



THE HEACHAM NEWSLETTER

September 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 15th September 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

Heacham Parish Library

is due to reopen on:

Friday 4th September 2020, at 10am

in its new temporary location:
**St Mary's Church Hall,
High Street, Heacham**

Please go to page 10 for more information.

Normal opening hours:

Mon – Wed – Fri: 10am to 4pm

Sat: 10am to 12noon

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

High Street

Virus Enigma

I am puzzled by comparisons with earlier pandemics. Medicine, medical knowledge and equipment have improved, as has our understanding of hygiene and infection control. The safety measures recommended by scientists levelled off and then reduced cases, and they are steadily increasing now lockdown has been eased.

In the UK there have been (depending on the method of measurement) between 46,500 and 64,000 deaths attributed to COVID-19, and each one of these numbers is a person, most of whom leave loved ones to mourn them. So please keep up the good work in supporting distancing measures, this is how we will prevent the millions of deaths which occurred in less enlightened times.

Beth Winsor



Dear Newsletter

Peterborough

Malthouse Row

I was very pleased to find an old photo of Malthouse Row in a back copy of the Heacham Newsletter.

I had been hoping to find the location as my great grandmother's sister married someone from Heacham and they lived in the Row many years ago. I noticed that a Mr D Woods lived in Malthouse Crescent in 1948 and I wonder if that could have been the husband of my Great Grandmother's sister as she married a Douglas Woods. Her name was Annie and her maiden name was Burbage.

Wondering if you are able to enlighten me!

Many thanks.

Sue Gilbert (Mrs)

Email: geoffgilbert01@btinternet.com

(Editor's Note: If any of our readers are able to help Mrs Gilbert in her search, please get in touch with her via email).



Dear Newsletter

Newark, Notts

Dog Poo



Some inconsiderate person left their dog's poo bag on top of the bin today (7th August) for the next dog owner to dispose of it, along with their own dog's poo bag.

The bin wasn't overflowing so there was no excuse.

This picture was taken this morning beside Jennings Caravan Park.

Mrs Jennifer Smith



Dear Newsletter

Marram Way

Community Craft Club

My wife and I have started a Community Craft Club. We hold it at the Pine Residents Hall in Wilton Road. Due to Covid regulations we are limited to only 6 participants. At the moment there are only 2 sessions per month, Tuesday afternoon 2pm-4pm and Thursday evening 7pm-9pm. If numbers increase, we will look to holding more sessions. We have been lucky in the past to be trained by Sue Wilson and Sheena Douglas, both well known in the crafting world.

Our current timetable:-

September: Beadwork – Daisy chain or Card making (pyramarge & innermarge)

October: Die cutting with a Christmas theme

November: English patchwork Christmas ornament

September dates are: 8th & 10th

For more details please email info@victoria-papercrafts with Community Crafts as the subject line

John Hopkins



Dear Newsletter

Hunstanton

Hunstanton Town Council articles

I was interested in Paul Cobb's letter saying about the frequency of articles recently by Hunstanton Town Council and the Hunstanton Town Mayor in the Heacham Newsletter (August).

There is an easy explanation. If you drive along the A149 you will notice that there are only a few acres of grassland between Heacham and Hunstanton. In fact, my bungalow, Butterfield Rise PE36, is only 20 yards inside the Hunstanton boundary. Therefore, I get the Hunstanton Town and Around and the Heacham Newsletter. That way I don't miss now't!

All the best.

Dick Melton

(high up on the Heacham /Hunstanton border)



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 ...



Heacham in Bloom

Although there have been fewer baskets and planters out this year, we hope you all agree with us that the colours of Pink and Purple have more than made up for it.

We were pleased with all areas, but showcase a photo of the bikes in the High Street as this will have been, in all probability, the last summer in that location due to the intended development of the new Parish Community Building. At the time of writing we are still unsure whether the bikes can be moved to a new location; if you have any ideas please let us know.



It's that time of year when we must say a big "Thank You" to all of our sponsors who have kindly supported our 'blooming' efforts in what has been and is continuing to be a very strange year.

These are:-

A. E. Wallis
Cllr Terry Parish (Borough)
Gary Rushmore Flooring
Heacham Parish Council
Heacham Post Office
KMP Plastering
Palm Beach Caravan Park
St Mary's Church, Heacham
Suzi Housekeeping Services
Tall Trees Caravan Park

Thank you again to everybody for your valued support!

Heacham in Bloom Committee
heachaminbloom@btinternet.com

Heacham Post Office

Just an update from us at Heacham Post Office, as we return to the 'new normal'. We are happy to say we have now reverted to our usual opening hours:

Monday to Friday 8.30am to 5.30pm
Saturday 9.00am to 1.00pm

Firstly, I would like to say thank you to all of our customers for your understanding and support during this difficult time of having reduced the opening hours. It wasn't something we did lightly but as I was absent due to ill health, it got left to Sonia and Kerry to keep things going and a fantastic job they did too. Many thanks to them both.

I have now returned to work and am feeling much better; thank you for all of the cards, good wishes and gifts I received, I was truly overwhelmed by your support and kindness.

Kerry is now leaving us to take up a new career, she is to be a phlebotomist at the Queen Elizabeth Hospital; we wish her well in her new role. We welcome two new members of staff, Sarah Etches and Jemma Greef to our team, they are both settling in well.

We look forward to welcoming all customers new and old and hope you will continue to support us.

Sally

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

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?**

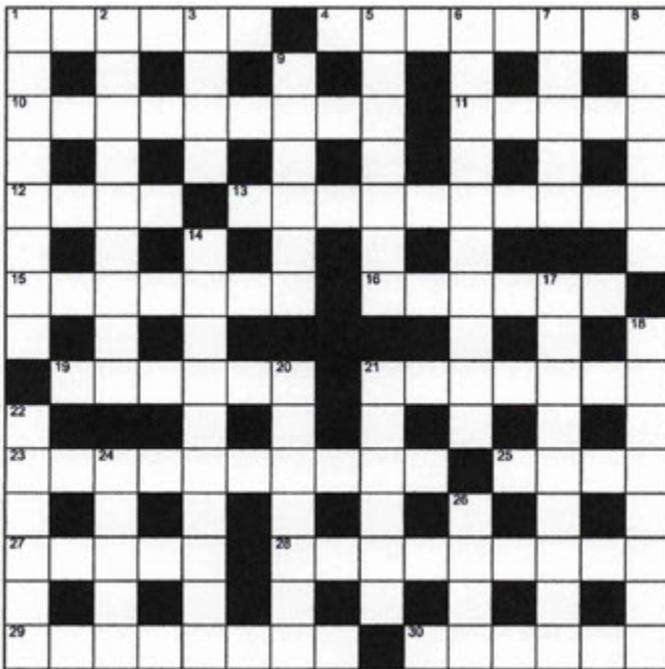


**We purchase good quality second
hand cars, can assist you with your
paperwork. Instant payment is also
available.**

**For a hassle free sale phone
Graham on 01485 570259**

www.stationroadgarageheacham.co.uk

SEPTEMBER CROSSWORD



CLUES:

Across:

1. Reporters follow start of weekly strikes (6)
4. Explain card game of French origin, up to a point (8)
10. Raise capital (ten thousand euros) to show American banker (3,6)
11. Excellent finish to fight is indicated (5)
12. Running a little behind leader after tough early primaries (4)
13. Leave soldiers to commence duty (10)
15. Cause cook to finish chatter and start serving dishes (7)
16. Retired agent caught up with nature (6)
19. With experienced naval leaders having left, it takes some front to volunteer (6)
21. Penalties are applied by some banks with subtlety (7)
23. After taking a key, what you are seeking here is forgiveness? (10)
25. Dispute river crossing being cause of malaria (4)
27. Feel aggrieved at sting (5)
28. Under canvass I have nothing new to offer in terms of direction (9)
29. Is red me? Yes – essentially when dressed for treats! (8)
30. It's rough being a couple of grand overdrawn (6)

Down:

1. Take off after listening device is set (8)
2. React when split is interpreted as a complete change of policy (5,4)
3. Lock irksome intruder in church (4)
5. European Member is greatly opposed to what is simple and effective (7)
6. Might it occur to someone what babysitter does? (4,2,4)
7. Online gaming captures all round likeness (5)
8. Earl checks over condition of property (6)
9. Provokes threats - heading nowhere (6)
14. Supporter is first to be reprimanded under established laws (10)
17. Be careful to enter Germany in a relaxed state of mind (4-5)
18. Humiliated when last word is misspelt in document (8)
20. Del Boy's firm with Marlene initially over coldness shown to songbirds (7)
21. Parky shows extreme loyalty when supporting late television host (6)

22. Scare a rogue empire builder (6)
24. Crowd was excited over runs scored by Middlesex opener (5)
26. News articles are all about old money (4)

Solution on page 38

Back in the days

Back in the days of tanners and bobs,
 When Mothers had patience and Fathers had jobs.
 When football team families wore hand me down shoes,
 And T.V gave only one channel to choose.
 Back in the days of threepenny bits,
 when schools employed nurses to search for your nits.
 When snowballs were harmless;
 ice slides were permitted and all of
 your jumpers were warm and hand knitted.
 Back in the days of hot ginger beers,
 when children remained so for more than six years.
 When children respected what older folks said,
 and pot was a thing you kept under your bed.
 Back in the days of Listen with Mother,
 when neighbours were friendly
 and talked to each other.
 When cars were so rare you could play in the street.
 When Doctors made house calls and Police walked the beat.
 Back in the days of Milligan's Goons,
 when butter was butter and songs all had tunes.
 It was dumplings for dinner and trifle for tea,
 and your annual break was a day by the sea.
 Back in the days of Dixon's Dock Green,
 Crackerjack pens and Lyons ice cream.
 When children could freely wear National Health glasses,
 and teachers all stood at the FRONT of their classes.
 Back in the days of rocking and reeling,
 when mobiles were things that
 you hung from the ceiling.
 When woodwork and pottery got taught in schools,
 and everyone dreamed of a win on the pools.
 Back in the days when I was a lass
 I can't help but smile for the fun that I had.
 Hopscotch and roller skates; snowballs to lobs.
 Back in the days of tanners and bobs.

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

General Knowledge Quiz

Islands

1. On the 10th June 1921, the Duke of Edinburgh was born on which island?
2. Which is the largest island in the Bristol Channel?
3. The music industry's 'Island Records', co-founded by Chris Blackwell, was created in July 1959. On which island?
4. To which Mediterranean island could you travel on the Docklands Light Railway?
5. The building of Carisbrooke Castle began in the 12th Century and was still in use until 1944. Where is it located?
6. Lemurs are found almost exclusively on which Island?
7. Ardbeg, Lagavulin, and Caol Isla are produced where?
8. Napoleon died on which island?
9. In the 1933 film, from which island was King Kong captured and taken to New York as a tourist attraction?
10. Cristiano Ronaldo airport serves which island?
11. Where in Poole Harbour did Baden-Powell found the Boy Scout movement in 1907?
12. What was the fictitious location for the T.V. Sit-com 'Father Ted'?

Answers on page 38

Irish Craic and Humour

Do you know that great feeling when you get into bed, fall straight to sleep and wake up feeling refreshed and ready to take on the day...

No, me neither.

irishcraicandhumour.com

 **Tim's Tree Services**

PRUNING · TOPPING
FELLING · CLEARING
ALL ASPECTS OF TREE
& HEDGE WORK UNDERTAKEN

OVER 30 YEARS EXPERIENCE
QUALIFIED - INSURED

CALL 07884 263897 or 01485 541560
FOR YOUR FREE QUOTE!

www.timstreeservices.com
LOCAL MAN - LOCAL RATES




GRIFFINSHAWS

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

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



CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church

How has this year been for you so far? Do I hear a resounding chorus of “rubbish”? It has certainly been a challenging year hasn’t it? Most of us who were not alive in the Spanish flu pandemic, are experiencing for the first time living in a world where a pandemic is raging. Pandemic experiences range from making things that were difficult enough already, even more difficult; robbing many of the joy of sharing in family celebrations such as weddings, special birthdays, and holidays etc. planned long before the coronavirus cast its ghastly shadow across the world.

It has also made honouring loved ones at funerals very hard. Due to government guidelines the numbers allowed to attend funerals have been extremely limited. My ex mother-in-law, a thoroughbred Heachamite, was one of those who were not afforded the usual rights of passage. So I would like to pay tribute to Jean Bassingthwaighte now and to any other village people who have died and have not received the usual trappings that attend such sad occasions. Jean was born and bred in Heacham, it was her home for her whole life. There are very few who can lay claim to this now. Old Heacham is passing away. Soon only historians of the village will be the custodians of the memory of old habitants, shops, fields and the like.

There is, however, another custodian and faithful witness to the life and times of our village, our church. The building has witnessed much of village life and also records in its registers lots of rights of passage and occasions. They are preserved there for anyone to explore.

Maybe this pandemic has made you unsettled about life, the universe, and everything. Maybe you are reading this God slot for the first time. Let’s be honest, most of us are just too busy with getting on with life to take time to think about what is beyond. We certainly don’t need the added pressure of fitting in a Sunday service either. Maybe you are taking time to visit matters of faith for the first time.

It is a journey I began more years ago than I now care to admit. I have never regretted lifting the lid on faith; meeting Jesus is something I will recommend to anyone. I will happily talk to anyone about Jesus, but as the bible tells me to “always be prepared to give an answer to everyone who asks you to give a reason for the hope you have. But do this with gentleness and respect”.

If you fancy a socially distant chat about Jesus we are back meeting on Sunday. We would welcome anyone seeking and searching, but sorry no coffee at the moment and masks are necessary. Keep safe. God bless.

Pip Lawrence
Member of the ministry team

HEACHAM PARISH CHURCH

We are worshipping together in different ways at the moment including:

Heacham Parish Church You Tube channel

<https://www.youtube.com/channel/UCefWbBrE77u7MPpdjWtwzow>

A service each Sunday from 8am

and

A service in church at 9.30am

(following Covid Guidelines)

We can now offer church funerals, weddings and baptisms, all with COVID restrictions and with a maximum of 30 people.

The Church building is open for Private Prayer and Reflection.

Saturdays from 2-4pm
and Wednesdays 10am-12noon

Any changes will be advertised on the church website, Facebook pages and on the church noticeboards.

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

Our website is www.heachamchurch.org.uk/ and we have a Heacham Parish Church Facebook page too.

The churchyard is open for anyone to walk in, and to visit graves. Please observe social distancing when there too.

We are doing our best as a church to care for each other, our neighbours and our village community. We will still do what we can to help as we have in recent months, just ask.

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

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

CHURCH CONTACTS: (telephone code: 01485)

Methodist Church: Mike Careless (Senior Steward) 570363

(Superintendent Minister: Rev’d Robert Roberts – 01553 676918)

St Mary’s Church: Rev’d Veronica Wilson - 570697

St Mary’s Church Office: Tuesday-Friday 10-12noon

email: heacham.church@gmail.com

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



Hunstanton Catholic Parish

From Sunday July 5th, both of our churches have been open and celebrating public Mass on Sundays and weekdays Monday to Friday. Masks must be worn as per the government and Bishop's guidelines regarding the Covid 19 virus.

You can read the guidelines and any updated information about easing of restrictions etc., on our parish website. The Sunday obligation remains suspended for the foreseeable future and people are advised not to go to Mass if they have any symptoms, however mild, or anyone who is shielding or vulnerable.

The Sunday Masses are at 9am at Mountbatten Road, Dersingham and 11am at Sandringham Road, Hunstanton and there is a limit on the amount of people allowed in.

Daily Masses are at 10am at Hunstanton Monday, Tuesday, Thursday, Friday and 10.15am at Dersingham Wednesday. There are quite a few changes to the way Mass will be celebrated and people should be guided by the stewards.

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

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



Hilary Jennings presents a cheque for £100 to the Stroke Association



Hilary Jennings (front right) & Martine Ley (front left), with other Coastal Stroke Group Volunteers

Hilary Jennings, a volunteer at the Hunstanton Stroke Group, spent time, whilst shielding at home, making masks the sale of which raised £100! Hilary was delighted to be able to present a cheque for this amount to the group.

The Hunstanton Group meets every Tuesday at 10.30am at Hunstanton Methodist Church. Stroke survivors and volunteers are welcomed with coffee and biscuits and enjoy to sit and chat, and take part in the activities on offer. The weekly programme offers an opportunity to join a variety of different groups, from Art and Crafts to keeping fit to music and a calmer space for relaxation. During the year outings and other events are offered. Fundraising is an ongoing necessity if the group is to continue, and to expand, the activities and events we are able to offer to Stroke survivors.

Stroke Association Groups are not open at the moment, unfortunately, and we do not, as yet, have a definite re-opening date. During the lockdown and shielding months organisers and volunteers have been keeping in touch with members by phone and Zoom meetings on a regular basis to offer support to members.

We are a caring community, always looking for extra help. If you have some spare time and maybe looking to become a volunteer and would like to do something really rewarding, please contact Gemma Smith, Stroke Association Support Coordinator - contact details below.

Contact information:

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

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

**WEST NORFOLK LIBRARIES
HUNSTANTON LIBRARY**

**Update from Norfolk Libraries
September 2020**

No date has been decided yet as to when the Hunstanton Library will re-open. However, while the building remains closed, there are still 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
- Storytelling for under 5s
- Bounce and Rhyme for under 5s
- Brick Building Club
- Escape with a poem
- Drop-In and Draw
- Get Knitting Tutorials

Virtual 'Just A Cuppa' Groups

We're running weekly virtual 'Just A Cuppa' groups for adults via the video conferencing platform Zoom:

**Every Monday at 2pm
Every Tuesday at 10.30am**

Call in and chat with other people, while you enjoy a cup of tea or coffee at home.

If you would like to join our virtual Just a Cuppa, or would like help to get started with Zoom, please let us know by emailing:- libraries.icconnect@norfolk.gov.uk.

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)



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



**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

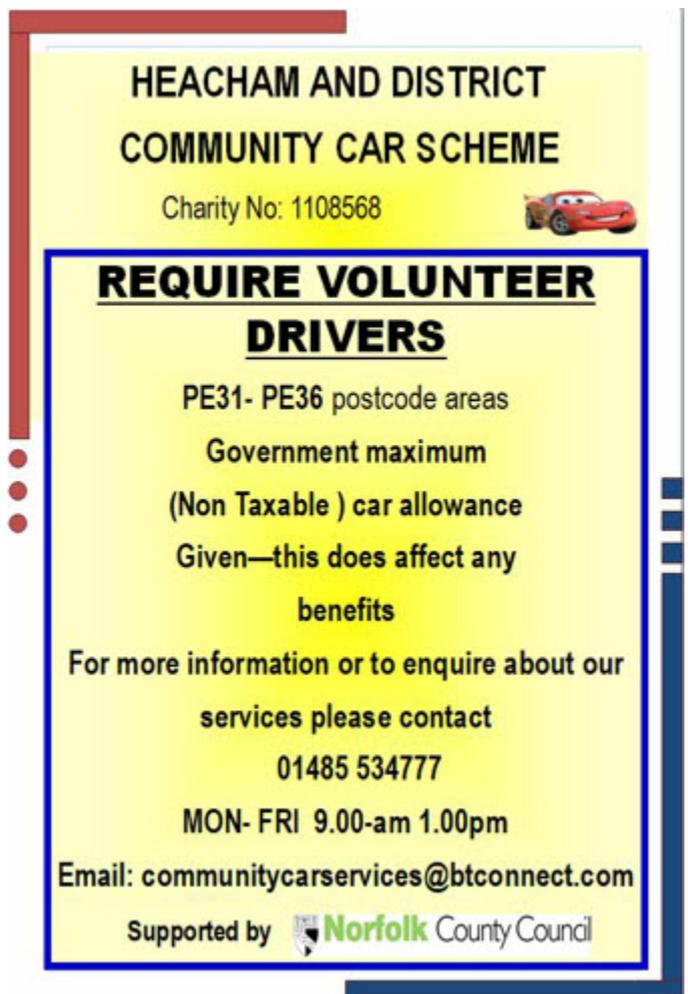
***Hospitals * Doctors Surgeries *
*Medical Centres * *Luncheon Clubs ***

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



**HEACHAM AND DISTRICT
COMMUNITY CAR SCHEME**

Charity No: 1108568 

**REQUIRE VOLUNTEER
DRIVERS**

PE31- PE36 postcode areas

Government maximum
(Non Taxable) car allowance

Given—this does affect any
benefits

For more information or to enquire about our
services please contact
01485 534777

MON- FRI 9.00-am 1.00pm

Email: communitycarservices@btconnect.com

Supported by  Norfolk County Council



Heacham FC makes club history

After 113 years we have gone into Div 1 of the Anglia Combination, senior football. As we were not able to finish the season due to the current situation, we were hoping for a treble.

Div 2 champions: we were in the final of the League Cup and the semi-final of the Norfolk Junior Cup. Both those games could be played at the start of the new season.



As a club 5 years ago when things weren't going so well, it was decided at an AGM meeting to advertise for a Manager of the club, having one of the best facilities in Norfolk. We had a few apply and decided to go with David Griggs as the new Manager

and Mel Barr as his assistant. What a catch, promotion five years on the trot. David has been instrumental in raising money and finding our sponsors.

Two years ago, Ross McNeil with all his knowledge and experience from King's Lynn football club, joined us as coach and Jack Defty, the King's Lynn legend, joined as a player.



Also, within the coaching staff, is Ady Day, another legend, and joining us this season Sean McQuaid. I would like to thank all our committee members for all their help during a very busy season and special thanks to our volunteers, John Cross, Alan Rudd, Nigel Asker, Les Dedman, our groundsman Trevor Farrow, Carrie Pishorn for washing the kit and Darren Bailey for all his hard work, a thankless job, and for all his work in the kitchen. Thanks also to Mark and Carrie Pishorn for providing refreshments Saturdays and after training sessions and Nathan Stockdale, our Vice Chairman, and Danielle Pishorn for all their hard work behind the scenes for senior and minor teams.

If anyone would like to become a Vice President, it is £150 per year for which you get a mention on the Vice President's board, a tie and free refreshments on one match day.

Advertising boards printed both sides are available at £150 then £100 annually. Telephone 07874 654848 or 01485 572117.

We also have a supporters' club, newly formed by Dennis Cooper and Nigel Asker; telephone 01485 570216 or 07774 693045. £5 membership where you will receive a pin badge and entry into a monthly raffle.



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"

Harry's Hut

For matches, there will now be a £2 entrance fee and you will receive a programme from 'Harry's Hut', the shed donated by DMG Timber, for which we are very grateful. Harry's Hut was officially opened by Harry Hornsby when he was thanked for his hard work and support over the years and he and Joan were wished all the best in the future.

I would like to thank Mark Pishorn, the chairman of Heacham Social Club, for the work he has put in over the last few years which has resulted in the club being so successful.

The new season starts, hopefully, on 5th September. Come along and support your local teams with beers, teas and Pukka pies on offer.

I look forward to seeing you all.



Dave Page, Chairman

TIDE TABLES FOR SEPTEMBER & OCTOBER 2020

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST [ends 25th Oct]									
September 2020			October 2020						
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TU	05 27	6.9	18 18	6.8	1 TH	05 41	7.1	18 24	6.9
2 W	06 07	7.2	18 54	6.9	2 F	06 17	7.3	18 53	7.0
3 TH	06 45	7.3	19 26	6.9	3 SA	06 51	7.3	19 21	6.9
4 F	07 21	7.3	19 54	6.8	4 SU	07 23	7.3	19 45	6.9
5 SA	07 52	7.3	20 19	6.8	5 M	07 52	7.1	20 09	6.8
6 SU	08 21	7.2	20 44	6.7	6 TU	08 21	6.9	20 34	6.7
7 M	08 49	6.9	21 09	6.4	7 W	08 48	6.7	21 01	6.4
8 TU	09 19	6.6	21 38	6.2	8 TH	09 20	6.3	21 34	6.1
9 W	09 52	6.2	22 14	5.8	9 F	10 01	5.8	22 19	5.6
10 TH	10 33	5.7	23 03	5.5	10 SA	11 03	5.3	23 29	5.2
11 F	11 39	5.4			11 SU			12 54	5.2
12 SA	00 29	5.2	13 22	5.2	12 M	01 29	5.3	14 28	5.6
13 SU	02 11	5.4	14 52	5.6	13 TU	02 46	5.8	15 34	6.2
14 M	03 19	5.8	15 57	6.1	14 W	03 42	6.4	16 27	6.8
15 TU	04 13	6.4	16 51	6.7	15 TH	04 31	7.0	17 15	7.3
16 W	05 00	7.0	17 39	7.2	16 F	05 16	7.6	17 58	7.6
17 TH	05 44	7.4	18 24	7.5	17 SA	06 01	8.0	18 40	7.7
18 F	06 26	7.9	19 07	7.6	18 SU	06 45	8.1	19 20	7.7
19 SA	07 10	8.1	19 46	7.8	19 M	07 30	8.1	19 57	7.6
20 SU	07 50	8.1	20 23	7.6	20 TU	08 12	7.9	20 34	7.4
21 M	08 32	8.0	21 00	7.3	21 W	08 57	7.4	21 14	6.9
22 TU	09 15	7.5	21 41	6.8	22 TH	09 46	6.8	21 59	6.3
23 W	10 02	6.9	22 28	6.3	23 F	10 47	6.1	22 58	5.8
24 TH	11 01	6.2	23 30	5.7	24 SA			12 13	5.5
25 F			12 24	5.6	25 SU	00 21	5.5	13 39	5.5
26 SA	00 50	5.5	14 00	5.5	26 M	01 42	5.6	14 59	5.7
27 SU	02 14	5.6	15 30	5.8	27 TU	02 51	5.9	16 00	6.1
28 M	03 24	6.0	16 35	6.2	28 W	03 46	6.3	16 43	6.4
29 TU	04 18	6.4	17 18	6.6	29 TH	04 32	6.7	17 18	6.7
30 W	05 03	6.9	17 53	6.8	30 F	05 11	6.9	17 50	6.9
					31 SA	05 46	7.0	18 19	7.0

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



Heacham Parish Library

**Now temporarily located at St Mary's Church Hall,
High Street.**

Open from Friday 4th September

**Opening Hours: Mon, Wed, Fri - 10am to 4pm and
Sat 10am to 12 noon**

**Please note revised procedures –
(these will remain subject to review):-**

- Only 2 people or 1 household allowed in the Library at same time
- Face coverings **must** be worn
- Upon entry your name and contact no. will be recorded for track and trace purposes
- Hand sanitiser **must** be used before choosing books and prior to using the computer
- All returned books to be placed in quarantine box
- One computer only will be available for max of 30 minutes with a 15-minute cleaning gap
NB: No computer access on Wednesdays
- Payments for e.g. printing/book orders will require the exact money in cash as no change will be given
- No toilet facilities are available.

This will be a new experience for all of us at the Library, customers and voluntary staff alike. Your patience will be much appreciated whilst we work through the revised procedures that have been put in place to help ensure that we can safely use our Library again during these strange times.

Thank you and we look forward to welcoming you back!

*Any enquiries please contact the Library: 07398 647119 or
Heacham Parish Council - Tel 01485 572142.*

Fabrics Curtains Blinds

Christyana

New Showroom now open
1 Poppyfields Retail Park Snettisham

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

Fullers Body Repair Centre

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

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

Established 1973
E: beautifulbodies@hotmail.co.uk

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

Alternative Therapies

I've noticed recently that folks are walking round like they are trying to hide; you are hunched over, furtive, fearful. So, what's that all about? Why have I noticed this? Well, for the first time in donkeys years I am walking more upright, straight back and no shoulders by my ears, walking lightly on beautiful Mother Earth, so I notice more now. So what has changed? Well in 'bodymind' thinking, are you hunched up literally carrying the weight of the world on your shoulders? Is your back bowed under the weight of it all, whatever the 'it' is? Is your neck stiff; is your thinking stiff and unyielding?

Are you taking long strides out or shuffling along afraid to take the next step in life? Do you fall over your feet, is life tripping you up? Or would you rather be running backwards (back to normal!) So what are you dragging your feet over?

So how to change your physical wellbeing, remembering most of it is caused by your thoughts now or weighty issues from the past. It's time to look at and resolve/release once and for all. No dusting it off and returning it to your comfy straight-jacket. Why would you want to hold onto old emotions, hurts, stories? What's the point? And if its related to another person, well they don't carry it, you do! Is your emotional baggage over the excess weight limit?

Can alternative therapies help, of course. I have noticed that they are slipping further down google searches so guess it works then! Did you know that after porn, alternative therapies information is the next most searched for category?

Therapeutic massage, reflexology and Bowen Technique can literally release and rebalance your body so your posture improves.

Flower essences, crystals and reiki support and gently release emotional states which help your body become lighter and more flowing.

Homeopathy, acupuncture and counselling get to those deeper stuck issues. Brandon Bays journey work actually cleans and resets cell memories aiding healthy transformation.

If it's an ancestral, ie all the family had this, then a shamans journey can change and transform past, present and future patterns.

All of this is available to you locally now, an hour or two a month, so what are you waiting for. As those pesky meercats say 'simples'.

Any questions to Alison.shaman.healer@gmail.com

Alison Bowyer MNCHM

Hooch Pooch Parlour



City and Guilds Qualified Dog Groomer

We offer: Hand Stripping, Full Dog Groom, Wash and Blow Dry, Nail Clipping, Puppy Sessions.

Call Sarah based in Snettisham

Mobile: 07950 888 449



Allen Tomas &^{co}

FINANCIAL MANAGEMENT



REVIEW YOUR

Investments
Pensions
Mortgages

With one of our
Independent Advisers

LOCAL CHARTERED INDEPENDENT FINANCIAL ADVISERS

CALL US TO BOOK A TELEPHONE BASED APPOINTMENT

info@allentomasfinancial.co.uk
www.allentomasfinancial.co.uk

6 St Nicholas Court, Dersingham 01485 541998
2 Oak Street, Fakenham 01328 854706

Heacham at Night

Autumn begins on the 22nd when it is the Autumnal Equinox. Night and day become equal at 2.30pm. Conkers, falling leaves, and time to fatten up any hedgehogs that visit.



I saw comet Neowise last month - just through binoculars looking over the village from the back garden. It was a nice sight with its tail streaming above it. I got a picture, taken about 10pm, but I am not sure how it will print. Two hours earlier a visitor to South Beach saw and captured the comet in all its glory. I had visited the beaches earlier in the week and saw nothing and I dithered when I should have gone again. Never dither, sometimes you only have one chance.



Comet Neowise over Heacham village. Parish

Except for one feeble streak of light I didn't see the Perseids meteor shower peak. I was out in the garden until past midnight but the clouds, though thin and patchy, were pretty extensive and conditions seemed to be deteriorating. However, I did see Mars rise in the SE, above the roof, whilst Saturn and Jupiter were still visible in the SW. The Galilean Moons of Jupiter and the Rings of Saturn are still a treat. I think I glimpsed the spark of Titan, Saturn's largest moon too.

This month see Venus, Mars, Jupiter and Saturn easily with your naked eye; Uranus with binoculars, Neptune through a small telescope.

I will give the apparent magnitudes, observed brightness, of planets and other objects next to their names. Perversely, the lower the number the brighter they appear, so negative numbers indicate much brighter objects than positive ones. Magnitudes of planets are not constant as they move either closer to us or further away (relatively speaking along their orbits of the Sun). Consequently, Jupiter and Saturn will fade a little as the month progresses whilst Mars will get brighter.

All month, from 8pm look broadly south and you will see bright Jupiter (magnitude -2.5) and a large handspan or so to its left, dimmer (mag. 0.4), Saturn. Remember, Saturn has a yellowish cast to it. On the 24th and 25th, around 8pm, the Moon is close to both Jupiter and Saturn. The other prominent spot of light, a tad lower in the sky than either planet, is the star Nunki.

From mid-month, from 10pm, look east to south-east for Mars (mag. -1.8 to -2.5 at the end). It will be the brightest object in that direction and has a reddish hue. Like all planets, it doesn't twinkle either. Mars will rise somewhat higher in the sky than Jupiter or Saturn which adds to its increasing prominence. Remember all those spacecrafts heading towards it that I discussed last month.



Delivering what we promise

External & Internal Window Cleaning

**Fascia, Soffits, Gutters &
Conservatory Cleaning**

**Call For A Free Quote
07871 008564 - 01485 493038**

Email: rcclean101@gmail.com

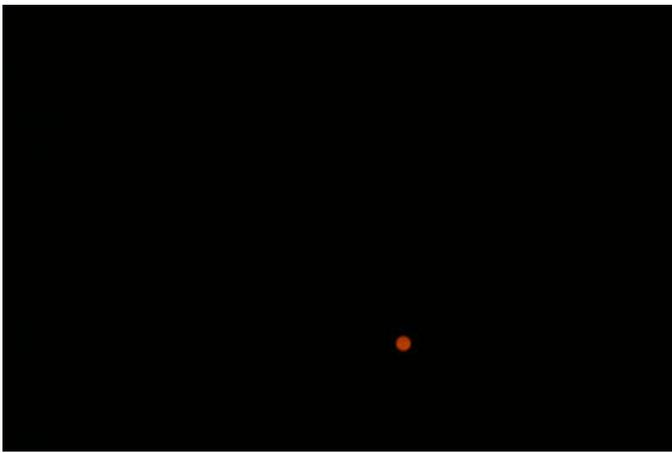
GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

**Sandringham
IRONCRAFT**

**HIGH QUALITY ORNAMENTAL IRONWORK
AND STEEL FABRICATION**

**Unit 4, Cheney Crescent, Heacham
Tel: 571129**

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS



Mars in 2018 when it was closer than in 2020. Parish

On the 5th and 6th, around 11pm, Mars is close to the Moon. It gets closer towards sunrise and, at 7am, binoculars should pick out a dot, Mars, close to the 2 o'clock position on the Moon's edge.

Uranus is in the sky from mid-month at around 10pm too. It is in the same general direction as you will find Mars but a fist or two to its left. With a magnitude of 5.7 it should be visible, in a dark sky, to those of you with good eyes. However, for the rest of us, very good binoculars will be necessary and a small telescope is best. Google its position and look for a bluey green dot. As it is so visible, it is surprising that, in the ancient days of very dark skies, it was not included with the 'wandering stars' – planets.

Look S to SE all month, with a telescope and a guide, to find distant Neptune (mag.7.8). It is closest to the Earth (in opposition) on the 11th. Closest means 4,327 million kilometres away. I will try and photograph it again this year and, maybe, pick up its largest satellite, Triton, too.



Internet

Venus is a morning object which rises in the NE around 2am but best to wait until around 5.00am when it will be high enough in the sky to see more easily. Though visible all month, the best time is in the first half as it gets lower in the sky as the month progresses. The 14th has Venus very close to the crescent Moon. In between them is M44 the Beehive or Praesepe Cluster of stars. Fuzzy to the naked eye, (mag. 3.7), good binoculars will reveal tens of the 1000 stars which are gravitationally bound to each other. The cluster is 610 light years away and has been known since ancient times.



Internet. Beehive Cluster.



**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

SAMPHIRE DEVELOPMENTS (NORFOLK)

**LOCAL SELF STORAGE
CONTAINER HIRE**

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

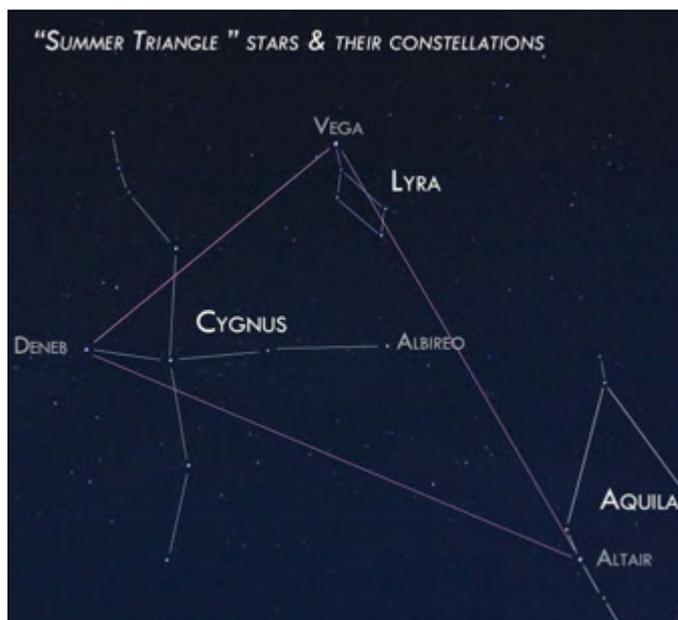
CONTACT HOLLIE 07748904417

The two bright stars above Venus and the Moon on the 14th are Castor - topmost (mag 1.93) and Pollux (mag. 1.14). Castor is a multiple star system of 6 stars. Pollux is a giant orange star.

Nights are getting darker so you can think of looking at stars and some of those fuzzy objects that, Messier, and others since him, have catalogued. Messier did it to eliminate them from his search for comets.

Whilst we still have summer, find the Summer Triangle, with the three bright stars, Vega (mag. 0.03), Deneb (mag. 1.25) and Altair (mag. 0.76) at its corners. Look due south around 11pm and Deneb and Vega will be above your head with Vega a tad more to the west. Altair will be about a third of the way down the sky, below Vega.

Deneb is the head of Cygnus, the Swan. Follow the body of the bird down to a point about midway between Vega and Altair. At this tail end, good binoculars should reveal Albireo (mag 5.11), a magnificent double star, one of its components golden yellow, the other an electric blue.



Internet. The triangle will be seen rotated clockwise so that Altair is almost below Vega.

On your binocular journey to this gem you should have seen many stars revealed because your path was down one of the 'limbs' of the Milky Way. The other 'limb' is just below it and, in between, there is a darker streak of sky called the Great Rift. This consists of clouds of dust and gas which obscure light from the stars behind it.

Retired Landscape Gardener

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




**Tel: Gary 01485 298731
07891 901975**

Go up from Albireo to bright Vega. Then go directly below Vega and look, with large binoculars, for a fuzzy blob. A small telescope may reveal a ring shape - the Ring Nebulae, M57, magnitude 8.8.



Internet. Ring Nebulae.

M57 is described as a planetary nebula for historical reasons (it looked like a fading planet to Antoine Darquier de Pellepoix in 1779). It is actually an expanding ball of gas produced when a large star blew off its outer layers as a shell, leaving behind a white dwarf star at its centre.

Dark nights are coming, lets hope they are clear. And don't stop looking up or you will miss the alien craft your next door neighbours will be raving about.

Terry Parish

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**

Bereavement and Grief

For the last four years I have had the privilege of running the bereavement group in the Church hall once a month. Unfortunately, due to Covid 19, we have been unable to meet, and presently I am unsure when it will be possible for the group to meet again. As a result of this, in the following months I will be contributing an article to the Heacham Newsletter in the hope that my experiences of bereavement counselling may be of some help to you.

Bereavement is a distressing and common experience, that sooner or later will be suffered by most of us following the loss of a loved one. Yet in our everyday life we think and talk about death extraordinarily little, which means that when it does happen to us, it is even more difficult to deal with. Perhaps because we encounter it less often than our grandparents did. For them, the death of a brother or sister, friend or relative, was a common experience in childhood or teenage years. For us, these losses usually happen later in life, due to better health care, advances in modern medicine, and, following the creation of the NHS, people going into hospital instead of staying at home to die. As a result of this, we no longer have much opportunity to either learn about grieving, how it feels, or what are the 'right' things to do or feel.

The death of someone close to you can be overwhelming, and you may feel a mixture of emotions. It is important to know that there is no right or wrong way of experiencing loss, and no 'right' way to grieve. One of the questions I was often asked during my 25 years of working as a Hospice Nurse, was, "is what I am feeling normal?" We are all different and every person's experience of grief is unique. A well-known author who has written a lot about grief, Elizabeth Kubler-Ross, says there are five stages of grief to go through, these being, denial,

anger, bargaining, depression and acceptance. It is also completely normal to feel shock, guilt, relief, and despair, alongside many other different emotions. These five stages that Kubler-Ross talks about are responses to loss that many people have. However, there is no typical response to loss, as our grief is as individual as our lives. These five stages are tools to help us identify what we may be feeling. Also, there is no order as to when or how we will go through these feelings.

Our feelings will also be influenced by many different things, including the relationship we had had with the person we've lost, our personality, our cultural background, religious beliefs and our circumstances. It is important to accept that grieving and these feelings are normal, and part of a healthy process endured by us all following the loss of a loved one. The Covid pandemic has meant many of these feelings have been even more difficult to cope with, whether your loved one died as a result of Covid or from other causes. Many of you were unable to visit or be with your loved ones before they died or have the funereal and the gatherings of friends and family normally experienced on this day. This has meant for some of us the loss has been even more difficult to deal with than normal. Also, it is perfectly normal to have physical reactions to loss such as, exhaustion/fatigue, difficulty sleeping, weeping, or feeling unable to cry, a loss of appetite, aches and pains.

Over the next few months, I would like to explore some of these stages that we go through in the hope that you might find yourself better equipped to cope with life and loss.

If you would like to contact me please do.

Sue Spencer

Email: suespencer1953@gmail.com

MOJO UPHOLSTERY

Phone Ash on 07591 194411



CARAVAN UPHOLSTERY

NEW SEAT FOAMS

AVAILABLE

PUBS / CLUBS

DINING CHAIRS

HEADBOARDS

BEDS

FOOTSTOOLS

ETC



Lessons from Lockdown – Part Two

by Keith Winsor, oapc - computer help without the jargon

As I write this, lockdown is easing, visitors have arrived in droves, and there is a sense of greater freedom for some. Others, though, are still wary – and who knows what will have happened by the time this is published! So the oapc guide to home-based activities continues...

TV and streaming

With most of the nation having to spend more time indoors during the pandemic, Ofcom's latest survey confirms many people's experience: we have been watching a lot more TV!

Traditional broadcasters saw their highest combined monthly share of broadcast TV viewing (59%) in more than six years in March, as people turned to trusted news services for updates on the virus. According to the report, British adults spent more than six hours each day watching TV and online video.

As lockdown progressed and broadcast TV began to run out of new programmes, many turned to streaming services. Often associated with younger people, online films and TV kept us entertained for one hour 11 minutes each day, double the pre-lockdown level. And Ofcom found that one-third of 55-64 year olds signed up for paid-for services such as Netflix or Amazon Prime during the early weeks of the pandemic.

Demand became so high that streaming companies had to lower the quality of their output to avoid literally breaking the internet, an approach that ITV2 adopted some years ago...

But don't forget free services like BBC's iPlayer and Channel 4's All4, or even Youtube.

Reading

"In an uncertain time, books provide not only an escape but also a means to find hope, companionship and comfort." - Joseph Coelho.

As bookshops shut and even Amazon took print books off priority delivery, publishers rushed to make as many books as possible available as e-books. Physical (real) books are still selling online, with a notable shift to for support independent stores. Let's hope this continues in the 'new normal'.

E-readers are widely available to download books - Amazon's Kindle is the best known, but other services such as Kobo are available - and your mobile phone or tablet will have its own version: Google's Play Books, Apple Books and, I believe, the Nokia Scrolls might still be available.

Do remember, though, that you never *own* an e-book – it is simply licensed to you: if your chosen supplier ceases to exist, it's very likely 'your' books will simply disappear.



For all your Painting & Decorating

Please Ring Terry:
07961 362443

The advertisement features a blue background with white line-art icons of various painting tools like brushes, rollers, and paint cans. On the left, there is a cartoon illustration of a painter in a white uniform and cap, holding a paintbrush. On the right, there is a photograph of a paint palette with several colors of paint.

So just Google 'Norfolk Library ebooks' and gorge on what's available there, including newspapers and magazines.

Online theatre

Those who love the theatre will find many online options, too many to mention in fact. Search online for your favourites - but here are a few to start you off:

Google 'National Theatre online' or 'The Globe online'

Andrew Lloyd Webber's theatre site has information on shows, plus some videos, at:

<https://lwtheatres.co.uk/celebrate-theatre-at-home/>

and you can find other options here:

https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html

Cultural tours

Why not widen your horizons with a tour of the greatest art, historical sites and museums in the world from your own armchair? So many to choose from (search for "virtual tours" for inspiration, or narrow it down by using the name of the place, gallery, artist or country you are interested in).

Museums

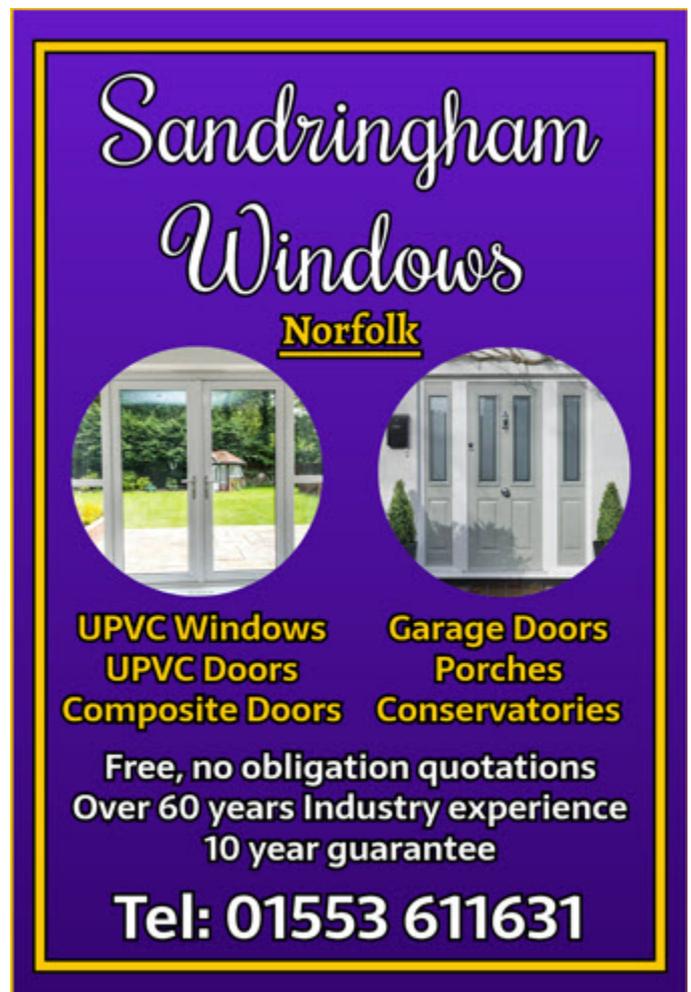
The Natural History Museum, The British Museum and the Royal Naval College, as well as many wonderful regional museums, have good online sites, which may include tours and short talks.

Galleries

The National Gallery, The Royal Academy, The Louvre, The Vatican and The Uffizi are all online.

You can find a virtual tour of the Sistine Chapel here:

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>



Sandringham Windows
Norfolk

The advertisement features two circular images: on the left, a view through a white-framed window looking out onto a green lawn and trees; on the right, a white UPVC door with a glass panel.

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

Other ideas:

<https://www.elitetraveler.com/design-culture/10-best-virtual-museum-tours>

Monuments and historical sites

CyArk (a non-profit organisation) has, since 2003, been digitally recording and sharing online the world's cultural heritage:

www.cyark.org/explore

And, if you're at all unsure of your eyesight, why not try a virtual tour of Barnard Castle? Much safer than driving the family all that distance in these worrying times.

<https://360barnardcastle.holoscribe.com>

Garden tours

There is lots online for garden lovers, especially nice when the weather is disappointing at home!

National Trust

<https://www.nationaltrust.org.uk/lists/virtual-tours-of-our-places>

Royal Horticultural Society

<https://www.rhs.org.uk/gardens>

National Garden Scheme

<https://ngs.org.uk/virtual-garden-visits/>

Games and puzzles

Many of us dug out our old jigsaw puzzles to while a-way an hour or two, and found it to be therapeutic. Others may have been playing card games or board games (Scrabble is the favourite in our household).

Many of these are available online, to play with others (human or robot) or alone, so why not search for your favourite and see if you can find an online version? Examples:

Online Scrabble

<https://wordfinder.yourdictionary.com/blog/10-places-to-play-single-player-scrabble-online-free/>

Jigsaws

<https://www.jigsawplanet.com/>

Puzzle grids (for Only Connect fans) ranging from easy to fiendish

<https://www.puzzgrid.com/>

On phones and tablets, there's the very popular Words with Friends in your app store, and thousands of games besides, of very variable quality and often 'supported' by adverts – check the reviews before downloading!

For the more active - fitness

When the government ordered a nationwide lockdown, many people's regular fitness schedules were cancelled. But Bupa UK reports that two in three UK adults have been taking time in lockdown to exercise - 28% upped their usual activity and 17% were inspired to try something new.



Simply CookKit

HOME COOKED MEALS DELIVERED TO YOUR DOOR

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

Made by local chef Kat Asker in a 5* hygiene rated kitchen.

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

Tel: 07767753413
Email: simplycookit.kat@gmail.com

This is not an area of which I have a lot of experience but apparently the most popular types of exercise include walking, gardening, jogging, cycling, using home gym equipment or joining in with online classes. 66 per cent of Brits credit regular exercise with helping them maintain good mental health while in lockdown.

Trainers and studios moved quickly, creating daily schedules of live-streamed workouts.

Local trainers Suzie Povey and Jaime Parry have kept many of our friends busy with online classes via Zoom, Facebook or YouTube. More info here:

Suzie

<https://en-gb.facebook.com/pages/category/Gym-Physical-Fitness-Center/Suzies-Fitness-1464249640459851/>

Jaime

<https://www.facebook.com/JaimeFitSteps/>

The most famous non-local is Joe Wicks, whose classes for children were rapidly adopted by the whole family (and some adults without children too, I gather).

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

The NHS has some online starter classes of 10-45 minutes here:

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

For other ideas search the Internet for "online fitness", and see what inspires you. (Some will be chargeable, but many are free, so be careful to check.)

So there you go, a few ideas perhaps to keep you occupied, entertained and fit, until the world begins to return to normality. Whatever that is...

Keith Winsor, oapc
01485 570479
<https://www.oapc.biz/>



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

Borough Council News

Heacham, Sedgeford and Fring

Not a lot has happened in the last month and meetings continue vis Zoom and Teams. I hope my first face to face Council conversation since February will take place before the end of August. Most of the effort in the regeneration field has still been chasing Government grants for improvements to King's Lynn town centre which still look as they might be successful. The reason why Lynn is, hopefully, going to benefit is because it was one of the towns chosen by HMG to have a bid opportunity.

There is still no Councillor with a specific responsibility for the environment. The Leader of the Council has added the job to his portfolio until someone is appointed – someone from his group as opposition members are not considered for Cabinet roles. A pity as there are at least two independents who would do a very good job.

Locally it seems businesses have picked up and many are doing well with the huge influx of visitors keeping the tourist trade busy and pubs and food outlets occupied. I have previously given credit to businesses in Heacham which have met the Covid challenge. I can now add The King William IV in Sedgeford; well organised and very good food too.

However, near local seafronts there is sometimes a concern about too many people and cars and their impact on locals. In addition, the camp site at South Beach generates a lot of comment. I can confirm that it does not have planning permission; its Camping and Caravanning club status does permit a very small number of tents and camper vans but the numbers actually on site are far in excess of these limits. The matter is in hand but it will take time.

Heacham Neighbourhood Plan is getting closer to being examined - a review it has to pass before it goes to public consultation. Such plans are very important and will remain a buttress against unwelcome development which will be fostered by the high demand for homes on the coast and in the countryside 'post' Covid. Neighbourhood Plans may also prove a bastion against the latest government nonsense 'relaxing' planning rules. The proposals are out for consultation and I suggest you look at them and voice an opinion.

Another local matter: heavy and large vehicle movements along Fenway, Heacham, are causing distress again. It would be nice to think that such activity could be moderated and respect residents.

Terry Parish

Leader of the Group of Independent Councillors (15)

G BRADLEY JOINERY LTD



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



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



**07717 820 357
01485 534914**







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



Extra Hands

Providers of Home Care in Norfolk

Established 1993

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.



Extra Hands - Heacham Office
Inspected and rated

Outstanding ☆



**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



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 for an easy to make cake.

Carrot and Ginger Cake

Ingredients:

25g/1oz. Crystallised ginger cut into small pieces
170g/6 oz. S.R. Flour
45g/1½ oz. butter softened
140g/5oz soft brown sugar
2 large eggs
115g/4oz Carrots peeled and grated
1 Dessertspoon Ginger Preserve
1 teaspoon Vanilla extract

Method:

Line a 2lb loaf tin. Set oven at 375f/180c
Put butter, carrots, sugar and ginger into a large mixing bowl and mix well. Add eggs and vanilla essence and mix well. Add flour into mixture and fold in. Add ginger preserve and mix in. Put mixture in to loaf tin and cook for approx. 50mins or until done when tested.

I think it improves flavour if left for 24 hours before eating or freezing.

Makes 10 generous slices.

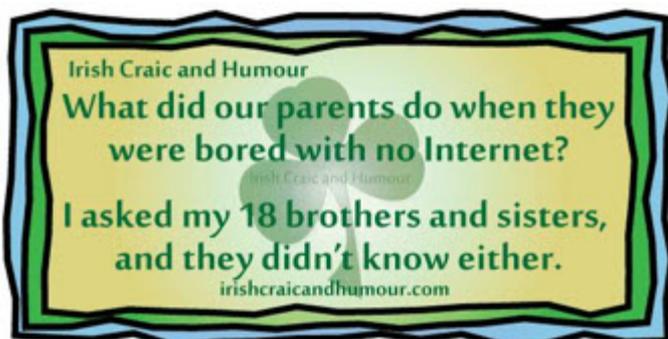
This is nice served as a cake or as a pudding with stewed rhubarb and custard, cream or ice cream.

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](#)



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.

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 (Retirement Housing for 60+) Coffee Morning 10.30am Tel : 570492
FITSTEPS 11am – 12noon To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (PH)
FITNESS PILATES 12.15 – 1.15pm For info Tel: Suzie Povey 07900 818311 (PH)
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years 5 – 6pm Contact Kathryn Tel:572138 (SG)
FOOTBALL Under 14's 6-7pm Contact Jason 07867527706 (HSC) playing fields
HEACHAM IN BLOOM 3rd Monday Monthly 7pm at Heacham Parish Library
WEST NORFOLK TAPPING CIRCLE meet 3rd Monday Monthly 7-9pm For more information Tel:571936 Catherine or email mcatherineallen1@gmail.com. (PRH)
HEACHAM WIVES GROUP – 2nd Monday of most months 7.30pm at Cunningham Court, Community Hall. Contact Sue Scott Tel: 572252
FIT 'N' DANCIN' 9.30am – 10.30am. Peg 01485 541162
THE HEACHAM YARNERS 1 – 3.30pm Charity knitting. 2nd Monday in every month at Freebridge Community Hall, Sunnyside. Call Michelle 00485 579 024. Kits Supplied
HEACHAM TABLE TENNIS CLUB League Matches in the Hall 7pm from 16th September (PH)
CRAFT CLUB 2-4pm every week (exp Bank Holiday) (PRH)
STRETCH AND TONE 9.30am - 10.10am (PH)
FITSTEPS (BEGINNERS) 10.15am - 10.55am (PH)
SEATED FITNESS 1.30pm - 2.15pm Call Suzie on 07900818311 (PH)
HEACHAM FLOWER CLUB 2.30pm every 3rd Monday January - November. More info call Penny Rhodes 01485 570229 (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
NORSEMAN'S BOXING GYM Jnr 6-7pm and Snr 7-8pm at Unit 12 Heacham Hall Ind Est. Jnr £2, Snr £3 geezersales@btinternet.com
FOOTBALL Girls 6-13 YO 6-7pm, Boys U11's 7-8pm Nathan 0781169910 £1 (HSC)Playing Fields

WEDNESDAYS

COMMUNITY COFFEE MORNING & MORE 10am - 12noon All ages welcome (OFH)
WEST NORFOLK MIND Day Centre 9.30–3 pm at 4 Poplar Ave Heacham Tel: Emma Hardy 01485 572707 www.westnorfolkmind.org.uk
SCALLYWAGS PLAYGROUP Term Time 9.30 – 11am £2 Tel: Jo 07521447284 (SG)
CARPET BOWLS 10.15 – 12 noon Tel: 570776 (PH)
THE OLD SCHOOLGIRL FRIENDS of Heacham School meet for a 'Coffee and a Chat' the last Wednesday of the month 10.30am at Norfolk Lavender Tel: 570742 or 579126
MIDWEEK COMMUNION 2nd Wednesday of the month 10.30am (MC)
HEACHAM LITTLE DRAGONS Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)
TAI CHI & KUNG FU 6–7.15pm-Childrens Kung Fu 7.15–8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)
BINGO 7.30pm Neville Court Grouped Home
ZUMBA 7.30-8.30pm for cost & info see Tuesday (SG)
WEST NORFOLK SINGERS 7.15 - 9.15pm For info Tel: 571315 Anne Davis www.westnorfolksingers.org.uk/ (MC)
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5 welcome £1 entry pp Cash Prize & Cash Snowball (HSC)
HEACHAM BEAVERS boys and girls aged 6-8yrs, 5.30pm-6.45pm (term time only) call 07788888921 (SG)
THURSDAYS
NORFOLK KNITTERS Cunningham Court 2-4pm. Every Week
NORFOLK & WAVENEY 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 (Retirement Housing for 60+) 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

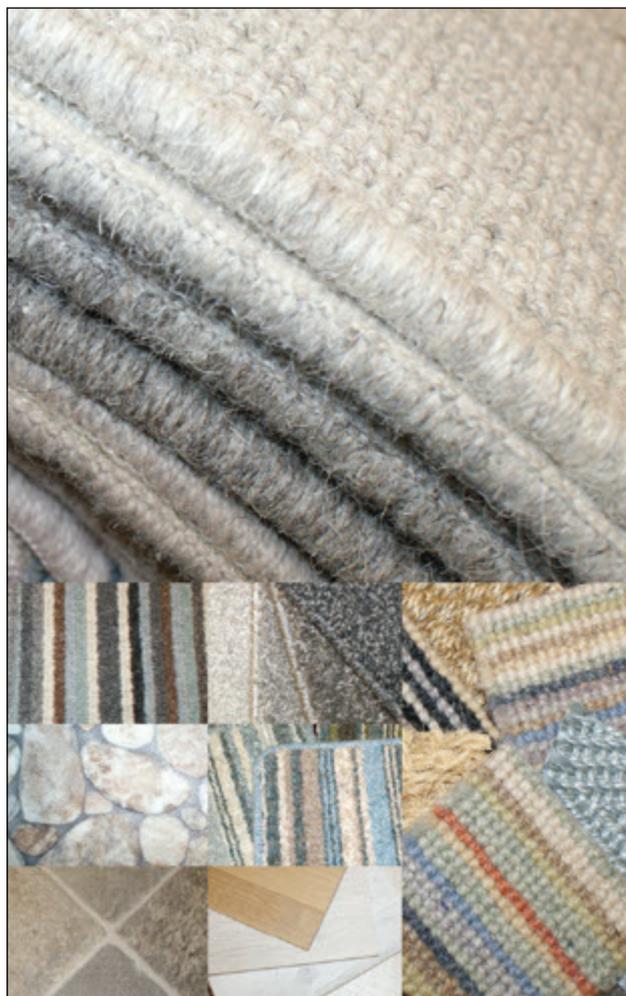
SUNDAY AFTERNOON SERVICE 4pm 1st Sunday Monthly
Everyone welcome For details Tel:579440 (PRH)

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

NEWSLETTER SUDOKU 47 Answer page 38

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

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



 **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

OTHER EVENTS.

September

Saturday 5th & Sunday 6th September Dersingham Open Gardens 2020, 11am - 5pm from The Village Centre. £5 on the door and refreshments served in the Village Centre. Government guidelines on Covid-19 will be in place.

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 £4 per 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

Introductory Summer Offer

Reflexology, Crystal Healing,
Eternal light Healing.

For more details Contact

Margaret on 07951402717

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



Sallywags Parent, Baby & Toddler Group

Wishing happy September days for all our dear little Sallywags (who have become not so little Sallywags during this time of restrictions) and especially to those who will now be beginning their school days!

Sallywags won't be re-opening just yet but I'll keep you updated here. There is no permission for indoor groups as I write and there'll be feasibility to look at; costs in time and money, physical distancing etc. I desperately want to re-open a happy space for us all to enjoy playing in together again and a place that little ones want to return to. Parents and Grandparents tell me they have been asking about Sallywags which is just lovely! Thank you for lots of happy memories and hopefully we can make some new ones soon!

Jo

Everything touches

Everything touches, life interweaves
Starlight and wood-smoke, ashes and leaves
Birdsong and thunder, acid and rain
Everything touches, unbroken chain

Rainstorm and rainbow, warrior and priest
Stingray and dolphin, beauty and beast
Heartbeat and high tide, ebb tide and flow
The universe in a crystal of snow

Snowdrop and death-cap, hangman and clown
Walls that divide come tumbling down
Seen through the night, the glimmer of day
Life is but darkness worn away

Blackness and whiteness, sunset and dawn
Those gone before, yet to be born
Past and future, distance and time
Atom to atom, water to wine

Look all around and what do you see?
Everything touches, you're touching me
Look all around and what do you see?
Everything touches, you're touching me.

Roger McGough

Jo



Wooden pegs £2.50 for 36 from Sunny Hunny hardware - Hunstanton! Great for pegging out washing, even better for planes and butterflies. (Thank you Flo Hawkins - youtube channel).

PS: As I mentioned in the last issue, I'd met some wonderful Heacham beach cleaners and my family had just started taking part in a lockdown plastic survey run by **Everyday Plastic**. Along with around 100 other families across the UK, we collected all our plastic for a week. It was one successful home learning lesson for us that's for sure - the visual impact was massive, and massively horrible - **89% of this will not be recycled!!!!!!!** *Scale that up for a month, a year, our street, our village, the UK*



Daniel Webb of Everyday Plastic collected his plastic for a whole year in 2017: *"If I'd have given up plastic bottles, coffee cups, straws, stirrers, cutlery, carrier bags and swapped shower gel for soap, I would've thrown away 316 fewer items in 2017. If only half the UK population did the same thing, we could prevent 10 billion pieces from entering the waste system. So, don't ever let anyone tell you that individuals can't make a difference!"*

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



Can You identify this?

One of our readers has acquired the item shown below. However, he doesn't know what it is for and everybody he has asked are also mystified as to the purpose of the 'tool'.

It bears the inscription RD No 475654, is that a Registered Design number either here or in the USA?

It is obviously very portable being pocket sized and contained in its own metal case.



Is it a portable holder for some small tubes? Is it part of a larger contraption for working in the field? Is it for some chemical process?

Who knows!

But if you are able to throw some light on

what it is, or what it is for, or where it came from, we would like to know.

No prizes but your help will be greatly appreciated.

The THN team



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.



THE MAGIC BANK ACCOUNT

This is a great story. Hope you enjoy it as much as we did
THE AUTHOR IS NOT KNOWN.
IT WAS FOUND IN A Folder OF COACH PAUL BEAR
BRYANT,
ALABAMA, AFTER HE DIED IN 1982

The Magic Bank Account

Imagine that you had won the following *PRIZE* in a contest:

Each morning your bank would deposit £86,400
In your private account for your use.
However, this prize has Rules:
The set of Rules:

1. Everything that you didn't spend during each day would be taken away from you.
2. You may not simply transfer money into some other account.
3. You may only spend It.
4. Each morning upon awakening, The bank opens your account with another £86,400 for that Day.
5. The bank can end the game without warning; at any time, it can say, Game Over!"
It can close the account
And you will not receive a new one.

What would you personally Do?

You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love

and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself, right?

You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

ACTUALLY, This GAME is REAL

..
Shocked ???
YES!

Each of us is already a winner Of this *PRIZE*.
We just can't seem to see it.

The PRIZE is *TIME*

1. Each morning we awaken to Receive 86,400 seconds As a gift of Life.
2. And when we go to sleep at Night, any remaining time is Not credited to us.
3. What we haven't used up that Day is forever lost.
4. Yesterday is forever Gone.
5. Each morning the account is Refilled, but the bank can dissolve your account at any time WITHOUT WARNING..

SO, what will YOU do with your 86,400 seconds?

Those seconds are worth so much More than the same amount in Pounds

Think about it and remember to
Enjoy every second of your life, because time races by so much quicker than you think.

So take care of yourself, be Happy, love deeply and enjoy life!

Here's wishing you a wonderful and beautiful day.
Start spending....

"DON'T COMPLAIN ABOUT GROWING OLD...!"

SOME PEOPLE DON'T GET THAT PRIVILEGE!

Live well THN

**L.B.R LANDSCAPING
& GROUNDS MAINTENANCE**
EST 1986

- GARDEN & SITE CLEARANCE
- HEDGE CUTTING - REDUCTION - REMOVAL
- FENCING SUPPLIED & ERECTED
- GRASS CUTTING - PRIVATE - COMMERCIAL
- TURFING & SEEDING
- TREES & SHRUBS PRUNED - REMOVED
- STUMP GRINDING - PLANTING
- DIGGER & DUMPER WITH OPERATORS
- TRACTOR - HEDGE - VERGE CUTTING
- LOG SALES

Mob: 07774 724366
Tel: 01553 849802

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

T.M. electrical
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

 **ELECSA**
Email: TMElectrical2010@btinternet.com Mob 07884454480



Celebrating 35 years of The Norfolk Hospice

The Norfolk Hospice, Tapping House, have officially launched their 'Celebrate 35' campaign to commemorate their 35th birthday – and everybody is invited!

Plans to throw a big party this year have been postponed until Spring 2021 at the earliest, but the campaign is another way for people to get involved and celebrate the registered charity's birthday in the meantime.

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

"I am so proud to work at The Norfolk Hospice with such a fantastic team. We all take enormous pride in the fact that we are able to provide specialist support to more and more families every year.

"During the last 35 years the Hospice has gone from seeing 100 patients a year to over 1,300 a year. We invite you to celebrate our success and we hope that in the next 35 years we can reach out to thousands more."

You can get involved with the birthday celebrations by donating to their 'Celebrate 35' appeal at <https://www.justgiving.com/fundraising/tappingbdy> or by taking part in the 35 Challenge.

For the 35 Challenge, the Hospice asked for people to 'Choose Your Challenge, Your Way' throughout the month of August. For more information see their 35 Challenge page here: <https://www.norfolkhospice.org.uk/35-challenge>

This campaign follows their coronavirus bed appeal which raised over £40,000 back in June. The appeal funded the opening of five additional palliative care beds for three months at the height of the pandemic.

The Norfolk Hospice is a registered charity celebrating 35 years of providing free care, comfort and compassion to residents in North and West Norfolk nearing the end of their lives and providing support for their families and friends.

The Norfolk Hospice was born from Hospice Home Care, first launched by Dr Hugh Ford 35 years ago, before moving to a small base in Snettisham in 1989. The Hospice in Hillington was officially opened in 2016 and the Inpatient Unit opened one year later in 2017.



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**





Proud members of **Checkatrade.com**
Where reputation matters

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





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

Smithdon GCSE Results

There were happy students at Smithdon High School on GCSE results day as three quarters of students secured Grade Four and above in English and Maths.

Half of the students at the Hunstanton school also picked up Grade Five and above in English and Maths. Notable achievers at Smithdon included Emillie Hipkin and Nathaniel Linsell but headteacher John Hirst also mentioned Caytlin Davies, Hassan Miah, Rose Richardson and Declan Davies for the progress they have made while at Smithdon.

Mr Hirst continued: "No-one could have predicted what we would be facing together in 2020 and we are all very proud of our students and staff who have worked so hard in difficult circumstances."

"Today's results and the grades our students have received are a true reflection of their work and dedication along with the professionalism and integrity of our staff. We are very proud of what the students have been able to achieve."

Lydia Askew was delighted with her results of 9, 8, six 7s and three 6s - her top grade coming in PE. She's now off to Springwood Sixth Form to study English, History and Biology.

"I was really nervous about coming in to collect my results because I was worried about what they might be. When I opened the envelope, the first result I looked for was History and I got a seven so I was happy. Overall, I did better than I expected."

Grace Bailey was over-the-moon with her results - two 8s, four 7s, two 6s, and a Level Two distinction. She's now off to Access Creative College, Norwich, to study event production. "I'm really chuffed with these results. I was a bit overwhelmed when I opened up the envelope and saw my results for the first time - I really didn't expect to get these results. It was nerve wracking going into school today but it was a lovely experience to go into

school to collect my results because after the year we've had, it was great to see everyone there."

Grace added she'll remember her time at Smithdon fondly. "The teachers were the highlight for me. They were all really supportive and have been throughout my time here."

Twins Issy and Ellie Little also celebrated their results. Issy, who is going to Springwood to study A Levels in Art, Media and Criminology, secured six 9s, three 8s, a 7 and a 6 while sister Ellie achieved five 9s, four 8s, and two 7s.

And while Issy admitted there was a bit of sibling rivalry ahead of today, the pair were pleased with their twin's results. "We got what we wanted so we were really pleased for each other. It was weird going into school today because we haven't been there for so long but the school had made an effort to make this morning special and it was so nice to see all our teachers again."

As for her time at Smithdon, Issy added: "I'll remember the wonderful people I met and the opportunities the school offered us. The teachers are really nice and it's just a really nice school to go to."

Twins Matthew and Hannah Back were delighted for each other as they picked up the grades they needed for their post-16 destination.

Matthew who secured good grades in Design and Technology and PE is going to study Engineering at the College of West Anglia, and Hannah who was pleased with her results in Geography, English Language and PE is off to Springwood Sixth Form to study Biology, Chemistry and Criminology.

Hannah said: "I was a bit nervous coming in today but I was very pleased when I opened my results because I knew I'd got into Springwood."

Matthew added: "I did better than I thought I would and I'm pleased to have got what I needed to get into college."

Photos by Ian Burt.




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

WGA
Ward Gethin Archer
 SOLICITORS AND NOTARIES

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

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



Hunstanton School's Treasure Trove of History

Newly-discovered photos shine light on School History

The enforced closure by the novel coronavirus means Smithdon High School in Hunstanton may not have seen much of its current students this year.

But it has seen plenty of students from years gone by after a treasure trove of lost school history turned up during refurbishment.



Documents and photographs dating back to the 1950s came to light as major work was carried out during lockdown.

“This has been like striking gold during the Klondike gold rush,” said John Hirst, head of the school, which is part of the West Norfolk Academies Trust. “We’ve had a chance to go through rooms and cupboards that haven’t been opened in years, and in one we found this amazing haul of pictures, showing Smithdon’s rich history and its connection with the community since the first foundation stone was laid, back in 1954.”

Smithdon is famous as being a leading example of post-World War II brutalist architecture, with its glass and steel structure making it radically different to the usual bricks and mortar school of that era, and an instantly recognisable local landmark.

Recent refurbishments, the school’s biggest in years, have included major overhauls for buildings housing food technology, the ICT suite and meeting rooms, a new roof and floor for the sports hall, and a complete renovation of C Block which houses the art studio, altogether costing over £1million in SCA funding.

Mr Hirst, who became Smithdon’s head last September, said it was about making it a 21st century learning environment for a 21st century education.

“Schools are about education and the creation of better life chances and futures for students,” he said. “In normal times they’re also places where children can develop friendships, build relationships, get new experiences and create those all-important memories, and



we’ve found some of those memories from decades ago in this cupboard.”

The pictures showing life at Smithdon in years gone by has also given him some ideas for the future.



“One of my favourite photos is of the children and staff taking ‘afternoon tea’ in one of the ‘quads’, which would be great to replicate when we return to normal,” he said.

“Two other aspects of school life which cannot be overlooked are sport and haircuts! There’s a fabulous picture of the football team from the 1959/60 season.



“The date is written on the football, but you can also tell from the Elvis Presley inspired haircuts, and there’s another one from the 1980s of pupils on an ‘Olympic Stroll’; with this year’s Tokyo Games pushed back a year, maybe that’s something we can resurrect next summer.



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

22 Westgate, Hunstanton, PE36 5AL

www.bonnydogsgrooming.co.uk

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

“These snapshots of school life past have created such a sense of nostalgia. I hope the activities and opportunities we give students at the school today will do the same in the future.



"If anyone recognises anybody in the pictures, or has their own memories of life at the school they'd like to share, please get in touch, we'd love to hear about them."

Potential pupils and their families will have a chance to view the new-look Smithdon High when it holds open days in October.

If you have any stories, or recognise anyone, associated with these pictures, or any other stories from Smithdon's past and you would like to share with the school please email home@smithdonhigh.org




**A SMITH
CONTRACTORS**

www.asmithcontractors.net

**BLOCK PAVING
FENCING, SLABBING
DRAINAGE**

VINCE SMITH decpave@mail.com

01485 572269 / 07940 153614

PRINTED CONCRETE DRIVEWAYS

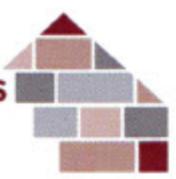
10 Cameron Close, Heacham PE31 7LF




Chris Palmer
Plumbing And Heating Services Ltd

SMART BRICKWORK SERVICES

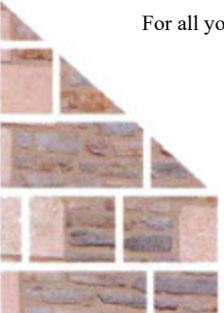
For all your brickwork requirements



Andy Larham

Advanced City & Guilds Bricklayer

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




Chris Palmer
Plumbing And Heating Services Ltd

☎ **01485 571363**

☎ **07798 635860**

✉ **chrispalmer333@gmail.com**

New boilers-repairs-servicing
Bathroom-shower room installs
Renewables




**NHS Norfolk & Waveney
Health and Care Partnership**

**Local people asked for help to design a campaign
around future care preferences**

The national Recommended Summary Plan for Emergency Care and Treatment (ReSPECT) initiative was launched in Norfolk in March 2020, just before the UK went into lockdown due to the Coronavirus Pandemic. Although take up of ReSPECT has started, there is still the need to raise awareness among the public about the initiative, and encourage everyone to start thinking about having 'the conversation'.

What is ReSPECT?

ReSPECT is a personalised process to plan a person's clinical care in the event of a future emergency. It results in a document that contains the person's wishes and care preferences along with appropriate clinical recommendations. It will also record when a 'Do Not Attempt Cardiopulmonary Resuscitation' (DNACPR) decision has been made but it is important to note that a person can have a completed ReSPECT form and still be 'for' CPR. For further information, including frequently asked questions, please see <https://www.resus.org.uk/respect/>

Who is it for?

ReSPECT can be for anyone, of any age. It is most likely to benefit people:

- with complex health needs or
- at risk of sudden collapse or cardiac arrest or
- nearing the end of their lives or
- who want to record their preferences for any reason.

Why is this being introduced?

At present, conversations with those living with serious illness tends to focus solely on decisions relating to cardiopulmonary resuscitation (CPR) which can result in misunderstandings about treatment plans. There is variation across Norfolk and Waveney in how these decisions are documented.

Few people go on to discuss what other types of care they would or would not want in an emergency situation. The ReSPECT process has been developed by the Resuscitation Council (UK) collaboratively with many organisations including patients, the public, and the Royal Colleges with the intention of designing a process that is more acceptable to patients and that standardises processes and documentation across organisational boundaries.

How can I help promote ReSPECT in Norfolk and Waveney?

The Norfolk and Waveney team really want to hear how they can encourage people to have 'the conversation'. Please take the time to complete the survey and share this on your networks, with your patients and clients, and with your friends and family. Maybe you could also think about starting the conversation with your own friends and family?

<https://www.norfolkandwaveneypartnership.org.uk/get-involved/opportunities.html>

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

Dealership of Quality

TV's Video'S And DVD's	Cycle Sales
Washing Machines And Tumble Dryers	Cycle Spares
Cookers, Built in models And so much more	Cycle Repairs
	Cycle Hire

Buy on-line at euronics.co.uk
euronics 34-40 High St
Heacham

www.ajdautorepairs.com

AJD auto repairs

Motor Vehicle Engineers

MOT  CENTRE

- 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

AJD auto repairs **AJD** auto repairs

**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** **Cleantech**
Where reputation matters Professional Clearing

(Cash, card & cheque payments accepted)

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

West Norfolk Schools will be alive with The Sound of Music

Budding young musicians at schools across West Norfolk will have a chance to fulfil their potential in the autumn term after an announcement that instrumental musical lessons will be rolled out across more schools in the region – with the first term free of charge.

The project is funded by the Norfolk Music Hub and underwritten by The West Norfolk Academies Trust, which manages 11 primary and secondary schools. Socially-distanced pupil assessment will be carried out in the first term, with group sessions starting after that, and organisers hope they can even put together a virtual orchestra of young musicians from across the Trust’s schools.

Additional music teachers have already been recruited, and should the scheme prove to be a success, Rob Galliard, the Trust’s Director of Primary Music, hopes to expand it to more schools and more teaching hours later in the academic year.

“The initiative started in summer 2019 at the Trust’s primary and junior schools, where string, woodwind and brass lessons were made available,” he said. “Now we’re expanding the string and woodwind programmes into more of the schools that feed into our secondary schools, and we’ll also be adding extra brass lessons at secondary school level for those who are making the move up this summer.”

The idea for the expansion of music teaching came from Peter Strudwick, who is director of music at one of the Trust’s secondary schools, Springwood High.

“He was disappointed at the number of children coming up to Springwood who hadn’t had the opportunity to start learning to play an orchestral instrument and were unable to feed into the school’s musical community,” explained Mr Galliard. “Andy Johnson, who is the executive head teacher of the Trust, had seen what a positive effect musical activity has in schools so the decision was taken to increase the availability of lessons across all the schools.”

Headteachers across the Trust’s schools appreciate the wider benefits of music lessons, Mr Galliard said, beyond just the skill of learning to play an instrument.

“Children can acquire skills that are not always accessible in the normal curriculum. The ability to work alone and then bring that to being part of a team, the need to ‘get it right’, and later the opportunity to show their musical skills can create a character-building sense of self-worth. It’s an entirely positive thing.”

At the end of 2019, around 100 children from the Trust’s schools played together at Springwood, and the plan is for something similar to happen, in virtual form, at the end of this year.

Mr Galliard continued: “Long term, the plan is for children at all the primary schools that feed into our high schools will be part of the scheme. Springwood has been alive with the sound

of music for many years, so we look forward to that being seen and heard elsewhere as well.”



(Photos by Ian Burt)

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



Goldilocks
Your friendly and Professional Salon

Stylists specialising in all aspects of hairdressing
Corrective & Creative Colour Work
Fashion Cuts, Bridal Hair,
Perming, Up-do's
Individual Consultation & Advice
Gift Vouchers

State Registered Hairdressers
Level 3 Stylists and Assessors

20 Austin Street
Hunstanton
01485 532001
www.goldi-locks.co.uk



The Salvation Army

This is the Day

*This is the day, this is the day
That the Lord has made, that the Lord has made.
We will rejoice, we will rejoice
And be glad in it, and be glad in it.
This is the day that the Lord has made,
We will rejoice and be glad in it.
This is the day, this is the day
That the Lord has made.*

When you think of God's creation, I wonder what springs to mind? Maybe you think of the myriad species of animals, insects and birds that inhabit our planet or the majestic mountains, vast oceans and dense rainforests that create such breath-taking scenery. Of course, you may look further afield to the many stars and planets that are visible to us here on earth and imagine those that are too far away for us to see. You may even consider human beings as a marvel of God's creation (well, some of them anyway!). However you picture God's creation, not many of us will think of each day as being created by God and yet the day and night, light and darkness were the very first things God spoke into existence. The sun and moon weren't created until day four but there was light and day and night from the very beginning of creation. Time is a gift from God, each day is given to us as a gift to use as we see fit.

How do we greet each day? Do we greet each new day with joy and thankfulness or do we begin each day grudgingly? If we grudgingly begin each day, what is stopping your enjoyment of the twenty-four hours that lay ahead? How can you begin to view each day as a gift that God has given to you? How can you be a good steward of this part of God's creation? How can you use your time wisely? We waste hours and days on things of little

importance and so have no time left for those things that are of eternal importance.

During lockdown we may have felt that we have had too much time on our hands, but each day has still had twenty-four hours in it. We may have had to find different ways to use our time but there has been no more time in each day than there was before lockdown! It has been a challenge for us to use our time wisely when many of the activities that we usually fill our days with have been stopped, but each day remains the same and we have still had a choice whether to be good stewards of our time in lockdown or to waste our days wishing things were different.

The rhythm of day and night has been the same since the creation of the world. In Genesis 8:22 God promises that the natural rhythms of time and seasons will continue for as long as the earth does. Isn't it wonderful that we don't have to go to bed each night wondering whether there will be another twenty-four hours? God promises that there will be when he says: 'As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, **day and night will never cease.**'

Are you a good steward of your time? What do you feel is a day well spent? Ecclesiastes 3:1 says:

'There is a time for everything and a season for every activity under heaven.'

Do you enjoy a good work/life balance? What would be a perfect day for you? What are the time priorities in your life? How can you begin to enjoy each minute of each hour of each day to the full realising that each day is a gift to you from God? A good starting point is dedicating each day to God and thanking him for the gift of another day.

Alison Kirby
Snettisham Salvation Army
Email: alison.kirby@salvationarmy.org.uk
Mobile: 07436 425118

HEACHAM SPORTS & SOCIAL CLUB



13 STATION ROAD, HEACHAM
PE31 7HG TEL: 01485 570776

OPENING TIMES 11AM TO 11PM

Members & Non-Members Welcome



CORONAVIRUS UPDATE

GOOD NEWS!

WE RE-OPENED ON FRIDAY 17TH JULY

We re-opened on Friday 17th July at 12noon, the closing times may vary depending on circumstances.

We know how important it is for our members and staff to be in a safe and clean environment. We are working hard to ensure you have the same great club experience, with just a few extra measures to keep you, your friends and family and our staff safe.

We ask that you do your bit and respect our staff and any requests they have. It's all with your safety in mind.

We are keeping to Government guidelines which are constantly changing, social distancing 1metre, hand sanitisers always available, limiting numbers. **Inside the club will be seating only.**

External seating if weather permits, a section of the bowling green will be cordoned off with seating. We have a marquee available if needed.

Please keep checking for notices in the club, on our website page and our Facebook page for any further update for any changes.

***ALL PRICES WILL REMAIN THE SAME
AS BEFORE CORONAVIRUS***

FOR HIRE

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



WHAT'S ON IN SEPTEMBER

Every Monday

Every Tuesday

Every Wednesday

Every Thursday

Every Friday

**WATCH THIS
SPACE**

**FOR WHEN
ACTIVITIES**

**WILL BE
STARTING**

**SORRY NO FOOD AVAILABLE IN CLUB
UNTIL FURTHER NOTICE**

**PLEASE WATCH OUT FOR UPDATES
WHEN IT WILL BE RE INTRODUCED.**

Members & Non Members all welcome
Subscription available - Adult £6 - Joint £10

CHILDREN'S PLAY AREA

**ALL WELCOME TO OUR ACTIVITIES &
FUNCTIONS**

PLEASE CALL US - 01485 570776

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

WORDSEARCH

Garden Flowers

Can you find 20 garden flowers hidden in this wordsearch?

N	B	N	W	S	T	W	A	W	K	M	N	Y	O	X
U	R	W	K	U	J	T	K	R	L	R	O	S	E	W
D	R	W	L	D	M	R	C	K	A	A	I	N	W	B
P	S	I	Q	A	U	Z	K	Y	V	I	T	A	A	I
O	P	Y	O	D	M	A	C	Q	E	N	A	P	L	L
P	M	L	F	A	E	I	O	H	N	O	N	G	L	P
P	A	R	U	F	H	L	H	L	D	G	R	E	F	E
Y	R	E	C	F	T	E	Y	E	E	E	A	R	L	T
L	I	W	H	O	N	B	L	E	R	B	C	A	O	U
A	G	O	S	D	A	O	L	W	A	T	Y	N	W	N
I	O	L	I	I	S	L	O	W	O	X	Z	I	E	I
L	L	F	A	L	Y	P	H	Q	U	B	K	U	R	A
H	D	N	K	I	R	M	W	M	N	R	R	M	U	L
A	M	U	N	I	H	R	R	I	T	N	A	H	G	Q
D	S	S	Q	H	C	J	P	W	E	D	S	L	W	T

ANTIRRHINUM
DAHLIA
HOLLYHOCK
PETUNIA
SUNFLOWER
BEGONIA
PANSY
CHRYSANTHEMUM
LOBELIA
WALLFLOWER

DAFFODIL
BLUEBELL
CARNATION
TULIP
FUCHSIA
POPPY
LAVENDER
ROSE
GERANIUM
MARIGOLD



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

...The Store to your Door

**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 

Tel: 01485 601360 Mob: 07872 558163

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

I Perrin Flooring Ltd, Registered Office 38 Low Road, Congham, Kings Lynn, PE32 1AE

Registered No: 8956560. Vat No: 171416230



HUNSTANTON TOWN COUNCIL

When the Coronavirus first struck, no-one could have envisaged the effect this virus would have on us all. Every one of us has had to face changes to our everyday living routines, most of us have been affected in one way or another, maybe from isolation, loneliness, becoming dependent on others to do our shopping or sadly from losing loved ones.

Covid 19 has caused 'an unwelcome feeling of lack or loss of companionship, which happens when we have a mismatch between the quantity and quality of social relationships that we have, and those that we want'.

When Hunstanton Town Council heard 'Hunstanton Friends', were looking for assistance in finding somewhere they could hold their weekly meetings whilst the Library remained closed, the Council were only too pleased to help out by offering the Community Centre in Avenue Road each Friday.

Hunstanton Town Council's Community Engagement Working Panel (WP) Chairman Cllr Maureen Howard reported "we will be discussing at the next WP meeting how HTC can work with Hunstanton Friends to focus on social wellbeing, promoting healthy and active lifestyles and community engagement for the residents of Hunstanton. Since the pandemic began it has been reported that rates of loneliness are on the increase and are having a detrimental effect on our health. Depression can intensify the feeling of loneliness – even in a room of favourite people. You may feel as though you're apart from the rest of the world. Perhaps lacking energy, not really knowing what to say to people, not feeling how you used to feel, may be unable to work, or study, which can make feelings of isolation even worse".

Hilary Letch, one of the founder members of 'Hunstanton Friends' said "our aim is to reach out to people who are lonely or isolated and to provide a safe welcoming space.

Our longest running group is the 'colouring' one, which has been running for about 4 years. We have been colouring postcards that are then distributed by local churches, to lonely people within the Town (we put a nice message on the reverse of each card).

'Just a cuppa' has been going for about 3 years and is a drop in/out cup of tea or coffee, and lots of chat where folk put the world to rights, share stories about their lives, share fun and laughter, while enjoying coffee and cake.

Both of these were library initiatives originally and as well as promoting better mental health, they are aimed at everyone, but of particular interest and use to those who are lonely, isolated, or just plain bored.

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

External Caravan Cleaning Specialists

lgtiling13@hotmail.com 44 Poplar Avenue
Heacham
Norfolk PE31 7EA.
07393687394

'Knitting and Crochet' is a relevant new group that only came along about a year ago. Once a month, we all go out for lunch together and at Christmas a group of us went to Hunstanton Panto. We celebrate each other's birthdays and share any sadness".

The Mayor of Hunstanton Cllr Tony Bishopp announced "the Community Centre has undergone a complete re-decoration during the Covid pandemic and is now being promoted as 'a real community space' where small groups (currently up to 10 people at the present time) are being encouraged to get together for activities that will benefit their wellbeing".

Anyone wanting further information on Hunstanton Friends are welcome to contact Hilary direct on 01485 533631 or Dawn Davies on 01485 779746.

If you are the organiser of a 'wellbeing event" and are interested in holding a session in the Community Centre, please contact the Town Clerk on 01485 532402 or email clerk@hunstantontowncouncil.gov.uk



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

P Skinner Installations Ltd
Double Glazing Services



Having problems with condensation between your double glazed units?

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

HM Government

I'm getting a test now. For you.

If you have symptoms, don't leave home except to get a test. Stop the spread.

Book a test now at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or call 119

PROTECT OURSELVES. PROTECT OTHERS. PROTECT NORFOLK.

NHS
Public Health England
Norfolk County Council

Keeping yourselves and others safe

Coronavirus is still with us. Cases in Norfolk are low and we want to keep them that way. The best thing to do to protect ourselves and others is to continue to wash our hands regularly, keep our distance from others and wear a face covering in shops and on public transport.

To protect others, you and everyone living in your house should isolate straight away if you show symptoms. The symptoms are: a new continuous cough; fever; or a loss or change in your taste and smell.

As soon as you isolate, visit www.nhs.uk/coronavirus or call 119 to book a test. Everyone is eligible to get a test if they have symptoms. You can choose either a drive-through test or a home test kit. Stay in isolation until you receive your results, which will include instructions on what to do next.

NHS Test and Trace will contact people who test positive for Covid-19. They will ask you about who you have been in contact with over the previous few days. This will identify people at risk who could pass on the virus before (or without) showing symptoms themselves.

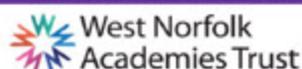
For more information about how to stay safe and how to get support if you need it whilst isolating visit: norfolk.gov.uk/coronavirus



Unlock Your Future at Springwood Sixth Form

Don't miss our October programme of live talks, tours and on-line events.
Register your interest at www.springwoodhighschool.co.uk

Springwood High School, Queensway, King's Lynn, Norfolk PE30 4AW
Tel: 01553 779407 email: sixthformoffice@springwoodhighschool.co.uk



Historic Heacham Manor Hotel Welcomes New Restaurant Team

The 1 AA Rosette Mulberry Restaurant located at the historic Grade II listed Heacham Manor Hotel, welcomes 2 new senior managers to their operations team.

With a combined experience of over 50 years in the industry, they join the team at an exciting and transformative time, ahead of the launch later this year of a brand new Golf Country Club, an extensive weddings, conference and events venue and 7 new bedrooms.

Having already launched new Lunch Menus including the ever-popular Sunday Lunch, the team will soon be introducing new 'a la carte' and afternoon tea menus, uplifting the current offerings with the county's abundance of fantastic seasonal fresh produce.

First to be welcomed to the team is Senior Food and Beverage Manager, Clinton Jolly.



With 19 years General Management

experience with Whitbread Hotels and Restaurants under his belt, he led the team at a Norfolk location to deliver some of the highest weekly covers of any of its restaurants nationally.

A family man, Clinton is very passionate about great quality produce coupled with excellent service and keeps that personal touch at the forefront of what he does.

Norfolk born and bred, Clinton is committed to creating lasting fond memories for all who dine with him and the team at the Mulberry Restaurant.

Clinton commented, "The Mulberry Restaurant has an idyllic location in the wonderful airy conservatory overlooking the hotel's manicured gardens and parkland golf course and coupled with a strong kitchen brigade, fabulous unpretentious menus and a friendly and professional service team, we are setting our sights on becoming a consistent favourite to guests and local residents alike".

Heacham Manor are also delighted to welcome Head Chef, Johnnie Kidd.



With a prestigious induction to working in professional kitchens, Johnnie

began his career under the tutorage of Michelin Star awarded Chef Desmond Cunningham.

Johnnie went on to refine his craft traveling across Europe and working in kitchens in France, Italy, and Greece. Broadening his repertoire and technique, before earning his first Head Chef position aged only 24.

Excited to bring his wealth of experience ranging from bustling city eateries to quaint country gastropubs to Heacham Manor Johnnie states "We whole heartedly cannot wait to welcome customers here to experience our new menus offering an extensive selection of foods from around the globe."

MULBERRY RESTAURANT
AT HEACHAM MANOR

LUNCHES & SUNDAY LUNCH

SERVED MONDAY - SUNDAY
12.00PM - 2.30PM

Advance booking highly recommended
PLEASE CALL: 01485 536030
To view menu www.heacham-manor.co.uk/eat/menus

HEACHAM MANOR HOTEL, HUNSTANTON ROAD,
HEACHAM, NORFOLK PE31 7JX

MULBERRY RESTAURANT
AT HEACHAM MANOR

ENJOY OUR DELICIOUS,
HOMEMADE AFTERNOON TEAS

SERVED DAILY
3.00PM - 4.30PM

Advance booking highly recommended
PLEASE CALL: 01485 536030
To view menu www.heacham-manor.co.uk/eat/menus

HEACHAM MANOR HOTEL, HUNSTANTON ROAD,
HEACHAM, NORFOLK PE31 7JX

Andrew Searle, Operations Director for Searles Leisure Group had this to say “We are delighted to welcome both Clinton and Johnnie to our Team at Heacham Manor, their wealth of experience in Food and Beverage will be a great asset to The Hotel. This is great timing too, as we have some busy weeks ahead in our Mulberry Restaurant, with ‘The Eat Out to Help Out’ scheme as well as the re-launch of our popular afternoon teas and Sunday roast lunches. We also have our exciting new Clubhouse/Function Centre opening in late Autumn, and we have a lot to prepare for that”.

Built in 1580, Heacham Manor is a grade II listed property that celebrated its 10th Anniversary as a hotel in 2019. This beautiful Elizabethan country house hotel has 45 bedrooms ranging from the luxury Manor Suite to the contemporary Cottage Standard Rooms, an 18 hole golf course labelled by Golf World in 2019 as one of the Top 100 Golf Resorts in Britain and Ireland, a small boutique spa called the Mulberry Spa that boasts British skincare brand Temple Spa and the 1 AA Rosette Mulberry Restaurant. In late 2020, Heacham Manor will be launching a brand-new Golf Country Club, an extensive weddings, conference and events venue and 7 new bedrooms, bringing the total to 52 bedrooms.

For more information about Heacham Manor Hotel visit: www.heacham-manor.co.uk

For further information, please contact:
Graham Bray
Head of Marketing - Searles Leisure Group
gbray@searles.co.uk
m: 07966 467197



HUNSTANTON
TOWN COUNCIL

Town Council welcomes Hunstanton’s visitors as restrictions are lifted

Hunstanton’s Mayor Cllr Tony Bishopp has extended a warm welcome to the many visitors who are now returning to Hunstanton and praised holidaymakers for respecting social-distancing and good practice of wearing masks in local shops.

Cllr Bishopp said “We’re delighted to see so many old and new faces back in town and glad to see that Hunstanton still remains top of so many people’s list for enjoying a good old-fashioned British seaside holiday.

“With our popular attractions such as our Sea Life Centre and Funfair now fully open and our shops and cafés also open for business, there is plenty for our visitors to do, and with the continued good weather forecast for the next few days, Sunny Hunny is certainly living up to its reputation,” he added.

Cllr Bishopp is encouraging visitors to ‘Know before You Go’ by visiting <https://www.visitengland.com/know-before-you-go-map> which is currently being promoted by Visit West Norfolk Tourist Authority.

For more information on where to stay and what to do in Hunstanton, visit

<https://www.visitwestnorfolk.com/places/hunstanton/>

Searles Golf Club



Superb Golf Course & Facilities Open to All!

- > Enjoyable 9 Hole Pay and Play Course
- > Club hire available
- > Great value membership
- > Undercover Driving Range and lessons available
- > Golf Shop
- > Fishing Lakes
- > EBA Bowling Green

Membership Available Now

7 MONTHS From 1st September	£216.00 + AFFILIATION
6 MONTHS From 1st October	£190.00 + AFFILIATION



call: **01485 536010** www.searles.co.uk
Searles Golf & Country Park, South Beach, Hunstanton PE36 5BB

part of SEARLES LEISURE GROUP

Answers to Quiz

1. Corfu.
2. Lundy.
3. Jamaica.
4. Cyprus.
5. Isle of Wight.
6. Madagascar.
7. Islay.
8. St. Helena.
9. Skull Island.
10. Madeira.
11. Brownsea Island.
12. Craggy Island.

CROSSWORD SOLUTION

Across:

1. Whacks
4. Describe
10. Rio Grande
11. Meant
12. Late
13. Department
15. Saucers
16. Temper
19. Enlist
21. Finesse
23. Absolution
25. Ague
27. Smart
28. Intention
29. Remedies
30. Ragged

Down:

1. Wireless
2. About turn
3. Kirk
5. Elegant
6. Come to mind
7. Image
8. Estate
9. Angers
14. Legislated
17. Easy-going
18. Demeaned
20. Titmice
21. Frosty
22. Caesar
24. Swarm
26. Anna



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.

Solution to
Newsletter
SUDOKU
47

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

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!

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

TROUBLE HEARING? CONTACT US TODAY

*on selected products

Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting will be held virtually via the platform Zoom on Tuesday 15th September at 7.00pm. Members of the public are invited to address the Council at all Council meetings. Anyone wishing to join please contact the Parish Clerk by 3pm on the Monday prior to the meeting via email heachampc@btinternet.com for a link to join the meeting. Until further notice all future meetings will be held virtually via Zoom; planned meetings so far are:

Tuesday 15th September 7pm.

Tuesday 6th October 7pm and Tuesday 20th October 7pm.

Tuesday 3rd November 7pm and Tuesday 17th November 7pm.

Tuesday 1st December 7pm and Tuesday 15th December 7pm.

These dates may be subject to change and additional meetings may be held due to committee meetings not being held at present. Please see the Parish Council website, noticeboard at the New Community & Heritage Building Site, Pound Lane and the Parish Office window for agendas. Council Meeting minutes will be posted on the Parish Council Website shortly after each meeting.

FLOOD WARNING INFORMATION 2020-2021

The Borough Council of King's Lynn and West Norfolk have produced a booklet giving details of high tides and flood risks in West Norfolk. This booklet contains high tides times, who is at more risk due to area you live in, details and advice on how to plan for possible evacuation if you live in the tidal flood zones and lots of useful telephone numbers detailing who to contact for help and advice should you need it. The full booklet is on the Parish Council website and also the Parish Council Facebook page.

RECREATION GROUND

The Recreation Ground has re-opened, following a ROSPA equipment inspection and full risk assessment. Please adhere to the guidance on the signs around the play area and skate park. The Parish Council has followed all the Government Guidance on re-opening, but it is ultimately down to you, the users, to ensure your health and safety at all times. The Parish Council **will not** be cleaning the equipment so assess the possible risk before using.

BUT most importantly enjoy the space and stay safe.

HEACHAM LIBRARY

See the separate article in the Newsletter for more information. Many thanks to our Councillors and volunteers who have worked very hard to make this happen.

HEDGES AND TREES

Please keep your hedges and trees trimmed or pruned if they are adjacent to pathways in the village. Over-hanging hedges and trees can be a nuisance to pedestrians, walkers and mobility scooters as they grow over the pathways forcing people to put themselves in dangerous situations by walking in the road. The Parish Council seeks property owners co-operation on this please.

LITTER BINS

The Parish Council has replaced some of the older litter bins in the village with larger ones. Please remember these bins are for the villagers' and visitors' litter, NOT HOUSEHOLD waste. PLEASE ensure you take your used face masks home, the PMO should not have to clear up after you.

NEW PERMISSIVE PATHWAY IN LAMSEY LANE

Ken Hill Estates have consulted the Parish Council regarding the pathway round the fields between Lamsey Lane and Fenway. Over the last 10 Years the old Permissive footpath has been closed due to Natural England no longer supporting this CSS option.

As part of the estates Re-Wilding project they are aiming to introduce horses, pigs and cattle to the 1,000 acres of converted land.

To enable the estate to keep the stock safe Nick Padwick (Estate Director) has been discussing the current Right of Way arrangements for this parcel of land with David Mills (Footpath Officer).

David has explained new legislation has been passed to allow landowners to gate accesses to restricted Byways to protect stock. This legislation should be law within the year and has been delayed due to Brexit and Covid 19. The Estate wish to gate the Byway in October pre the legislation being law.

This path leading off the short right of way off Lamsey lane was a popular walking route until it was closed due to the expiry of the legislation supporting permissive pathways.

As part of the work Ken Hill estate would like to re-open the permissive footpath that goes from Lamsey Lane to the Fenway. The access and exit to this path will be gated by two sprung 'kissing gates' to stop any stock exiting the fields.

All dogs must be kept on leads at all time due to the nature of the restoration of woodland pasture the estate have entered. This will allow us to protect ground nesting birds and reduce the risk to stock picking up dog muck causing parasitic infection, which could result in early abortions or leave calves infected with the parasite.

The Parish Council are supportive of this move.

BEACH LITTER

Whether you are a Heacham Parishioner or a visitor to our beaches, please help to keep the beach and promenade clean. Litter bins are provided by the Borough Council although they are not always where you want them! Bins are located on the road adjacent to the Promenade at North Beach and by the Beach entrance at South Beach. Alternatively, you could take your rubbish home with you. Rubbish left on the beach can be harmful to other visitors and wildlife.

PLEASE HELP KEEP OUR BEACHES CLEAN

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

**The office is currently closed to the public
The Assistant to the Clerk is available to deal with emails
and take telephone calls**

Monday, Tuesday, Thursday & Friday

10.00am–12 noon.

**The Clerk is currently working from home but will be
dealing with emails and queries. Please email or call the
office and all relevant messages will be passed to the Clerk**

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

Office currently closed to the Public. Emails & telephone calls are being dealt with.

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 - Re-opening 4th September 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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