



THE HEACHAM NEWSLETTER

July 2020

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



Deadline for the next edition is 12 noon, Tuesday 14th July 2020

The editorial team are pleased to bring you another edition of your Village Magazine "The Heacham Newsletter".

We would like to say a big "Thank You" to our advertisers and contributors as without your support we could not keep going. Please keep sending in your letters, articles, photos etc. we would love to hear from you.

With very best wishes.

The Heacham Newsletter

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



**Do Something
Amazing Today**

Save a Life

The National Blood Service
will be visiting Heacham
and would welcome existing and new donors.
Wednesday 8th July 2020 at the Public Hall,
Station Road. 1.15pm - 4pm and 5pm - 6.30pm.
Please make an appointment if you can, by calling
the Helpline 0300 1232323 or online at
www.blood.co.uk

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

ADVERTISING: Robby Topliss ☎ 01485 544954 Adverts cost £15, £30 or £60 per month
THE NEWSLETTER VOLUNTEER TEAM: George Bradley - Michelle Carter - Jackie Davis
Roger Drinkwater - Brian Faulkner - Kerry Long - Mary Sheldrick - Robby Topliss
THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

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

your letters..



Dear Newsletter

Heacham

Burning Issues

Once again Mike Jennings and Peter Sutton have hit the nail right on the head on two issues which seem to occupy the attention of many Heacham residents.

Firstly, South Beach Road. According to my findings on the internet, South Beach Road should have a double yellow line; if not, North Beach Road should have a single. Someone, somewhere, and I don't suppose we'll ever be allowed to know who, has got it wrong. Whether the solution is removing a line on North Beach, or repainting the removed line on South Beach, it will cost money, and I'm guessing the person who got it wrong in the first place will not be paying the bill. We will.

Secondly, the proposed Community Centre. As Peter Sutton says, the coronavirus pandemic has changed the situation tremendously. I can imagine how I would feel if I had been put on furlough with a pay cut, or worse still, had lost my job and was landed with increased council tax to pay off the huge loan that the Parish Council is proposing to land us with. Far from switching to the cheaper option, perhaps the whole scheme should be put on hold until some degree of normality returns, then the debate should be reopened, and the village given a chance to vote on the matter again.

Peter Sutton points out that the PC represents local inhabitants, but I am left with the feeling that it is very much a closed shop, with councillors often co-opted instead of elected, and quite remote from the opinions of village inhabitants. Perhaps next time there are vacancies, Peter and Mike should be co-opted? They certainly seem to be in touch with village opinion.

Pete Widdows

NEW Ken Hill Estate South Beach Car Park

The much anticipated Pay & Display car park opened over the weekend of 13th/14th June. It proved popular with trippers heading to the beach as the weather was good and the parking charges did not become operational until the Monday. A case of try before you buy! Cost is £1 for 1 hour, £3 up to 3 hours and £5 all day and the gate is open 7am – 9pm.

THN



Dear Newsletter

Neville Road

Lockdown Library

Thank you to all those that have come along to the library in Neville Road and helped to raise funds for the Heacham Group Practice Amenities Fund (for patients). The library is still going strong, so thank you. We have such a range of books and everyone is welcome even if you don't have a book to bring.

from The Scotts



Dear Newsletter

High Street

Thank You

A big thank you to the Heacham Newsletter team - it is remarkable that the Newsletter keeps appearing as usual, despite the obvious difficulties over a long period of time. And well done for keeping it so interesting - I appreciated the Benjamin Zephaniah poem last month, and it seems more meaningful than ever in view of recent events.

Also, thanks to the Parish Council for everything they are doing for the village, with a special mention for Cllr Terry Parish's concise but thorough updates - his no-nonsense style always makes me smile!

Beth Winsor



Bonny Dogs

Professional Dog Grooming

With over 25 years experience

Tel Helen at Heacham

Mob 07775 479107

Land line 01485 572144

Supplier of James Wellbeloved

21B High Street Heacham PE31 7ER

www.bonnydogsgrooming.co.uk



**Computer help
in plain English**



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

Tablets and smartphones too!

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

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

news & events in the community ...

General Knowledge Quiz

CAPITAL CITIES

- Constructed in the 1720s, which ancient city is home to the Spanish Steps?
- Which Commonwealth capital city stands on the Molonglo river?
- In 1903, which American author wrote the documentary novel 'The People of the Abyss'?
- At 9,350 ft above sea level, which South American city is the second-highest capital in the world and the nearest to the Equator?
- Frederic Chopin Airport serves which city?
- The Prado National Museum is to be found in which City?
- As the crow flies, which capital city is the nearest to London?
- What is the capital of the largest landlocked country in the world?
- In which city is the Nobel Peace Prize award ceremony held?
- London boasts the world's first underground railway system – which city is home to the second oldest?
- Which is the only capital city to start with the letter Z?
- What is the world's most southern capital city?

Answers on page 34

NEWSLETTER SUDOKU 43 Answer page 34

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

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

Station Road Garage

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

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



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

For a hassle free sale phone Graham on 01485 570259

www.stationroadgarageheacham.co.uk

Station Road Garage

33 Station Road, Heacham Norfolk PE31 7EX

☎: 01485 570259

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

Friendly, family run garage. All Makes and Models Accepted



Vehicle Testing Station

www.stationroadgarageheacham.co.uk

Heacham Carpet Bowls Club

Sadly, due to the dreaded Coronavirus, we have been unable to play bowls since March. We know that this will have been a difficult time for our members who will have missed the fun and social contact of the Club but we hope all are well.

At present, there is no guideline as to when we may be allowed to begin again. It would be almost impossible to keep to the distancing rules, and keeping all equipment virus-free would be a huge undertaking, as would socialising in the kitchen area. Most of our members would be classed as vulnerable, either because of age or health issues and your Committee would not want to take any risks. Having so recently purchased our new mats and stand, we are very disappointed at the turn of events but hopefully, by the next issue of The Heacham Newsletter, we will have a more positive message.

Mick Harpley
Chairman



S & J Partyka Ltd

(plumbing & heating)

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

01485 570688 - 07831 776881
partyka.plumbing@gmail.com

all plumbing and heating work undertaken

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

water - gas - oil - air source



“all work fully guaranteed”



JENNINGS STORES

SOUTH BEACH ROAD

TEL: 01485 571265

WELCOME TO OUR NEW STORE

Open 7 Days a Week 6.30am - 10pm



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

Utility Payment Schemes.

Bottled Gas, Beach Goods.

National Lottery & Scratch Cards. The Health Lottery.



Wide Range of Groceries, Frozen & Chilled.

Foods, Spirits plus Chilled Wines & Beers.

Newspapers, Magazines, Toys, etc.

Wide Range of Medication.

In Store Laundry Available. Bring your Quilts.

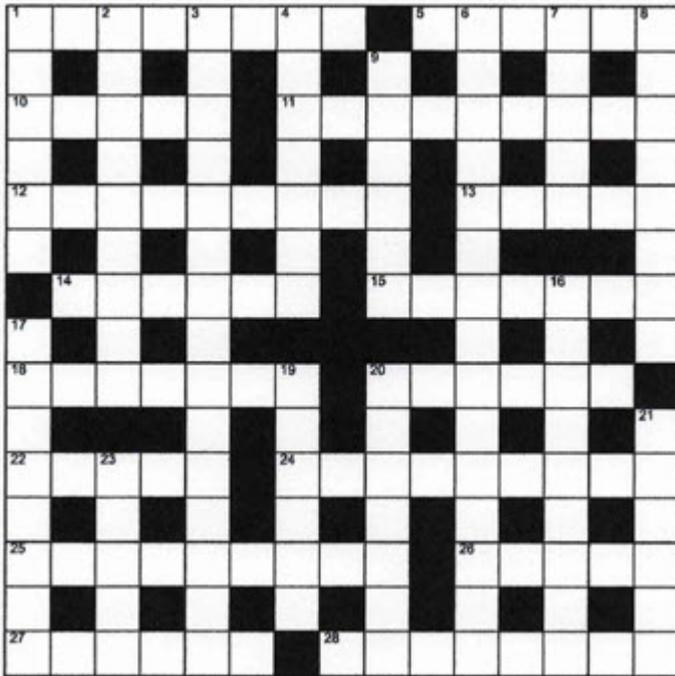
Delivery of Groceries Purchased over £10

Over phone or in store

We Offer Cash Back.



JULY CROSSWORD



CLUES:

Across:

1. A novel place for storage? (8)
5. Living room seat is wrong way round to begin with (6)
10. Restore trifle left out at random (5)
11. Criminal ring has place in America, initially seen as an earthly paradise (7-2)
12. Taking note while leaning over to accept letter (9)
13. Meagre belongings include a Whistler (5)
14. Parent's pitch sounds like rubbish (6)
15. Foreign timer of French origin displays fault (7)
18. It's kind of binder to take in student (7)
20. Loses control of photographs to be included in article (6)
22. Away and longing to get letter (5)
24. Military command has observers who are on the mark (4,5)
25. Cream pies I swap for a cocktail are sloppy (9)
26. Clamour for chart toppers to emerge at last (5)
27. One isn't covered to back horse at first (6)
28. Support given to sleeper in plot is mostly unwavering (8)

Down:

1. A keen drinker, except before race (6)
2. Confuse and fob off American looking over Tate casually (9)
3. Chat about queen wearing pointed shoes creates fireworks (9,6)
4. Small noises disturbed meeting (7)
6. Bands show agreement to unification (10,5)
7. Sleeps over with European to make a point (5)
8. Grumpy about VAR reversal being shown in mockery (8)
9. Called on Democrat to get to grips with second term being extended (6)
16. Acknowledge that scoring with bare feet is unusual (9)
17. Cause for celebration? (8)
19. Article is to cover back pages of paper (6)
20. Pave the way for Penny to go back (7)
21. The precise time to get Penny to make an appearance? (6)
23. Put into category D (5)

Solution on page 34

www.ajdautorepairs.com

AJD auto repairs

Motor Vehicle Engineers



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

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

TELEPHONE

(01485) 540039
email: info@ajdautorepairs.com



Feel Warm, Cosy and Safe
with a Woodburner from Norfolk Woodburners!

Offering the best LOCAL SERVICE!



- Installation of Wood Burners & Multi-Fuel Stoves
- Chimneys Lined
- No Chimney, No Problem
- Fireplace Build Works
- Main agents for Parkray, Hunter & Cleanburn Stoves

T: 01328 700161 M: 07966 661175
E: norfolkwoodburners@outlook.com

www.norfolkwoodburners.co.uk



CHURCHES TOGETHER IN HEACHAM



Re-opening of Church

We are delighted that we can now begin to re-open the church building, initially for private prayer and small funerals.

The church has been thoroughly cleaned by volunteers, and will be after each time it is opened. There will be a one way system to come in and as you move round the church, some sanitiser to use as you enter and leave. All bibles, books, leaflets, toys etc have been put away, and we are sorry that we can't offer any refreshments at this time.

You will be able to light a candle, and to sit and pray, reflect and enjoy the quiet space.

We plan to be open on **SATURDAYS from 2-4pm and WEDNESDAYS 10am-12noon** to start with, any changes will be advertised on the church website, Facebook pages and on the church noticeboards.

We will continue to pray 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 and to visit graves, please observe social distancing when there. We are now able to offer some funerals in church as well as graveside services.

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

Thank you for all in our village community for all you have been and done during this corona season.

If you need help, practical, emotional or advice do contact:
Revd Veronica Wilson
01485 570697 or heacham.vicar@gmail.com

Coronavirus- Community Support for Heacham

If you need help or support, Heacham Parish Church is still here for you.

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

We are also offering telephone support to those who are worried, lonely or would simply like a friendly chat.

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.**

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

CHURCH CONTACTS: (telephone code: 01485)

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

HEACHAM METHODIST CHURCH



HEACHAM METHODIST CHURCH

Just a thought...

Well this is it, my final Heacham Newsletter article and I cannot believe how time has flown.

I look back and it only seems five minutes since we were unpacking and getting ready for a new and exciting adventure in the West Norfolk area. Now it is nearly over (beginning of August) and for each of us a new adventure must begin.

Saying goodbye for whatever reason is difficult; saying goodbye to you who have shared my six year journey is doubly difficult. I do not find it easy leaving but I go forward into retirement because of the way you have always encouraged me to be confident in myself even though there were times when not everything went to plan (well nothing ever did go to plan at any service did it!).

There is a poem I read the other day which actually says all that I want to say. It was written by Emily (only name given) and it begins like this:-

You helped me laugh
you dried my tears
because of you I have no fears
Together we live
together we grow
teaching each other what we must know.....

And over the past six years I believe we did all these things; we have taught each other, grown together, laughed together and yes at times cried together. But most of all we have worshipped a God whom we are able to put all our trust in together. And it is because of that trust I am leaving Heacham. I trust that he has called me to undertake as yet things unknown in my retirement, but He has called me away for a reason and I must honour that call, just as the new Minister Rev Richman Ncube will honour his call.

So it just leaves me to say thank you; thank you for helping me through my time here with patience; thank you for watching over and praying for me and the family during times of trouble; and thank you for six years of friendship, kindness and a willingness to walk the road together. I will never forget it.

I wish you every blessing and pray that the coming years will be ones of joy, hope, peace and growth beyond your dreams.

Steve
(Rev. Steve Oliver)
Heacham Methodist Church

Hunstanton Catholic Parish

At the time of writing both of our churches are currently closed. You can find parish news, Fr Henry's Sunday homily and links to the many live streamed Masses and prayers showing in the diocese, on our parish website.

Although technically not able to video the Masses, Fr Henry is still saying daily Masses and praying for parishioners in the church at Dersingham. When the churches are allowed to start public Masses again, notices will be on the doors of both churches as well as on the parish website.

Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org

The Parish telephone number is 01485 534675.

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

NEWSLETTER SUDOKU 44 Answer page 34

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

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

hope

EVANGELICAL CHURCH

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

1 Peter 1:3

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

www.hopeevangelicalchurch.org



Point'z of Interest Therapies

*Acupuncture, Reflexology
Traditional Chinese Medicine
& Massage Therapies*

07892 942148

PointzofInterest.co.uk

PointzofInterest@gmail.com

40a Lynn Road, Dersingham PE31 6JZ

Heacham Foot Health Clinic

- ▶ Foot care treatments, nail cutting, reduction of corns and calluses
- ▶ addressing foot, knee, hip and back pain with prescription orthotics
- ▶ Heacham clinic
- ▶ HOME VISITS AVAILABLE

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

professional standards authority
 accredited register

Parking Disabled Access



Another recipe from The Prudent Pensioner

I have posted more soup recipes on The Prudent Pensioner Facebook page so thought I would share a recipe I know many people love.

Macaroni Cheese with Bacon

makes 2 generous servings

Ingredients:

125g / 4 ½ oz. Dried macaroni pasta
 15g / ½oz Butter
 15g / ½oz Plain flour
 250ml / ½ pint Milk
 ¼ teaspoon English mustard
 100g / 4oz Strong flavoured Cheddar Cheese grated
 Salt & Pepper
 1 rasher Back Bacon or 2 rashers of Streaky, bacon rinds removed
 You will need an 850ml / 1½ pint ovenproof dish.

Method:

Cut bacon into small strips and fry until cooked to liking. Place bacon in ovenproof dish and spread evenly over base.

Half fill a medium size saucepan with lightly salted water bring to the boil then add the macaroni. Boil for 5 minutes then strain off all but approximately 2 tablespoons of water.

Meanwhile melt butter in a saucepan, remove from heat and add flour, stirring to form a smooth base for the sauce. Whisk in milk a little at a time until all mixed then gently bring to the boil still stirring constantly. Reduce heat to simmer, stir in mustard, salt and pepper to taste. Cook for 2 minutes stirring often. Add par cooked macaroni to pan, stir and cook for 4 minutes. The starches in the pasta will thicken the sauce as it cooks.

Preheat grill to medium. Remove sauce from heat and stir in 2/3rd of the cheese.

Pour sauce over bacon in dish, spreading evenly. Sprinkle over remaining cheese and grill for approximately 6 minutes or until cheese is browned and sauce is bubbling.

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

Email: pru.pensioner@btinternet.com

See more recipes on [The Prudent Pensioners Facebook page](#)

TIDE TABLES FOR JULY & AUGUST 2020

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST.									
July 2020					August 2020				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 W	02 24	6.2	14 34	6.4	1 SA	04 03	6.3	16 42	6.4
2 TH	03 25	6.3	15 41	6.6	2 SU	04 57	6.6	17 41	6.7
3 F	04 22	6.6	16 43	6.8	3 M ☉	05 44	6.9	18 31	6.8
4 SA	05 13	6.8	17 40	6.9	4 TU	06 27	7.0	19 14	6.8
5 SU ☽	06 00	7.0	18 35	7.0	5 W	07 08	7.2	19 51	6.8
6 M	06 44	7.2	19 24	6.9	6 TH	07 44	7.3	20 24	6.7
7 TU	07 26	7.2	20 06	6.9	7 F	08 18	7.2	20 54	6.6
8 W	08 03	7.2	20 46	6.7	8 SA	08 50	6.9	21 22	6.3
9 TH	08 40	6.9	21 24	6.4	9 SU	09 22	6.7	21 51	6.1
10 F	09 16	6.7	22 00	6.1	10 M	09 55	6.4	22 25	5.8
11 SA	09 54	6.4	22 39	5.8	11 TU	10 34	6.1	23 09	5.6
12 SU	10 36	6.1	23 25	5.6	12 W	11 26	5.7		
13 M	11 28	5.8			13 TH	00 12	5.4	12 36	5.5
14 TU	00 20	5.4	12 28	5.6	14 F	01 31	5.4	13 58	5.5
15 W	01 21	5.4	13 33	5.6	15 SA	02 46	5.6	15 11	5.6
16 TH	02 26	5.5	14 38	5.7	16 SU	03 47	6.0	16 14	6.1
17 F	03 23	5.8	15 38	6.0	17 M	04 39	6.4	17 09	6.6
18 SA	04 15	6.1	16 33	6.2	18 TU	05 25	6.8	17 59	6.9
19 SU	05 02	6.4	17 23	6.4	19 W ●	06 09	7.2	18 45	7.2
20 M ●	05 45	6.8	18 12	6.8	20 TH	06 51	7.5	19 29	7.4
21 TU	06 27	7.0	18 58	6.9	21 F	07 33	7.8	20 09	7.5
22 W	07 10	7.2	19 43	7.0	22 SA	08 11	7.9	20 48	7.4
23 TH	07 49	7.3	20 25	7.2	23 SU	08 52	7.8	21 29	7.2
24 F	08 28	7.4	21 08	7.0	24 M	09 35	7.5	22 12	6.8
25 SA	09 09	7.3	21 53	6.8	25 TU	10 23	7.0	23 01	6.3
26 SU	09 55	7.2	22 41	6.6	26 W	11 22	6.4		
27 M	10 46	6.8	23 38	6.2	27 TH	00 05	5.8	12 36	5.8
28 TU	11 46	6.4			28 F	01 18	5.6	14 06	5.7
29 W	00 41	6.0	12 56	6.2	29 SA	02 36	5.7	15 35	5.8
30 TH	01 50	5.8	14 15	6.1	30 SU	03 46	6.1	16 46	6.2
31 F	02 59	6.0	15 32	6.2	31 M	04 42	6.4	17 37	6.6

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

Choosing the right funeral service

Our Personal Service

Available 24 hours a day
 Serving Heacham and surrounding areas

A complete funeral home offering:

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

For a complete and helpful brochure, contact us:

Eric W Witton

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

01485 570 475

ericwitton@dignityfunerals.co.uk

Under the personal supervision of Mrs Samantha Pratt



SAMPHIRE DEVELOPMENTS (NORFOLK)

LOCAL SELF STORAGE
 CONTAINER HIRE

£20 PER WEEK
 (WHEN SIGNING A 3 MONTH CONTRACT)

CONTACT HOLLIE 07748904417

Extra Hands

Carer goes the extra mile

Carer Simon Boston has been going the extra mile for his service users in a bid to make a big difference to their lives during the most severe pandemic to affect this country in living memory.

Simon, who works for West Norfolk home care company Extra Hands, said while the coronavirus pandemic had brought new challenges for carers and care service users, it was little things that have helped the people he cares for.

“It’s important because they don’t feel so isolated, they rely on us more than ever to keep them connected with the outside world,” he said. “Little things like posting letters have become impossible for them, so I’ve taken it upon myself to do things like that, and there was one lady who I used to take shopping regularly. We can’t do that now, so I’ve become her personal shopper!”

After years working in a variety of roles, including retail, hospitality, insurance and sales, Simon, who lives in Heacham, believes the unique circumstances of the pandemic had made him realise the full importance of the work he does at the award-winning Extra Hands, and what it means to him.

“This is the best job I’ve ever had, I love it and I always look forward to going to work,” he said. “I joined Extra Hands around two years ago, having had no previous professional caring background, but I’d always been the sort of person friends and family would turn to in a difficult situation, so I felt I would be able to do the job, and there was nothing about it that scared me.

“It’s come with some personal sacrifice but it’s something I’ve been willing to do, to provide the care I give. It’s taught me patience and humility and highlighted how important the work that we do is. We really do have the users’ lives in our hands.”

It is not just Simon who has developed a full understanding of the work he does – so has the wider public, through the weekly Clap for Carers, something he said that he really appreciated.

“On the first night it happened, I had a new carer shadowing me on duty, and the people in the street delayed coming out to clap until we arrived, because they knew what we were doing,” he said. “That made me feel great.”

Award-winning Extra Hands, with offices in Heacham and Horsham St Faith, provides care to people all over Norfolk, and Simon said the locally-based angle is key to its success. The Heacham office received an ‘Outstanding’ rating by the Care

Quality Commission and currently has capacity to help more people in the coastal area.

“Not only does it teach you time management, as you know how long it will take you to do your rounds, but also you get to know the users’ families and neighbours too, so it builds up a real sense of community,” he explained. “If you’re working in an area you don’t know, there’s a sense of detachment, but with Extra Hands being so local, it gives the service an extra layer. It helps us to provide a professional service in a personal way.”

Extra Hands was the first home care provider in the county to offer a wellbeing check service for carers who need to be reassured when they cannot make their usual calls and now this service is in its fifth year and proving very popular.

Photo: credit Ian Burt



Margaret Marciniak

Reflexology
Eternal Light Healing
Evans Alignment Therapy

07951402717
Tranquilitytobe@hotmail.com

Extra Hands Established 1993
Providers of Home Care in Norfolk

Norfolk Care Awards 2018 Winners

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

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

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

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

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

Tel: **01485 570611**

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

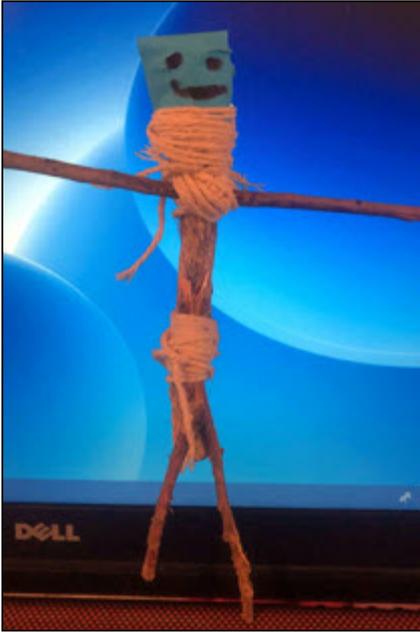
www.extrahandshomecarenorfolk.co.uk

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

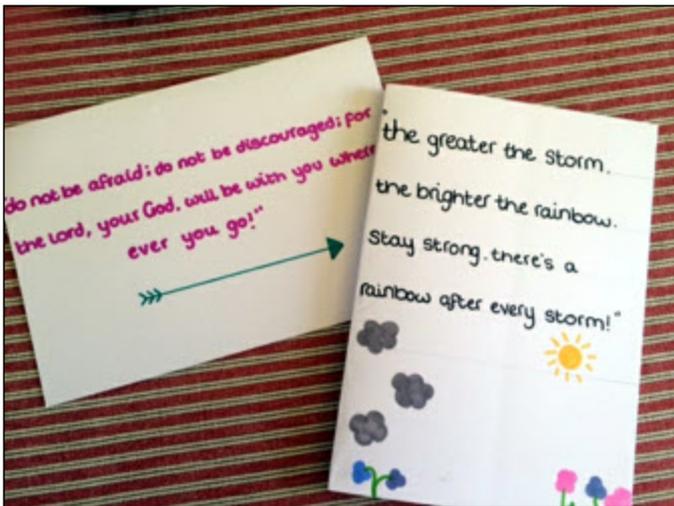


Heacham Girl Guides

During this strange time, Heacham Girl Guides continue to meet on 'Zoom'. We've adapted meeting ideas and badgework. Girls are working on various badges and sharing photos of what they have been doing.



Here is a photo of a stick man. We all made one, told him our worries and let them blow away.



So good to keep in touch.
Stay safe, stay well.

Sue, Janet and the girls

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

Sandringham IRONCRAFT

HIGH QUALITY ORNAMENTAL IRONWORK
AND STEEL FABRICATION

Unit 4, Cheney Crescent, Heacham
Tel: 571129

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS

P Skinner Installations Ltd Double Glazing Services



Window & Door
Repairs

Double Glazing
Repairs
& Adjustments



Hinges & Handles

Misted or Broken
Glass



Upgrade your
Security

Call Paul
your local tradesman

T: 01485 535247 M: 07834 697719
E: Pskinnerinstallationsltd@yahoo.com



Expert legal help and advice on your doorstep in Heacham

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

01485 571366
wardgethinarcher.co.uk/heacham

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



Ward Gethin Archer
SOLICITORS AND NOTARIES

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

Ruffle: A Toy's Adventures

Something seems familiar!

by Rachel Greaves

Bert and Mavis, the park keeper and his wife, were blessed with two grandchildren who loved spending time with their grandparents. A few days after Bert had found Ruffle on the park bench and brought him home, the grandchildren visited - eagerly anticipating a day of fun and laughter. As always, they had managed to bring with them an array of soft toys and so squealed with delight when they saw Ruffle, cleaned and mended, ready to join them.

Earlier that morning Bert had packed the picnic and was busy helping usher everyone, with and without fur, into the old couple's car. Once everyone was aboard, Mavis drove them the short distance to where a teddy bears' picnic was due to take place. As they all climbed out of the car, the toy Ruffle heard a loud whistle that made the hair on the back of his neck stand on end. There was a familiar smell in the air - like the smell from a coal fire...

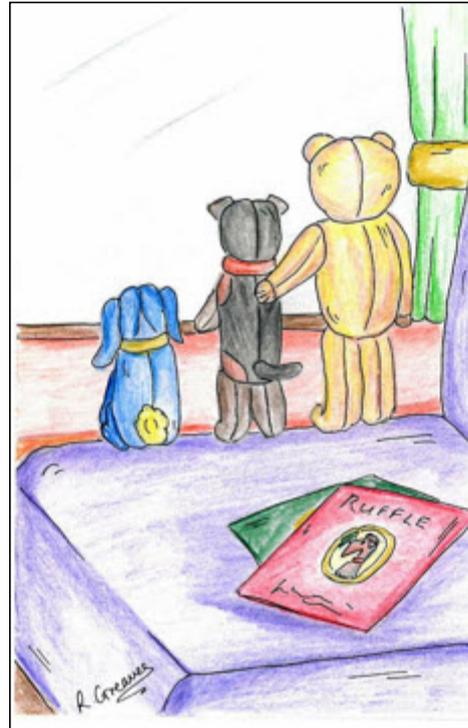
They were soon on board and all the toys were positioned on the seats next to the window - definitely the best view! Another whistle signalled that they were off and huge puffs of smoke poured in from the open window as the train pulled gently away from the station. Ruffle and the rest of the toys watched from the window as they passed fields of green, dotted every now and again with cows, horses and sheep. The sound of the wheels on the rails changed as the train trundled over a little bridge that carried them over a large reservoir. Momentarily, the carriage was plunged into semi-darkness then soon back into the sunlight as another tunnel was eaten up.

At the other end of the line was a huge shed where passengers and their furry toys could sit to eat their picnic lunches. A man dressed as a large teddy bear welcomed all the visitors, especially those with fur! Bert and Mavis took turns to either hold the toys or to push the grandchildren on the swings and roundabout on the little playpark next to the train shed.

The train whistle sounded to signal it was time to return to the station where they had started from that morning. Waving goodbye to the man in his teddy bear suit, the children gathered their toys and settled back into the carriage for the return journey. Once more the toys were arranged on the seat next to the window. But Ruffle felt a little squashed, especially when the two tired children started to argue about who should sit next to the window, and Ruffle felt himself being pushed further and further into the space between the seat and the side of the carriage near to the window.

The train pulled into the station where Mavis's car was waiting patiently for them. The children jumped up and gathered all the toys. All that is, except for the toy Ruffle, who was wedged between the seat and out of view. No one noticed that Ruffle was missing as they clambered into the car and drove off with talk of bears and picnics.

The sounds on the train gradually ceased and the Ruffle toy was left in silence. But there was something vaguely familiar about Ruffle's adventures today...



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

R'N'R FENCING
& Landscapes

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

ALL ASPECTS OF LANDSCAPING
FREE QUOTES • PUBLIC LIABILITY INSURED

07881 947506 / 01485 572107

Prided on Quality & Reliability
www.rnrfencing.co.uk

Sandringham
Windows
Norfolk



UPVC Windows **Garage Doors**
UPVC Doors **Porches**
Composite Doors **Conservatories**

Free, no obligation quotations
Over 60 years Industry experience
10 year guarantee

Tel: 01553 611631

Giant Hogweed - *Heracleum mantegazzianum* in Heacham

Giant Hogweed is a truly magnificent plant that can reach 10 feet (3 metres) or more in height with individual leaves that can be over 3ft (1 metre long). It has massive white flower heads in flat topped clusters arranged like an umbrella (called 'umbels'). These are a magnet to pollinating insects such as bees and hoverflies. It is, however, not a British native plant but an 'alien' invader. It was introduced to Britain



from Russia via Kew gardens in 1817, and quickly became popular with large estate gardens as a monumental curiosity.

Unfortunately, Giant Hogweed turned out to be a bit of a monster; a triffid if you like! Within ten years of its introduction to gardens it had escaped into the wild. It produces seed prolifically which can travel long distances floating along rivers and streams. It has since spread as an alien weed all around Britain (including to the Saltings reserve at Heacham) and is a problem weed in many other parts of Europe and America too.



The problems with Giant Hogweed are twofold. Firstly, it can form dense patches that take over and disrupt and damage our native plants and vegetation. Secondly, its sap and glandular hairs contain a toxin which can cause unpleasant blistering of skin. Whilst it is not deadly poisonous, it has most definitely outstayed its welcome. As a result, there is a countrywide effort to see this alien invader repulsed, including an on-going programme of containment and eventual eradication at the Saltings by Heacham Parish Council who own and manage the site.

As any gardener will testify, getting rid of a determined weed is never easy.

Efforts to eliminate Giant Hogweed at the Saltings began with by employing a contractor to undertake a herbicidal blitz on the plants. This was successful in killing the treated plants, but, as the hogweed plants were quite closely spaced, the treatment also took out most of the grasses and other plants in between. The



resulting exposed bare soil then provided a perfect opening for a flush of new hogweed seedlings from seed lying in the soil from previous years. Having started with a few dozen of mature plants separated by grass, we ended up with hundreds of new baby monsters!!! A new strategy was needed, and hopefully one that was not wholly reliant on nasty chemicals, but one based on scientific advice. (I have a 300-page manual "The Ecology & Management of Giant Hogweed" summarising extensive research effort from all around Europe).

The new control strategy is an integrated programme of two parts: containment and eradication.

Containment

At present the Giant Hogweed is confined to a small corner of the reserve, off the permitted paths and largely hidden behind brambles and bushes. Our first priority objective is to prevent the alien colony from spreading further out across the reserve by seed. This is comparatively simple involving beheading the plants before the flowers can set any fresh seed in July. This we do every year without fail.

The second objective is to restrict future increases in plant numbers arising from residual seed lying dormant in the ground. This is being achieved by reinstating the damaged grassland so as to close down bare soil openings through which new hogweed seedlings can germinate. Exhausting the pre-existing reserves of Hogweed seed will take years of vigilance - as the old adage goes "One year's seeding makes seven years' weeding."

Eradication

The temptation is to go in early and hack down the hogweed plants as they emerge in spring before they get to any size. I have been trying this with my trusty scythe; in part to encourage grass growth at ground level. This has not proved to be the most successful strategy for eliminating hogweed plants. As with another bit of country lore relating to thistles:



A thistle,
cut in May is back next day!
cut in June will come back too soon,
cut in July will surely die!

This rhyme is actually more reliable for Giant Hogweed as it is what is known as monocarpic – this means that once a plant has finished flowering and runs to seed, its job is done and it dies (like annuals and biennials in the garden). However, if you go in early and cut before it has fully committed to completing its life cycle it will simply regrow to flower at a future date. It can keep doing this for some years. You will have delayed flowering and contained it, but not eradicated it.



So, our main control strategy is to cut down mature plants when they are as fully committed to full flowering as possible but not yet set any viable seed. We let them come on and hold our fire until we can see the whites of their eyes (flower heads!) This is however a tricky operation as by this stage the plants are bulky with stems up to 3 inches in diameter. They are often taller than myself and likely to fight back as I fell them – a sharp long reach scythe and full protective PPE gear is essential! This is followed up with repeat cutting of any regrowth as well as some targeted application of herbicide.



Is Giant Hogweed dangerous?

The first thing to say is that, unlike fictional triffids, Giant Hogweed cannot move and will not pursue and attack people. It does contain a phytotoxin, but unless you mess with it, it cannot harm you. It is a fairly obvious plant given its size and, as mentioned earlier, is confined to a corner of the reserve out of harm's way and well away from the permitted path. The plants are cut down from July so do not present a significant risk later in the year at blackberrying time.

The sap of giant hogweed can cause burns. It contains furocoumarin, which makes skin extremely sensitive to sunlight (phytophotodermatitis). If the sap gets onto your skin, then you are exposed to sun, the areas of your skin affected have no protection from sunlight and can blister just like regular sun burn.

The best way to avoid injury is to avoid contact with the plant. Don't go walking through the undergrowth unless fully clothed

(as is sensible with nettles and brambles). Don't cut or damage the plants, or handle cut material, and risk getting sap on your skin. Full PPE including a face visor is needed for our planned cutting and clearing tasks.

If you do get giant hogweed sap on your skin, be sure to wash the area thoroughly immediately. The phytotoxin will only result in blistering if the affected area of skin is subsequently exposed to sunlight: so keep the area covered and protected from UV sunlight for a few days. Only sap contaminated areas of skin will be vulnerable to damage, so you are most likely to notice just isolated small patches of blistering. These will heal within a week or so like sunburn. However, as with any burns, if symptom worsen or do affect a significant proportion of the body, seek medical assistance.

Richard Brown
co-opted member of Heacham Parish Council
Natural Environment Committee



Photos, Graham Reader

CARPET CLEANING
OVEN CLEANING

Sofas & curtains cleaned

Quality, regular, reliable service
Conservatory Cleaning,
Window Cleaning,
Patio Cleaning,
Gutter & Facia Cleaning

Proud members of
Checkatrade.com
Where reputation matters



Cleantech
Professional Clearing

(Cash, card & cheque payments accepted)

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

Alternative Therapies Hayfever, really!

Disaster!! those pesky plants are bombing us with their pollen, how dare they, and giant hog weed is chasing us round the fields, really?! As far as I recall plants are amazing Beings who sit and soak up the sun, convert it into their very souls and then sacrifice themselves or allow us to eat some of them so that we may live.

This year has been the same as every year for the plants but we have been inside much more, so we have been living in chemical 'pollen' instead of fresh air. Seen those adverts on the TV, where they waft the so called clean washing and all these pretend flowers come out. That's man-made chemicals folks and not flowers! And then we sleep on it or wear it next to our skin. It can take three washes to get rid of the smell. No wonder we are 'reacting' to our situation. Remembering that most chemicals used in things and our food have not been tested in their actions together, so one could be deemed safe and so could another, but put together well that's a different story. Remember your chemistry lessons at school, don't add that one to that one, oops, bang and fireworks all around! So have a good look at your products that litter or infest your house before you blame the plants!

First point, do you really need all those bottles of whatever? As you can't recycle the packaging or refill the bottles. So adding to our 'out of sight, out of mind' plastic pollution problem, we can't ship it abroad for ever, why should they take our rubbish! Most of the adverts hinting at either eternal life or eternal beauty, really! Check it out, what are you buying into here, other than supplementing the company's profits!

So what to do instead. Well you can make your own; there is so much good info on the net now, have a look see. Or better still choose locally made or handmade items where you understand the label! We only have to go to Hunstanton to find them. Brave up and go into those shops you've never been in, instead of

making judgements from the outside. Soap nuts work well in washing machines and last for many many washes, have no smell and don't leave any chemical residue and best of all your clean clothes smell of nothing, hurrah.

Hayfever is a chronic ailment or disease, because it returns every year, so to cure or ease it out of our body we will need to treat it at a deeper level. Homeopathy is brilliant and can be used now as will Acupuncture (although may have to wait on this one!) You could try asking the Plant Spirits why they affect you so much and what can you do for them? Then do it. Rather than cutting or spraying and culling them. We need the plants more than they need us.

*the plants breathe out and I breathe in
I breathe out and the plants breathe in*

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

Alison Bowyer MNCHM

The complete printing solution
clanpress
www.clanpress.co.uk

Visit our **NEW** website

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

t: 01553 772737
e: info@clanpress.co.uk
w: www.clanpress.co.uk
1 Dundee Court Hamburg Way
King's Lynn, Norfolk PE30 2ND



GARY RUSHMORE FLOORING

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

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

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

t: 01485 572202 email: rushmoreflooring@btconnect.com

www.garyrushmoreflooring.co.uk

Borough Council News Heacham, Sedgeford and Fring

Take back the beaches!

The traffic order at South Beach Heacham is in force with all signs in place. The Ken Hill estate car park is in operation though planning permission has not yet been granted (this is allowed). So, no more free parking. I was opposed to the loss of free parking to residents, not particularly bothered about its impact on visitors. I would like to see concessions conditioned on the planning application. I would also like to see revenue from the new car park contributing to refurbishment and enlargement of the poor toilet provision at South Beach. If you have similar or other comments then the Application number is 20/00804/CU. Consultation 'deadline' is until 7th July although comments will be accepted later if I call the application in. Contact Borough, the Parish Council, me, post-haste if you have anything to say.

A lot goes on down the beaches, the communities of North and South Beach – all holiday homes most with restricted residency, nudge at planning restrictions which refuse increases in habitable size or question the splitting of plots and the sudden arrival of caravans. When counter arguments are made, the pig's ear of past development, particularly along North beach, is held up as a reason that anything should be allowed. Villagers – you need to take more notice of planning applications at the beaches and the activities of groups which organise to 'represent' owners.

Planning in general: there are devious things going on across the Borough as developers and applicants wake up or delays in the application process are overcome. For example, Docking has got dumped with more houses it certainly didn't want and a developer in Gayton, not content with a doubling in allocation, wants a few more (both applications supported by officers by the way; the first scraped through planning committee, the second is due before committee, again, at the end of June after a fiasco at its first appearance). Anyway, what has this has to do with this Ward – beware and sharpen your protest pens.

Talking of devious things. I said last month that democracy was slowly happening at the Council. Many things can happen in a few weeks; democracy is now dead. Due to the Independent Group of 15 Councillors sending a letter to MPs and the press, asking for the high Covid related incidents in West Norfolk to be looked at and better testing to be provided (paraphrased, it was quite a long letter), the Leader of the Council doesn't talk to me or my group anymore. Consultation ended overnight. Since then communications with other cabinet members have been patchy. In addition, written minutes after planning committee have become even thinner – watch it on You tube is the cry – and when a decision went the 'wrong' way – it was

refused, the application was deferred until the next meeting (so we can try again – my interpretation).

Local Matters: Anyone got any comments (good or bad) about Highways current season of 'resurfacing' – tar and gravel? And weed spraying – the County does this twice / year with Glyphosate. Some local concern has been raised, particularly on its impact on wild flowers nearby, etc. Highways sent me the documentation to show it was safe. The European Union is reviewing its use, some countries, a few, have banned it. Whilst mentioning verges; they are important refuges for wildlife. Can people who live near them try and look after them rather than close mowing them AND verges in land deemed countryside should not be mowed regularly and left to seed, unless at road junctions.

Terry Parish
Leader of the Group of Independent Councillors

QUALIFIED ELECTRICIAN

Available for Extra Sockets,

Lighting & BT Points

No Job too small

Free Estimates

No call out charges

Tel:01485 572726 or 07813 173 446

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



I don't charge the earth

Small Jobs a Speciality **01485 540333**

Tony Morgan **07884 454480**

Fuseboards Replaced, Electrical Inspection Certificates, Rewires

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




Email: TMElectrical2010@btinternet.com Mob 07884454480

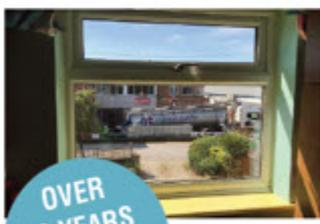
**COVERING THE
WHOLE OF NORFOLK
WITH 30 YEARS EXPERIENCE**

**We specialise in UPVC
window and door repairs**

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



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




OVER
30 YEARS
IN THE
TRADE

Proud members of

Checkatrade.com

Where reputation matters

NO
CALL OUT
FEE

The Window Repair Man
www.thewindowrepairman.com
 E: jcthewindowrepairman@gmail.com
 T: 01485 501236 M: 07775 832545



It could be you! But it probably isn't

by Keith Winsor, oapc - computer help without the jargon

Last month we looked at a few real email messages and unpicked some of the technical clues to watch out for:

- who sent the message?
- if I click the thing they want me to click, where will it take me?

But there's often an easier way to spot a wrong 'un and that's what we'll be looking at this month, again using my own inbox for examples, with no technical mumbo-jumbo whatsoever.

From hgdgd osndbds <web21332www@yahoo.com> ☆

Subject **YOUR ATM VISA CARD IS READY FOR COLLECTION**

Let's begin with a message from a Mr hgdgd osndbds.

Really, Mr osndbds? That's the best you could come up with? You want me to believe you can connect me with the sum of \$2,100,000.00 and that's the name you're going with? Well, actually no, because later in the email we find it's really from:

Mr. Terry Moore
(Acting Manager of HSBC BANK, London United Kingdom.

Bonus point for just the one bracket, but still...

0/10 Must try harder.

Let's move on...

From MBNA Corporation <customercare@mbna.co.uk> ☆

Subject **Dear Customer**



P.G. PLUMBING & BUILDING

24 Hour Emergency Service

Plumbing - Heating - Tiling Bathroom Installations

Disabled Adaptation Specialists



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

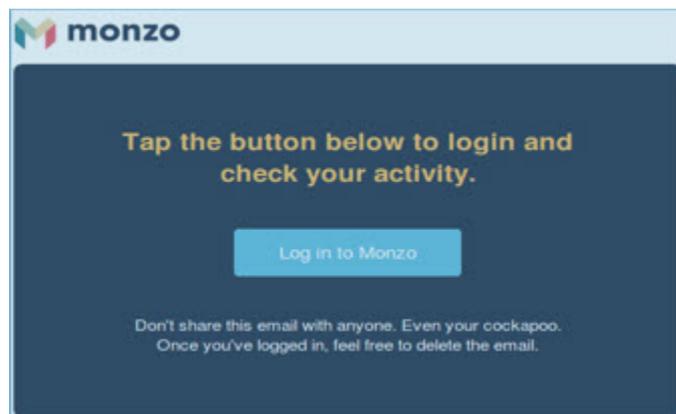
Credit where credit's due, they have taken the trouble to make it look like it comes from MBNA, but 'Dear Customer'? **No bank will ever send a message to Dear Customer and they will never ask you to click a button in an email to sort out a problem.**

Speaking of which...

Subject:Final Re: Act now to save your bank account

Date:Mon, 08 Jun 2020 10:33:37 +0000 (UTC)

From:no_reply@monzo.co.uk <support@justfashionnow.com>



No introduction, not even Dear Customer. Just a big button labelled 'Log in to Monzo'. **Don't.**

One common factor in a lot of scam emails (and telephone calls) is that they will try to panic you into hasty action:

- Your payment for 16th Century Jewish bible is complete!
- Act now!
- Your machine is under attack!
- Your email/internet/bank account is about to be suspended!

It isn't. Have a nice cup of tea and a digestive. Then, if you're still worried, contact the company directly – **NEVER click anything in the email or give details over the phone and NEVER open an unexpected attachment.**

Banking security

It's probably worth noting a few do's and don'ts about online banking and security in general.

I always recommend having at least two email addresses, one for shopping, sharing and social, and one for family and personal stuff. That way, you can be notified (your phone or laptop beeps)

For all your Painting & Decorating

Please Ring Terry:

07961 362443



when someone important contacts you, but your phone isn't binging and bonging every time DFS have a sale. You could have a separate email address for banking, too, or just use the 'family' one, as long as you make sure to tick the box that tells the bank not to share your address and not to use it for junk mail.

I had a customer once who correctly deleted junk mail purportedly from every bank under the sun but happily clicked blatantly fake messages from Nationwide, because they were *her* bank.

It's also worth pointing out that, of all the junk bank messages I'm listing here, none of them went to an email address that I actually use for banking, which is quite a big clue that something is not right...

Anyway, what's next?

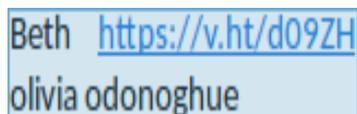
Let's look at a couple of other things to be wary of:

Messages from people you know:

I don't have any of these in my inbox but I know someone who has. They appear to be from someone you know

Subject: Hi Beth

but contain a very short or unexpected message, like:



Here, the golden rule is 'If it doesn't sound like the person you know, they didn't send it'. A favourite trick of scammers is to steal someone's email address book or contacts list and to send messages (apparently) *from* someone in the list *to* someone else in the list.

Sometimes it means Barclaycard get a message 'from' Nationwide but also (imagine it's your contacts stolen) sometimes it means your brother gets a message 'from' your sister, and they are much more likely to click something they shouldn't *if they trust the person who sent it*. A very popular example of this did the rounds on Facebook a while back. After all, if a friend sent you a message saying:

"[Is it you in this picture?](#)"

would you be able to resist a little click?

If Auntie Flo always begins an email with 'Hello Sweetie', be suspicious when you get one that starts, 'Hey Friend!'

It could be you!

It isn't. If you ever receive an email telling you that you've won a lottery, the odds are very high that you haven't. If you ever receive an email telling you that you've won a lottery *that you didn't enter*, the odds are quite a bit higher. All they want from you are your bank and personal details.

Of course, if you actually do enter the lottery and you get an email from Camelot to tell you you've won, it's worth going *directly* to the Camelot website and checking.

Or just give me the ticket and I'll check it for you. You're welcome.

In summary

In the past, viruses were an opportunity for bored geeks to show off to their friends but nowadays threats almost always exist to steal personal information and use it to part you from your hard-earned cash. Take your time, and don't fall for their tricks.

Take care and stay safe.

Keith Winsor, oapc
01485 570479

<https://www.oapc.biz/>

HEACHAM SPORTS & SOCIAL CLUB

13 STATION ROAD, HEACHAM
PE31 7HG TEL: 01485 570776
OPENING TIMES 11AM TO 11PM
Members & Non-Members Welcome



FOR HIRE

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

WHAT'S ON IN JULY

Every Monday
Every Tuesday
Every Wednesday
Every Thursday
Every Friday

CORONAVIRUS

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



**CORONAVIRUS
STAY HOME
PROTECT THE NHS
SAVE LIVES**

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

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)
SEATEDFITNESS 1.30pm-2.15pm Call Suzie on 07900818311 (PH)
HEACHAM FLOWER CLUB 2.30pm every 3rd Monday
January - November. More info call Penny Rhodes 01485
570299 (MC)

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
NORSEMANS 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 on 572029
or email bereavementgroup53@yahoo.com (SM)

FOOTBALL Under 10's 'Minors' 5-6.30pm on playing fields
Contact Jay 07711779415 (HSC)

TAI CHI & KUNG FU 6-7pm Beginners Tai Chi 7-8pm
Advanced Tai Chi 8-9.30pm Adult Kung Fu Tel: Derek
01553 674779 (PRH)

INDOOR BOWLS CLUB (Carpet) 2.30pm (MC)

CASH BINGO 7pm (PH)

WILDFOWLERS CLUB 1st Friday monthly 7.30pm(HSC Top
Room)

NORSEMANS BOXING CLUB Jnr 6-7pm, Snr 7-8pm Unit 12
Heacham Hall Ind Est. Jnr £2, Snr £3
geezersales@btinternet.com

POKER IN THE CLUB 1st Friday each month 7.30pm (PH)

SATURDAYS

FOOTBALL U13's 10-11.30am Contact Mike 07804927764
(HSC Sports Field)

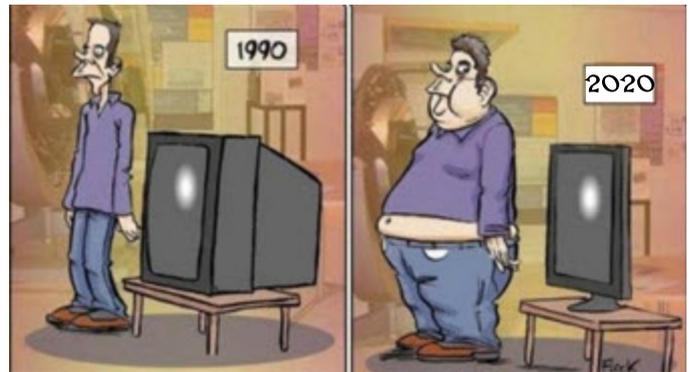
MESSY CHURCH Last Saturday in the month 10 - 12noon
at St. Mary's Church. Call Veronica on 570607 or Church
Office on 572539

SUNDAYS

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

HATHA YOGA 7.30-8.30pm For info Tel: Alison 571062 or
email -medullayoga@gmail.com (SG)

SUNDAY SCHOOL Heacham 10.30am 4 -11 years. Open to
all. Rev.Steve Oliver 01485 570232 or email
buzzard177@msn.com (MC)



Remember wishing the weekend would last forever? Happy now?!?!

IPerrin flooring ...The Store to your Door

FULL SERVICE available for **CARAVANS & MOBILE HOMES**

GUARANTEED TO BEAT ANY GENUINE LIKE FOR LIKE QUOTE

THE BEST DEALS FOR ALL YOUR FLOORING NEEDS

- **FREE** Estimates and planning
- **Full service** from measuring to fitting
- **Competitive pricing** to suit all tastes & budgets
- **Overwhelming** choice of carpet, Vinyl, Karndean, safety flooring, LVT's, Real Wood & Laminate samples brought directly to you
- **15 years** experience, expert advice & knowledge
- **Additional Services** available, including moving furniture, uplift & disposal of previous flooring and door trimming
- **Domestic or Commercial** work carried out

NOW SUPPLIERS OF amtico

Tel: 01485 601360 Mob: 07872 558163

Email: ian@iperrinflooring.co.uk Web: www.iperrinflooring.co.uk

I Perrin Flooring Ltd, Registered Office 38 Low Road, Congham, Kings Lynn, PE32 1AE
Registered No: 8956560. Vat No: 171416230

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

WEDNESDAYS

DOCKING MARKET 9am-1pm in The Ripper Hall

Local Produce Craft and Gift Stalls Tel: 576233

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

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

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

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

YOGA 10am-11am at 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

AVAILABLE SOON

To Rent, Storage

Size 22ft x 8ft x 9ft High

Inside units

So No

Frost, Condensation or Heat

Call Gerry on

07741 042175

01485 570303 **A.E.WALLIS** 01485 571683
www.aewallis.co.uk

Dealership of Quality

TV's Video's

And DVD's

Washing Machines

And Tumble Dryers

Cookers, Built in models

And so much more

Cycle Sales

Cycle Spares

Cycle Repairs

Cycle Hire

Buy on-line at euronics.co.uk

 34-40 High St
Heacham



This is Rotherham where the Council have planted 8 miles of wild flower verges. It has saved 25k in mowing costs. These photos were posted by British Beekeeping Association! It would be nice to see this along our verges, instead of unkept grass which is constantly complained about. **THN**



GRIFINSHAWS

www.griffinshaws.co.uk

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

BLANCO

SIEMENS

Quooker®
THE BOILING-WATER TAP

KITCHENS • BEDROOMS • BATHROOMS
FAMILY BUSINESS EST. 1988



NEFF
COOKING PASSION SINCE 1877

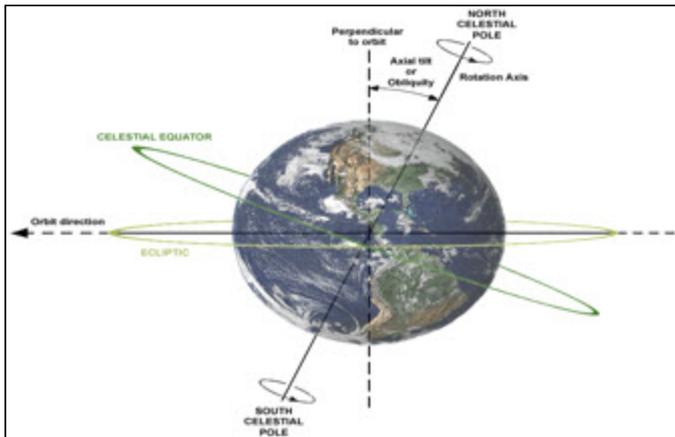
Kitchens, bedrooms and bathrooms available with full design service and installation

Contact Pam: 01485 571367 or Email: pam@griffinshaws.co.uk

GRIFINSHAWS your local independent retailer at 42 Station Road,
 Heacham - next to Boots the chemist

Heacham at Night

On the 4th we, the Earth, are at aphelion, the furthest from the Sun we get in our, not quite, circular orbit. 152 million km or, in real units, 95 million miles. This has nothing to do with the fact that, at the time of writing, it feels like March.



Internet

There are four celestial objects in opposition this month, five if you count the Moon on the 5th. Opposition means the object is on the end of a line which starts at the Sun and passes through the Earth. The object lies in exactly the opposite direction to the Sun so, as the Sun sets in the SW, the object rises in the SE. As the Earth turns west to east, the object will pass overhead in an arc, called the ecliptic, from east to west where it will follow the Sun below the horizon.

PLUMMER & ASSOCIATES
WEALTH MANAGEMENT CONSULTANTS

Mastermind your financial future

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

- Investment planning
- Retirement planning
- Inheritance Tax planning

For further details contact Jeremy Plummer on:

Tel: 01485 500025

Email: jeremy.plummer@sjpp.co.uk
Website: www.plummerandassociates.co.uk
The Business Centre, 43 Lynn Road,
Snettisham, Norfolk, PE31 7LR

The Moon is Full on the 5th so is in opposition or, as it is directly opposite, in opposition to, the Sun, all its face is illuminated and so it is Full. Work that out.

On the 14th the gas giant Jupiter is in opposition and will be at its brightest with a magnitude of -2.7. On the 20th it is Saturn's turn. However, it will be much less bright at magnitude + 0.1. Saturn is, at 840 million miles, around twice as far from the Sun as Jupiter and it is a tad smaller too, hence not so bright.

Regular readers will know that Saturn has a yellowish tinge which, to the naked eye gives it a bit of mystery – you are looking at a planet 750 million miles from your nose.

The two gas giants appear fairly close in the sky but not close enough to be in conjunction – very close – that occurs on the 21st December when it will be called the Great Conjunction. It happens once every 20 years.

As indicated earlier, these two planets will rise as the Sun sets, Saturn about a half hour later than Jupiter but they will be seen better when higher, later, and against a darker sky. This means after midnight early in the month and about 11 pm towards the end.

If you can stay up to 2am on a couple of nights, then on the 6th, the Moon, Jupiter and Saturn make a nice triangle; Jupiter above and to the right of the Moon, Saturn above and to the left. On the 8th, Saturn is just above the globular cluster Messier 75 which should provide a fine view in binoculars.

Surface details of Jupiter are not easy to see on light nights and when, as now, it does not get very high in the sky. However, Io, Europa, Ganymede, and Callisto, the Galilean moons, are easy to see through large binoculars or, more likely a bird spotting or small astronomical telescope.



Parish. As you will likely see Jupiter's moons.

Sports Massage & Complementary Therapies
Nicky Mansfield. MFHT, MHFST, MIGHT
www.nickymansfield.com
T: 07748 796848

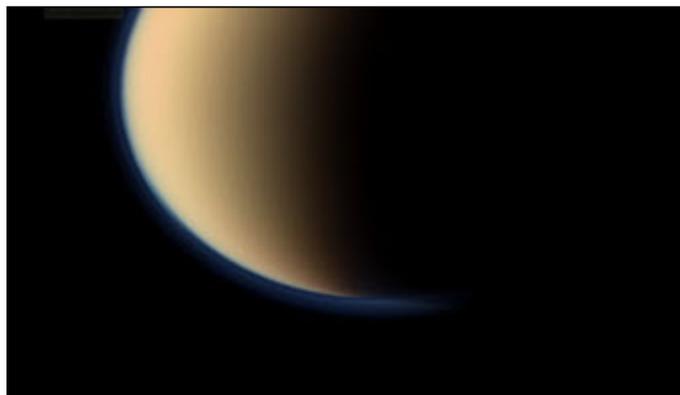
Sports/Deep tissue Massage
Balinese Massage
Reflexology Foot Massage
Indian Head Massage
Therapeutic/Holistic Massage

Gift Vouchers available

Treatments at : Crystal Cave & Serenity, Hunstanton
: Pointz of Interest Therapie'z, Dersingham

The moons will appear as small points of light strung out either side of the planet. You might not see all 4 as one might be behind Jupiter. With patience you might see it reappear or one vanish. They orbit quickly and you can see their movements over several hours. Io is fantastically active, spewing sulphur from its many volcanos into space. Europa geysers water into space from its hidden oceans, it is on the hit list for a potential source of life.

A small telescope turned towards Saturn will pick up the rings which make it the most recognisable planet and the one everyone likes to see. They are very wide and bright though if they are edge on, just a line across the planet. If you see the rings you should see a spark of light well outside them, this will be Titan, Saturn's largest moon. Titan has a thick nitrogen and methane atmosphere with liquid methane lakes and rivers which intersect in a similar way to Earth's water cycle.



NASA Titan

An article in the New Scientist magazine suggests that the giant moon of Saturn will be the next human extra-terrestrial colony after Mars. An attraction is a range of possible energy sources including tidal power. Saturn's gravity causes tidal changes of about 1 metre/day in Kraken Mare, a methane sea, and a feature called the Throat of Kraken is akin to Earth's Straits of Gibraltar. So, your distant grand children might live there one day. Titan will be habitable once Earth has vanished within the expanding Sun in about 5 billion years.

Jupiter, Uranus and Neptune all have rings around them but they are made of or coated with dark dust and have only been detected by space probes. Saturn's rings consist of billions of ice particles and are very reflective.

There are two more objects reaching opposition, the Minor Planet Pallas and Dwarf Planet Pluto. Pallas was discovered in 1802 and was then designated a planet as was the earlier discovered Ceres (now a Dwarf planet). They and many other small masses were later called asteroids. After the Astronomical Union's stirring of the naming pot in 2006, designations changed again.



Stephen Gibson
Heating and Plumbing
Engineer

Gas Safe Registered
Natural Gas and LPG

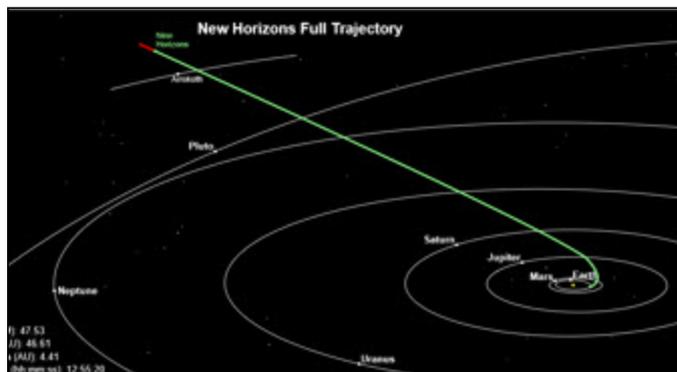
Central Heating Service, Repair & Installation
General Plumbing
Bathroom Installation
Residential Park Homes & Caravans
Landlord Gas Safety Certificates

Tel: 07786365139 or 01485 543377
Email: gib.son@hotmail.co.uk



Pluto was discovered as late as 1930 by Clive Tombaugh and was a planet until my middle age. It was still a planet when NASA's New Horizons craft left Earth and flew past Pluto years later in 2015. Pluto's structure, atmosphere and colours were a complete surprise. It is also now known to have 5 moons, the largest Charon, orbits a point within Pluto making the pair a binary (dwarf) planet system.

New Horizons is still functioning, and is around 4.5 billion miles from the Sun. The image below is real time position on the 12th June. The alignment of the planets relative to Earth can be clearly seen too.



NASA New Horizons

Pluto is very close to Jupiter and they would be said to be in conjunction if Pluto, million miles away could be seen. A very



large telescope and a clear, dark night are all needed.

NASA

Pallas is well above the ecliptic, between the bright stars Altair and Vega. Use Stellarium or software on your 'phone to locate it.

If you have got used to staying up, at 2am and 4am on the 11th Mars will be above and to the left of the Moon. On the 12th it will be above and to the right. Look SE.

Venus is a morning object rising in the east at around 2.30am and shining brightly with a magnitude of -4.4. On the 17th, at 3.30am, Venus will share the sky with the Crescent Moon, the Hyades star cluster and, a little further away, the Pleiades star cluster.

Whilst you are up and about, look for the spark of Mercury low down in the NE, not an easy horizon to find. The best chance to see the messenger of the gods is right at the end of the month when it will be a little higher in the sky.

Pluto is pretty well isolated.

Terry Parish

around & about...



HUNSTANTON TOWN COUNCIL

New Councillor co-opted on to Council

Hunstanton Town Council are pleased to announce that on Thursday 21st May 2020, first ever virtual meeting, members voted unanimously to co-opt Andrew Jamieson to fill one of the 2 current vacancies.

Cllr Jamieson is not only now an HTC Councillor but is an NCC Cllr & Cabinet Member for Finance at Norfolk County Council. He describes himself as a local businessman with a strong desire to work with Hunstanton Town Council to secure the best for the town.

If you live in Hunstanton and are wondering how you can help your friends, neighbours and the local area, then why not consider joining Hunstanton Town Council as a local Councillor?

Hunstanton Town Council are looking to fill the last remaining vacancy with a dedicated, committed and passionate person who is willing to give their time and energy to get involved with the community, working with fellow councillors for a better future for Hunstanton.

As a local councillor, you will contribute to the development of policies and strategies and you may be involved in scrutinising council decisions on large and small issues, but most importantly, you will be representing the views of the people who live in Hunstanton.

So, if you're a good communicator, have special skills you think will help the community or you simply want to be part of the team that shapes the future of Hunstanton, then please get in touch.

Contact Jan on 01485 532402 or email clerk@hunstantontowncouncil.gov.uk to find out more.

Stanhoe Open Gardens

Due to the cancellation of Open Gardens in Stanhoe this year, it has been decided instead to have what we hope will be the first, and only "Virtual Open Gardens" on the www.stanhoe.org website.

The owners of the eight gardens which would have been opened, are to submit photographs and descriptions of some aspect of their gardens to our webmaster, and we hope that the feature will be available to view towards the end of June, for those who are able to use the internet.

There is a provisional plan to hold a public exhibition in the Reading Room later in the year, as well.

Pamela Austin



**A SMITH
CONTRACTORS**

www.asmithcontractors.net

**BLOCK PAVING
FENCING, SLABBING
DRAINAGE**

VINCE SMITH decpave@mail.com

01485 572269 / 07940 153614

PRINTED CONCRETE DRIVEWAYS

10 Cameron Close, Heacham PE31 7LF

CHRISTINA THAIN

(Non-practising Solicitor)

WILLS & POWERS OF ATTORNEY

Home appointments at no
additional charge.

Telephone: 07776 102 498

Email:

christina2018thain@gmail.com

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



HUNSTANTON TOWN COUNCIL

GO LOCAL!

Hunstanton Mayor launches new campaign to support local businesses.

Following two months of lockdown during the coronavirus pandemic, the Mayor of Hunstanton, Cllr Tony Bishopp, has launched a new campaign encouraging people to 'go local' by asking residents to buy local products and services to help local businesses get back on their feet.

The tourism industry in Hunstanton which includes retail, hospitality, transport and attractions, was one of the first-hit industries and Mayor Cllr Bishopp is keen to remind residents they can do their bit by supporting local businesses and their families.

The Mayor said he "absolutely" supports the Town Council campaign which he believes will be a key part of the recovery for the town from the impact of lockdown during the coronavirus pandemic and asked people to try to resist the temptation to go further afield for their purchases once regulations are again relaxed and instead to use local providers where they can.

He added: "We are lucky to have such a diverse range of innovative businesses right here in Hunstanton and they play a big part in the vibrancy and special character of this town for those of us who live here as much as for the people who visit".

"When we choose to go local, we're supporting our neighbours, our friends and the town of Hunstanton to get back on their feet and that is what makes the economy go around. If we can then keep that neighbourhood support going, we are going to see a much more resilient and joined-up community in the future."

The 'GO LOCAL' campaign kicks off with a competition for local under-16s to design a "We Love Hunstanton" logo. The competition will run for two weeks from Monday 15th June - Friday 26th June and the winner will receive £100 and see their logo presented on posters and articles throughout the town in the coming weeks and months.

To find out more, email clerk@hunstantontowncouncil.gov.uk or visit us on Facebook Hunstanton Town Council

"GO LOCAL"
Under 16's
**** COMPETITION ****

**DESIGN A LOGO FOR
"WE LOVE HUNSTANTON"**
THE LUCKY WINNER WILL WIN £100
The winning logo will be chosen by
Hunstanton Mayor Cllr. Tony Bishopp
Contact: clerk@hunstantontowncouncil.gov.uk
Tel: 01485 532402

CLOSING DATE 26TH JUNE

J.C. Hammond
Carpenter/Joiner
**From Flooring to Roofing
and Everything In Between!**
Local, Reliable Service - Competitive Rates
Snettisham (01485) 541220
07944 281960
www.snettishamcarpentry.co.uk
No job too big or too small - All work Guaranteed and Insured

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

J Kendall
Window Cleaning Services
Using The Pure Water Pole System
or Traditional Cleaning
CONSERVATORIES • FASCIAE • GUTTERS • SOFFITS
Cleaned & Cleared
Patios Pressure Washed
Tel: 01485 572145
Mobile: 07704 517774



HUNSTANTON TOWN COUNCIL

Coronavirus update: 'Coal Shed' to become new unmanned Tourist Information Centre

Since the closure of Hunstanton's Tourist Information Centre due to the coronavirus pandemic, finding a way of delivering leaflets, maps and tourist information to holidaymakers in a safe way over the coming months has been something of a challenge.

A novel solution has been found in the 'Coal Shed' - the last remaining building associated with Hunstanton's Railway situated on Le Strange Terrace - which is being turned into Hunstanton's first unmanned Tourist Information Centre.

The Coal Shed was converted into an art gallery with help from the Borough Council of King's Lynn & West Norfolk Council in 2008 and with support from Hunstanton Civic Society. The once-derelict building was beautifully converted into a gallery space to promote access to art in the Hunstanton area. However, the building has been unused since then but is set to get a new lease of life thanks to Hunstanton Town Council in association with the Borough Council of King's Lynn & West Norfolk.

It is hoped the new unmanned Tourist Information Centre will be up and running within the next few weeks. The borough council and town council will be working together on signage to ensure visitors can safely access the information they need to enjoy all aspects of Hunstanton and local surroundings.

Hunstanton's Mayor Cllr Tony Bishopp said:

"We are delighted to be able to bring this lovely building back into use once more as our new unmanned Tourist Information Centre and look forward to welcoming visitors back to our lovely town."

"I would also like to thank the staff who manned our Tourist Information Centre at the Town Hall for their hard work and dedication over the years and wish them all the very best for the future."

Cllr Elizabeth Nockolds, Borough Council of King's Lynn & West Norfolk Cabinet Member for Culture, Heritage and Health, said:

"It is very positive news that a centralised provision of tourist information will remain at Hunstanton, now in this great building, to inform and direct our visitors. We will work with local distributors, Hunstanton Town Council and partners to make sure the tourist information available at the Coal Shed best serves our visitors as the tourism industry responds to the 'new normal'."



Fullers Body Repair Centre



Established 1973
E: beautifulbodies@hotmail.co.uk

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

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



**WEST NORFOLK
LIBRARIES
HUNSTANTON LIBRARY**

**Update from Norfolk Libraries
July 2020**

In March all of Norfolk's libraries closed until further notice. This included mobile libraries, the Home Library Service and Open Library.

While the buildings are closed, we still have lots to offer online including:

- eBooks
- eAudio books
- Newspapers
- Magazines
- Historical newspapers
- Find my past
- Picture Norfolk website with over 20,000 images of local life
- The Norfolk Heritage Centre Podcast with talks about Norfolk's history
- Find My Past

Plus weekly online events via Zoom and Facebook

- Virtual Just a Cuppa – Chat to other people with a cup of tea at home
- Photography Club
- Storytime Live for under 5s
- Bounce and Rhyme for under 5s
- Live Poetry Workshops for 5-11years
- Brick Building Club
- Escape with a poem
- Drop-In and Draw
- Get Knitting Tutorials

For more information and to keep up to date with the latest news, visit the Norfolk County Council website www.norfolk.gov.uk

You can also sign up to receive a Library Newsletter by e-mail

Follow us on social media too:

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

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

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

Mann Made Developments Ltd
Specialists in Property Maintenance

**Extensions, New Build, Renovation, Roofing (RubberBond)
plus All Other Tasks including groundwork, drainage , etc.**

No Job Too Big or Too Small

Call anytime for your **Free Quote** 07798723287 or 01485540008
or email: info@mannmadedevelopments.co.uk

**HEACHAM AND DISTRICT
COMMUNITY CAR SCHEME**

Established in 2002: Charity No: 1108568

WORKING TO COVID19 ADVICE

**ALL PASSENGERS TO WEAR
FACE COVERING**

A car scheme for the elderly and sick

***Hospitals * Doctors Surgeries ***

***Medical Centres * *Luncheon Clubs ***

All trips to be pre -booked

Unless in an emergency situation

For other services please
contact 01485 534777

Office hours Mon -Fri
9.00am –1.00 PM




Simply CookIt

HOME COOKED MEALS DELIVERED TO YOUR DOOR

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

All natural, no artificial preservatives or additives.

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

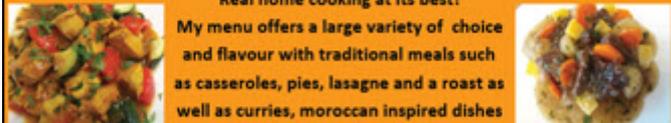
Made by local chef Kat Asker in Snettisham.

Cooked in a 5* hygiene rated kitchen.

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

Real home cooking at its best!

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



To place an order or see a full menu please contact me on
Tel: 07767753413
email: simplycookit.kat@gmail.com
Find menus and full details on 
www.facebook.com/simplycookitnorfolk
[@SimplyCookIt](https://www.instagram.com/SimplyCookIt)



UPDATE ON CORONAVIRUS BUSINESS SUPPORT ... AND OTHER TAX MATTERS

by Kathryn Gigg

Chartered Accountants, Hunstanton

1. 'Back to Work' Furlough replaces 'Stay at Home' Furlough

From 1 July 2020 the Coronavirus Job Retention Scheme (CJRS) rules are significantly amended to permit a "furloughed employee" to work part-time for their employer without compromising the employer's ability to claim under CJRS.

This is in stark contrast to the original scheme which did not permit a furloughed employee to undertake any work for their employer (other than training, subject to certain criteria). This change means that rigorous record keeping will be even more cumbersome and the CJRS2 claim process will, by definition, become more complicated.

From 1 July a claim can only be made in respect of an employee who was first placed on furlough by 11.59 p.m. on 9 June 2020 (i.e. the scheme will close for anyone who hasn't been furloughed for 3 weeks by 30 June); additionally, all claims under CJRS1 for the period ending 30 June 2020 must be made by 31 July 2020.

Hence, all those employers with numerous, but below 100, employees on furlough who have delayed processing their claim in the hope that the Revenue will waive the requirement to enter each individual's details in separately and allow an en bloc

Kathryn Gigg

CHARTERED ACCOUNTANTS | BUSINESS ADVISERS | TAX CONSULTANTS

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

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

For an appointment please contact: Mrs K H Gigg FCA

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

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

submission on one spreadsheet now need to ensure they do not miss the deadline at the end of next month.

The CJRS scheme has been extended to 31 October. Employees will not see any change to the level of support that they receive whilst on furlough but from 1 August 2020 employers will start to bear some of the cost of furloughing an employee, with the Government contribution to the furloughed wage starting to reduce firstly on 1 September to 70% and then to 60% on 1 October.

Dates to be aware of are:

10 June 2020:

A CJRS claim cannot be made for any employee first furloughed on or after 10 June.

1 July 2020:

Flexible furlough commences allowing employers to bring previously furloughed employees back to work part-time to suit the needs of their business. The employer will pay employees for the hours they work plus related employer's NIC and pension contributions. The Government will continue to pay 80% of wages to a cap of £2,500 plus employer NIC and pension contributions of 3% of qualifying earnings for the hours the employee doesn't work. **NB:** Note that the maximum number of employees than an employer can claim for in any period going forward cannot be higher than the maximum number claimed for pre- 1 July.

31 July 2020:

Deadline for employers to make a claim under CJRS1 for the period to 30 June 2020.

1 August 2020:

Employer will pay employees for the hours they work. The Government will pay 80% of wages to a cap of £2,500 for the hours an employee doesn't work. Employer will pay employer NIC and pension contributions on ALL pay.

1 September 2020:

Employer will pay employees for the hours they work. The Government will pay 70% of wages to a cap of £2,187.50 for the hours the employee doesn't work. Employer will pay employer NIC and pension contributions on ALL pay. Employer will pay 10% of wages for hours not worked to make up to 80% total up to a cap of £2,500.

1 October 2020:

Employer will pay employees for the hours they work. The Government will pay 60% of wages to a cap of £1,875 for the hours the employee doesn't work. Employer will pay employer NIC and pension contributions on ALL pay. Employer will pay

UNIQUE COMPUTERS

Norfolk Ltd

**Sales, Upgrades, Repairs,
Home Calls for Tuition,
Broadband Installations
& General Maintenance**

Tel: 01485 544 606
Mobile: 07775 512 485

• Personal Service • Professional Technician
• 25 Years Experience

New Shop now open 68 Westgate, Hunstanton



20% of wages for hours not worked to make up to 80% total up to a cap of £2,500.

2. CJRS Claims correction facility

A lot of employers have found the CJRS calculations difficult. On 5 June HMRC added information to its guidance on how to correct errors previously made.

Where an over-claim has been made this must now be adjusted in the current claim and tick a box to say a correction is being made. Beware: penalties may be applied if an employer does not notify HMRC of an over-claimed CJRS grant. Great care must therefore be taken with the calculations. However, the on-line error correction facility only applies to over-claims of CJRS grants. If an employer has under-claimed they must call HMRC on the Coronavirus technical line, whereby the Revenue Officer can put through a parallel claim for the extra grant and provide a claims reference number, a record of which must be retained for 6 years.

3. Self-Employed Income Support Scheme (SEISS): Round Two

SEISS has thankfully been extended for a further 3 months, to cover June, July and August. However, while the CJRS has been extended until 31 October, the Government have made it clear that this will be the final extension of the SEISS and no further payments should be expected.

The eligibility conditions for the second grant are identical to those for the first round and so, if you have already made your SEISS claim, provided that the following also apply you should be eligible to claim your grant in the second round:

- a) Your trade continues to be adversely affected by Coronavirus (check the Gov.uk guidance on what is meant by 'adversely affected'; it is not necessary to quantify the impact of Coronavirus on the business and you do not need to rush to get your 2020 Tax Return filed [though it is always wise to file as early as you can] but evidence of the factors that caused the adverse impact should be retained); and,
- b) You still intend to continue to trade in 2020/2021 tax year.

Note that you do not need to have claimed in the first round for March, April & May to apply for the grant for June, July & August.

HMRC will continue to calculate the grant and, apart from the lower percentage of profits at 70% (80% in Round 1) and the lower cap at £6,570 (previously £7,500), the basis of the calculation will be exactly the same.

Your claim for an SEISS grant has to be made personally, as Tax Agents, we cannot do this for you which we are finding a lot of our clients would have preferred, being unsure of the

process. We can however guide you through the process if you wish.

If you are eligible and have not yet made your claim for March, April & May, you will need to do so by 13 July, and we would advise you to do so sooner rather than later to avoid the last-minute rush.

The claim for the second round of the Grant will again be made online but the HMRC portal for this application is not yet open. It is expected that this will be made available sometime in early August.

The SEISS payments are taxable in the 2020/21 tax year, i.e. they are subject to Income Tax and National Insurance; SEISS is a grant, not a loan, and is not repayable.

4. Did you want to defer your VAT but failed to cancel your Direct Debit?

Taxpayers that wanted to defer their VAT payments due between 20 March 2020 and 30 June 2020 but did not manage to cancel their Direct Debit in time can now claim a refund. The quickest way for them to claim, according to HMRC, is to submit a Direct Debit Indemnity Claim to their bank ensuring that they state they want to claim under the Direct Debit Indemnity Scheme (DDI). HMRC confirms that there is no time limit in making this request.

Otherwise, a claim can be made direct to HMRC but it must be remembered that due to Covid-19 restrictions Payable Orders are not being issued and it may therefore take up to 21 days for the refund to be received if the DDI claim process is not used.

5. Deferring your 31 July Self-Assessment payment

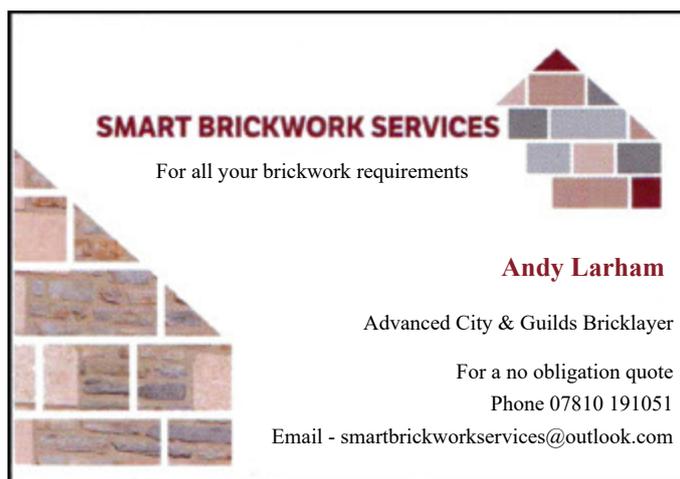
The opportunity to defer settlement of your 31 July 2020 tax is an automatic offer and optional. You do not need to be self-employed to be eligible for deferment, anyone in Self-Assessment can use it. (However, do be aware that if you are still able to do so, you should make the payment, i.e. this deferment should not be used by those who are able to pay their tax as usual.) No interest or penalties will be charged on the deferred payment provided it is paid in full by 31 January 2021.

6. Local Authority Discretionary Grants Funds

If, as a small business, you have found yourself in the position where you have not benefited from any of the Covid-19 Government support so far, make sure that you contact your Local Authority to see if you could benefit from their Discretionary Fund. Each authority is tailoring this funding to local circumstances so visit their website to use the initial eligibility checker.

7. Have you moved but suffered a delay in selling your original home?

In light of the Coronavirus pandemic's impact on the housing market, HMRC has updated its guidance on exceptional



SMART BRICKWORK SERVICES
For all your brickwork requirements

Andy Larham
Advanced City & Guilds Bricklayer

For a no obligation quote
Phone 07810 191051
Email - smartbrickworkservices@outlook.com



G&M Fencing & Landscaping

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

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

circumstances for claiming SDLT refunds outside of the normal time limits. This will allow homeowners to apply for a refund of the higher rate of SDLT even if the previous home was not sold within the 3 year time limit, where that period came to an end on 1 January 2020. Once the pandemic is over the previous home must be sold as soon as practicable to be able to apply for the refund. The claim will need to include an explanation as to why the taxpayer was unable to sell the previous home within 3 years and decisions will be made by the Revenue on a case by case basis.

8. An Emergency Budget?

Reports in the mainstream press suggest that an Emergency Budget will be held in the week commencing 6 July but there has been no confirmation from the Treasury on whether it would be an update on the economy or would include tax measures.

In the Spring Budget on 11 March, the Chancellor had indicated that there would be a second Budget in the Autumn. However, during the Prime Minister's appearance in front of the Liaison Committee on 26 May, he mentioned that the Government would be bringing forward its economic recovery package in late June, early July.

As we are currently experiencing the worst health and economic crisis to hit us since WWII, and with the resilience of British business on the floor and Brexit trade negotiations not going well we shall have to wait and see!

9. CGT on Residential Property: Don't overlook deemed disposals

From 6 April for any chargeable disposal of residential property a tax return must be filed, and tax paid within 30 days of 'completion'. There are numerous situations in which a disposal occurs for CGT purposes even though there is no contract:



everything from gifts of property, declarations of trust and partnership changes. It is therefore important to get into the mindset that the new rules do not bite on a physical 'completion' but potentially apply to any actual or deemed disposal, with or without such completion. There are exclusions from the new rules but they are very limited e.g. 'no-gain no-loss' transfers (such as between spouses or civil partners) and if you are a UK resident you are absolved from the requirement to file a 30-day Return if no tax is payable on the disposal. But, take care as the changes to the rules on exemption for 'principal private residence' gains may mean that tax will, in some cases, be payable where previously it wasn't: particular care needs to be taken with mixed use property.

10. Construction: a change to the diary

The domestic reverse VAT charge for building and construction services, postponed last year, was due to take effect on 1 October 2020. In stop press news, the charge has once again been postponed and will now come into effect on 1 March 2021.

11. Was it a gift or was it a loan?

The Coronavirus pandemic is resulting in a lot of inter-generational gifts and loans, and care must be taken regarding the correct recording and appropriate tax treatment. Take advice and ensure there is supporting paperwork in every case. Confusion frequently arises as to whether a "gift was a loan" or vice-versa, and such misunderstandings can have different Inheritance Tax treatment and different understandings between family members as to their ultimate shares of the Estate.

12. Protect yourself from scams

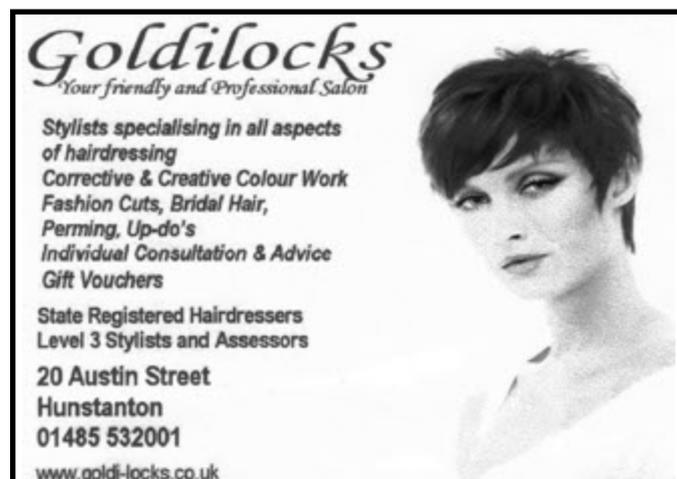
Everyone needs to stay vigilant about scams, many of which are mimicking Gov.uk messages. In order to obtain information about how to recognise genuine HMRC contact search "Scams" on Gov.uk.

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.

© Kathryn Gigg 2020



The Norfolk Hospice hits £40k target For bed appeal

The Norfolk Hospice is thrilled to announce that they have now surpassed the £40,000 milestone of their additional bed appeal to support patients during the Covid-19 crisis.

The appeal was initially launched with a target of £11,760 to support the costs for one additional bed during the month of April but this was soon extended to support the running of five additional beds.

One bed at the Hillington-based hospice costs £420 a day to run and the cost of the additional five beds throughout April, May and June amounts to £186,900.

Lyndsay Carter, Chief Executive at The Norfolk Hospice, said:

“I am extremely proud of all of the team at The Norfolk Hospice who have worked with remarkable resilience in the face of unprecedented demand on all of the nation’s healthcare providers.

“The Norfolk Hospice is continuing to offer patients with life-shortening illnesses the specialist palliative care they need and this would not be possible without the generosity of our supporters and donors, so thank you.”

A notable contribution to the appeal includes a £12,600 donation from The Heacham Group Practice Amenity Fund. Dr Andrew Lake, Chair of the Trustees of the Fund, said:

“The Heacham Amenity Fund was originally set up by the Patient Participation Group of the practice. It has been added to over the years by other funds which have been amalgamated to enable them to provide equipment, care and services to benefit patients of the practice. These are all things that would not normally be provided by the NHS.”

The Norfolk Hospice is celebrating their 35th year of providing care, comfort and compassion to residents in North and West Norfolk nearing the end of their lives and offering support for their families and friends.

You can continue to donate to the appeal via the JustGiving page at <https://www.justgiving.com/fundraising/tnhospice>.

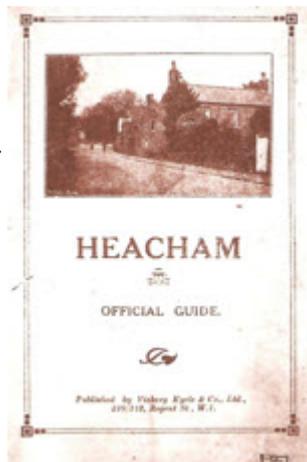


From Our Archive

HEACHAM OFFICIAL GUIDE Circ 1927 (Part 6)

WESLEYAN CHURCH

Many years prior to 1891 the Wesleyan denomination occupied a small building in a part of Heacham, known at 'The Drift.' The present building was acquired in 1891 from the Congregationalists, and a school-room added. Leading Wesleyan ministers of the day frequently occupy the pulpit during the season.



THE WESLEYAN CHURCH, HEACHAM. Photo—F. Ames.

EDUCATIONAL FACILITIES

Heacham is fortunate in the educational facilities it possesses, having some fine elementary schools where an extended curriculum including handicraft, domestic science, and school gardening, is in operation. Those of the village children who wish to pursue higher studies take advantage of the special cheap railway facilities and attend the King's Lynn Secondary Schools or the High Schools of Hunstanton as day scholars. Both these schools are only a few miles away and easily accessible. It is a tribute to the teaching in the local schools, that many children have gained County Scholarships tenable at the Lynn Institutions.

ACCOMMODATION

A feature of the accommodation ... which is good and obtainable at reasonable terms Is the bungalows on the beach and marshes, strangely reminiscent of the scene at Shoreham Sussex. These, to the number of over a hundred, extend along the shore for nearly four miles, and, with some exceptions, are available for hire during the summer months. Their healthfulness is assured by the fact that they are all regularly visited by the Parochial scavengers and obtain their water from the district water main.

WALKS NEAR HEACHAM

1. Via DOWNS, through Hunstanton Park (open Thursdays), past Hunstanton Hall (Inigo Jone's gateway, 15th century Gatehouse), to Old Hunstanton Church (Decorated, famous L'Estrange brass, Norman font, fine porch with wheel windows). 'Buttland' ancient archery ground, along cliffs (red chalk, etc.), past ruined chapel of St Edmund-on-the-Cliff, to New Hunstanton. Home by beach, or road (fine sea-views, well wooded). 6-8 miles.
2. SNETTISHAM – Fine church, very elaborate Decorated West window. Ken Hill Woods. Extensive sea-view. 4-5 miles.
3. RINGSTEAD DOWNS – Very pretty valley and village, Church Decorated (and earlier?). Good brass. 5 miles.
4. SEDGEFORD – Church, fine Decorated Windows, faded fresco, St Christopher. 4 miles.

LONGER EXCURSIONS Train, Drive, or Cycle

SANDRINGHAM – King Edward's favourite home. Big park, with deer. Heathland and pine-woods. House modern. Church, Perpendicular. 14 miles.

CASTLE RISING – Roman (rectangular) (?) and Saxon and Norman earth works. Ruined Saxon Church, apsed, Norman castle. Church, Norman; chancel, Early English; both specially beautiful; 14th century village 'cross. Jacobean Bedehouse. Residents wear Jacobean hats, etc. 16 miles.

BURNHAM – (The Seven Burnhams): Burham Deepdale: Fine Saxon font, and round Norman (?) tower. Burham Market: Interesting churches. Burnham Thorpe: Birthplace of Nelson. 25 miles.

KING'S LYNN is one of the most quaint and interesting towns in Britain.

On conclusion it may be mentioned that the local Proprietors of cars and motor 'buses organise, during the summer months, frequent excursions to Cromer and Sheringham, Brancaster, Sandringham (Gardens open on Wednesdays) and Castle Rising.

(Distances given there and back).

End of Part 6

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

External Caravan Cleaning Specialists

lgtilling13@hotmail.com
07393687394

44 Poplar Avenue
Heacham
Norfolk PE31 7EA.



From Our Archive

TRADE NOTICES Circa 1927 Part 6

If its clothing, whether for the lad or his dad, your shop is Mr A J Hart, Clothier, High Street. Mr Hart knows exactly what is required, and gives fullest personal attention to all. You are always sure of a well-fitting garment when buying here.

A. J. Hart,
HIGH-CLASS
Ladies' and Gent's Tailor, Outfitter.

OWN MATERIALS MADE UP.
EVERYTHING IN MEN'S WEAR.
ABLE EXCLUSIVE DESIGNS.

YOUR EVERY REQUIREMENT CAREFULLY
STUDIED.

High Street : Heacham.

Good fruit helps to ensure good health. You will always find choice selection of the Season's Fruit at Miss E Jewell's, Fruiterer and Confectioner, High Street. Confectionery by the leading makers always stocked.

"EAT MORE FRUIT."
But get it fresh from
E. Jewell,
Fruiterer and Confectioner.

CHOICEST FRUITS THROUGHOUT
THE SEASONS.

"GOOD FRUIT MEANS GOOD HEALTH."
CONFECTIONERY
By the Leading Makers.

□

High Street : Heacham.

Building and repairs to property can be undertaken by Messrs. F Smalls & Son, Texas Villas. You can always rely on the work being well done.

F. Smalls & Son,
Builders and Contractors.

■■■■■■■■■■

BUILDING & REPAIRS TO PROPERTY.
ALL BRANCHES OF
WORK UNDERTAKEN.
ESTIMATES SUBMITTED.
All enquiries receive prompt attention.

■■■■■■■■■■

Note Addresses:
No. 3, Texas Villas, Heacham.
Next Union Chapel, Hunstanton.

You will find all that's best in Fish supplies if you call on Mr F Leedham, Caley Street. Mr Leedham makes a special point of perfect cleanliness, highest quality and civility.

Fred Leedham,
Fish Merchant,
Caley Street, Heacham.

FRESH SUPPLIES DAILY
OF BEST QUALITY NORTH
— SEA FISH. —

The favour of your orders and Deliveries to any
recommendations solicited. part of the Town.

FRIED FISH AND CHIPS
COOKED UNDER HYGIENIC CONDITIONS.
Tuesdays and Thursdays. 6 to 10 p.m.
Saturdays 12 to 2 and 6 to 10 p.m.
ONE QUALITY ONLY — THE BEST.

End of part 6

G BRADLEY JOINERY LTD

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

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

**07717 820 357
01485 534914**





Retired Landscape Gardener

**Available for gardening
jobs in local areas:
Lawns, Borders, Hedges
etc., etc.**

**Tel: Gary 01485 298731
07891 901975**




Answers to Quiz

1. Rome
2. Canberra
3. Jack London
4. Quito
5. Warsaw
6. Madrid
7. Brussels
8. Nur Sultan (Kazakhstan)
9. Oslo
10. Budapest
11. Zagreb (Croatia)
12. Wellington.

Solution to
Newsletter
SUDOKU
43

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

CROSSWORD SOLUTION

Across:

1. Bookcase
5. Bedsit
10. Refit
11. Shangri-La
12. Listening
13. Grebe
14. Malign
15. Demerit
18. Clement
20. Panics
22. Aitch
24. Eyes right
25. Imprecise
26. Noise
27. Nudist
28. Bedstead

Down:

1. Barfly
2. Obfuscate
3. Catherine wheels
4. Session
6. Engagement rings
7. Spike
8. Travesty
9. Ranged
16. Recognise
17. Occasion
19. Thesis
20. Precede
21. Attend
23. Typed

Solution to
Newsletter
SUDOKU
44

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

Hear CLEARLY again...

Never miss out on the sounds you love

with the latest comfortable and invisible hearing aids

FREE HEARING AID TRIALS*

FREE HEARING TESTS

INVISIBLE RECHARGEABLE & SPECTACLE HEARING AIDS

WAX REMOVAL SERVICE



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



Hearing aids don't have to be seen!

TROUBLE HEARING? CONTACT US TODAY

101 High Street, Kings Lynn, PE30 1BW

t: 01553 760250

Day Centres also at Hunstanton Eyecare, Hunstanton

Sound Advice Hearing Centres

www.soundadvicehearing.co.uk

*on selected products

Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The Parish Council held their first virtual Full Council Meeting on 16 June. All future meetings will be held virtually via Zoom and agendas will be published on the Council website as soon as further dates are arranged, including details on Parishioner participation.

Annual Parish Meeting following government guidelines this may not be held for the unforeseeable future.

HEACHAM PARISH COUNCIL WEBSITE

The Parish Council have a new website. It is more appealing to look at and much easier to access. Please take a look and let us know what you think. The Clerk is in the process of regularly updating the website with Borough Council Press Releases and other COVID information as and when she receives it. These are then automatically posted on the Parish Council Facebook page. Please be reminded that the Parish Council do not communicate via social media in any way; if you have any comments or questions please contact the Clerk or her assistant, preferably via email, as the Clerk is currently working from home

SOUTH BEACH

The new traffic regulation road markings came into force on the 8th June. Hopefully this has had a knock-on effect on inconsiderate parking. The new car park provided by Ken Hill Estates should also be in operation making parking much easier for people visiting the beach. Thanks to Ken Hill estates for providing this essential facility. Hand washing facilities outside the toilets are being provided by the Borough Council, these are for **hand** washing only.

FOOTWAY LIGHTING

Most of the village footway lighting are the responsibility of the Parish Council; any issues with faulty lights need to be reported to the Parish office on 01485 572142, there is an answer machine when the office is closed. A new Contract for Maintenance has just been agreed for a further 3 years with the current contractor.

PARISH COUNCIL STAFF

The Clerk's Assistant is currently working in the office Mon, Tues, Thurs & Friday 9.30am-12.30pm but the office is closed to the public. Any issues please leave an answerphone message or email.

The Parish Maintenance Officer is also back to normal working hours; these are Mon-Fri 8am-12pm. He is trying to ensure the village stays neat, tidy, litter free. Whilst he has been known to clear up dirty nappies, vomit and other nasty items, he will not be picking up discarded face masks and gloves, so please take these home and dispose of them in the proper manner.

The Old Friends Hall, Library and recreation ground remain closed for the foreseeable future, they will be reopened based on Government advice and guidelines. These may have changed since the Newsletter went to press so please check the Parish Council Website and Heacham Parish Council Facebook page for updates.

HEACHAM LIBRARY

The Parish Council are working hard behind the scenes to establish safe operating procedures for the re-opening of the Library. This will depend mainly on Government Guidelines. Currently the Parish Council are hoping this could be some time in August / September.

WEED SPRAYING

The Parish Council received a complaint from a Parishioner regarding the weed spraying and concerns for wildlife. The Parish Clerk contacted Norfolk County Council Highways department and the reply received is below:-

“NCC current policy is to treat solid kerb lines and footways, so they spray footways in their entirety including the top of the kerb line and the front of the kerb line. Weeds if left can cause extensive damage to footway surfaces, cause trip hazards on footways. Along road edges can cause trip hazards, damage to carriageways, hold up surface water getting to gullies, hold up debris along road edges and visibility issues.

The product used within Norfolk is a Glyphosate based herbicide called Trustee Amenity. It is classified as non hazardous in accordance with CHIP regulations and is approved for use on hard surfaces within the whole of the UK (see COSHH and safety data sheets are available).

The subcontractor operatives used are fully trained, experienced and certificated to apply the herbicide which is diluted in the spray tanks and applied to emerged weed growth only. Windy conditions are also taken into consideration, if it's too windy they won't spray due to drift so it is directly applied to the weed.

It is a very safe product and will not harm people, animals, insects etc.”

SPEED AWARENESS MONITOR (SAM2)

Hello folks, another month whizzed past. Since the last update the Speed Awareness Monitor (SAM) has been moved from Ringstead Road to Station Road, monitoring traffic going to the beach.

The Ringstead Road figures for the extra week did not change much.

The data for Station Road over the 20 days showed 18,886 vehicles going past or even into Gidney Drive as the monitor registers all vehicles travelling towards it. Of those 10.66% were travelling over 30mph, not bad, but up on the last time the monitor was there, that is 1.943 that are over 30mph.

The 23rd/24th May, Saturday and Sunday we had 750-800 vehicles through per day, 29th/30th May, Friday and Saturday equalled just under 1.400 per day and the Sunday 31st May just over 1,200 vehicles. The following weekend was as not really beach weather and this showed in the figures, Saturday 6th June, about 700 and Sunday 7th about 550.

Because of the restrictions on social distancing the monitor will stay on Station Road until we can move it safely. I must thank our Clerk and her partner for moving the SAM to Station Road for me.

Any queries should be addressed to:
Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
Norfolk PE31 7ET
Tel 01485 572142
Email: heachampc@btinternet.com

Website: heachamparishcouncil.norfolkparishes.gov.uk
Open Monday, Tuesday, Thursday & Friday
10.00am–12 noon.

HELP LINES

HEACHAM GROUP PRACTICE 01485 572769

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

OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

HEACHAM CHEMIST 570297

OPEN MON - FRI 09.00 TO 18.30 SAT 09.00 TO 17.30

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

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

HEACHAM PARISH COUNCIL OFFICE 572142

OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT 572142

BOROUGH COUNCIL OFFICE 01553 616200

BOROUGH COUNCILLORS

TERRY PARISH 07885 258428

STUART DARK 01485 544339

NORFOLK C C MICHAEL CHENERY 07920 286638

PARISH LIBRARY - Closed until further notice 07398647119

OPEN MON, WED, FRI 10.00 TO 16.00 SAT 10.00 TO 12.00

HEACHAM POST OFFICE 570330

OPEN MON - FRI 08.30 TO 17.30 SAT 09.00 TO 13.00

EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

NHS Helpline 111

DENTIST Emergency only for patients not registered with a dentist 01553 769264

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

POLICE 101

SAMARITANS 01553 761616

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRIC 0800 3163105

ANGLIAN WATER 0345 7145145

GAS ESCAPE 0800 111999

EMERGENCY 24hrs VETERINARY CLINICS 01485 570065

HUNSTANTON LIBRARY - Closed until further notice 532280

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

THUR and SAT 10.00 TO 13.00

HEACHAM CHALK PIT RECYCLING CENTRE

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

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

HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

HEACHAM HALLS

Public Hall 570776

Pine Residents Hall, Wilton Road Pat Toppin 779208

Methodist Church Hall, Station Road Mike Careless 570363

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

Old Friends Hall Sunnyside Close 572142

Heacham Scout Hut 572890

Fabrics Curtains Blinds

Relocating to Poppyfields Retail Park soon

Christyana

T 01485 541111 M 07917695069
E info@christyanafabricsblinds.co.uk

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 ROLFE 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

McColl's - Currently not in operation

CJB-Computing

Phone: 01553 606555

Mobile: 07447 748356

Chris Barney.

www.cjb-computing.com

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