcements about Germany's surrender, which along with footage of the celebrations, can be found on YouTube and are well worth a look. Another fantastic mine of information is the Imperial War Museum's website.



It is all stirring and thought-provoking stuff. The planned celebrations to commemorate the VE Day anniversary have, like so many other events, been postponed and are now to coincide with VJ Day (the actual end of WWII, when Japan surrendered) in September. Let us

hope we will have gotten through the Coronavirus exit strategy by then and be able to let our hair down. Just like in 1945, it will certainly be a time to celebrate but also a time to take stock and think of those who have been so sadly lost along the way.

Kerry Long



Photos: VE Day street parties held in Edmonton, North London



Sedgeford

Dear Newsletter

VE Day 1945 – a child's Memory

The 75th Anniversary of VE Day is fast approaching and my thoughts have been turning to what little I remember of the war period and the VE Day celebrations.

I lived in Pinner a large village to the North-West of London, now part of Greater London, and was evacuated in 1944 age 6 to friends of my parents who lived in Cheltenham. I returned in January 1945.

My parents, of course, had eagerly been awaiting the end of hostilities and was looking forward to the celebration tea and promised entertainment that was arranged at short notice and was to be held on our local 'green' (a fairly large area of grass surrounded by bushes that had been provided by the builders of the large housing estate in the midst of which the 'green' was). I can't remember exactly when these celebrations took place – probably on 8th May when the majority of street parties and celebrations took place throughout the country.

I went down to the 'green' with my parents – afternoon I think. Thinking back a lot of work had gone on at very short notice to provide the tables, chairs and food and drink. I enjoyed that but someone had managed to get hold of some fireworks and starting letting them off.

I was still only 6 at the time and the noise of these fireworks to me was frightening and I started screaming. I got so upset my mother had to bring me back home and she never let me forget that. Because of that, she missed a lot of after tea celebrations – probably dancing etc.

Thought I would share these brief memories with your readers.

John Davis



One man's recollections of Heacham's Home Guard Platoon



The following is an article written from the memories of Mr Arthur Cartwright as told to the then 'Roving Reporter', about the Home Guard. This article was published in the April 1994 edition of the 'Dairy News' (the forerunner to our Newsletter).

Introduction and 'The Big Picture'. In June 1940 France was reeling from the massive German onslaught, and was about to capitulate. It was obvious that Great Britain would soon stand alone, with very little to defend itself from this mighty, well prepared fighting machine. Fortunately, the English Channel and North Sea provided an effective anti-tank ditch!

This was when Mr Eden proposed to the War Cabinet the formation of Local Defence Volunteers, soon to be known as 'Home Guards'. This plan was energetically pressed. The strength was to reach over 1 million men by the year's end, and peak at 1 ½ million! They consisted of the too old or young, and those in reserved occupations.

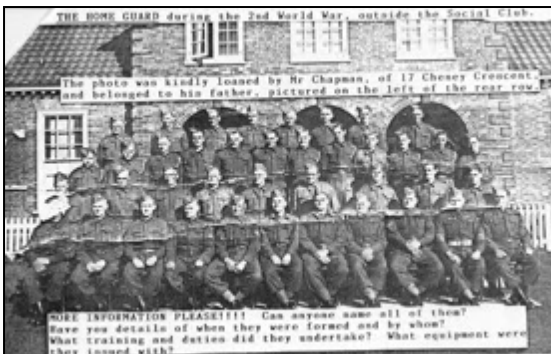
It was now that Arthur Cartwright, later Cpl Cartwright, then a young man working on the farm, volunteered for this new force. This is his story, related to me over the kitchen table at his home, 54 years later!

I, along with about 80 others, volunteered for the Local Defence Volunteers. We were all as keen as mustard to do our bit, and it all seemed a bit exciting. Most of us were working on the local farms at the time, and we paraded in the evening after work, the location varied and we were told where and when at dismissal parades. The beach was already Out of Bounds, being festooned with all sorts of defences.

At first the only uniform was an arm band, and weapons consisted of anything an individual could lay hands on. The lucky ones had shotguns, more often it was a stout stick! After a short while we were issued pikes, consisting of long metal sea-defence poles with bayonets welded on the end. Our uniforms when they arrived, we wish they hadn't! They consisted of course khaki denim jackets and trousers, side hat, helmet, boots and gas masks. The waist band of the trousers came up under the arm pit, the jackets below the knee, and fitted well if you were a giant!

Training was very limited initially, and consisted of drill. Marching and counter marching for hour on end in Heacham streets, was not a satisfactory end to a hard day's work on the farm! This was also a time of much trench digging. We dug trenches overlooking all the open ground. This was not so much for its practical use, but because so many of our leaders at the time were 1st World War veterans, and this was the soldiering they understood and were familiar with. There was many a heated argument in people's gardens as we set about digging trenches in vegetable plots! There was even greater commotion when we dug down to lengths of Ringstead Road's water pipe to Church Farm (sometimes known as Stony Hill).

Not surprisingly the initial enthusiasm waned, and parades only consisted of 20 or so volunteers.



(H o m e
Guard)

As time went on, we became The Home Guard, everything became more disciplined and professional. The uniform in the photos was issued. We had proper weapons. The first was the Ross rifle, considered obsolete by the Regular Army. However, as they expanded, they took them back! Then the Lee Enfield (a beauty, very accurate), soon also taken back! NCO's were issued the Thompson Machine Gun (famous from the gangster movies), these were also taken back! Then almost everyone was issued with the Sten Gun. This was an inaccurate, pressed steel, cheap, mass produced weapon (rumoured to cost 2/6d each!). The Regular Army didn't take this one back!

Live firing was limited because there wasn't much ammo, and was mainly small bore .22 shooting in the Public Hall. Full bore shooting was done from the bank overlooking the beach, or the Lime Kiln at Hunstanton, or even at Stanford Training Area at Thetford.

Heavier Machine Guns were also issued, first the Hotchkiss (a horrible thing) then the Lewis and the heavy, bulky Vickers. I was in charge of one of the Vickers. A very good weapon. Me and Ben Frary (also issued with one) used to man-handle these home with a bandolier of ammo, and it stayed in the front room of my council home on Folgate Road until the next parade!

The magazine for the bulk of the ammo was Alders Mead House, Station Road, the house is still there.

The Spiggot Mortar was a big iron frame, secured by metal stakes and sledge hammer. It had a barrel approx. 1 foot wide and 2 foot long, and though it had a range of only about 200yds, was ideal for hurling large bombs onto the beach.

The Molotov Cocktail was also widely used and trained with. The blooming thing was as much a danger to us as the enemy!

Many young lads were enlisted as runners. Without a proper role they became a mischievous gang and a bit of a problem. George Holland, Bandmaster before the war of The Silver Prize Band, was tasked to form them into a band, (and hopefully keep them out of trouble!). In between telling them gory war stories from his 1st World War escapades, this is what he did. It was very successful.



The
band

NCOs from the Regular Army often conducted training for us at weekends at Old Hunstanton Hall. It would consist of unarmed combat, weapon training, demolitions etc. They really put us through the mill and gave us a hard time.

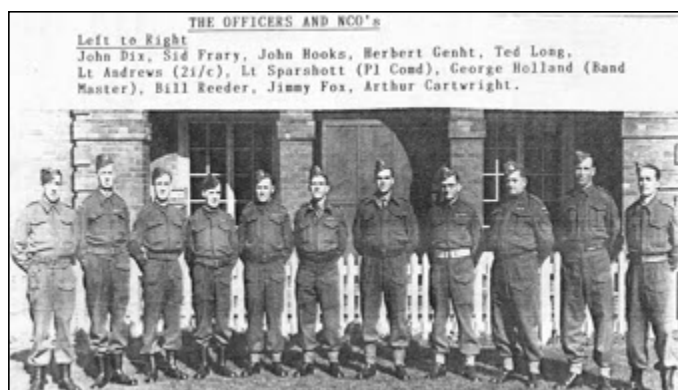
Other training was local field exercises, section against section, or Heacham Platoon against another platoon. I recall one weekend we attacked Bircham Aerodrome, and came up against barbed wire defences. We threw our great coats on it, and got over.

A few yards further on a voice rang out "That's far enough!" It was an RAF machine gun position, they had been watching our efforts with glee! They added to our wounded pride by informing us that if this had been the real thing we would all be dead!



Grenade throwing was conducted at the Chalk Pit, now the dump behind the garage on the High Road. This was to lead to the unit's only fatality. One fine Sunday morning one of the Mills Grenades failed to go off. Sgt Sidney Crown, a supervisor on the range, threw another grenade beside the 'blind', as was the laid down procedure of the time. In the resulting explosion, however, he was tragically killed. This loss is still keenly felt today. His name is on the Heacham War Memorial, for not only was he killed in training for active service, but he also fought throughout, and was wounded in, the First World War.

Our Training cumulated in a 'Baptism of Fire' on the Holme Marshes. We were to advance on the enemy in open attack formation, a unit of the Regular Army (The Guards) maintained constant live machine gun fire just ahead of us from positions concealed to our left and right. Explosions were set off almost amongst us to simulate artillery fire. Our instructions were to carry on regardless of any casualties. This was not an exaggerated statement, as one of the Bircham Platoon's soldiers was seriously wounded by a ricochet during this same training!



Officers and NCO's

The 2 main tasks we undertook were patrolling given areas of the village in pairs, looking for anyone or anything suspicious: and beach defence. The old Jubilee Bridge was mined and concrete tank traps placed in front of it. We had a bungalow which acted as a Guard post. One night 31 German Magnetic Mines were washed up on the Heacham/ Hunstanton Beach. The first we knew of it was when huge detonations started as they hit the beach defences! The Guard Post was then transferred to the Waiting Room of the Railway Station for the night!

Transport was very ad hoc, borrowed cars, vans or lorries. We were meant to immobilise these when left unattended. A Major Whittaker once was overseeing one of our exercises in the area of Church Farm. At the end he gave us a brief speech (telling us how good we were and how terrified Hitler was!). He climbed into his car but it wouldn't go! We gave him a push, no good. Loads of advice and unsuccessful help followed. Then up sauntered a young soldier, Nick Guy, looking a little smug; he gave the Major the rotor arm, having removed it as per orders! The Major put a brave face on it and told him well done; but we could all see he would like to have had him shot!

The 'D' Day landings of June 1944 saw the end of The Heacham Home Guard Platoon. With other units we were formally stood down at a big parade on Hunstanton Green.

From very amateurish beginnings I believe we became a viable and effective force, as good as the regulars (some would argue this point), but soldiers only after the day's work was done.

The final units of the Home Guard were stood down in a parade attended by The King in December 1944.



VE Day 1945 How the Village Celebrated!



The 75th Anniversary of VE Day (Victory in Europe) takes place on 8th May this year.

Heacham celebrated this momentous event and the Newsletter has been fortunate in obtaining a copy of a photo of the residents in Poplar Avenue celebrating by having a street party at the time. The photo was taken outside 38 Poplar Avenue.



Photo courtesy of Sue Scott & Michael Barge

(Children seated are not listed. Seated: Mrs Barge. Standing L to R: George Holland, Mrs Holland, ?, Mrs Gent, ?, Albert Smith, Peter Cunningham, Les Nourse, Andy Bridle, Reg Page, Gus Hudson, Peter Dicks, Bub Marsh, John Hooks, Ronnie Bridle.)

The same photo also appeared in August 1994 edition of 'The Heacham Newsletter', the second edition after changing its name from 'Dairy News', which is reproduced below:-



An end of war street party, outside 11, 13 and 15 Woodend Road. The emergency huts/homes have long since gone, replaced with the smart dwellings of today.



A memory from Mike Jennings (via Facebook):-

"Yanks gave villagers a party in the Public Hall; plenty of gum chum! School celebrated with fish paste sandwiches in the playground!"

Mike Jennings

They deserved to live in comfort after all they had endured,
fighting countless days and nights and the cruelty of war
But for many it was unemployment, rationing and poor homes,
apart from their families and loved ones they
had little to call their own.

But people were still not defeated they pulled
together and soldiered on.
They made the best of what they had they
made themselves some fun.

They'd hold dances in the village hall, for girls,
stockings were only a dream,
so many would stain their legs with tea and a
friend would paint on a seam.

Folk didn't care about labels there were no
fancy brands to impress
If you were lucky you could have St Michael or may be CWS.

Schoolgirl's knickers made of navy cotton
would last them for ten years or more,
if no younger sister to pass them on to they'd
be cut up for cloths for the floor.

At times when wives did have an excess and
had one or two rags in hand
they'd make a few much needed pennies and
sell them to the rag and bone man.

Some children wore NHS spectacles with a
wire rim round the glass,
at times when they got broken Mums would
mend them with Elastoplast.

What that did for their eyesight goodness only knows,
it didn't improve their looks either but in
those days folk didn't pose.

Wives would cook and sew and knit, they'd
mend and they'd make do.

Husbands grew vegetables and did DIY,
repaired toys and the family's shoes.



Meat cooked on a Sunday would stretch for half the week.
My favourite day was Monday when
we had "Bubble and Squeak"

Eggs were often kept preserved in a kind of translucent paste
though it kept them fresh for 6 whole months
it didn't do much for the taste

Egg powder was also available, the eggs they had been dried,
It could only be used for baking of course
you couldn't have them boiled or fried.

Folk didn't have the luxury of toilet rolls
most had yesterday's news
cut up in squares and threaded on string and
hung up in their outside loos.

If ever you found something interesting on the
sheet that hung on the string,
you could be sure someone had torn off
the end that could be quite frustrating.

Families would take it in turns to bathe
by the fire in a bath of tin,
so the water wasn't so clean or warm
If you were last one in.

Folks never locked doors, they were open
for air or a neighbour in distress
They were never bothered by burglars;
there was nothing worth stealing I guess.

There were very few toys and most were homemade,
children would use imagination
People shared and they cared about one another
truly a great British nation.

They deserved so much but received so little,
we can't imagine what each one went through.
But one thing's for sure all they endured
did improve life for me and for you.

Doreen Reed

www.doreenreedpoet.com



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
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

NORFOLK KNITTERS Cunningham Court 2-4pm. Every Week
NORFOLK & WAVERNEY 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

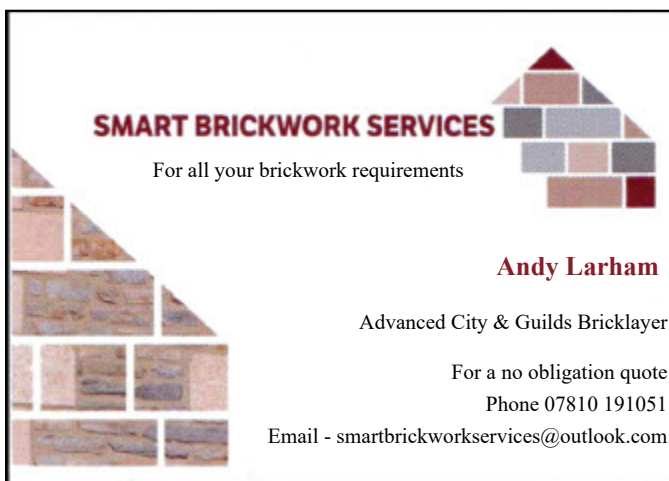
FOOTBALL U13's 10-11.30am Contact Mike 07804927764 (HSC Sports Field)
MESSY CHURCH Last Saturday in the month 10 - 12noon at St. Mary's Church. Call Veronica on 570607 or Church Office on 572539

SUNDAYS

SUNDAY AFTERNOON SERVICE 4pm 1st Sunday Monthly Everyone welcome For details Tel:579440 (PRH)
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



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OTHER EVENTS.

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

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Alternative Therapies

Instead of reinventing the wheel I have taken this from an email from the Seed SistAs of www.sensorysolutions.co.uk

A healthy immune system helps to keep us in a state of balance. It can recognise unhelpful organisms, respond, mop-up and return us to good health. The more stressed and challenged it is or if there is underlying disease, the harder the immune system has to work and the more symptoms we will experience. The immune system remains strong when the nervous system is calm and relaxed.

A simple breathing exercise to remain calm is to extend the exhalation to twice the length of the inhalation. Sit in a relaxed calm way and take a few deep breaths sighing out and relaxing down into the space. Start to gently breathe in for the count of two and exhale for the count of four...if this feels comfortable you can extend to a count of three on the inhalation and six on the exhalation. Breathing like this engages the relaxation branch of the nervous system creating a sense of peace and calm. After a few minutes, return to normal breathing and then gently come back into an alert state of being.

Vitamin C, especially mixed with zinc is a wonderful immune support. Vitamin C helps the good functioning of cells in the body and can be used as a preventative for the virus. If you chew or suck a vitamin C after being in a public place, it can actually help to denature any viral particles before they get into the lungs and trigger an immune response. We have also opted for garlic capsules for ease too.

Here is the recipe we use to make our own hand sanitizer:

Ingredients:

Aloe Vera gel

Alcohol – high percentage proof rubbing alcohol – 90 %

Essential oils – lavender, ti tree, rosemary, bay, peppermint

1. Make your base by adding twice the amount of alcohol to Aloe Vera gel and mix together – this keeps the alcohol content around 60% if you are using 90% proof alcohol.
2. You want around 1.5 – 3 % of essential oils. So in 100ml (total) of your base, this would be approx. 1.5 – 3ml of essential oils. In 1ml of essential oil, there are around 20 drops...so total you will need 30–60 drops of essential oils. We are recommending 5 essential oils so you will need between 6 and 12 drops of each essential oil.
3. Mix the essential oils with the base and add to a bottle with a pump attachment to use as a hand sanitizer.

Aloe Vera is a good moisturiser that will stop your skin drying out which is a hazard in itself with the amount of hand washing we are all doing. Cracks in the skin can increase the risk of bacterial infection. 60-80% proof strength alcohol is what is said to help destroy viruses and other micro-organisms on the hands. The essential oils we have chosen all have been shown in research to have antiviral activity; this does not mean that they have been researched specifically with Covid-19 yet. For general information, in the form of research papers, about some Anti-viral activity of essential oils

<https://www.sciencedirect.com/science/article/abs/pii/S0882401019304310>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6296812/>

<https://www.ncbi.nlm.nih.gov/pubmed/18357554>

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

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Message from the Mayor of Hunstanton

Cllr Anthony Bishopp

I would like to express my concern to each and every one of you during these unprecedented times that we are currently experiencing and hope that you are able to stay safe and well. Please may I ask that we all follow the guidelines which have been set by the government and do our utmost to help one another during this crisis.

I would like to express my personal thanks to the many local businesses, volunteer groups and individuals who are offering local deliveries, pick-ups and even those risking their health by acting as carers checking on those who are self-isolating or elderly.

I am heartened by the response of you all to the crisis.

My sincere gratitude goes to all the hardworking staff in the NHS and all 999 emergency and essential services, the teachers, retained firemen, lifeboat and coastguard volunteers, postmen and refuse collectors and to those working hard in Supermarkets, for their continued service and support during these difficult times.

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NEWSLETTER SUDOKU Answer page 38

Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. **39**

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

A special thanks to all those Hunstanton residents that showed their support for our valued NHS staff by standing at their front door and clapping at 8pm.

Although Hunstanton Town Council has closed the office and the Tourist Information Centre to safeguard staff and members of the public, skeleton staff are going in to respond to messages. Should you require any advice, information or assistance urgently, the Town Clerk can be contacted on 07484 837098 or by email -

clerk@hunstantontowncouncil.gov.uk

A new Facebook page has been opened giving advice and contact details of groups offering assistance - **Hunstanton Town Council Coronavirus Support Group**.

I am also pleased to announce that Hunstanton Town Council has today given a donation of £1,000 to Hunstanton Foodbank who are desperate for food and finance as demand outstrips supply.

Finally, I ask you all to make a little time to ring, write, or text folk who are living on their own.

Where it is possible may I respectfully remind you all to please stay at home.

Development on the 'Saltings' North Beach

Following on from last month's article, there isn't going to be a tourist-based development along Heacham's North Beach. There aren't any plans to excavate the area of the Saltings or to provide a boatlift for sea going craft. Our reliable source was just an 'April Fool' who thought the piece would provide a little light relief in these dark times.

So, it goes to show you can't believe everything you read, not even in a publication like The Heacham Newsletter!

Nevertheless, wouldn't it be great to have a boatlift and railway through our village? Just saying.....

NEWSLETTER SUDOKU Answer page 38

Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. **40**

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



Sallywags Parent, Baby & Toddler Group

Well many changes since Sallywags' last entry in the March Newsletter! Wishing all you lovely little and big Sallywags and all readers good health and a wealth of this beautiful springtime.

I thought I'd pop in Sallywags 'No Cook Play-Doh' recipe we use ... if flour's on the shelf!

Mix 2 cups of plain flour, 2 tablespoons vegetable oil, half a cup of salt & 2 tablespoons cream of tartar;
Then in increments as you need, 1 to 1.5 cups of boiling water (add food colouring to the water);
Mix in and then knead until you lose the stickiness;
Add cake cases, candles, sticks, shells etc to create cake shops, monsters, snails etc!

And if flour's not on the shelf, how about 'No Cook Fridge Cake'! Fun to eat if not to play with!

125g unsalted butter, 300g chocolate, 3 tablespoons golden syrup, 150g biscuits and 100g mini marshmallows.
Crush the biscuits in a freezer bag with a rolling pin;
Gently heat the butter, chocolate and syrup until melted;
Stir in with the biscuits and marshmallows and pop in a tin about 24cm square;
Chill in the fridge for a couple of hours and sprinkle with icing sugar! Yum!

When the time is right it will be such a pleasure to throw open the Sallywags doors again, I look forward to that; seeing you all and the noise and colour and energy! In the meanwhile, look after each other and if you are able, enjoy Spring unfolding and being outside. And if you are not able, then I hope the sun shines through your window for you.

Jo

PS: Butterfly Conservation need garden sightings, I love butterflies! There's a free online sign up and simple surveys (with identification guide) to complete as often as you like with the maximum number of each type
<https://gardenbutterflysurvey.org/index.php>

The Happy Child

I SAW this day sweet flowers grow thick --
But not one like the child did pick.

I heard the packhounds in green park --
But no dog like the child heard bark.

I heard this day bird after bird --
But not one like the child has heard.

A hundred butterflies saw I --
But not one like the child saw fly.

I saw the horses roll in grass --
But no horse like the child saw pass.

My world this day has lovely been --
But not like what the child has seen.

W.H. Davies



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around & about...



HUNSTANTON TOWN COUNCIL

Hunstanton Town Council recognises that the COVID-19 pandemic will give rise to additional pressures on the voluntary sector to support the most vulnerable in our communities.

In order to enable smaller voluntary sector groups to mobilise capacity and capability to assist in the response, the Council are now providing cash grants to registered charities, as well as some local community and volunteer groups within Hunstanton.

Who can apply

- Registered charities
- Constituted community and voluntary groups
- Non-constituted 'grassroots' groups of local volunteers
- Local businesses wishing to deliver charitable aid and support

What the grant can be used for

- to provide relief and support to people in Hunstanton, who are at risk of vulnerability and hardship because of the COVID-19 crisis, or
- you already provide support and these services are stretched due to the outbreak

Examples include, but are not limited to:

- delivering food and essential supplies
- providing advice and support about physical and mental health

- providing advice and support about employment, and welfare benefits
- support networks and services for the elderly or isolated
- running costs for providing this support, including volunteer expenses, staffing costs, & transport

How to apply

Please email clerk@hunstantontowncouncil.gov.uk with explicit reference to the COVID-19 crisis, supplying the following details:

- What is the specific purpose of the grant?
- What are the desired outcomes?
- The people that will benefit from the support you aim to provide
- What will the grant be spent on and how will the grant help to achieve the desired outcomes?
- How will the funding be used, in order to ensure that your clients or recipients receive the support they need?

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IN THESE TROUBLED TIMES . . . BUSINESS SUPPORT FROM THE GOVERNMENT

by Kathryn Gigg Chartered Accountants, Hunstanton

As I am certain you will be aware, the Chancellor, Rishi Sunak, recently set out a package of measures to support both individuals and businesses through this unprecedented period of disruption caused by COVID-19. The Government is publishing daily guidance on each of these measures and we are endeavouring to keep pace with all of the detailed provisions. Please however, remain aware that there may be further updates of the guidance issued subsequent to my writing this article, and once the legislation is enacted. Hence, all businesses and employers should check the GOV.UK website and/or take specific professional advice before taking any action. The package of measures to support business includes:

The Coronavirus Job Retention Scheme (CJRS)

The CJRS is a government grant to reimburse employers for 80% of the wage costs of "furloughed" workers, to a cap of £2,500 of gross pay, plus the attendant Employers NIC and Employers Auto Enrolment basic level contributions per month. Employers can top up either the unfunded 20% or the amount above £2,500 for higher paid employees, but this is not required. The scheme is open initially for 3 months, backdated to 1 March, (on the basis that the employee had not worked wef that date), and the Chancellor may extend the scheme "for longer if necessary".

All UK employers with a UK bank account are eligible.

A furloughed worker must not do any work for the employer whilst on furlough leave.

The grant is available for both full and part-time employees, casual workers and office holders such as company directors. The latter can continue to undertake their statutory duties but must not do any work as an employee that would be commercially advantageous to their company.

The rules do not prevent employees furloughed by one employer working elsewhere for another, i.e. taking on a second job.

The grant will be available for those employees who were included on the payroll as at 19 March 2020 but will not be available to those taken on after this date.

There are a number of pre-requisite requirements that must be met before an employer can access the grant and as these are also impacted upon by current Employment Legislation great care should be taken when furloughing staff. Relevant legal advice should therefore be taken in this regard as the employees' contract of employment must be amended to reflect the furlough period and pay; and such amendment must be documented and agreed to by the employee.

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There are several things that one should do to get ready for when the HMRC Furlough Scheme Portal opens on Monday 20 April 2020. The only way to make a claim is on-line.

The following information will be needed to make a claim:

1. Your Bank Account Number and Sort code.
2. Contact details of the person in your business for HMRC to call with any queries.
3. Your own or your company's Unique Tax Reference (UTR) number, or Company Registration Number.
4. The name, employee number and National Insurance Number (NINO) for each of your furloughed employees.
5. The total amount being claimed and the total furlough period.

Assuming that you have less than 100 employees, you will need to input information directly onto the system for each employee. The inputting is likely to be pretty labour intensive.

It has yet to be made clear how you will proceed if you are a domestic employer without a UTR (e.g. engaging a Nanny) or where your employee does not have a NINO.

The Revenue are actively encouraging agents, such as your accountant, who is authorised to act for you for PAYE purposes to make the claim on behalf of their business clients, in the hope that this will avoid the HMRC phone lines being inundated with calls when the system first goes live.

Full details of the mechanics of the system, at the time of writing (16 April 2020), are still awaited, which is somewhat concerning when the Portal is due to open on Monday next week.

To ensure that you are able to make your claim under CJRS, without fail, you need to ensure that your Government Gateway (GG) includes PAYE on the list of services that you can access. You will not be able to make a claim without such access. Find your GG ID and password now!

Kathryn Gigg

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As mentioned above, an agent who is authorised to act for you for PAYE purposes, will be able to make your claim on your behalf, but do not assume that your accountant has this access automatically. If access is not already in place, please make every effort to get it in place without delay if you are not confident of using the Portal yourself.

By the time you read this article, the first claims will have been made and we will have all learnt a lot more about the intricacies of the system and so if you need our help in making your own claim, please contact us promptly in order that we can assist you as swiftly as possible. We are able to support you with your calculations (the grant claim figures will not necessarily be mirror image of your payroll), specific advice on the Portal, and how to carry out the necessary upload. If necessary, we will help you by accessing your screen remotely and securely, and run through the upload step-by-step.

It is planned that claims will be paid within 6 working days and you will be best advised to direct any queries to your agent in the first instance, or the HMRC webchat service if available in a timely manner. Please do contact us if we can help in any way.

Self-Employed Income Support Scheme (SEISS)

This scheme will allow self-employed individuals to claim a taxable grant worth 80% of their trading profits up to a maximum of £2,500 a month for 3 months at least.

It is available to self-employed individuals or members of a partnership who have submitted their Self-Assessment Tax Return for 2018/2019 tax year ahead of 23 April 2020; who traded in 2019/2020; and are trading when they apply or would be except for COVID-19; who intend to continue to trade in 2020/2021; and have lost profits as a result of the virus. (As to whether or when the latter point will ever be checked it is not clear, or whether HMRC will impose any claw-back mechanism should any of the conditions not be met.)

Note that any changed figures submitted in amended Returns filed after 26 March 2020 will not be recognised when considering eligibility for SEISS.

Profits must be less than £50k and comprise more than half of the individual's total income. This will be determined by at least one of the following conditions being true:

- (i) Having profits in 2018/2019 of less than £50k and these profits constitute more than half of your total taxable income; or
- (ii) Having average trading profits in 2016/2017, 2017/2018 and 2018/2019 of less than £50k and these profits constitute more than half of your average taxable income in the same period. (Losses of the same period will reduce averages, but not losses brought forward.)

People starting self-employment after 6 April 2019 will not be eligible for the grant, which is particularly harsh for someone who left employment last summer, for example, to start their new business.

This is, of course, an unprecedented level of support, but we are in unprecedented times. It is expected that 95% of all self-employed will benefit from this scheme. However, cash flow is currently under immense pressure and the sole traders and partners amongst us have yet to get through the next couple of months because the SEISS system does not yet exist. We are told that HMRC is working on this "night & day" but is not expected to start payments until the beginning of June.

HMRC state that they "will contact you if you are eligible for the scheme and invite you to apply online. Individuals do not need to contact HMRC now and doing so will only delay the urgent work being undertaken to introduce the scheme". It is hoped that contact will be made mid-May.

At the moment it is not clear as to whether agents/accountants will be able to apply on behalf of their clients but clarity in this regard is being sought as it is recognised that many taxpayers will need such support.

As you will have noted, both the CJRS & SEISS support packages have cut-off dates, so watch this space as the lockdown continues as the Government may be forced to extend these dates to ensure that more people in distress are eligible.

For those anticipating financial hardship in the meantime, the following support measures may assist:

- Your 31 July 2020 Self-Assessment payment on account can be deferred until 31 January 2021 without penalty or interest.
- VAT payments due between 20 March 2020 and 30 June 2020 can be deferred until 31 March 2021. (Don't forget to cancel your Direct Debit though if you want to benefit from this!)
- Small Business Grants are available from your Local Authority for those with premises that pay little or no business rates. Make sure you claim now if you have not already done so: BCKLWN are very speedy in making the payments if you are eligible and NNDC, although running behind, are now catching up.
- Increased amounts of Universal Credit are available to be claimed. (Remember to separately identify any savings which you have set aside for your tax bills). A claim for Universal Credit can be made whilst individuals wait for the SEISS grant to arrive, but the grant could affect how much UC applicants are entitled to later on as the SEISS will be classed as income for UC purposes.
- Business Interruption Loans that are 80% Government guaranteed are also available upon application (but unfortunately this system is currently on overload so you will need to be efficient in getting your application in and push hard).
- Some Local Authorities are also running Hardship Funds so it may be worth contacting them to see if there is anything available to you in that regard.

As mentioned above, the SEISS system is not yet up and running, but if when you get your grant through (the 3 monthly payments will be paid in advance in one lump sum into an account of your choosing) you do not feel that the figure is correct, please do not hesitate to contact your accountant or ourselves in order to get the calculation checked.

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

Mrs K H Gigg FCA

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

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Hunstanton & District Festival of Arts

Hello to all our loyal followers and Art Lovers,

Like everyone else we have had to cancel all our plans for the first half of 2020 and possibly beyond. It is far more important that we all keep safe and well by not gathering at crowded events like the ones we would have staged around Town. Hopefully our programme will be used in 2021 so to give a taster, it is listed below and as evidence that we have been working on old and new ideas.

Hunstanton & District Festival of Arts is run by a committee of local people who would love to hear from anyone with an interest in any aspect of the broad title "the arts" for contact details see below.

Meanwhile our cultural pleasure will be confined to home, probably TV and film and Social Media, but we could dig out that old recorder, serenade the street or practise the odd soliloquy!

Christine Earnshaw

.....

Events 2020/21

The following were planned but have now been cancelled or postponed due to the Corona Virus Outbreak.

1. SPOKEN WORD FESTIVAL FOR SCHOOLS. March 16th Town Hall postponed to March 2021. (Incorporating the Bible Reading Competition).
2. New Art Exhibition for amateur artists at Hunstanton Town Hall for local Artists May 23/24/25th organised by Chris Peel. Now Postponed till May 2021.
3. Drama Festival for Eastern Area Drama Groups. 3/4/5th July postponed till July 2021.
4. Music Festival on The Green June 27th. On hold. If possible, it will take place on the Green. Free Music Festival with bands to suit all tastes from 12 noon till 7pm.
5. Craft Fairs. The first two on March 28th and April 25th were cancelled with options still open on May 16th and June 27/28th.

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 : Pointz of Interest Therapie'z, Dersingham

Further information to follow. Other dates still booked till November. Venue - Hunstanton Town Hall from 10am – 4pm. Free Entry for the public.

6. The Ceramic Tile Project. Here we sponsor Paint Me Ceramics of Hunstanton with paints and equipment for tiles painted by the public to go up on the Sea front. Home kits available from them. On hold but returning in 2021.

7. The 10th Annual Christmas Tree Festival will take place on December 11th, 12 and 13th this year at Hunstanton Town Hall. Open 12 noon Friday 11th till 4pm on Sunday December 13th.

There will be other new Artistic Projects added as soon as it is possible to do so. In the meantime, please Stay Home and Stay Safe.

Creative task: write a poem or short story titled: "Memories are made of....." Send to: ann_mckimm@hotmail.com and the best will appear in the June Newsletter.

For further information please go to our Facebook page HDFA Festival Three by the Sea or contact us at - 01485 533367 or 01485 533933.

Please note that the website is not available at this time as it is being updated.

The HDFA 2020 Executive Committee
Christine Earnshaw, Chairperson
Steve Hayter, Festival Director/Vice Chair
Ann McKimm, Secretary
Anna Hayter, Treasurer

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GP Practices providing extra support and monitoring for vulnerable patients

GP practices in Norfolk and Waveney are providing extra support for patients who are more likely to become unwell due to coronavirus (COVID-19), through a pioneering initiative which will monitor their health on a daily basis.

Around 28,000 patients in Norfolk and Waveney who are at higher risk of developing complications from the virus, will receive a letter from NHS Norfolk and Waveney Clinical Commissioning Group (CCG) asking them to confirm every day that they are well and their conditions are under control.

The letter explains that they have been identified as someone who is more likely to be unwell if they become infected with coronavirus. To help support their health and care, each patient has been allocated a unique 'Covid code' and is being asked to report their health and symptoms on a daily basis via the NHS portal www.nhspatient.org.

Patients will be asked if they or anyone in their family is currently experiencing any coronavirus symptoms such as a cough or a fever. The daily updates will help doctors identify quickly which patients are in need of additional medical or social support.

Patients without access to the internet are being asked to encourage a family member or friend to do this for them over

the phone if they are not isolating with them. If patients are unable to do this, they shouldn't worry as they will be contacted by telephone and will continue to be provided with all the usual support services.

The CCG letters have been sent to both the 19,000 people in Norfolk and Waveney who were sent letters as part of a national NHS drive, advising them to shield themselves by staying at home for the next 12 weeks, plus a further 9,000 people that local GPs would like to monitor more closely. This is happening across most GP practices in Norfolk and Waveney.

The letters are being sent to patients in high risk groups, including those who have received an organ transplant, patients with severe chronic obstructive pulmonary disease (COPD) or severe asthma who have been admitted to hospital in the last 12 months, and those taking immune suppressant medications.

Dr Anoop Dhesi, Chair of NHS Norfolk and Waveney Clinical Commissioning Group (CCG), said: "This initiative is unique to Norfolk and Waveney and uses technology designed by one of our local GP practices.

"The letters will ask patients who the Government and local GPs have identified as being more likely to become unwell, if they become infected with coronavirus to report their health and symptoms on a daily basis. This will allow GPs to focus on patients who are most at risk from complications from this virus and will enable them to quickly identify those who are in need of additional medical or social support."

"We are tremendously proud of this pro-active and innovative approach which aims to support and protect the most vulnerable in our communities."

Alongside the letters, patients will be sent a brochure explaining that they have been identified as being at greater risk of becoming unwell if they catch coronavirus.

The brochure provides useful information about how to self-isolate, the importance of hand washing and social distancing, support with daily living and the importance of keeping in touch with friends and family and accessing medical care.

Patients are also reminded that help is also available from: www.gov.uk/coronavirusextremely-vulnerable or by calling 0800 028 8327, the Government's dedicated helpline.

The CCG letters are in addition to the important letters that patients may have already received from either local councils or the NHS. It is another way that the local NHS and local councils are working together to keep people as safe and well as possible.

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Update from Norfolk Libraries
May 2020

All of Norfolk's libraries are closed until further notice following the Government's guidance on coronavirus. This includes mobile libraries, the Home Library Service and Open Library.

We want to thank you for staying home and safe, and reassure you that while our buildings may be shut, we still have lots to offer, from e-books, livestreamed activities, IT help and more. We've put together this information to tell you about everything you can do from home

Your library account:

We've automatically renewed all borrowed items, including books, DVDs and music, until further notice and we are asking you to keep them at home for the time being. Don't worry - you will not be charged overdue fees, and any existing charges you may have on your account won't increase over time. You will not be able to reserve items or request inter-library loans whilst our libraries are closed.

People can still join the Library online so tell your friends.

Keep up to date with the latest information by following us on social media:

Twitter: [@NorfolkLibs](https://twitter.com/NorfolkLibs)

Facebook: [@NorfolkLibrariesUK](https://www.facebook.com/NorfolkLibrariesUK)

Instagram: [norfolklibraries](https://www.instagram.com/norfolklibraries)

And on the Norfolk County Council website
www.norfolk.gov.uk

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You can download six books straight away through the [Libby App](#). All you need to do is sign in using your library card and PIN number and you're ready to go. We've been busy adding lots of new books for children and adults.

Check out our [new eBook collection for Book Clubs](#), with 25 titles carefully chosen by library staff. Over the coming weeks we'll be featuring a book a week and inviting anyone at home to send us their comments, whether you're a book club member or not.

If you're missing your book group or chatting about books with friends, then why not join our [Norfolk Borrowers Facebook group](#)? You'll be able to share what you're reading with others and get lots of recommendations to add to your 'to be read' piles.

Keeping the kids busy:

For those of you with children at home, we have lots to help keep them occupied. Our eBook apps above have content for all ages, from picture books like Scaredy Squirrel, to longer novels like Harry Potter and the Hunger Games.

They can also read the latest Beano, along with lots of other fun children's magazines, using the [PressReader app](#). Just log in using your library card and PIN.

Whilst you're not able to join us in the library for groups and activities, we'd love you to join us online. Follow our Facebook page and tune in for events including Storytime every weekday at 12pm, Brick Builders Club every Wednesday at 4pm and Bounce and Rhyme Time every Tuesday at 10am.

Health and Wellbeing information to support you during Coronavirus:

- The [Every Mind matters](#) website has guidance, advice and tips on how to maintain your mental wellbeing while staying at home.
- [Reading well](#) supports people to understand and manage their health and wellbeing using helpful reading. There are currently five Reading Well booklists for adults, young people and children which you can find on the [Reading Well website](#), or browse the lists in the [discover more](#) section on our [Healthy Libraries Catalogue](#), which includes titles available in eBook and eAudio format.

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Discover local history:

If you are using this time at home to catch up with your historical research, Norfolk Libraries have a range of online resources to help you. From home you can access digitised historic newspapers, including 19th Century British Library Newspapers and The Times Digital Archive (1785–1985). You can also use the Gale News and Reference Collection and Oxford Dictionaries, including the Oxford Dictionary of National Biography. Discover these and more on [our website](#).

The Picture Norfolk website showcases over 20,000 images of local life, chronicling the changing people, places, animals and landscape of Norfolk. We are also continuing to upload episodes to [The Norfolk Heritage Centre Podcast](#), which has talks and interviews on a range of topics relating to Norfolk's history.

Know anyone who needs help getting to grips with the internet?

As we're having to do more and more online, then the [Learn My Way](#) may be able to help. The website offers free online courses, built by Good Things Foundation to help people develop their digital skills, from online shopping to video calling. It's simple to register, either with an email or phone number, and your 'Centre' will be your local Norfolk Library.

If you're interested in IT and have some time to spare, take a look at the free IT courses we offer in partnership with global IT specialist, Cisco. Hundreds of hours of free learning on subjects from the Internet of Things, to cybersecurity, to networking. Find out more: www.norfolk.gov.uk/ITcourses



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Heacham at Night

May, the month of Spring, likely named after the goddess of fertility, Maia. Female readers might like to celebrate the 1st May in the Roman tradition; you are allowed to drink strong wine and indulge in blood sacrifices. If lockdown still continues, you might have celebrated earlier.

Anyway, astronomy; it is one of the activities that has escaped police notice as they can't see in the dark. I have friends who have done some very good astrophotography in late March and early April because the atmosphere was clearer with almost no aeroplanes dumping vapour into the upper atmosphere.



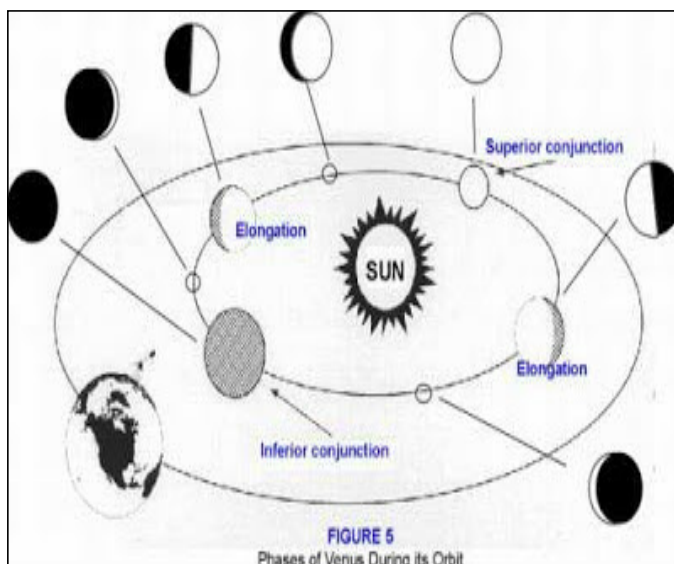
Few of these.

Internet

I have been slow to get going but I managed most of my recommended observations in early April. At the time of writing I am still awaiting the Lyrid meteor shower. I used my telescope on Venus in the first week of April and saw it a little larger than half phase.

Venus was pretty spectacular but will fade this month as it moves onwards in its orbit. The planet will effectively be lost in solar glare as it will be lower in the sky and the sun sets ever later.

It will appear to vanish right at the end of the month though not completely until 3rd June. On that date it will be at inferior conjunction, on a line between the Earth and the Sun, so its sunlit side is presented to the Sun, not towards Earth. It will then 'reappear' as a growing crescent; the horns of the crescent facing the opposite way to when Venus first appeared in our evening sky, earlier in the year. (Remember that the planet will be in the glare of the Sun).



Venus 'vanishes' on Jun 3rd at inferior conjunction. Internet

Mercury shows itself this month, an elusive spark of light I like looking for. A tiny world well under half the diameter of Venus and just over a third the size of Earth. It has a very elliptical orbit that carries it relatively close to the Sun (closest 29 million miles, furthest 43 million). It orbits the Sun in 88 days.

Between the 20th and the 24th, Mercury passes Venus. Look from about 9.30pm using good, very steady, binoculars or a small telescope. On the 20th, Mercury is below and to the right of Venus. On the 21st and 22nd it is very close and just to the left of Venus. On the 23rd and 24th it is above and to the left of Venus. A thin crescent Moon is also close, further to the left, on the 24th. Well worth looking for and imaging if you can



Earth from Bepi Colombo, a joint European/Japanese mission to Mercury. At this point it was passing Earth again in its complex 9 planet flyby. Taken April 9th. Internet



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Other planets are early morning, 4am, objects again. On the 12th, Jupiter and Saturn are just above and to the left of slightly gibbous Moon. On the 13th, to the right of the Moon. On the 14th and 15th, the Moon passes just below red Mars.

Debris from Halley's comet makes an appearance in the first week of May. The Eta Aquarid meteor shower peaks on the 5th but take a look in the predawn sky on the 4th and 6th too. Yes, early morning again for the best chance of seeing meteor trails. Meteor showers occur when the Earth cuts through the debris field and that's when it happens this time. 11pm onwards on the 5th, may see some tracks but an almost Full Moon won't help.



Halley's Comet in 1986. I watched it move across the sky in binoculars but not like this, a fuzzy blob. Next visit is 2061/2. Internet

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I mentioned the Local Group of galaxies last month. This month use a telescope (on a clear night) to scan the sky about half way between The Plough and the horizon in the SSW. You are looking for a lot of fuzzy blobs. This will be the Virgo Supercluster of galaxies. Another way of locating it is to find the three bright stars Arcturus, Spica and Regulus. The cluster is about in the middle of the triangle they form. The 10th to the 22nd at about 11pm is likely the most convenient time to look.

The cluster contains around 2000 galaxies. Up to about 20 brighter ones can be picked up by amateur 'scopes.

Turn your telescope and, this time steady binoculars too, almost in the opposite direction, ENE. Look for the double star, Albireo. It is the head of The Swan, Cygnus. It is also roughly in the middle of the triangle formed by the three bright stars, Vega, Deneb and Altair. After 11pm in the middle of the month is a suitable time.

Albireo is a lovely double star. Whether they actually orbit each other is not known. They may just appear to be paired from our line of sight. The pair lie around 415 light years away. A yellow star, 1300 times brighter than the Sun, is close to a hot blue star.

I missed two anniversaries last month, 30 years of the Hubble Space telescope; a wonderful device which has changed the perception of our Galaxy and the Universe. And 50 years since the Apollo 13 event. The common link between these two technological marvels is faults caused by human error.

Hubble never worked when it first got into orbit because a test instrument, during construction, was wrongly aligned. A space shuttle crew had to fix it.



The Butterfly Nebula taken by Hubble in 2009. An exploded star is at its centre. It is almost 4000 light years away. NASA

The Apollo 13 explosion was caused by poor testing procedures on the ground and damage to internal wiring by an electrical overload.

All of the engineering for Hubble and Apollo was made in America. Now, the Americans, like us, rely too much on equipment coming out of China. I hope Covid-19 reverses this. If we made what we need then shortages of essential equipment would be less likely to happen.

Take up astronomy, in the cold and the dark, few people will come close to you.

Terry Parish

Answers to Quiz

1. HMS Beagle;
2. The Black Pig;
3. Flying Boat (sea plane);
4. Rainbow Warrior;
5. Leith (Edinburgh);
6. Cutty Sark;
7. B&Q Castorama;
8. John Masfield;
9. HMS. Revenge;
10. Captain Hook;
11. Marie Celeste;
12. Argo

Solution to Newsletter SUDOKU 39

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

CROSSWORD SOLUTION

Across:

1. Barrel organs
9. Unsight
10. Opinion
11. Stratagem
12. Oldie
13. Peasant
15. Benign
18. Closet
20. Briefly
24. Piggy
25. Face cards
27. Entries
28. Bassist
29. In attendance

Down:

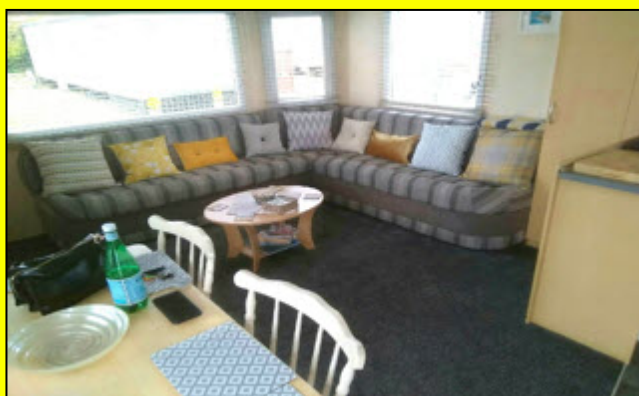
1. Bluish
2. Riser
3. Eighths
4. Octagons
5. Gloomy
6. Noisome
7. Windmill
8. Inferno
14. Elongate
16. Scupper
17. Crucible
19. Elysian
21. Excised
22. Offset
23. Tsetse
26. Reign

Solution to Newsletter SUDOKU 40

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

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HEACHAM PARISH COUNCIL NOTICEBOARD

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 19 May at 7.00pm at the Parish Council office (the venue may change), current situation permitting.

COVID 19

The Borough Council are producing regular news releases, these can be found on the Borough Council website.

The Community co-ordinating hub – Councils across Norfolk and the rest of the country have been setting up community hubs so that the promised government support can get through to those most in need in our communities. This includes providing food essentials, collecting prescriptions and medicines, ensuring that people feel safe and making sure they know who they can turn to in their times of need.

The Government announced it would be stepping in directly to support about 1.5 million people identified as vulnerable across the country, and councils across Norfolk are actively contacting those people identified in their districts.

In addition, letters were sent out to every resident by all Norfolk councils, referring them to the helpline number 0344 800 8020 if they feel they need assistance for essential food items or medicines, or wellbeing support. Calls to this line go through a triage process so that people are directed to the organisation that can help. Cllr Terry Parish is available to receive emails. He can be contacted on Cllr.Terry.Parish@West-Norfolk.gov.uk.

The Parish Council would like to thank everyone for heeding the advice given on exercise, non-essential travel and social distancing.

Heacham Carnival Parade and Fete 2020

In these uncertain times of social distancing, working from home, and lockdown, we have decided to plan towards a modified carnival parade this year, as and when we can actually hold one. We are planning to have marching parade led by the British Legion as a tribute to the NHS and key workers. This will be inclusive of anyone and everyone who wishes to join in with the clapping, banging, banners and placards. It would be lovely to see and hear a massive parade of celebration. More details will be forthcoming as we can make more plans. Anyone who would like to know more or be involved can get in touch with the Parish Office. Thank you

SPEED AWARE MONITOR (SAM2)

Because of the situation the country is in with the pandemic and the advice that the Government have issued, I have enquired about the 4-week maximum duration of siting the Speed Monitor. The reply from the local County Highways was *"Would be to leave them in one place for longer than the 4 weeks, if changing them causes a breaking of the current health guidelines"* and that *"There will not be a problem if they are located in one place for longer than the rules normally allow."*

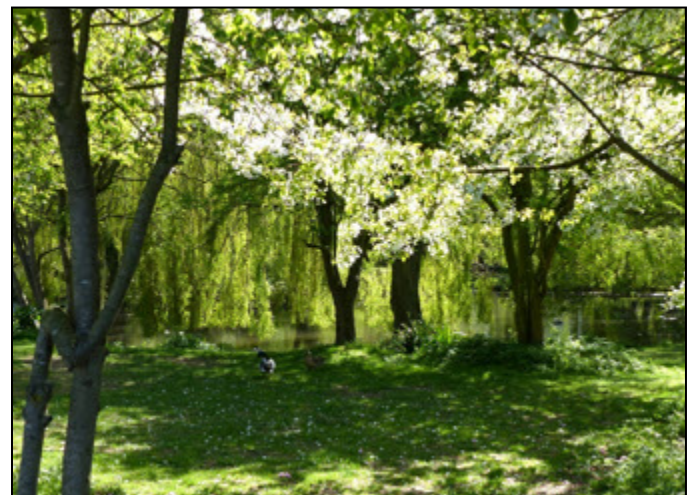
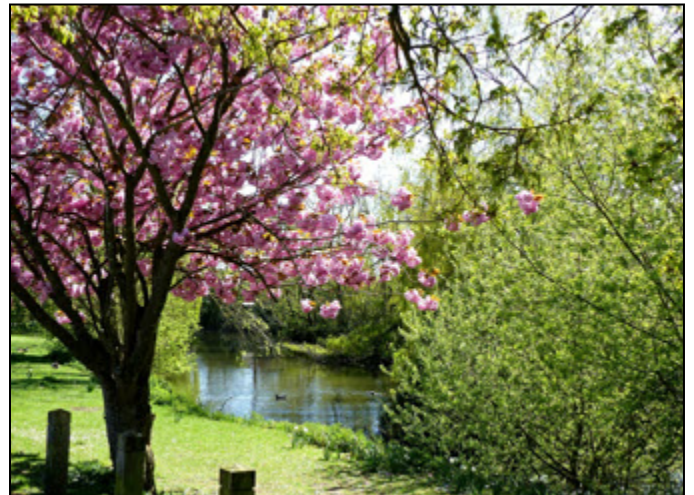
There is only one site where we do not need a step ladder to remove or place the Speed sign, but we will endeavour to move the Speed Monitor around the Parish as and when we can providing we are not breaking the Social Distancing rule and that it is safe for a single Councillor to move it.

ALLOTMENTS

Heacham allotments are presently still open and the National Allotment Society are encouraging Councils to continue to keep them open for as long as possible. The recommendations are that you can use your daily exercise time to tend your allotments but ensure you stick to the social distancing rules. More updated information can be found <https://www.nsalg.org.uk/news/covid19-information/>

HEACHAM OUR VILLAGE –

One of the delights of this lovely village is Bray's Pit, a haven for ducks, geese and other wildlife, and where Mother Nature works her magic throughout the year. Now decked in her Spring finery, with wild, and cultivated flowers coming out, and with blossom in abundance, it makes a lovely place to refresh the spirit in these difficult times. Now we know that some Heachamites cannot get out and about during the present lockdown, as they are at risk, but we hope that seeing something of the beauty there, by way of a few photos, may well lift their spirits too, and that the signs of Spring will bring hope and joy to one and all. As our beloved Queen said "We will meet again".
Ray Sparvell



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.

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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

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LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

Lynx Coastliner No.36

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

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

Service 34, 35 & 36 (Mon-Sat)

Via:- Fox & Hounds and Lodge Rd

0654 & 0709 first buses to King's Lynn then 2 an hour from 0729

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

Service 34 - (Mon-Sat)

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

0709, 0800 first buses to King's Lynn then twice hourly from 0829

0723 first bus to Hunstanton then twice hourly from 0829

Services 34, 35 & 36 (Sundays)

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

0808, 0844 first bus to Hunstanton then hourly

0945 (Service 35) then two hourly

Smithdon High School Bus

Service 35 & 36

0759, 0808 to Smithdon School (Service 36)

1515 from Smithdon School (Service 35)

Bus Enquiries

www.lynxbus.co.uk

Tel: 01553 611955

WNCT - DIAL-a-BUS Service

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

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

Tel: 01553 770310

Main pick up points for The Heacham Newsletter.

First Saturday of each month except January.

Jennings, Ridouts Bakery, Post Office, Church, Tesco's, Station Road Garage, Lidl

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

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EMAIL : Gardenscapes1@hotmail.com