



THE HEACHAM NEWSLETTER

May 2021

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 18th May 2021

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 Village Yard Sales 2021

SUNDAY 30th MAY – 9am – 3pm

A map and list of STREET names where each Yard Sale is taking place will be available nearer the date.

If you would like to be added to the map, please contact Janet Race or Jemma Greef, via FB, with your road name.

Please be aware of COVID guidelines. After last year's 2020 Village Yard Sale, we hope it will be the same success this year 2021.



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

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your letters..



Hunstanton

Dear Newsletter

A Slippery Find

This story is about Heacham Beach and it was printed in the Eastern Daily Press on Thursday January 3rd 1991 and I thought it might be of some interest to your readers.

A Heacham man recently brought home more than he bargained for when he went collecting driftwood on the beach. Martin Hollis, who lives in a North Beach bungalow, was out early in the morning gathering fuel for his wood burning stove, when he found a seven foot long conger eel.

“Fortunately, I had my wheelbarrow with me so I loaded the conger on to it and took it home; it was too heavy to carry.”

The fish, that weighed about 70 pounds, could possibly be revived according to Scolt Head Island Nature Reserve Warden and fisherman Bob Chestney. Mr Chestney, whose record conger catch was a giant 119 pounder, believes these large eels are the victims of winter hailstorms.

“You often get them washed up, along with lobsters, this time of year” he said. “They are alive but they eat the hailstones and these reduce their body temperature. They get sluggish and cannot get back into the water.”

**Dick Melton
(Sunny Hunny)**



Marram Way

Dear Newsletter

Heacham Armed Forces & Veterans Breakfast Club (AFVBC)

With the lifting of restrictions our first meeting is on 22nd May. Thereafter on the first Saturday of each month:

Chatterbox Cafe, Station Road, Heacham

Start time is 09.30am, but you can turn up when you can. Probable finish time is 12noon.

John Hopkins (founder)



Heacham

Dear Newsletter

Pine Residents Hall

We hope to welcome back to Pine Hall friends, neighbours and all who use the Hall for meetings and social occasions, from 21st June, the proposed date the Government have said that all restrictions will be lifted.

We are hoping to hold our first Coffee Morning on Saturday 3rd July at 10.00am at Pine Hall unless new rules or restrictions are put into place.

**Pat Toppin (Secretary)
Pine Residents Association**

Forest Drive



Dear Newsletter

Hunt for Hilda

During late September 2020 we found a tiny hedgehog (169g) in our garden and as it kept appearing in the daytime it was obviously having trouble to gain enough weight to hibernate. We took it along to the very caring Wildlife rescue centre at East Winch.

In early November it was returned to us for release into the area it was found. Now a very healthy weight and with a blob of blue colouring on its back for recognition purposes at the Centre, the young lady said it was a girl so we promptly named her Hilda. We put her into her new home which my husband had lovingly prepared for her, complete with newspaper, straw etc and put the box into what we thought was a safe area in the garden.

The next morning, we peeped into the box just to check she was ok and she had moved out! We just hope she has found a cosy place of her own choosing in which to hibernate.

The purpose of this letter is to ask the good people of Heacham to keep an eye out for Hilda with the blue blob on her back. We just need to know she's safe.

Thank you.

Ray & Sheila Longstaff



Sandringham Drive

Dear Newsletter

Ducklings and Drains

The other day I was able to assist in a rescue operation - call it my good deed for the day. A neighbour, in pyjamas and dressing gown, was on her knees by the gutter holding a garden rake. I just had to ask, and it seems a duck's entire brood of 12 had fallen down the drain and were crying pitifully. Mother Duck was obviously in some distress too. With the help of another neighbour and his crowbar, and the lady's saucepan, all 12 were rescued and reunited with Mother Duck.

Now, I know there are too many ducks in the village, despite the efforts of the Council to discourage people from feeding them, and many regard them (the ducks, that is, not the Council) as pests, but drowning in a drain is a miserable end for any creature. I think there are two messages in this. Firstly, there are so many ducks because people feed them, which in turn encourages rats for the leftover food, and foxes for the ducks. Less feeding, fewer ducks, fewer foxes and rats, and fewer ducklings falling down drains.

Secondly, many drain covers in the village are protected with chicken wire or duct tape. Can't the council help in this by providing a lead and promoting more drains to be made duckling proof? Or if the buck doesn't stop there, maybe encourage Anglian Water to do so?

Pete Widdows



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In Memory of His Royal Highness The Duke of Edinburgh

In memory of His Royal Highness The Duke of Edinburgh, the Mayor of Hunstanton Cllr Tony Bishopp, silently laid a wreath at the Cross on The Green during the morning of 10th April.

Supported by members of Hunstanton Town Council and Hunstanton's two Borough Councillors, Cllr Carol Bower and Cllr Paul Beal, the Mayor read the following:

"On behalf of the residents and businesses of Hunstanton, I would like to express our deep sense of loss at the death of His Royal Highness the Duke of Edinburgh.

We give thanks for His Royal Highness's tireless service to his country and the commonwealth in war and in peace.

The Duke was dedicated to his family as well as supporting The Queen as she carried out her duties across the world.

He supported over 700 charities; one of the most widely known and respected is the Duke of Edinburgh Award Scheme, which has enriched the lives of generations of young people.

On behalf of the people of Hunstanton, we send our heartfelt thoughts and prayers to the Royal Family and in particular Her Majesty the Queen, in whose grief we share".

A 2-minute silence followed for those present to reflect and show their respect and gratitude to His Royal Highness.

The Mayor gave thanks to Mrs Rix for the kind donation of the handmade floral wreath she had produced at such short notice and to Resort Services for immediately organising the barriers and signage on the Green.

A member of Hunstanton Town Council advised 'members of the public are very welcome to lay flowers at the Cross outside the Town Hall should they wish. However, we do ask you all to please respect those doing so by adhering strictly to social distance guidelines.'



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The Saltings Reed Cut

I would like to say a huge thank you to Richard Brown and his crew who volunteered their time to work at The Saltings on 6th April doing the annual reed cut.

As you can see by the pictures they managed to cut and clear a significant area - about one acre in total - as per our stewardship requirement.

The BCS mower kept three of them constantly busy collecting and tying the bundles of sheaves. Quite physically demanding and not as easy as the auto-bunching reed cutting machine as it was not available, but quite a satisfying result.

There is still some loose reed lying on the reed bed that needs clearing off, particularly at the sluice end where they cut and left a supply of reed to dress the path to the new bridge.

Cllr Robert Pritchard



Pictured:
Richard Brown and Crew

1st April Spoofs

We are really sorry to disappoint so many people but there aren't going to be cruises on Brays Pit in the foreseeable future. Our thanks go to a regular reader for sending us the story. However, concessions for pedalos and a popcorn stand may still be on offer.

As to the Mangrove sea defence proposed last month, well that too was a spoof, so beware of any MUG's (Mangrove Urban Guardians) on the beach or around the village in the next few months. In fact, let us all keep our distance and stay safe.

THN



Stephen Gibson

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Saltings Bridge

At last, the long awaited new Saltings Bridge has been constructed, installed and completed, on time, by the Able Engineering Company for the Heacham Parish Council and the many people that use it to walk across the Saltings. The new footbridge was hand built and sectionalised in the company's workshop in King's Lynn. All the components were then galvanised so the completed bridge will last for many years.

Cllr Robert Pritchard



Pictured:
The new Saltings
footbridge



The Saltings Noticeboard



The Saltings Information board has been reinstalled after it was completely rebuilt by your village Councillors Terry Clay and Robert Pritchard.

It was removed due to a lot of the wood being rotten and water logged and replaced by an eco friendly recycled plastic frame that should last for many years.

Robert Pritchard

A NEW WEBSITE FOR HEACHAM

Many years ago I started Heacham on Line website with Barry Gardiner which covered all local events in Heacham. After running it for over 5 years we sold it on to Stella Gooch to continue running it. Unfortunately it became more commercial and all the old photo section and current events in Heacham eventually fizzled out. I have decided to rekindle the website to cover all local events and photos in partnership with Heacham Heritage who will deal with all the old material and photos so we will have everything hopefully covered. The website is now under construction and can be found at www.malc-on-line.co.uk So if you have anything you would like to contribute please get in touch via the website.

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CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church

IT ALL BEGAN WITH A QUESTIONWhich was.....

“What made you become a priest?”

The Archbishop of York, Stephen Cottrell, was recently on the platform at Paddington station waiting for a train

travelling to Cardiff where he was to be the keynote speaker. As he was buying a coffee at Caffè Nero a young woman asked him this question. Interestingly, it is a question that he usually asks members of the clergy he interviews when they apply for ministry posts. Now a stranger was asking him!

The response the Archbishop gave to her was that he simply believed in God. Although he hadn't been brought up going to church, “Somewhere and somehow on the pathway of my life I came to reckon that there was a God, and that God is the source, the impetus and the precondition of everything”. He had not experienced a dramatic conversion but came to realise that God had made himself known in the person of Jesus Christ and that Christianity is relevant to the whole of life today. Not only did Jesus show us what God is like, but he shows us what humanity could be like.

There was no time for a deeper conversation because he couldn't miss the train, so the Archbishop decided to write a book (the latest of several), or, as he puts it, “a letter that thinks it's a book”, which is partly a response to the woman's question and partly a message to all

of us in the country. Called “Dear England: Finding Hope, Taking Heart and Changing the World”, he aims to show us “that it is reasonable to believe”. The book has been described as “refreshing, candid, unabashed and, mercifully, jargon free”.

In a culture where so many lack meaning in life and there is so much despair and hopelessness, this is a timely message to everyone. So, I hope and pray that more people will see that “it is reasonable to believe”. That's not to say though that it is easy to believe and to be a disciple of Jesus. One reason why the church (the group of disciples rather than the building) was established was to provide encouragement and resources to sustain all who make the exciting and fulfilling journey of faith.

Does that include you?

Peter Murray

Church Opening Times

Wednesdays and Saturdays 10am -2pm

Church open - for private prayer and reflection.

Sundays at 10am

Morning Service - (Communion 1st Sunday of the month).

Please keep an eye on the church website or Facebook pages or contact the church office 572539 for regular updates.

We worship in a number of different ways including:

HEACHAM PARISH CHURCH online

on Heacham Parish Church YouTube channel from 8am every Sunday morning.

HEACHAM PARISH CHURCH in church

At 10am every Sunday morning

We also email and deliver paper copies of the weekly service – ring 01485 572539 and leave a message if you would like to receive one of these.

Annual Meeting 10th May 2021

The Annual Parochial Church Meeting (APCM) will be held via Zoom on Monday 10th May 2021. If you would like to attend, please use the link:

Join Zoom Meeting APCM 10th May 2021 7pm (access from 6.50)
<https://us02web.zoom.us/j/89672250948?pwd=Y292RzBCcyYS1JiSXl5TTM4SU9aQT09>

or by telephone 0203 9017895 /0131 460 1196

Meeting ID: 896 7225 0948 Passcode: 419338

Heacham Church Tower Appeal

Please help us to raise funds to restore our beautiful church so that we can continue to serve our wonderful village.

To donate, visit our Just Giving page, www.justgiving.com/fundraising/stmaryschurch-heacham or visit our website or Facebook page (@StMarysHeacham) and follow the link. Alternatively, cheques should be made payable to ‘Heacham PCC’ or, if you prefer to pay by bank transfer, our details are: Sort Code 20-46-65 and Account 10464554. Please include ‘Tower’ in the payment reference details.

Thank you for all your support.

Bereavement Support Group

The first meeting will be on 6th May from 10am till 12 noon and then on 20th May at the Pine Residents Hall. For more information contact the church office.

Coronavirus - Community Support for Heacham

If you need help or support, Heacham Parish Church is there for you if you need it for as long as you need it. We can offer practical help or a listening ear.

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

"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.hopeevangelical.org

More information about the church
www.heachamchurch.org.uk/

Prayer

Every weekday morning at 9am a group meet on Zoom to pray for our village community. We pray for all who live and work here, for our services, shops and businesses, our schools, residential homes, surgery, amenities etc.

If you would like us to pray for you specifically, or someone or a situation on your heart, please ring or email Veronica (570697 heacham.vicar@gmail.com)

CHURCH CONTACTS:

 (telephone code: 01485)

St Mary's Church: Rev'd Veronica Wilson 570697
heacham.vicar@gmail.com

St Mary's Church Office: (Julie Turner) 572539
(answerphone)

email: heacham.church@gmail.com

Methodist Church: Rev'd Richman Ncube 570232

HEACHAM METHODIST CHURCH

Cautious Excitement

"And now I will send the Holy Spirit, just as my Father promised. But stay here in the city until the Holy Spirit comes and fills you with power from heaven." (Luke 24:49).

The disciples are emerging from a weekend of upheaval, trauma, disappointment, sadness and loss of their leader. While they struggle over what the future will hold, Jesus emerges and stands among them. He is not a ghost, he has risen from the dead. This reality changes everything. They are in one way full of fear and confusion, but in another full of excitement. Jesus cautions them not to be in haste, they must wait. Isn't this the spirit of April? We have a chance to be free, socialise, but...! We must be cautious. They have to be cautiously excited.

April has this year been a true season of Easter, a season that combines sadness and cautious excitement. We are emerging from hard lockdown to cautious relaxation. We are grieving the loss of our loved ones, but the sturdy number of those being vaccinated and the decline in Covid-19 figures is a sure sign of hope. What more, the overwhelming support that people have given to each other during this sad time is a source of encouragement. Suddenly we realise the capacity of what we can do to support each other in times of deep difficulty. We grieve the loss of His Royal Highness



Prince Phillip, the Duke of Edinburgh, yet our encouragement has been the overwhelming tributes paid to his outstanding service to Her Majesty The Queen and the nation.

Christ's death and resurrection offers an opportunity for us to visualise prospects of a better world in the midst of great evil, adversity and uncertainty. It is a story that says, whatever darkness we may find ourselves in, however thick it is, there is light at the end of the tunnel. The beauty of the story is in the fact that we can enter and participate in it. If we invite Jesus into our difficult experiences, our own struggles and fears, into our own lives, he is ready to comfort and inspire our everyday life. If we allow him to walk with us through our own journeys he will gracefully do so.



For us at Heacham Methodist we celebrated the Easter Sunday by physically joining in worship on the 4th April, and what a joy it was to meet people we had not met for a while. Of course we still cannot sing in church, but at least we can meet.

Rev. Richie Ncube
Minister, Heacham Methodist Church

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Whether a deluge or shower.

The cost of repairs is a worrying sum;
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Your kindness will help us get through.

And then we can celebrate, praising God's love.
Our tower is safe, strong and sure
For Christmas and harvest and weddings as well –
And 800 more years in store!

*Just Giving:

www.justgiving.com/fundraising/stmaryschurch-heacham

Website: www.heachamchurch.org.uk

Facebook @StMarysHeacham

Bank account – Heacham Parochial Church Council

Sort code 20 46 65 Account no: 10464554

Cheques and cash to the Church Office please

17 High Street, Heacham, King's Lynn, Norfolk PE31 7ER
(01485 572539)

Thank you for your support.

Jewellery for Sale in aid of St Mary's Heacham Church Tower Appeal



My daughter has been busy making jewellery for us to sell in aid of the Church Tower Appeal. The photos above show a representative sample. Each piece is unique. They make very useful little gifts for friends and relatives. All are priced at £5, are easy to post and all proceeds are for the church.

Wouldn't it be wonderful if we could hold a sale....? However, at the present time, if you are interested, please give me a call on 07787 842796 or email ver.welham@gmail.com and I can give you more details of what is available or send further photos. We can then discuss viewing / collection / payment / delivery etc.

I look forward to sharing these lovely items with you.

Thank you.

Veronica Welham

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General Knowledge Quiz

Something Fishy

- Who is the current First Minister (January 2021) of Scotland?
- Big Eye, Yellowfin, and Skipjack are all types of which fish?
- The recipe for 'Lea & Perrin's Worcestershire' sauce contains which fish?
- In the film 'Finding Nemo', what type of fish was 'Nemo'?
- Which British Shipping Forecast area shares its name with a food fish?
- Also known as a Rod or Pole, how was the old imperial measurement of 5½ yards known?
- Which Scottish singer/songwriter was the lead vocalist for the band 'Marillion'?
- Troy Tempest was the captain of which of Gerry Anderson's animated creations?
- Which is the largest species of flatfish normally found in British waters?
- What is the name of Bob the Builder's pet cat?
- The fillets of which fish are used to make Rollmops?
- Schubert's piano quintet in A Major, Op post. 114, D.667., is usually known by which popular name?

Answers on page 39

Heacham Social Bowls Green

Heacham Social Bowls Green will be reopening on Saturday 1st May from 2pm.

All members old and new welcome.

For 2021 the membership fee has been reduced to £15. This can be paid on 1st May at the Bowls Club or to Jay Watkins, Treasurer, who can be contacted on 07549 176091 for details.

Sue Silverwood

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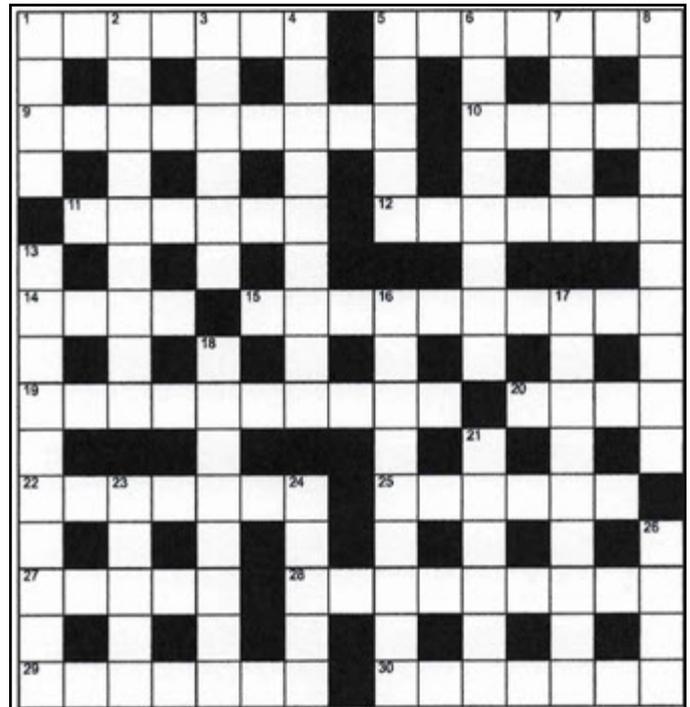
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MAY CROSSWORD



CLUES:

Across:

- Embarrassed to accept summons that's delivered (7)
- Mark out depth of bath where one can have a dip (4,3)
- Root for one who is a dissident? (9)
- Evenly balanced match (5)
- Clue is out of order, I admit (6)
- My French being poor, I sit in back of vehicle (7)
- Hide, one way or another, in first class (4)
- In better order after a rest, right away (10)
- Cleared out desk, upset and confused (10)
- Make good and clear what you are working on (4)
- Soak – the water here is limitless (7)
- Director reveals artistic methods and some tips for making plays (6)
- Like an egg? Ring before five to order tea (5)
- Final move to topple principal board member (9)
- Joints are in evidence at university bash (5-2)
- Tires badly through exercise - one could recommend a nap (7)

Down:

- Rough and ready outside, needing a little work inside (4)
- One might snap at schoolchildren in line (9)
- Report he's issued can be seen in paper (6)
- Set of for college sporting old hat (9)
- In corridor rubbish is kicked around by an ass (5)
- One out of three fired have retired and gone abroad (8)
- Beginning to buzz, bee rests under leaf (5)
- Supporters lined up to bail out India with American deal (10)
- Pushed to work on something about which one knows nothing (6,4)
- Apart from the first three and the last, change divine rules with Spain – it's a minor alteration (9)
- Virago is a good worker put on call (9)
- Champion to be taken off? It's just a front (8)
- Reserves form a queue due to stoppage (6)
- Fancy dropping in, to make an impression (5)
- Walk right up, or run over? (5)
- Effects of drugs? (4)

Solution on page 39

King's Lynn Student sings the Praises of Music

A speech in praise of music recorded by a Year 8 schoolboy has received high praise from his school community and captured the imagination of many on social media.

Music fan and Springwood High School student, Merry Enters, was taking part in the Insight Discover programme, run by the Cambridge University to establish links with Year 8 and 9 pupils in local schools, when it set students the task of writing about what they considered to be civilisation's greatest achievement, and then film themselves reading it out.

"I chose music as my topic as it's something I feel so passionate about, and such a big part of my life," said Merry. "I've played the guitar for three or four years, and have dabbled in drums a bit as well. My dad also plays guitar and as a family, we go to festivals together.

"Music, both playing it and listening to it, has played a massive role during lockdown, and I try to make sure I have a different soundtrack on every day. I like all kinds of music from jazz to nu-metal, and it's really given me somewhere to escape to, away from the madness around us at the moment. In the future, I'd love to work in the music industry in some way, maybe as a musician or in production."

Music is something that plays a significant role in the curriculum at Springwood, which is part of the West Norfolk Academies Trust, and Merry said being cut off from the direct involvement of music lessons was one of the hardest things about not being in school.

"Music teaching at my school is wonderful, I really like the teacher and feel that I get a lot out of the lessons, so being at home and not being able to interact properly has been very frustrating," he said.

Merry's mum Clare is Assistant Headteacher and Y5/6 teacher at another school in the West Norfolk Academies Trust, Snettisham Primary. She said she was amazed by what her son had come out with.

"As a parent, I am so proud of Merry for producing this speech and delivering it with such confidence and commitment," she said. "I feel like I learnt even more about him and had a glimpse of the young adult he may become.

"I was also really impressed because he had so many ideas at the start but then the hard yards he went through to get to the point of a finished speech was amazing."

With the prospect of school going back, Merry will soon find himself in the classroom, and the music room, once again – and in his time away from school, he may have come up with another creative idea.

"Currently I am not involved in any bands or choirs in school, as, to the best of my knowledge, there is not a school rock band," he said. "Once things get back to normal, though, I would love to start one up."

Springwood's director of music Peter Strudwick said music and music teaching is hugely important at the school.

"We encourage as many students as possible to get involved in music. The difference that engaging with music can make to a student's overall academic performance is proved to be considerable and the social benefits in normal circumstances are immeasurable," he said.

"The lockdown has highlighted how important communal involvement in music is - singing with a choir or performing remotely with a school ensemble keeps things going but is no substitute for live ensemble performances and the joy we get from school concerts.

"I think that next time we can perform in front of parents will be a pretty emotional experience. It will also help remind us that we should never take the feelings generated by live performance for granted.

"It will take a while to get things going again - Concert Band, for example, has not rehearsed for almost a year, but it has made everyone realise

how important music is within the school community, and everyone will be working as hard as possible to rebuild and develop music within our school as will staff in schools the length and breadth of the country."



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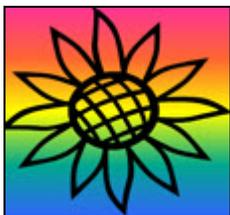
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Heacham in Bloom

At the time of writing, mid-April, after what has been a very strange and restricting year and cold winter, weeding etc. can begin in earnest albeit a bit later than normal. Also, as we are now able to meet in groups of up to 6, working will not have to be a solitary occupation. Formal (indoor) meetings are still suspended so our decisions re our plans for 2021 have been mainly made via email, but now that the weather is starting to improve we may be able to hold meetings outdoors.

One decision we have made is to cancel the Best Blooming Caravan Competition for a second year as it has been decided that after the parks being closed for so long, we didn't want to put on any undue pressure. Here's hoping the competition will be back in 2022.

As to our planned summer planting, at the time of writing we have submitted our plant order and (fingers crossed) planting will be a group activity this year, which makes things easier and much more enjoyable.

We, as a team are very grateful to have had in past years such lovely sponsors and supporters and we hope we can count on your continued support this year. Wishing you all the best and we look forward to seeing you around and about our lovely village!

Heacham in Bloom Needs You! Would you like to join our small but friendly group? If yes, please email us at: heachaminbloom@btinternet.com or come up and speak to us when we are working around the village. We look forward to meeting you.

Take care; continue to keep safe and well. With very best wishes.

The Heacham in Bloom Committee
heachaminbloom@btinternet.com

Heacham Carpet Bowls Club

Hopefully many of us have now had our second dose of vaccine. Things are slowly opening so we hope that it won't be too long before we can start bowling again. It will be so good to get back to some normal activities.

I am sure that members were very sorry to hear of the death of John Hunt on March 10th. In spite of the Covid restrictions, a few people were able to represent the club at John's funeral on 29th March. John had been a loyal member of the Carpet Bowls Club for many years. He was always one of the first to arrive in order to help put out the mats and equipment. As well as playing regularly in Heacham, he and Mary could also be relied upon to represent the club in competitions farther afield. Condolences to Mary and family.

We hope to have further news in the June issue regarding opening up again.

Mick Harpley
Chairman



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Bereavement and Grief

As I write this article, I am aware that when you read this there will be only two weeks to go before we can meet with friends and family indoors. For those of you have been bereaved recently it is going to be hard. You will be coming out of lockdown to face a different world. We cannot assume that everything is going to go back to 'Normal' and as some would say, what is normal? On top of that your world is going to be quite different because you may have lost a wife, husband, partner, daughter, son, or a close friend etc. Many of you may have had to have a funeral that was different to what you would have liked. For those of you who have been bereaved in the past, I am sure being in lockdown, watching the TV tells us daily how many people have died, which will have brought up some painful memories. Being bereaved and coping with the grief that follows is devastating and will be made worse by not being able to be with your loved one as they died. When I was looking after someone who was dying, we always said that if the person who was dying had a good death, then the bereaved would cope better. Watching someone die on an iPad is not conducive for a good bereavement. One of the things that we have learnt during these lockdowns is how powerful a touch or a hug is and that has been denied for many of you; love is a powerful medicine.

To have a 'good bereavement' you have to acknowledge that you are having a difficult time, are experiencing all sorts of feelings, guilt, anger, depression etc. To help cope with this it may help to come and join our bereavement group. You can come along and have a cup of coffee or tea and if you're lucky we might even be able to find you a biscuit! To chat with others who are going through the same thing as yourself can be a great help. There may be tears, and that is ok but there will also be lots of laughter.

The group opens again on May 6th from 10am to 12 o'clock, at Pine Hall, Wilton Road, Heacham. We will meet every first and third Thursday of the month. Due to Covid restrictions we do need to know how many of you will be coming, so please contact the church office 01485 572539 or email Heacham.church@gmail.com I shall look forward to meeting some of you.

As I come to the end of this article it has just been announced that His Royal Highness Prince Philip, Duke of Edinburgh, has died. Death comes to us all, even Royalty. I am sure that like me you are hoping that Her Majesty The Queen will be able to have time to grieve and that she too will be able to find some help with her bereavement.

Sue Spencer

Royal Air Force Bircham Newton Heritage Centre

OPEN DAYS 2021

The Heritage Centre will be opened in compliance
with current Covid 19 guidance



The Heritage Centre at Bircham Newton has a unique collection of memorabilia from the former Royal Air Force station's past service, which spanned more than 44 years, including two world wars and the Cold War. On display are photographs and personal memories of servicemen who served there and other related items from its fascinating history. The Centre is manned and run entirely by volunteers, many of whom are ex-servicemen or children of service personnel. Close by, there are two stone memorials to remember those who served at Bircham Newton and its main satellite airfield near Docking.

Opening times are from 10am to 4pm

Sunday 27th June

Sunday 25th July

Sunday 29th August

Sunday 26th September

Sunday 31st October

Sunday 14th November

(Remembrance Sunday)

Disabled access & toilets will be available, and car parking and entrance will be free.

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**Reading Challenge
fuels Pupils'
Imaginations**



The last year has seen many people seek escape in the pages of a book, but pupils at Heacham Infant and Nursery and Heacham Junior Schools have gone to some unlikely places as part of their extreme reading challenge.

Assistant Head, Catherine Bennet, and English lead, Claire Chadderton, asked families to send in pictures of pupils reading in unusual locations, and got replies including hiding in a cupboard and even on a roof.

“The extreme reading challenge was a bit of fun, but also a way to encourage them to regard reading as a leisure activity, not just something to do with schoolwork, and it seems to have worked, so we hope we can encourage them to be lifelong readers” said Louise Jackson, Executive Headteacher of Heacham Infant and Junior schools, and Snettisham Primary.



“There are many opportunities in our curriculum for them to practise reading, and we’ve made sure parents have access to support if needed. Now that we’re back at school, we’ll make sure all pupils have opportunities to read in class, in groups and individually, so we can help them to make up any lost ground.”

Snettisham and the Heacham Schools are part of the West Norfolk Academies Trust, which runs 11 schools across the borough.



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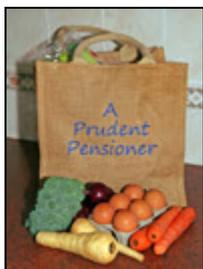


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Another recipe from The Prudent Pensioner

I will continue to post soup recipes on The Prudent Pensioner Facebook page but thought perhaps this pudding recipe would be nice to share here this month.

Pear and Date Pudding (Makes 4 generous portions)

Ingredients:

2 medium ripe dessert pears
Knob of Butter for greasing the dish

For topping:

1 Large Egg beaten
60g/2oz Butter (softened)
60g/2oz Sugar
60g/2oz S.R. flour
50g Chopped Dates

You will need an ovenproof dish approx. ¾ litre lightly buttered.

Pre heat oven to 200c/400f.

Method:

Put sugar and butter into a warmed mixing bowl, beat together until well mixed and no lumps.

Add 2/3rds of the beaten egg and beat well together.

Add rest of egg with a spoonful of flour, mix well.

Add rest of flour and fold in.

Add 25g of dates and mix in.

Remove and discard cores and peel from the pears, cut into thick slices and place in the prepared dish.

Spread 25g of dates over pear slices.

Spread topping evenly over pears in dish.

Place dish on a baking tray in pre heated oven and bake for 35 mins or until fairly firm when pressed lightly in the centre.

This is nice served with cream, ice cream or custard.

My updated book of "Less Waste more Soup", 45 easy, budget friendly recipes for nourishing soup, is now available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems and tales).

It is also available from Ridouts Bakery in Heacham.

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

Email: pru.pensioner@btinternet.com



Poetry pleases Lockdown Learners at Snettisham Primary

Pupils at Snettisham Primary School have been using poetry to get rid of any lockdown blues after the successful extension of a project that was first used during Mental Health Week.

The school's Assistant Headteacher and Year 5/6 teacher, Clare Enters, saw how much encouraging expression through poetry and spoken word performance made an impact on students, and so encouraged them to learn and perform a poem called Peer Pressure, by London-based hip-hop artist Karl Nova.

One of the recordings, by 10-year-old William Mann, even got back to Nova, who sent a message of congratulation.

"The pupils have really enjoyed the experience," said Louise Jackson, Executive Headteacher. "Talking about the meaning, thinking about the structures and vocabulary and then the challenge of memorizing and performing verses have really excited them."

Snettisham Primary is part of the West Norfolk Academies Trust, which runs 11 schools in the borough.

Ms Jackson added: "We set up something called the Poetry Spine in the school, to make sure all pupils can discover and enjoy poetry suitable for their age group, so they've learnt all kinds of poems, traditional and modern, and seeing how it helps them to find their voice and express themselves can be quite moving."



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Service with a Smile proves a Winning Formula for Debbie



A carer says her motto for the pandemic has been to keep calm and carry on, after her outstanding efforts saw her recognised as a GEM for Heacham-based Extra Hands.

Debbie Underwood was named the award-winning firm's latest winner of the GEM award – standing for Going the Extra Mile. The awards were launched last year after Extra Hands was inundated with stories from our service users of carers going the extra mile during the Covid-19 pandemic.

“The pandemic has put a lot more pressure on us carers and we’ve had to take on more responsibilities, especially for service users, so we’ve had no option but to carry on,” she said. “The main thing we have to do is make sure that they’re safe, and that they feel alright.

"There are a lot more things to do now, and with family not necessarily being able to visit, we have to liaise with them as well, but I think the public in general have a much better understanding of what we as carers do. There have been quite a few times when I’ve been out on my rounds, and when people have seen me get out of the car, they’ve said thank you for what we’re doing. That’s so nice to hear, it really helps.”

Debbie, originally from Essex, has been with the family-run business for two years, having previously worked in a care home, and works from Extra Hands Heacham office, which has been rated outstanding by the CQC.

“You don’t get the level of one-to-one interaction in a care home that you do with home visiting, so that’s what attracted me to working for Extra Hands, and I couldn’t have chosen better,” she said.

“This is by far the best place I’ve worked - nothing is ever a problem and they’re such a good company in the way they train and treat you as staff. That really makes a difference - if we’re happy when we go out to work, then our clients will be as well.”

Debbie was bashful about being nominated by service users, insisting she was just being professional.

“People say I’m kind, and that I’m always willing to help, no matter what I ask – I tell them it’s not a big deal, we all do that!” she said.

“Even if it’s a last-minute thing as I’m going out the door, I’ll always stop and do whatever needs doing so I know I can walk away with a smile on my face and the knowledge that I’ve done everything I can to set them up for the day.

“It was so nice to be nominated. People always tell me that I’m a happy smiley person, and that they’re happy to see me, so I

really appreciate it that they said it to someone else too, and I ended up winning this award.”

Debbie received several nominations for her work with Extra Hands, which supplies a wide range of care services, including a wellbeing check service that provides short visits to check up on care users when friends and family are unable to make the visit, giving everyone peace of mind.

One of Debbie’s nominations read: "If the world had more people like Debbie, it would be a far better place.

Another was equally glowing, praising her for her dedication to duty even during the recent snow.

“Debbie lights up my life with her cheerful soul. She is gentle, patient, kind and very funny,” the nomination read. “She lifts my spirits on a bad day, is supportive and understanding about mental health and no task is too small for her.”



The GEM Award winner from the Broadland office of Extra Hands, which has operated for almost three decades, was Lorraine Childerley, who was described as “going the extra 10 miles, not just one”.

Pictured Left:
Debbie Underwood
GEM Award Winner

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Chapter 9

Arty Comes Through

Mum's voice from the kitchen brought Josh back from his consideration of the forthcoming Victorian Day and, getting up reluctantly from what he now knew to be his luxuriously comfortable bed, he made his way downstairs for supper. Toby gave him a curiously sympathetic gaze as he approached the kitchen and Josh recalled his mum earlier saying something about a new recipe she was going to try. Giving Toby a bit of fuss, he whispered into his ear 'Don't worry old chap, we'll probably survive.' Toby, not being so sure, having been through this sort of thing before, took a sitting position by the kitchen door so he could make a quick escape if necessary. He felt guilty about this, as Josh's staunchest ally and friend, but not guilty enough that he really wanted to be caught in the feeding line.

'There, see what you think of that,' declared Mum, placing a large dish of something in front of Josh. He was quick to note (a) that she looked rather hot and flustered (not a good sign) and (b) that no corresponding dish was apparent in her usual place so deduced that he was this week's sole guinea pig. This didn't bode well but as he wanted to ask if Arty could come to the house for the Victorian trip, he tentatively took a small forkful of the yellowish goo which looked as if it might have surfaced from underneath the ground in Planet Arcadia. Josh assumed it might be some sort of curry so, feeling a little more confident, put it in his mouth. Toby, now alert on all four paws, was watching Josh's face intently and saw the creases begin to appear, starting in his forehead and rapidly working their way down his face until he was forced to return the forkful back to the mother lode in the dish. Trying not to upset his mother too much before he had a chance to ask about Arty, he could only say with difficulty 'A touch salty, Mum...' while reaching for a large tumbler of water.

His mother, reaching for the recipe book, murmured to herself 'I'm sure it said... Oh! 25 grams of *sugar*... Sorry, Josh, I'll get it right next time.' Toby, deciding it was time for the troops to retreat, slunk away to find an untraceable bolt-hole until the offending article had been consigned to the bin, and Josh, grabbing a hunk of bread and a dog biscuit, followed on his heels, calling back quickly over his shoulder 'Is it okay if I bring a friend home tomorrow? He's new at school and doesn't really know anyone. I said he could tag along with me on the school trip. We could have a fish and chip supper later.' His mum, still wondering how she could have got the recipe so wrong, said distractedly, 'That's fine, love. Don't forget to get your outfit ready before you go to bed.'

Finding Toby, who had the grace to look embarrassed at having left Josh in the firing line, he gave him his biscuit and munched thankfully on the dry bread which, he thought, was really rather like getting into character for the school trip. He felt excited and nervous at the same time and was soon happily encased in his duvet, wondering what tomorrow would bring.

The next day saw Josh up early, much to his mum's surprise, offering to make his own pack-up lunch for the trip. He crammed bread, cheese and apples into the box, with individual cartons of orange juice, and sneaked in some chocolate bars even though he knew they didn't really fit in with the Victorian themed lunch that Miss Daniels had asked them to take, but he wanted to treat Arty so they were going to be taken no matter what (that was his excuse anyway).

He had cleared Arty's attendance with Miss Daniels (he and Arty having considered the only way being to forge a signature on the permission form and hope not to get struck by lightning as punishment) so all he needed to do now was fetch him. Going into his room, he began to have doubts – what if he couldn't bring him back, or, worse still, what might happen to them both on the way? He had no idea if the card could manage two at once. What if they did get back and then the bus had an accident and Arty was hurt or.... 'Stop it, Josh, or you'll never try anything' he told himself sternly and went to retrieve the precious card from the back of the wardrobe. There was Pork Chop, for all the world smirking by the butcher's shop. He looked out of the card at Josh which gave him a burst of courage. He stroked the cat and felt the familiar lurch in his stomach as he moved through time to land in the alley once again. Rats, he'd forgotten the snow and freezing air, his bare knees in the ragged trousers his mother had found in the rag bag reminding him that he normally thought ahead and wore the thickest clothes he could. Too late, he'd just have to move a bit quicker to keep his blood flowing. Briskly rubbing himself, he made his way as fast as he could to Arty's house where he found Arty and Pork Chop eager for the adventure. They both fussed their friend and promised to be back soon. He raised his tail and flicked it as if to say 'What do I care if you're leaving me behind?' and soon snuggled down in his usual chair for a snooze. Arty told his mother that he wouldn't be long and they stepped out of the cottage and back into the chill air, both nervous but not wanting the other to know. They made their way back to the alley where all their adventures seemed to begin and Josh asked Arty if he was really sure he wanted to try the experiment. 'Are you joking?' Arty retorted, 'Let's go!' 'Okay, I think we'd both better stroke the cat at the same time but just to be certain, you'd better hold my arm with your free hand so we stay together – hopefully.'



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'Cor, it's bleedin' hot wherever we are,' commented Arty as he opened his eyes in Josh's bedroom. He then opened his eyes some more, and some more – so much that Josh was afraid they'd pop out. He had thought Arty would be rather surprised by life in the 21st century and had looked forward to his reaction but he hadn't thought just how colourful and bright everything would seem to someone who lived in the perpetual grey smoke and grime of a Victorian town. He watched, curiously touched, as Arty moved slowly around the room, touching, sniffing, and just feasting his eyes on all the things Josh took completely for granted but which to Arty were beautiful, astounding, magical, incredible, and completely out of his normal reach. Josh felt rather ashamed and embarrassed by his apparent affluence but Arty disarmed him by turning round with his eyes shining with pleasure. 'It's just like the Toy Shop in the square where all the rich folks buy stuff for their kids – but I'm actually in it!' he exclaimed, grinning. 'You can choose something to take back with you later,' said Josh 'but I'd better let you meet my mum before we go to school. She'll insist we have breakfast – you'll be safe with that as cereals come in packets ready-made.' Arty looked rather puzzled by this statement but followed Josh downstairs, marvelling at the carpets and furniture as he went.

'Morning Mum!' chimed Josh, entering the kitchen with Toby and Arty at his heels. Toby, who could tell a good egg at 50 paces, had immediately taken to Arty and licked him profusely after Josh's initial introduction. 'This is Arty, Mum, remember I told you he was coming, he's only just arrived.' 'Oh! I didn't hear the door, hello Arty, nice to meet you. Would you like some breakfast? I could make scrambled egg....?' 'Don't worry Mum, cornflakes will be fine.' Josh's mother, looking closely at their visitor, remarked, 'Your outfit is amazing Arty, really authentic; your mum must have scoured every charity shop for miles.'

Before Arty might have retorted, Josh dragged him to the table and sorted out the cereals saying 'Yeah, he looks great doesn't he? He might even win the prize Miss Daniels is offering for 'best dressed'. 'What's the prize?' enquired Arty through a mouthful of divine cornflakes. 'I don't know, she said it would be a surprise.' 'Well, good luck with that Arty, I think you deserve to win but you never know. I hope you both have a good day anyway. You'd better get moving, you don't want to miss the bus.' 'What's a bus?' Arty asked and Emma laughed 'Oh, good one Arty, that's really getting into the spirit of the day!' Before things could get even more complicated, Josh cleared away the now empty plates and dragged Arty off to gather their stuff ready to leave. In the safety of Josh's room, Arty asked what he had said that was so funny so Josh explained about the bus and how it worked in simple terms. 'What 60 people in one coach, and no horses?' Josh realized just how much of a shock this was going to be to Arty and hoped he hadn't made a mistake in bringing him into his time. Well, he was here now and it wouldn't be fair to go back on the agreement so he would just have to make sure he stuck close to him to ward off any problems. Grabbing the lunch boxes and saying a fond, wet, farewell to Toby, they were out of the front door and on their way, with Arty's jaw dropping with regularity at every strange sight that met his eyes. Josh was careful to keep him away from the road as the traffic frankly terrified and fascinated him in equal measure and Josh was very afraid he would leap into the road to get a closer look with disastrous results.

Nancy E Robinson

(To be continued...)

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The Salvation Army New Life

As I am writing this article it is a beautiful spring day outside. Walking around my garden I can see all sorts of signs of new life. Bushes and shrubs are bursting with new leaves after a winter of being bare twigs, bulbs are flowering after a winter of being buried underground and there is even a duck sat on a nest of eggs that will very soon be a clutch of baby ducklings. I love spring. It is a time for new life.

This springtime is especially welcome as we emerge from lockdown. It feels as though we are beginning to emerge after a period of hibernation. After spending most of our time at home we are beginning to venture outside. After being limited in our social contacts we are starting to meet our family and friends in person. The High Street is coming back to life as shops and outdoor hospitality reopen and most welcome of all for me is a visit to the hairdressers!

For us at The Salvation Army it was wonderful to be able to reopen our Community Shop on Westgate and for us to see all our wonderful volunteers and customers again. We have even been able to open for Sunday worship at our premises in Snettisham and, although we are limited to numbers and what we can do, it has been a real blessing to be able to worship together again.

Jesus said, 'I have come that they may have life, and have it to the full.' (John 10:10). The Message paraphrase says, 'I came so they can have real and eternal life, more and better life than they ever dreamed of.'

Do you ever feel that there should be more to life? Are you content with your lot or do you feel there should be something more? Take Jesus as your Saviour and you will have a new life, life in all its fullness.

For more information about Snettisham Salvation Army visit our website www.salvationarmy.org.uk/snettisham

You can contact us on 01485 579079 or email alison.kirby@salvationarmy.org.uk

Follow us on Facebook 'Snettisham Salvation Army'.

Alison Kirby, Corps Leader, Snettisham Salvation Army

TIDE TABLES MAY & JUNE 2021

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST									
May 2021					June 2021				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SA	08 51	7.1	21 24	7.0	1 TU	10 15	6.3	23 25	5.9
2 SU	09 35	6.6	22 19	6.3	2 W	11 18	6.0		
3 M	10 28	6.1	23 37	5.7	3 TH	00 34	5.6	12 28	5.8
4 TU	11 40	5.6			4 F	01 39	5.6	13 34	5.8
5 W	01 05	5.5	13 04	5.5	5 SA	02 41	5.7	14 36	6.0
6 TH	02 26	5.6	14 18	5.8	6 SU	03 34	5.9	15 30	6.1
7 F	03 33	5.9	15 20	6.1	7 M	04 19	6.2	16 19	6.3
8 SA	04 23	6.3	16 10	6.4	8 TU	04 57	6.4	17 01	6.4
9 SU	05 01	6.5	16 54	6.7	9 W	05 32	6.6	17 41	6.5
10 M	05 35	6.7	17 33	6.8	10 TH	06 04	6.7	18 20	6.6
11 TU	06 06	6.8	18 10	6.8	11 F	06 37	6.8	18 59	6.6
12 W	06 35	6.8	18 45	6.8	12 SA	07 12	6.8	19 36	6.5
13 TH	07 03	6.8	19 18	6.8	13 SU	07 45	6.7	20 13	6.5
14 F	07 31	6.8	19 51	6.6	14 M	08 17	6.6	20 51	6.3
15 SA	07 58	6.7	20 23	6.5	15 TU	08 50	6.5	21 32	6.1
16 SU	08 28	6.5	20 57	6.2	16 W	09 30	6.3	22 19	5.9
17 M	08 59	6.3	21 36	5.9	17 TH	10 18	6.1	23 18	5.8
18 TU	09 39	5.9	22 27	5.6	18 F	11 18	6.0		
19 W	10 32	5.6	23 40	5.4	19 SA	00 27	5.8	12 27	6.1
20 TH	11 46	5.5			20 SU	01 36	5.9	13 38	6.3
21 F	01 09	5.5	13 12	5.7	21 M	02 41	6.2	14 46	6.5
22 SA	02 21	5.9	14 22	6.1	22 TU	03 40	6.5	15 50	6.8
23 SU	03 21	6.3	15 21	6.6	23 W	04 34	6.8	16 50	7.1
24 M	04 12	6.7	16 16	7.1	24 TH	05 24	7.1	17 48	7.2
25 TU	05 00	7.1	17 07	7.4	25 F	06 13	7.2	18 46	7.3
26 W	05 45	7.3	17 59	7.6	26 SA	07 01	7.3	19 39	7.3
27 TH	06 30	7.5	18 52	7.7	27 SU	07 45	7.3	20 29	7.1
28 F	07 14	7.5	19 41	7.6	28 M	08 28	7.2	21 18	6.8
29 SA	07 55	7.4	20 30	7.3	29 TU	09 10	7.0	22 05	6.5
30 SU	08 38	7.1	21 21	6.8	30 W	09 56	6.7	22 55	6.1
31 M	09 23	6.8	22 18	6.3					

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

Borough Council News Heacham, Sedgeford and Fring

Happy May Day. I trust it has stopped snowing and the frosts have abated - I am writing this on the 12th April not long after a 6-hour planning meeting.

There were three correct decisions at that meeting which have the potential to benefit local residents.

An application to demolish and then rebuild a holiday home at South Beach was refused. Effectively it was too big, too tall and detrimental to neighbours and the locality. This is important as too many owners of beach front properties seek to expand modest holiday accommodation to substantial houses which turn a nice profit when resold but damage the character of the dune areas.

A retrospective application for back garden holiday accommodation was refused, for a second time. Hopefully this will persuade others to not follow suit.

The third application was in Hunstanton. However, it does have a bearing on residents of Heacham, Sedgeford and Fring. It was for 32 apartments on Southend Road carpark. Six of these are deemed 'affordable', 16 are market housing. There was a caveat that these 16 would be sold to locals first (anyone in West Norfolk). However, any resale could be to anyone at all. Given their location this would quite likely mean they would be holiday flats before very long.

Most people raised continuing concerns about loss of car parking spaces. I raised the issue above – the apartments should be retained for local purchasers in perpetuity. This would also have the effect of reducing their market prices. Such a condition is in the gift of the Borough Council as it is Council land and a Council planning application. There is further justification as the proposed development is being subsidised by a tax payer funded government grant to aid development of Council land.

Several other councillors, from different groups, appeared to have sympathy with my proposal. However, it was lost on the advice of officers who said it was not a planning issue but up to the Housing department (and, no doubt, Cabinet and Council). The planning application will come to planning committee, for a third time, likely on May 17th, possibly later. I expect the parking issue will likely be resolved.

However, should taxpayer subsidised development, on council land, stay available for local people for its lifetime or be allowed to turn a profit for individuals or potential speculators? I advise you to make your opinion clear to councillors, cabinet, officers and the press as soon as possible.

Other matters. The Government gave the green light to pop up campsites to remain open for 57 days or thereabouts. I hope this does not cause problems in this ward. Please tell me and your County Councillor if they happen and monitor and report any problems to csnn@west-norfolk.gov.uk copying councillors in.

The Borough is supposed to have strategies to cope with increases in litter and rubbish expected as visitors arrive. Please report problems in my ward to me and to Cllr.stuart.dark@west-norfolk.gov.uk

Questions to Cabinet Members and to the Leader now have a strict time limit of 45 minutes and 15 minutes. The Tory Group has also started asking 'questions' for the first time ever which reduces opposition questions further – someone must have been taking instructions from China.

The Independents will continue to press for answers where they are not forthcoming and change when it is needed. Vote wisely in the County elections on 6th May.

Terry Parish
Leader of the Group of Independent Councillors (6 Strong)

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WHATS ON MAY

WE WILL RE-OPEN ON MONDAY 17TH MAY

CORONAVIRUS UPDATE

WE HAVE BEEN BUSY DURING LOCKDOWN IMPROVING THE CLUB FACILITIES.

WE HAVE REDECORATED ... NEW LADIES TOILETS SAME FOOD MENU ... SAME DRINK PRICES

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. No snooker table until seating restrictions are lifted

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

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(Roast Lamb, Beef or Pork with all the trimmings £8.00 ...
Roast with Dessert £10.00)

TUESDAY TO SATURDAY 12 NOON TO 8PM

Steak Baguette and Chips	£6.95
Spicy Chicken Wings Salad and Chips	£7.95
Farmhouse Ham Egg and Chips	£7.95
Butchers Sausage and Mash	£7.95
Whole Tail Scampi Chips and Peas	£8.50
Beef Lasagna with Salad and Chips	£8.50
Pan Fried Halloumi with Grilled Mediterranean Vegetables	£7.95
8 oz Rump Steak with Chips and Salad	£10.00
BBQ Rack of Ribs with Coleslaw and Spicy Wedges	£10.00
Side Orders ...Portion of Chips....Onion Rings...Wedges	£2.50 each
Filled Jacket Potato with Tuna Mayonnaise or Grated Cheese	£5.95
Desserts.....Apple Pie...Sticky Toffee Pudding...Ice Cream...Cheesecake	£3.95 each
Children's Menu	
Sausage Chips and Beans	£5.00
Pizza Margarita	£5.00
Ham Egg and Chips	£5.00
Chicken Nuggets with Chips and Peas	£5.00

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

Heacham at Night

My apologies for a short article this month but time ran away, I need that Harry Potter device which spins it backwards.

Venus and Mercury are planets to look out for. Both in the evening and before bedtime. Look West early in the month and WNW as it progresses. Try from about 7pm and find a bright dot low in the sky. This, with any luck, will be Venus at magnitude -3.9. It gets higher in the sky as the month advances and also easier to see as it gets darker. It sets at 9.15pm at the start of the month and 10.30pm at the end.



Relative positions early in month. They get higher and Mercury falls below Venus late in month but is then very faint. Internet

Above Venus and to the right look for a tiny spark which is Mercury. It will have a magnitude of around -1.0 which is 12 times dimmer than Venus. You may have to wait until around 9pm for the sky to darken sufficiently. Mercury will get fainter every night and you will need binoculars after about the 17th

On 3rd/4th Mercury will be just to the left of the Pleiades star cluster; Venus will be below it. The reverse happens on the 9th and Venus is above.

On May 12th /13th, look WNW from 9pm and find Mercury close to and a tad to the right of the faint Crescent Moon.

Mars is still high in the sky and on the 17th, at 9pm, it is just above and to the left of the Crescent Moon. The two bright stars a little further up the sky are the stars Castor and Pollux. Mars and the stars remain in similar positions the next two nights but the Moon climbs higher.

Speaking of the Moon, on the 28th it is the biggest and brightest Supermoon of 2021. Wear your dark glasses and get a moontan.



Gagarin hero of the world.1961. Internet

Second apology, I forgot the 60th Anniversary, on 12th April, of Yuri Gagarin's epic orbit of the Earth in Vostok 1. This was a small capsule



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which replaced the nuclear bomb payload in a ballistic missile. It had no means of landing other than crashing so, after falling for a while, Gagarin stepped out of it and parachuted from an altitude of over 4 miles. He survived that, became an iconic hero, but died seven years later in a plane crash. Think of him when you watch astronauts do their stuff. He was the first cosmonaut.



Statue to Gagarin in Moscow. Internet

Something nerdy: the hunt for planet 9, a massive planet far beyond the Trans Neptunian Objects, theorised as the body responsible for keeping a swarm of smaller asteroids in a particular pattern, is faltering. One batch of scientists say the orbital patterns need no giant planet, others are likely looking for a research grant and are postulating there



is a large mass involved but it is a mini black hole – the size of a grapefruit. I think they should just keep looking. Meanwhile, if your fruit bowl is empty except for a heavy grapefruit...

Terry Parish



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WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

Fit 'N' Dancin' 9.30am – 10.30am. Peg 01485 541162
Stretch And Tone 9.30am - 10.10am Jaime 571395 (PH)
Pop-Up Coffee Shop 10am - 12noon at Dersingham Village Centre. Coffee, tea, hot chocolate and cakes
Fitsteps (Beginners) 10.15am - 10.55am Jaime 571395 (PH)
Coffee Morning Sunnyside Close (Retirement Housing for 60+) 10.30am Tel : 570492
Cameo Club (Activities for over 50's) 10.30am Salvation Army, Alma Road, Snettisham
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)
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
Seated Fitness 1.30pm - 2.15pm call Suzie on 07900818311 (PH)
Craft Club 2-4pm every week (exp Bank Holiday) (PRH)
Heacham Flower Club 2.30pm every 3rd Monday January – November. For info tel Penny Rhodes 01485 570229 (MC)
Football Under 14's 6-7pm Contact Jason 07867527706 (HSC) playing fields
Fitsteps 6.30–7.30pm at Snettisham Memorial Hall. To book: Jaime 07765433100 or jaimefitsteps@gmail.com
Hunstanton Bridge Club 'Duplicate Bridge' 6.50pm for 7pm at Hunstanton Conservative Club
Heacham Table Tennis Club League Matches in the Hall 7pm from 16th September (PH)
Heacham In Bloom 3rd Monday Monthly 7pm at Heacham Parish Library
Heacham Wives Group – 2nd Monday of most months 7.30pm at Cunningham Court Community Hall. Contact Sue Scott Tel: 572252
Cash Bingo United Services Club, Homefields Road, Hunstanton

TUESDAYS

Kundalini Yoga 09:30 – 10:30 (starting May 18th) at Dersingham Village Hall. Contact Gail on 07837 761724
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)
Coastal Stroke & Support Grp 10.30am –12.30pm at Hunstanton Methodist Church Austin St
Norfolk & Waveney Mind - Winter Safe Haven 10:30 - 2:30 free drop in at 4 Poplar Ave. tel :01485 572707

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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
Friendship Lunches 1st and 3rd Tuesday of each month. 1pm - 2 pm Two-course meal £5. To book call Shirley on 01485 540644 at Dersingham Village Centre
Line Dancing 1.30 –3.30pm at Snettisham Memorial Hall £3.50 Tel: 532317 Yvonne
Social 50/50 Dance 2-4pm at Reffley Community Centre PE30 3EQ. Tickets £4 each. 07787966000
The Fellowship 2.45pm Every other Tuesday (MC)
1st Heacham Guides 5.30 – 7pm Tel: Sue Theunissen 07833747059 or just come along (MC)
Weight Watchers 5.30pm (OFH)
Slimming World 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059
1st Heacham Scouts (boys and girls aged 10 to 14yrs) 6 – 7.30pm Tel: Alison 07737642828 (SG)
Football Girls 6-13 YO 6-7pm, Boys U11's 7-8pm Nathan 0781169910 £1 (HSC)Playing Fields
Norsemans Boxing Gym Jr 6-7pm £2 and Snr 7-8pm £3at Unit 12 Heacham Hall Ind Est. geezersales@btinternet.com
Heacham Youth Centre every Tuesday 6.30-8.30pm at Church Hall, 17 High St
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
Line Dancing with Louise, 7pm-8pm, enjoy an online class in the safety of your own home. £2:00. Tel: 07722124941

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PRIVATE PARTY NIGHTS

Unable to party in December? Why not contact us to arrange your staff party in January. Simply contact Sarah Pegden on 01485 536030 or email spegden@heacham-manor.co.uk for more information.

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

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)
Hunstanton Community Choir Rehearsals 7-9pm at Hunstanton Town Hall £4per session For info Tel: 532392
Heacham & Sandringham Camera Club meets 1st & 3rd Tuesday monthly 7.30pm Sandringham Club West Newton Email: heachamdigitalcamerclub@yahoo.co.uk
Pocahontas Players Drama Group 7.30-9.30pm Tel: 570402 (PH)
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
Village Voice Live every 2nd Tuesday 7.30pm. Informative talks £5 inc refreshments at Dersingham Village Centre 07707832295

WEDNESDAYS

Docking Market 9am-1pm in The Ripper Hall
 Local Produce Craft and Gift Stalls Tel: 576233
West Norfolk Mind Day Centre 10am-3pm at 4 Poplar Ave Tel: 01485 572707 www.westnorfolkmind.org.uk
Sallywags Playgroup Term Time 9.30-11am £2 Tel: Jo 07395 077622 (SG)
Community Coffee Morning & More 10am-12noon All ages welcome (OFH)
Yoga 10am-11am at Sedgeford Village Hall, £6. For further information call Alison 01485 571062
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)
Friendship Group 2pm at Salvation Army, Alma Road, Snettisham
Heacham Little Dragons Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)
Heacham Beavers boys and girls aged 6-8yrs, 5.30pm-6.45pm (term time only) call 07788 888921 (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)
Hunstanton Bridge Club 'Duplicate Bridge' 6.50pm for 7pm at Hunstanton Conservative Club
Fire Cadets at Hunstanton Fire Station 7-9pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel: 07710 066145
West Norfolk Singers 7.15-9.15pm For info Tel: 571315 Anne Davis www.westnorfolksingers.org.uk/ (MC)
Bingo 7.30pm Neville Court Grouped Home
Zumba 7.30-8.30pm for cost & info see Tuesday (SG)

Men's Fellowship 3rd Wednesday of the month 7.30pm at The Salvation Army, Alma Road, Snettisham
Quiz Night 8.45pm Prompt start New teams of up to 5 welcome £1 entry pp Cash Prize & Cash Snowball (HSC)
West Norfolk Tai Chi Chuan -weekly local Tai Chi classes www.west-norfolk-tai-chi.com for information.

THURSDAYS

Yoga for healthy living 9.30-10.30am £6. For info Tel: Alison 571062 or email medullayoga@gmail.com (SG)
Norfolk & Waveney Mind Day Centre (specifically for older people dementia friendly) 10-3pm 4 Poplar Ave 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
Pop-Up Coffee Shop 10am-12noon at Dersingham Village Centre. Coffee, tea, hot chocolate and cakes
Coffee Morning 10am-12noon at The Salvation Army, Alma Road, Snettisham
Bereavement Support In Heacham 10am till 12 noon on the first and third Thursday in the month. Contact the church office 01485 572539 or email: heacham.church@gmail.com (PRH)
Carpet Bowls 10.15am-12 noon Tel: 570776 (PH)
Craft Club 3rd Thursday of the month, 1pm-3pm at The Salvation Army, Alma Road, Snettisham. Bring your own project
Norfolk Knitters Cunningham Court 2-4pm. Every Week
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
50/50 Tea Dance 2-4pm at Hunstanton Community Centre, Avenue Rd. £4 inc refreshments. All Welcome



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Children's Yoga 7 to 11yrs 4 - 5pm (limited spaces) To book call Alison: 01485 571062 (SG)

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

Fitsteps 6 - 7pm at Snettisham Memorial Hall To book Tel: Jaime 07765433100 or email jaimefitsteps@gmail.com

Judo Beginners 6 - 7.30pm Tel: 571614

Hatha Yoga at Heacham Infant School 6.30 - 7.30pm. £7 per person Alison 01485 571062 (PH)

1st Heacham Cubs ages 8 - 10yrs Term Time 6.30 - 8pm Tel: Sam 572138 (SG)

Judo Advanced 7 - 9 pm Tel: 571614 (PH)

Line Dancing with Louise, 7pm-8pm, enjoy an online class in the safety of your own home. £2.00. Tel: 07722124941

Social Evening 2nd Thursday monthly 7.30pm (MC)

Kings Lynn & District Osteoporosis Society meet in Kings Lynn 4th Thursday monthly at 7.30pm Methodist Church Hall, Kings Lynn. Pat 01485 572271

Rao Buffalos 8pm (HSC Top Room)

Cash Bingo at United Services Club, Homefields Road, Hunstanton 8pm

Quiz Night Cash Prizes 9pm at Fox & Hounds

FRIDAYS

Hunstanton Bridge Club 'Beginners Bridge' 1.20pm for 1.30pm at Hunstanton Conservative Club

Indoor Bowls Club (Carpet) 2.30pm (MC)

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)

Norsemans Boxing Club Jr 6-7pm £2 Snr 7-8pm £3 Unit 12 Heacham Hall Ind Est. geezersales@btinternet.com

Hunstanton Tang Soo Do Club Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon

Heacham Scouts 7 - 9pm Tel: Paul 07525 632298 (SG)

Cash Bingo 7pm (PH)

Wildfowlers Club 1st Friday monthly 7.30pm (HSC Top Room)

Poker In The Club 1st Friday each month 7.30pm (PH)

Social Tea Dance last Friday monthly. £5 inc refreshments at Dersingham Village Centre. Held in St. Nicholas Hall 07707832295

SATURDAYS

Hunstanton Promenade Parkrun (No need to run, can walk) 9am at The Sailing Club, North Promenade, Hunstanton

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

Christian Youth Group 3rd Sat monthly 10am-12 noon ages 10-14 Cost £1 at Dersingham Church Hall More info from Karen Creedy 07717231096

Norfolk & Waveney Mind - Winter Safe Haven 10:30 - 2:30 free drop in at 4 Poplar Ave Tel :01485 572707

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

Boot Sale at United Services Club, Homefields Road, Hunstanton

SUNDAYS

Sunday Masses 9am Mountbatten Rd, Dersingham and 11am Sandringham Rd, Hunstanton. Catholic Parish 01485 534675

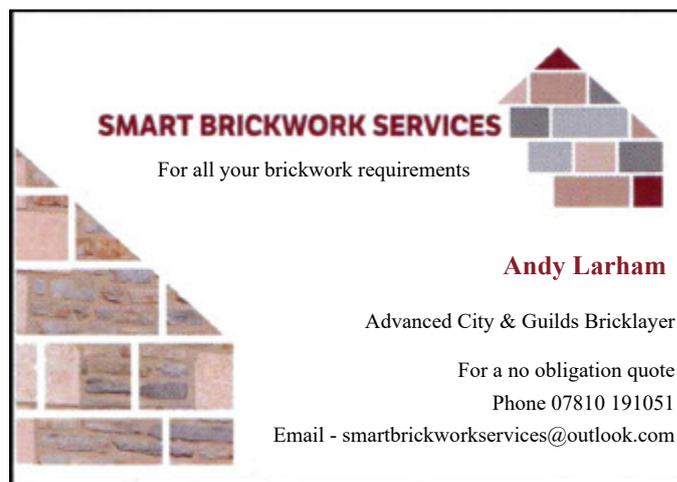
Sunday Lunch from 12noon - 2pm at Hunstanton Conservative club. Two courses £7.95

Sunday Afternoon Social at Dersingham Village Centre second Sunday each month 2pm - 4pm. £2.50

Sunday Afternoon Service 4pm 1st Sunday Monthly Everyone welcome For details Tel: 579440 (PRH)

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

Sunday Lunch from 12noon - 2pm at Hunstanton Conservative Club. Two courses for £7.95



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OTHER EVENTS.

May

Saturday 1st May from 2pm

Heacham Social Bowls Green will be reopening.

All members old and new welcome.

For 2021 the membership fee has been reduced to £15. This can be paid on 1st May at the Bowls Club or to Jay Watkins, Treasurer, who can be contacted on 07549 176091 for details.

Monday 10th May at 2pm

The Arts Society Online Lecture - 'The Art and Culture of Fin de Siècle Vienna'

Visit the 'Home' page of our website

www.theartssocietynwnorfolk.org.uk and click the 'Free on line lecture' link to request your free access code.

Monday 17th May at 2pm

u3a Zoom meeting

'Stories from the Clink': speaker Neil Sadler, a former police officer.

For further details and to request Zoom link as a visitor, contact memsec.u3ah@gmail.com

Music at the Nelson Church

All Saints Church Burnham Thorpe

More info on www.burnhamsbenefice.org.uk

Tickets from Thorpemusic2021@gmail.com

or ring vicar on 07704 922984

May season ticket £40

Friday 21st May at 7pm

Joo Yeon Sir (violin) and Irina Andrievsky (piano)

Tickets £15

Saturday 22nd May at 5pm

Nelly Rodriguez (clarinet) with Angela Shan (piano)

Tickets £10

Sunday 23rd May at 4pm

Neil College (piano)

Tickets £10

Saturday 29th May at 7pm

Benjamin Lake (The Voice) with Hayley Moss (Soprano)

Tickets £12.50

Sunday 30th May 9am – 3pm

Yard Sale

A map and list of street names where each Yard Sale is taking place will be available nearer the date.

If you would like to be added to the map, please contact Janet Race or Jemma Greef, via FaceBook, with your road name.

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Crabby Slam Dunk the Junk Coastal Litter Campaign

Hunstanton Town Council have launched 'Slam Dunk the Junk', a positive and fun initiative to address coastal litter and are inviting businesses and residents to participate. HTC hope the campaign will encourage positive social behaviour along our coastline, and result in people using the bins provided or taking home their litter.

Councillors have been out and about spreading the message and delivering posters. 'All the businesses we have approached so far have offered to put up a poster. It's fantastic that the community is pulling together to address this issue,' stated Cllr Amanda Knight.

The Council spoke to several environmental organisations to seek advice about a litter campaign. They were informed that a negative campaign tended to result in negative behaviour, and an upbeat and more positive message was needed.

With that thought in mind HTC have created Crabby, the eco crab! The Crabby character has been designed by local artist Kate Dunbar, the person behind the 'Sandi Starfish' lost children project. Cllr Knight stated, 'The campaign has been designed to appeal to both adults and children. Children make great influencers and they can encourage their parents to take notice of the message. Rather than a 'Don't and No' campaign we wanted to put the emphasis on those who do care about the environment.'

The problem with litter is not going to go away anytime soon and current predictions are for a very busy UK staycation in 2021, so they needed a campaign that could develop and adapt as required. Ideas for the future include a range of 'Beach Buddies' to join Sandi and Crabby, beach cleans, education workshops and story competitions with prizes such as a 'buddy' toy.



Tony Bishopp, Mayor of Hunstanton, said: 'It's good to be working with local businesses to tackle the growing problem and I would like to thank residents who have been out in all weathers litter picking. Keeping our beach and town tidy is a responsibility we all share. We're very fortunate to have the support of our community.'

Members of the Council hope to visit all the town's businesses, but if they have been unable to contact you and you would like a poster or a banner, please contact The Clerk at HTC on 01485 532402 or clerk@hunstantontowncouncil.gov.uk

If any residents would like a poster please do get in touch - we can drop one off at your address or email a pdf for you to print.




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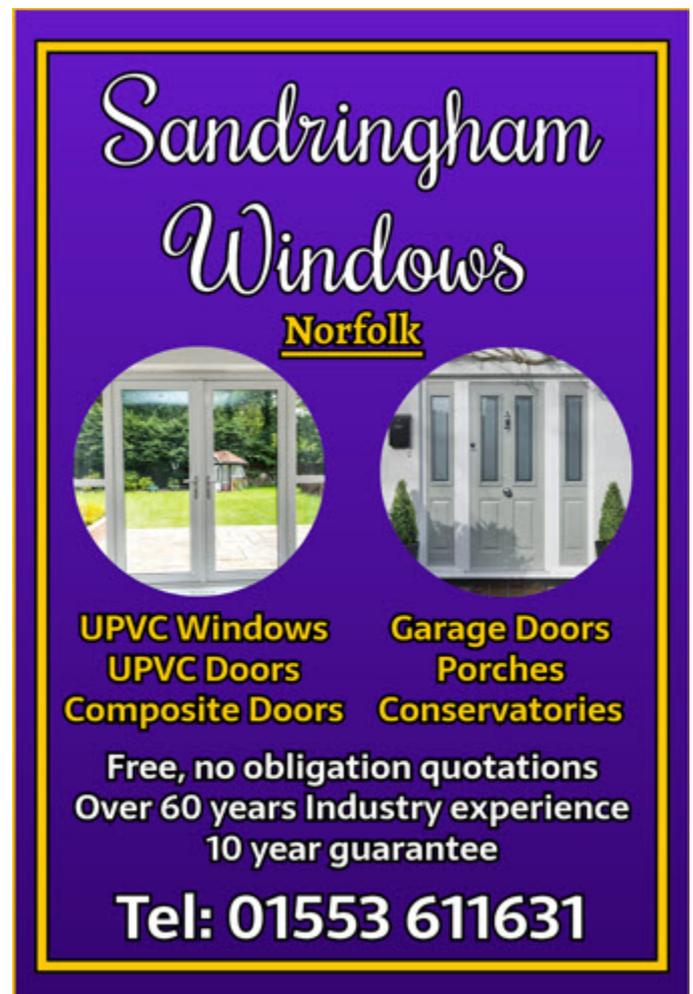
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Music helps Pupils get back into the Swing of Schooling

As pupils return to something like normal education after lockdown, across West Norfolk the school halls are now alive with the sound of music as students who have kept up their instrumental learning remotely have a chance to show the progress they have made over the past few months.

At schools within the West Norfolk Academies Trust, music is a key part of the curriculum, with teachers on the lookout for talented youngsters and encouraging them to take up instruments at an early age, and during lockdown, remote lessons have provided a welcome relief from the usual screen time curriculum.

“Many parents have contacted the schools to say how much their children are enjoying their lessons and also appreciating an activity that does not involve a computer screen,” said Rob Galliard, director of Primary Music for the trust, which runs 11 primary and secondary schools across the borough, including Smithdon High, Snettisham Primary, and Heacham Junior and Infant schools.

“We think music is hugely important, which is why we encourage it so much in our schools. Pupils who are learning instrumental music were chosen by their teachers, after being assessed over the course of a term to see who had the aptitude and attitude for playing an instrument.

“Whether they pursue it is up to them, but we think it’s really important that they are at least given a meaningful chance to try learning and playing. Without this scheme, none of the pupils would have had a chance to get involved in what is such a useful activity, acquiring a new life skill and expanding their learning horizons.”

Once some sort of normality returns to schooling, Mr Galliard said he hoped school musicians would be able to play together once again, to show their classmates and families just how much they had learned.

“We are hoping to bring the children from all the schools together for a one-off workshop at the end of the summer term and involve them in weekly band and orchestra rehearsals from September,” he added.

J Kendall

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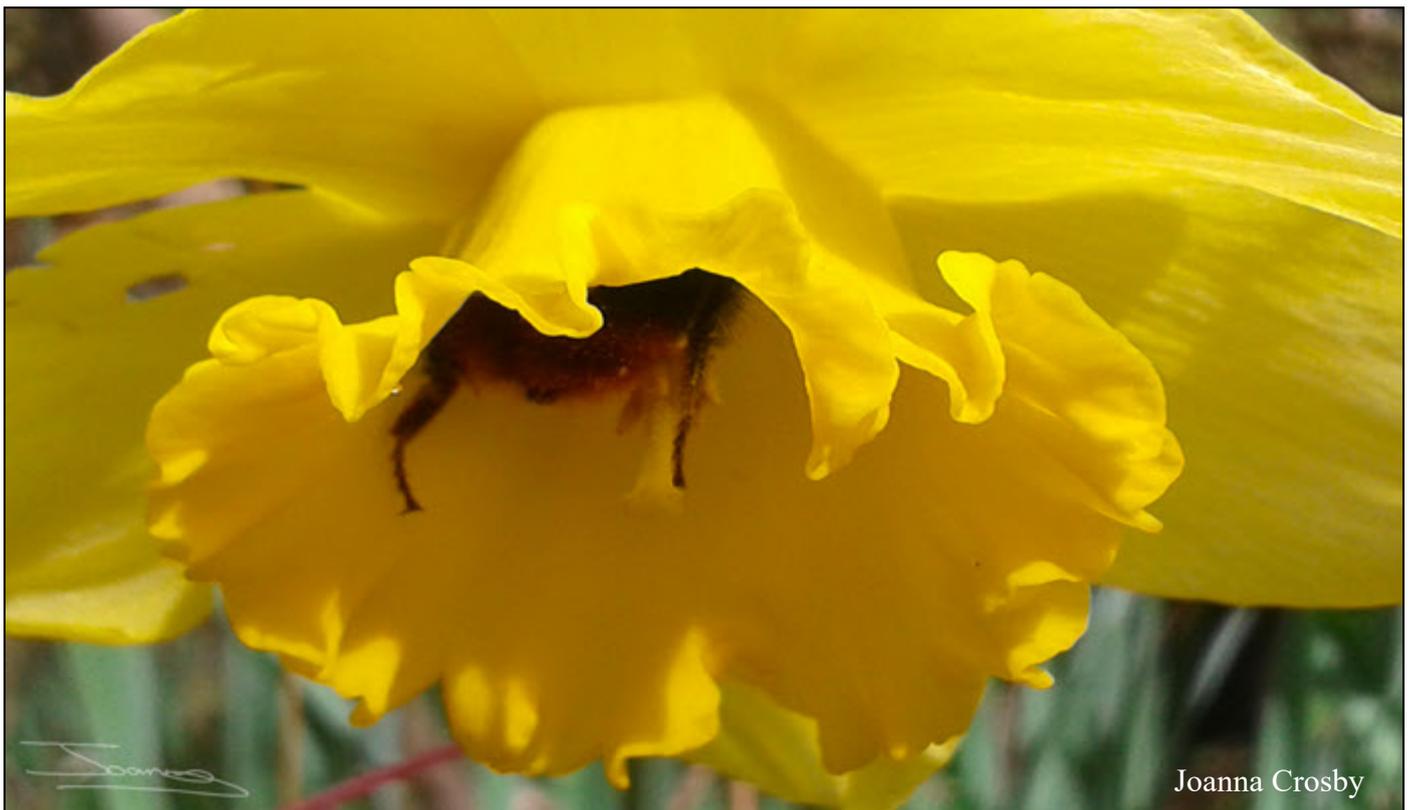
The Heacham Newsletter Photographic Exhibition

We continue our Virtual Photographic Exhibition of 2021 with our fourth selection of superb photographs submitted by our readers. This month we have a varied selection for your enjoyment.

As a reminder, our exhibition will continue during 2021 until we have displayed the 70 odd photographs received, ending in the summer. We will then ask our readers to vote for their particular favourites in the five individual categories these being: Snow & Ice, Flora & Fauna, Seascape, Sunset and Landscape.

Each month we will also display the items that we have printed on The Heacham Newsletter webpage (www.heachamnewsletter.org.uk) so at anytime you can refresh your memory of the wonderful photographs that have been published to date. Due to the varying number of photographs in each category, there will be a varied display each month of both pictures and individual photographer.

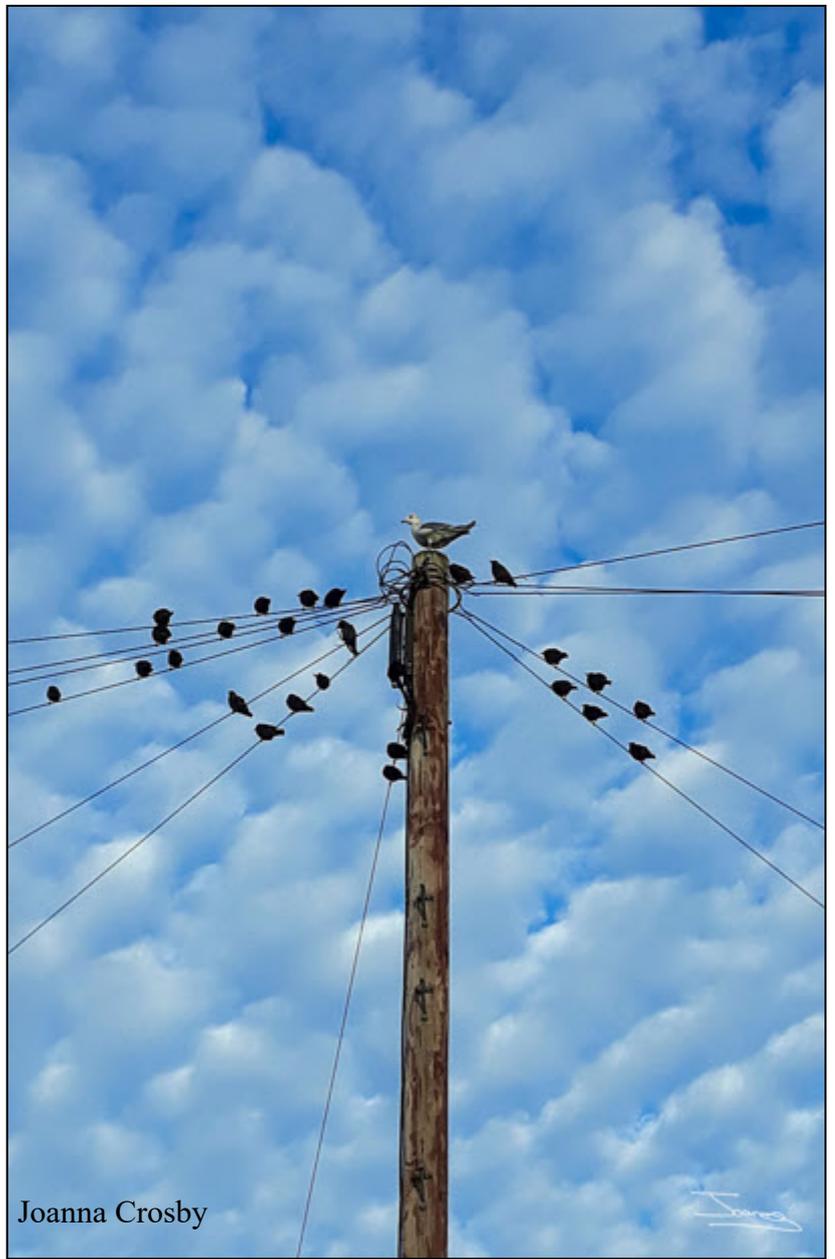
The Newsletter Team



Joanna Crosby



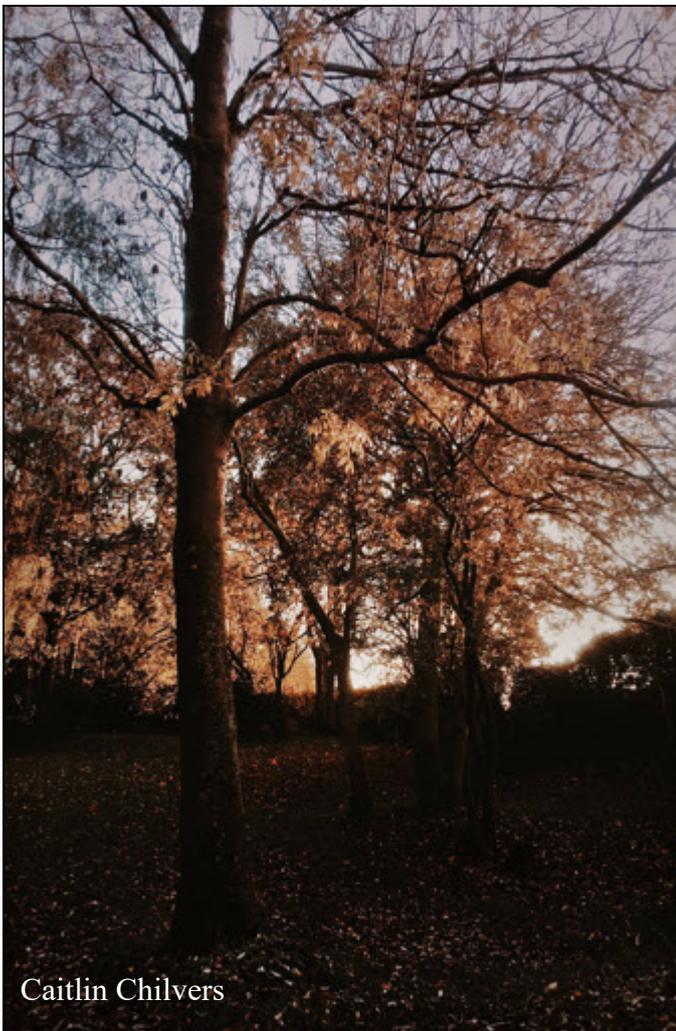
Lewis Mayes



Joanna Crosby



Lewis Mayes



Caitlin Chilvers



Caitlin Chilvers



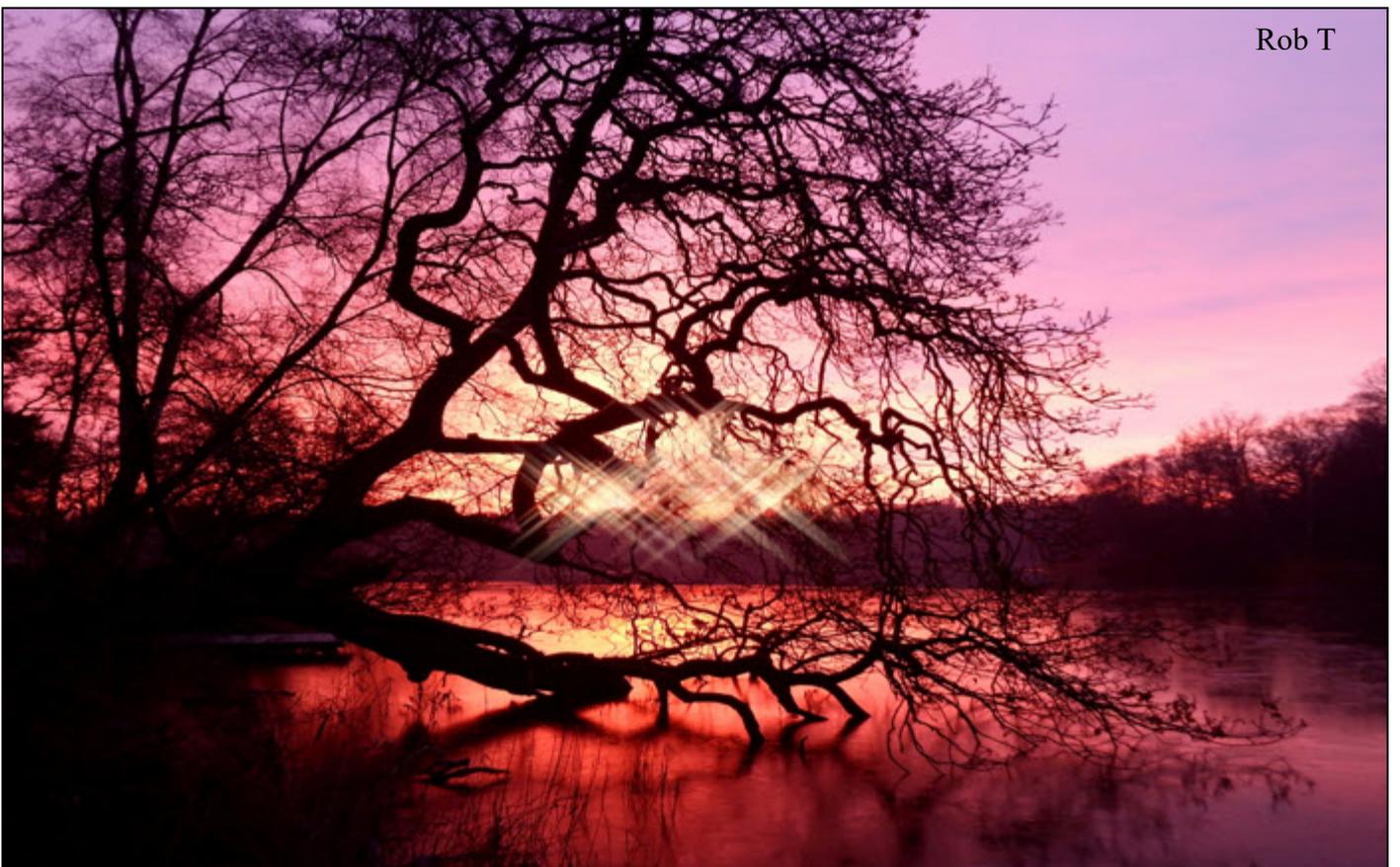
Joanna Crosby



Joanna Crosby



Eóghan Forde



Rob T



Norfolk and Waveney
Clinical Commissioning Group

NHS Norfolk and Waveney CCG

Update on what the NHS in Norfolk and

Waveney is doing to respond to Coronavirus (18 March 2021)

Norfolk and Waveney’s COVID-19 vaccination programme remains on track as health leaders urge local people to get the life-saving jab.

The COVID-19 vaccination programme in Norfolk and Waveney remains on track, with more than half of adults having now received their first dose of vaccine, newly released figures show.

According to data published recently by NHS England and NHS Improvement, 480,582 doses of vaccine have been given in Norfolk and Waveney. Some 457,000 people have received their first dose and 23,582 their second dose.

In the week to last Sunday (14 March), 43,948 doses of vaccine were given in Norfolk and Waveney, up from 38,608 the previous week, (37,561 were first doses and 6,387 were second doses).

The figures show that 54% of adults in Norfolk and Waveney have received their first dose, compared to 45% of adults in England. This puts us fifth out of the 42 health and care systems in England. The figures also show that 99% of over 70s in Norfolk and Waveney have received their first dose of vaccine, along with 91% of 65-69 year olds, 86% of 60-64 year olds and 52% of 55-59 year olds. 22% of over 80s in Norfolk and Waveney have also received their second dose of vaccine, compared to 20% nationally.

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Is it time for your second dose of the COVID-19 vaccine?

If you already have your appointment, please attend for your second dose.

If you haven't yet got your appointment, please wait to be contacted – you'll be called forward before the 12 week timescale.

Routinely, people will go back to the same place they had their first dose. The second dose should be the same type of vaccine as the first.

Moved recently?

If you have moved area since your first dose, you should cancel your second dose appointment and rebook via the NBS/119 if you had your first dose in a large vaccination centre.

If you have moved area since your first dose and had your vaccination in a general practice hub or hospital hub, you can either book as above or you can contact your new GP practice.

Second dose?

NHS Norfolk and Waveney Clinical Commissioning Group

To get full protection from the COVID-19 vaccine you need two doses.

Please attend your second dose appointment. This should be at the same place you had the first dose and with the same vaccine as before.

People moving into a new care home will have their vaccination status discussed as part of their transfer of care. There will be a discussion between the care home and their linked GP practice about any second dose requirement.

How safe is the COVID-19 vaccine?

People should not put off getting their COVID-19 vaccine after some EU countries temporarily paused the rollout of the Oxford-AstraZeneca jab.

The Medicines and Healthcare products Regulatory Agency (MHRA) said given the larger number doses administered, and the frequency at which blood clots can occur naturally, the evidence available does not suggest the vaccine is the cause.

Vaccine safety is of paramount importance and the regulator continually monitors the safety of vaccines to ensure that the benefits outweigh any potential risks.

Blood clots can occur naturally and are not uncommon.

More than 11 million doses of the COVID-19 Vaccine AstraZeneca vaccine have now been administered across the UK. Reports of blood clots received so far are not greater than the number that would have occurred naturally in the vaccinated population.

The safety of the public will always come first.

The MHRA is keeping this issue under close review but available evidence does not confirm that the vaccine is the cause. People should still be encouraged to receive their COVID-19 vaccine when asked to do so.

The COVID-19 vaccines approved for use in the UK have met strict standards of safety, quality and effectiveness set out by the MHRA.

Any coronavirus vaccine that is approved must go through all the clinical trials and safety checks all other licensed medicines go through. The MHRA follows international standards of safety.

Other vaccines are being developed. They will only be available on the NHS once they have been thoroughly tested to make sure they are safe and effective.

So far, millions of people have been given a COVID-19 vaccine and reports of serious side effects, such as allergic reactions, have been very rare. No long-term complications have been reported.

Find out more about the vaccines approved in the UK, see:

- **GOV.UK: Pfizer/BioNTech vaccine for COVID-19 approved by MHRA**
- **GOV.UK: Oxford/AstraZeneca vaccine for COVID-19 approved by MHRA**
- **GOV.UK: Moderna vaccine for COVID-19 approved by MHRA**

The MHRA encourages anyone to report any suspicion or concern they have beyond the known, mild side effects, on the **Coronavirus Yellow Card site**.

Mental Health support available for the public:

Its important that we look after our mental wellbeing during this time – for tips and advice visit: www.everymindmatters.co.uk

If you are worried about your own mental health and wellbeing, call First Response, a free 24/7 helpline offering immediate support, on 0808 196 34934.

11-25 year olds in Norfolk and Waveney can get support and online counselling via www.Kooth.com

The service provides support or advice on any topic, including managing your feelings during the pandemic.

JustOneNorfolk has a wealth of information and links to support the health and wellbeing of your family. www.justonenorfolk.nhs.uk



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**Exciting new series of Concerts
to start at All Saints Church, Burnham Thorpe
on Friday May 21st.**



The church at Burnham Thorpe is well known to people around the world as the 'Nelson church'. Admiral Nelson's father, Edmund, was the Rector from 1755 to 1803 and lived with his family at

the old parsonage in the village (pulled down in 1803).

This is where Horatio Nelson was born and where he spent his childhood. Returning to the village only occasionally during leave ashore in England, he nonetheless lived here 1788-93 while being held in reserve on half-pay. He returned to sea when given command of HMS Agamemnon, which was recommissioned the day before the outbreak of the Napoleonic Wars.

The graves of Nelson's mother and father are situated on the north side of the church chancel; a brother and sister are buried in the churchyard. It is a church with wonderful acoustics and individual seating so perfectly positioned to cope with the restrictions of Covid-19 but please bring your own masks!

This beautiful church, which is situated in parkland, will resound to glorious live music from May 21st and the series of concerts open with a recital by South Korean born violinist Joo Yeon Sir accompanied by Russian pianist Irina Andrievsky. The performers are well known to Norfolk audiences as they are to audiences throughout the UK and abroad. Tickets are £15 and the concert starts at 7pm.

On May 22nd Thorpe welcomes Costa Rican clarinettist Nelly Rodriguez accompanied by Angela Shan (piano) for a recital at 5pm. Tickets £10 each.



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On May 23rd the South African pianist Neil College will give a recital at 3pm. Tickets are £10 each.

Music on May 29th is of a lighter nature when The Voice finalist Benjamin Lake will be joined by soprano Hayley Moss for an evening of popular music. Tickets are £12.50 and the concert starts at 7pm. Bring a picnic to enjoy in the park prior to the concert.

Further concerts throughout 2021 include a costume performance of works by Gilbert and Sullivan, the electric string quartet Kavolectrica, the gifted young jazz singer Ella McCready and the Japanese pianist Maki Sekjya.

More information on www.burnhamsbenefice.org.uk or email thorpemusic2021@gmail.com

Do join us for these exciting musical events and at the same time enjoy a glorious part of West Norfolk and this famous 13th century church.

From May 21st to May 29th there will be an exhibition of the works by the local gifted artist Lusilla Jackson.

The concert series are generously sponsored by the Bespoke Norfolk Group, well known for their quality of craftsmanship and customer service.

More info on www.bespokenorfolkgroup.co.uk



All Saints Church Burnham Thorpe
The Nelson Church
Music in May 2021

Friday May 21st at 7pm
Joo Yeon Sir (violin)
and
Irina Andrievsky
(piano)
Tickets £15



Saturday May 22nd at 5pm
Nelly Rodriguez (clarinet) with
Angela Shan (piano) Tickets £10

Sunday May 23rd at 4pm
Neil College (piano) Tickets £10

May 29th at 7pm
Benjamin Lake (The Voice)
with Hayley Moss (Soprano) Tickets £12.50
May season ticket £40

More info on www.burnhamsbenefice.org.uk
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Your experiences of Cancer Appointments Survey

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For more information about what we do, visit our websites www.healthwatchnorfolk.co.uk

What is this survey about? We have been working with the Norfolk & Waveney Health and Care Partnership and NHS Norfolk and Waveney Clinical Commissioning Group to look into whether patients affected by cancer have been able to access virtual appointments, for example by telephone or video call.

This survey is for residents living in Norfolk or Waveney who have had a cancer diagnosis, referral and / or treatment since March 2020. We understand that it is not always easy to answer questions about your own health, so really appreciate you taking the time to sharing your views with us.

If you are a paid or unpaid carer of someone who has had a cancer diagnosis, referral and / or treatment, you can complete this survey on their behalf.

If you would prefer to do this survey with us over the phone, please call Healthwatch Norfolk on 01953 856029 and we will arrange a time to ring you back.

How the survey results will be used: Survey responses are being collected and analysed by Healthwatch Norfolk. You can read our full privacy policy at www.healthwatchnorfolk.co.uk/about-us/privacy-statement/.

All responses will be anonymous and will be used to make help recommendations to health and social care providers. The report will also be publicly available on our websites and may be used in other Healthwatch Norfolk and Healthwatch Suffolk communications.



To download the survey form, please go to The Heacham Newsletter's website at:-

www.heachamnewsletter.org.uk



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Stanhoe & Barwick WI WI Easter 'Goody' Bag

Stanhoe & Barwick WI members were thrilled to receive a surprise Easter bag containing a multitude of goodies, put together, and, in many cases, created by the committee. Amongst other delights, the ladies will be planting seeds, making cheese scones, completing an art challenge and demolishing a creme egg! As one member commented, "the bags managed to cheer us on and give us a sense of togetherness".

We have now held two Zoom sessions, quite a revolution in our 100 years of existence! Last week's, entitled 'Poets and Authors', gave members the opportunity to share favourite poems and to recommend, or not, their current reading matter.

Once warmer weather blesses us, we intend to start to meet again, initially in groups of 6 and outside of course.

Stanhoe & Barwick's Facebook page gives further details of our activities.

New members are a l w a y s welcome! Contact Valerie on 01485 576261 or vjobson1@gmail.com



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ART HISTORY CAN ENABLE SOCIAL DISTANCING

The prospect of travelling out of the Covid-19 Pandemic, courtesy of the 'Road Map', has filled many of us with joy and excitement. Most of us are fed up with wearing joggers or pyjamas from the 'loungewear revolution' that emerged in 2020. Now we want to dress up and go somewhere. Many of us are looking forward to being outside with other people but how do we keep our social distance? We are told that we need to keep 2 metres space between us and the next person but that's not always easy or possible. It doesn't come to us easily and the pavements can get pretty crowded in towns and cities.

In China, schoolchildren have been making hats decorated with balloons, cardboard and all sorts of quaint and funny things that stick out, all designed to keep the children apart. Fun, playful, effective and surprisingly, an historical precedent going back nearly a thousand years. According to Eileen Chengyin Chow, Duke University Professor, this type of hat is very similar to 'futou', characterised with two black wings either side, the official court headgear worn in the Song Dynasty. These two horizontal plumes were used to 'prevent officials from conspiring sotto voce with one another while at court'. A very early example of social distancing.



Hats have played an extravagant, much admired role in Art History. So many of the wonderful Thomas Gainsborough portraits feature beautiful women in enormous wide brimmed hats. It is thought they also provided women during the 18th and 19th century with a convenient form of social distancing by keeping unwanted suitors and strangers at bay. Whilst the hatpin may have been meant to keep the hat on the head, in the hands of the wearer, it might just have been one of the deadliest fashion accessories in history.

The art of fashion has been used down through the centuries to prevent access for a variety of reasons, health being a major one. About 25 million people were estimated to have died in Europe during the Black Death between 1347 and 1351. It is reported that during this time physicians wore 'pointed beak like masks and head-to-toe body coverings' to keep themselves socially distanced from the sufferers. Modern day PPE perhaps but in any event, it is a costume that can be seen to this day if you happen to be in Venice during carnival time.

One of the well-known trends of the 19th century Victorian era was 'Crinolinomania' – a fashion obsession with a voluminous skirt with a stiffened underskirt made using horsehair, linen and cotton. Artists have well documented the crinoline. Opinion has it that this skirt was conceived and widely used to keep the polite social distance between men and women. But it is also possible that the crinoline may also have inadvertently shielded women from the ravages of small pox and cholera. That's if they managed to escape being set on fire in the meantime.

Seismic world events usually speed up changes that were already occurring. Art history shows us how fashion has influenced such events in previous centuries. The question is how will Art History record the Covid-19 Pandemic.

Lesley Nadel

The Art Society North West Norfolk is providing 'on line' lectures to its members, every month, until such time as we are all able to meet safely again in Sedgeford Village Hall.

Full details of membership and benefits can be found at www.theartsocietynwnorfolk.org.uk



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THE SUPER-DEDUCTION CAPITAL ALLOWANCE – IS IT ‘THE BIGGEST BUSINESS TAX CUT IN MODERN BRITISH HISTORY?’

by Kathryn Gigg Chartered Accountants, Hunstanton

One of the key business announcements in the 2021 Budget was a new 130% enhanced tax relief for capital expenditure which, for two years from April 2021, would give businesses £1,300 of tax relief for every £1000 invested.

Closer examination of the legislation confirms the adage that “if it looks too good to be true, it probably is”. Firstly, the new Super-Deduction is only available to corporate businesses, so those who trade as individuals or partnerships will not be eligible. Secondly, it only applies to plant and machinery allocated to the general capital allowance pool (mainly moveable items), and hence the first- year allowance for expenditure allocated to the special rate pool (mainly fixed items) will only be at 50%. Thirdly, when plant purchased under the new relief is subsequently sold before April 2023, the disposal proceeds will be scaled up dependent upon how long the asset has been held so, aside from any depreciation loss over the period it has been owned, the relief is one of timing only; and fourthly the investment must be made into new items, so used machinery will not be eligible.

Perhaps more importantly, availability of the new relief expires in April 2023, on the exact date that the Corporation Tax rate goes up to 25%. What this means is that relief will be given at 24.7% (19% x 130%) on the actual expenditure but then clawed back later at the new rate of 25%. Even worse, most small companies will fall within the 27% ‘marginal rate’ of corporation tax which applies between profits of £50,000 and £250,000. So, in an extreme case, a £100,000 asset which was bought in 2022 and sold for the same money in 2023 could actually cost the business additional tax. In such circumstances, it would clearly be better not to claim the relief at all. There is also a complication if the company is considering using the enhanced relief to claim back tax paid in previous periods, since it might be advantageous to carry the enhanced losses forward instead, where they would be relievable in a period of higher CT rates. It will be interesting to see whether changes are introduced into the Finance Bill to address this point.

These new rules will bring in a completely new level of complexity in the timing of investment for small companies. It will not only be important to calculate the likely level of profits and cashflow availability in the year of purchase, but also to do the same in the year of sale, perhaps trying to match the disposal with a year in which the company profits, including the disposal proceeds, are below £50,000.

Since disposals are often made by way of trade in, this will give the perverse situation that the best time to make further investment might well be in a year of particularly poor profitability.

Given the limited lifespan of this tax break, planning machinery sales and purchases for companies will be more difficult than ever, and if the timing is wrong, the tax consequences could be quite severe – even a day of delay at the year-end could cost real money. The compliance aspect of all this will require a lot of care. Companies will need to keep track of assets on an individual basis and ensure that if they sell them, that they put the right figures into their computations. Good record keeping, management accounts and timely professional advice will be absolutely essential.

Companies may therefore want to evaluate the benefit of drawing these reliefs rather than the existing 100% Annual Investment Allowance, particularly as the £1M AIA Annual Limit is being extended for a further year. Rather a lot to think about!

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

Mrs K H Gigg FCA

N.B. Article written in March 2021

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

‘One Way or Another’

Part 2 of a short story
by Joe Rawnsley

During the those first two weeks, some humans whom we recognized and regarded with suspicion, continued to observe us. They were often close by and we tolerated their presence, although Yossarian would occasionally bark at them if they strayed too close. The fear smeared across their faces was pleasant for all and they would retreat hastily, heads bowed in respect. Whilst he was unwell, the humans seemed particularly interested in Mustapha. They would slowly crawl around to the far side of the camp where he was laying. From a safe distance, they’d make notes and whisper to each other. The difference we all noted was that for the first time, they both wore strange blue fabric covering their faces. The one with the pale skin had his broad hat as usual and the addition of the mask caused him to sweat profusely, more than normal. I wanted to plead with them to help us. But I knew the law. We did not communicate with the humans. It was far too dangerous. These two were tolerated since it had been such a long time that they came and watched us, but nothing more. About a month ago, only one of the humans came to watch us. And there was a period of a couple of days where neither of them came. Their return, some days later, was almost comforting. After having not seen them and being so used to them on the periphery, their absence was disconcerting. Better to have humans in front of you where you can see them. Otherwise, we all knew that they attacked from out of the shadows and left trails of hot red blood in their wake.

I observed the humans observing us for long periods whilst Mustapha tried to force air inside his chest and June stroked his shoulders. There was an intensity to their work that I hadn’t seen

before. They almost seemed panicked and it left an uneasy taste in my mouth. There were tales of humans who became friends with other families on other parts of the mountain. But for those of us who had seen their true nature, their god-like behaviour, we never really swallowed a word. We saw what they could and did do if the opportunity presented itself. All gorillas on the mountain had grown to be cautious, the young were born with the natural instinct to be wary. It was useless to try and fight. Even a powerful brute like Yossarian, who was capable of snapping a human’s back like a thin twig did not dare more than a snarl or a growl. No touching, that was paramount. There were too many whispers on the wind of what happened if we touched, hammered or bit. The immediate satisfaction of pain and destruction was diluted by the fear that you would disappear in the dead of night, only to become part of the sad tales that bound all the families together in the shadow of the looming mountain. An unspoken bond.

Inevitably, whether we would admit it to ourselves quietly in the deepest depths of our hearts, Mustapha continued to deteriorate and finally stopped breathing one warm, damp evening just after the sun had set behind the mountain’s snowy summit on the North side. June wailed and embraced him. We others encircled her and tried to offer comfort, though there was nothing we could do to ease her suffering. Only Yossarian remained away from the bereavement, sitting stoic on his patch where the grass was worn from his hard frame. He said nothing. His eyes, if you had the courage to stare, betrayed not a sadness, but rather a deep contemplation that was usually hidden from us. He was an alpha male with a role to play, but he was also a gorilla that had just lost a member of his own family. And his family was his life.

The atmosphere on the mountain was sombre in the hours after Mustapha had passed away. We were grieving together in silence

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as is our custom, when during the dead of night our ritual was disturbed by loud noises from the machines used by the humans. These titans of metal and steam were what we feared most, for they were much stronger and faster than we were, and we had learned that nothing good happened when they were near. We spooked as one, then the younger members of the family darted into the thicker, denser forest in different panicked directions. Yossarian roared in defiance but it did nothing to dissuade the humans from approaching. There were several of them and we noticed some had the weapons that we knew. Those long, smooth shafts of metal that delivered death and pain in frenzied sparks. The older, wiser gorillas tried to remain motionless, partly covered by thick bracken. The biggest fear was the not knowing why the humans were here. Our imaginations conspired against us to add to the terror. It had been such a long time since we had heard of a gorilla being killed for sport. We thought we had come to the end of that dark era when everyday was filled with running and tears.

June sat with a strong arm resting against Mustapha's chest. She was not going to be moved, no matter how much the humans screamed their clever language and poked towards her with their weapons. In that moment she did not fear dying, and we knew that the humans with their arrogance and their intelligence always hated that.

There were bright lights attached to their metal beasts that shone invasively into our eyes. Thanks to the hard beams of light we couldn't see what was happening behind the wall of straight lines and smoke. There was movement and the humans were talking but not in that triumphant cacophony we detested, but rather hushed tones that suggested serious thought. In quick flashes where the beams of light were broken by the trees, I saw the unmistakable silhouette of the pale skinned human who watched us so intently. He was speaking to a group of about five others and pointing with his hands, those hands so similar to ours yet capable of so much more. Gradually the humans began moving towards June. Their heads were bowed low in respect, replicating our own behavior. With each step, June's teeth crunched together with more force and the strong, guttural growl rose from deep within her. When they approached to within a few steps, June leaped and pounded the ground in rage. The group of humans flinched backwards, and their shouts filled the air, with the soft hum of the engines providing a bassline for what was to come. The pale skinned man with the hat took a tentative step further, back bent and head bowed, but June did not relent. He froze as she pounded the earth again, leaving a dent in the soil with impressive strength.

Joe Rawnsley

(To be continued...)



HUNSTANTON
Learn, Laugh, Live

Our next Zoom meeting will be on:
Monday 17th May
starting at 2.00pm

which will be 'Stories from the Clink'.
Speaker Neil Sadler a former police officer.

For anyone who would like to join us, Hunstanton u3a website gives more details and membership information.

For further details and request for Zoom link as a visitor contact memsec.u3ah@gmail.com

CROSSWORD SOLUTION

Across:

1. Recited
5. Bran tub
9. Protester
10. Equal
11. Notion
12. Omnibus
14. Lair
15. Straighter
19. Skedaddled
20. Grid
22. Drinker
25. Dramas
27. Ovate
28. Checkmate
29. Knees-up
30. Tipster

Down:

1. Ropy
2. Crocodile
3. Thesis
4. Detonated
5. Burro
6. Abednego
7. Thumb
8. Balustrade
13. Closed book
16. Amendment
17. Termagant
18. Backless
21. Backup
23. Image
24. Recap
26. Gear

Answers to Quiz

1. Nicola Sturgeon.
2. Tuna.
3. Anchovy.
4. Clownfish.
5. Sole.
6. Perch. (One fiftieth of a furlong.)
7. 'Fish'.
8. Stingray.
9. Halibut.
10. Pilchard.
11. Herring.
12. The 'Trout'.



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BUDGET AND 'TAX DAY' 2021 – A LOT TO THINK ABOUT

by Kathryn Gigg Chartered
Accountants, Hunstanton

In the past, the annual Budget announcement set out tax and spending decisions for a year or two ahead, together with longer term announcements, plans and discussion drafts. The speech itself would refer to these and many pages of fine detail would follow.

In 2021 everything changed. The budget itself was relatively straightforward. There was a further extension of the Covid support package, including new financial support schemes for the self-employed, a new government backed business loan scheme, continued VAT relief for the hospitality sector and some additional business rate reliefs. On the downside, we will see the freezing of most existing tax allowances so that at least some additional tax will be gathered over time as the economy recovers. Additionally, from 2023, Corporation tax rates will rise from 19% to 25% although the lower rate will be preserved for companies with profits under £50,000. There will then be a transitional rate up to £250,000.

There were also a couple of specific and quite interesting reliefs for some businesses. Limited companies are offered an enhanced level of capital allowances for the next two years, and both corporate and non-corporate businesses will be given additional flexibility in the use of any losses that they might incur, with the usual one-year carry back being temporarily extended to three years.

There is, however, a sting in the tail. Extensive additional financial announcements were made on 'Tax Day' March 23rd, and whilst they will have little or no impact for the rest of this parliament, they may have a far-reaching impact on taxpayers in future.

Some of the measures are relatively minor. They include provisions to clamp down on tax avoidance (although it is incorrectly referred to as evasion, which perhaps shows how HMRC often muddy the terminology), to make HMRC more efficient by digitalisation and, thankfully, to shelve proposals for reform of the taxation of trusts. Other initiatives include reform of business rates and preventing the abuse of the business rating treatment for second homes.

Two other proposals are more concerning. One looks at reforming the whole structure of assessing and collecting tax which would include effectively compelling all businesses to produce accounts on a fiscal year basis rather than, at present, choosing a year end which fits in with business activity (so, for example shops often choose January, when stocks are lowest, or farms will opt for October to fit in with the harvest year)

The second proposal is to accelerate the payment of tax by the self-employed. This could be done on the back of the forthcoming 'Making Tax Digital' programme (despite HMRC originally denying that faster payment was one of the reasons behind MTD). The paper acknowledges that voluntary take up of an option to make regular tax payments in advance has been low (apparently mainly because the scheme is poorly signposted) and suggests a system of regular quarterly or monthly payments, linked to quarterly MTD returns. It is acknowledged that there would need to be a transitional arrangement to enable the self-employed to 'catch up' but it is suggested that there may be an element of means testing within the design of such an arrangement.

It is perhaps telling that the case studies which HMRC uses as illustration; a gig worker, tutor, landlord, small shopkeeper, personal service company director, business professional and pensioner, are all relatively straightforward individuals. If they had chosen builders, farmers, car dealers and professional partnerships, the design of the scheme and the transitional arrangements might have seemed less straightforward.

The paper concludes by asking 45 questions. Comments are invited, and the deadline is 13th July. Given the enormity of the proposed changes, it will be interesting to hear the responses.

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

Mrs K H Gigg FCA

N.B. Article written in March 2021

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HEACHAM PARISH COUNCIL

OUR PLANS FOR FINANCIAL YEAR 2021-2022



1. Introduction

The Parish Council is conscious, more than ever, of the need for us all to keep in touch. With this in mind we are expanding on how we communicate with you, providing more information on our general activities through our Website, Facebook page and in a series of articles in The Heacham Newsletter.

We can now confirm that the Annual Parishioners' Meeting will take place on Wednesday 5th May which will be 'by Zoom' only. If you would like to attend or have questions concerning the village that you wish to raise, please contact the Parish Clerk prior to this date.

This new document aims to give an overview of the Council's planned activities and associated budget for the coming financial year and our intention is to keep you informed annually with a similar report covering our achievements, plans and budget for the following financial period.

2. Current Situation

The Parish Council has not been able to meet in person for over a year due to Covid-19, but has held regular monthly meetings via 'Zoom' throughout this period in order to carry out its obligations and responsibilities. The Parish Clerk and support staff have also continued to work during this difficult time.

It is a great relief that, at the time of writing, indications are for all Covid-19 restrictions to be lifted by 21st June so that we can resume our work with a degree of normality. We re-opened the Community Library in April with social distancing and PPE precautions remaining in place. There is still uncertainty regarding other social activities that we would usually support e.g., the Summer Carnival Parade, the Art

and Photographic Shows and monthly coffee mornings at the Old Friends Hall. We will let you know as things develop.

We are, however, confident in being able to confirm that building work for the new Community & Heritage centre - a landmark project for the village - will definitely be starting this year with the development expected to be completed during 2022.

3. OUR PLANS FOR 2021-2022 Projects

While the Council is able to fund some projects, others will be reliant on external funding, grants etc. being available.

● Community & Heritage Building

A long-awaited major building project comprising the refurbishment of the Old Dairy Site on the corner of the High Street with Pound Lane. This will provide an all-in-one facility for Heacham that will include: the community library, with the addition of a small local heritage archive; an exhibition area, a hall replacing the Old Friends Hall and the parish office.

A project management company, Henry Riley LLP, has been appointed to take this project through to completion on behalf of the Council and it is anticipated that site work will start this autumn with the building finished in 2022.

● Chalk Pit & Millennium Wood

During February the Council introduced two signposted circular walks: Red route to highest point with views over The Wash and Heacham, returning through the Wood; Blue route that is a shorter track keeping to grass walks through the Wood with the addition of a new picnic table.

It is hoped to add a number of facilities to this area of natural beauty:

- (1) a viewing platform at the top of the site and an information board to make it easier for people to access and appreciate the best views across the village to The Wash
- (2) a bike rack at site entrance
- (3) a new seat/picnic table
- (4) and to develop a wildflower meadow to further increase biodiversity.

● The Saltings (Parish Nature Reserve)

Due to vandalism the Council was forced to close the footbridge towards the end of 2020 with a new bridge installed in late March 2021.

The Saltings reed bed is a priority habitat in the Norfolk Biodiversity Action Plan and a designated County Wildlife site under the stewardship of the Parish Council. To enhance the site further plans are in hand to:

- (1) build a reed covered hide and viewing platform overlooking the water
- (2) install a bike rack at site entrance
- (3) place seating/picnic table
- (4) re-establish the site boundary along the side facing North Beach.

● Recreation Ground & Skatepark

(1) Skatepark refurbishment: we are hoping to give this a much needed facelift which will also include completely resurfacing the ground between the ramps.

(2) Upgrade of equipment: this is a longer term project which may take two to three years to complete and for which we hope to attract grant funding. We feel it is important to find out the views of residents and villagers and asked people in April to complete a simple on-line survey before the end of June. If you have completed it, thank you, if not the survey can be found at: <https://www.surveymonkey.co.uk/r/KMVQDZT>.

● Events

Summer parade: our usual carnival parade will not be taking place this year but we are hoping to be able to hold a celebratory parade involving as many village groups as possible, with a special 'thank you' to all our front-line key workers, as and when Covid restrictions permit.

General maintenance – main items

What and Where		Jan-Mar	Apr-Jun	July-Sep	Oct-Dec
Grass Cutting	Recreation Ground, Brays Pit, Head of Common & part of Woodside Avenue		2 x month	2 x month	2 x Oct
Hedge Cutting	Recreation Ground, Brays Pit	Feb			Oct
Litter Bins	Recreation Ground, Bus stops at Station and Lodge Road	emptied daily by Parish Maintenance Officer (PMO)			
General litter picking	throughout the village	daily by PMO (and village volunteers)			
Dog Bins	23 bins	2 x weekly by Borough Council			
Seats	35 seats maintained by PMO	as required throughout year			
Recreation Ground Skatepark	Health & Safety checks on play equipment: Grass strimming	weekly throughout year by PMO annually by external company weekly Apr-Oct			
Working Parties (mainly comprising Parish Councillors)					
Brays Pit	Removal of dead tree branches/ debris from pond	March			Oct
Saltings	Reed cutting	Feb/Mar			
Chalk Pit/ Millennium Wood	Bramble cutting Car park maintenance	March March			Dec

NB: The timing of some maintenance is dictated by bird nesting.

4. FINANCES

The Council is required by law to set an annual budget for each financial year.

Currently the Council is financed:

- 89% from the precept (ie. that part of the overall Council Tax bill issued by the Borough of King's Lynn & West Norfolk that is awarded specifically to the Parish Council to use for the benefit of the village)
- 11% from leisure activity fees from any lettings at the Old Friends Hall and rental charges from la Lodge Road, the Chalk Pit (recycling centre leased by Norfolk County Council and lease to Arqiva for the radio mast) and the Sand Pit and from investments.

A general reserve is also maintained for emergencies together with earmarked monies for exceptional projects such as the Community & Heritage building.

To meet our budgeted plans, the precept for 2021-2022 has been set at £138,203. This equates to a charge of £71.43 on a Band D property.

The main budget allocations are: (expressed as pounds)

The Community & Heritage Building project is currently subject to competitive tender. This will be financed from the Council's resources, a generous bequest and public works loan.

A COPY OF THE PARISH COUNCIL'S DETAILED BUDGET IS AVAILABLE ON THE PARISH WEBSITE

● Grants and donations

The Parish Council is able to agree requests for small grants and donations to organisations that provide benefits directly or indirectly to residents. Regular grants are given for the upkeep of the Churchyard and to The Heacham Newsletter. Donations are given on an ad hoc basis.

For any enquiries please contact in the first instance, Sue Eke, the Parish Clerk.

1 Pound Lane, Heacham, PE31 7ET. Tel: 01485 572142;
E m a i l : heachampc@btinternet.com
www.heachamparishcouncil.norfolkparishes.gov.uk
and Facebook Page for information on the Council, meetings and about what is happening in the Village.

Issued by Heacham Parish Council
April 2021

Item	£
Establishment: staff, utilities, rents, audits, Administration and parish vehicle costs insurances, professional fees, memberships, Library and Old Friends Hall	86,357
Public Works Loans repayments ie Street lights and Community Building	37,853
Services (dog & litter bins, grass & hedge cutting, general parish maintenance) Street Lights	15,196
Natural Environment (Brays Pit, Saltings, Chalk Pit and Recreation Ground)	5,600
Events: incl. Summer Carnival	3,000
Grants & donations	2,000
Provision for parish infrastructure possible bus shelters & seats (Match funding)	5,800

Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting has been brought forward and will be held virtually via the platform Zoom on Tuesday 4th May at 7.00pm. Members of the public are invited to address the Council at all Council meetings.

The next Full Council meeting would normally be held on Tuesday 15th June at 7.00pm. However, the Government have indicated that they will not renew the legislation enabling Councils to hold virtual meetings via Zoom.

In the light of this, the Council needs to carefully consider how it can maximise safety for both councillors and members of the public. As a result, that meeting may be rescheduled as to both date and venue.

As soon as decisions have been made, the information will be published on our website.

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 (these are draft minutes until they are agreed at the next meeting).

TO ALL ELECTORS OF HEACHAM

You are invited to take part in the
ANNUAL PARISH MEETING
which will take place via the platform Zoom
on Wednesday 5th May 2021 at 7.00pm

This meeting offers you the residents the opportunity to raise concerns and voice your opinions to the Parish Council on what is happening (or not happening) in Heacham.

Anyone wishing to attend and address the Council please email the Clerk with your questions by Monday 3rd May to ensure you are heard. If you wish to raise an agenda item please contact the clerk. Otherwise we look forward to seeing you on the 5th May.

The Zoom link will be available on the Parish Council website and notice boards as normal.

The Parish Meeting may by law discuss all Parish affairs and pass resolutions about them.

THE SALTINGS

Cllr Pritchard and HPC would like to say a huge thank you to Richard Brown and his crew who volunteered their time to work at The Saltings on 6th April doing the annual reed cut. They managed to cut and clear a significant area of about one acre in total - as per our stewardship requirement.

There is still some loose reed lying on the reed bed that needs clearing off, particularly at the sluice end where they cut and left a supply of reed to dress the path to the new bridge.



KEEP BRITAIN TIDY!

Keep Britain Tidy are launching their 2021 Great British Spring Clean campaign to take place 28th May – 13th June. Coastline, parks, footpaths and neighbourhoods. If you want to be involved and to pledge how many minutes you can spare, you can contact them on news@KeepBritainTidy.org or #LitterHeroes.

HEACHAM LIBRARY

Heacham Parish Council is pleased to say that the Library is now back open thanks to some restrictions being lifted. COVID safety measures in place. Our opening times remain unchanged: Mon, Wed and Fri 10am – 4pm Saturday 10am - 12 noon.

SALTINGS BRIDGE

Heacham Parish Council are pleased to say that our new bridge on The Saltings is in place and thanks Cllr Robert Pritchard for his hard work organising it in very difficult circumstances.



COVID 19

It is lovely to be able to make the most of the lifting of many of the restrictions we have faced over the past months but we have to remember that the virus is still among us and so we need to heed the restrictions still in place and....

HANDS, FACE, SPACE

Wash hands for 20 seconds, cover face and keep a safe distance from others. Meetings with friends and family is still to take place socially distanced outdoors. Open a window if someone has to come inside.

Please check the Parish Council website and Facebook page for regular updates from the Borough Council on items being reported.

STAY SAFE AND WELL

Any queries should be addressed to:

Heacham Parish Council Office

Jubilee Clinic Pound Lane Heacham

Norfolk PE31 7ET

Tel 01485 572142

Email: heachampe@btinternet.com

Website: 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 Surgery MON TO FRI 08.30 TO 18.30
Snettisham Surgery MON TO WED 8.30 TO 12.30 14.30 TO 18.30
 THURS/FRIDAY 8.30 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 (Boots) 570297

OPEN MON - FRI 09.00 - 18.30, SAT 09.00 - 17.30
 DUTY CHEMIST NOTICE DISPLAYED ON DOOR

HEACHAM PARISH COUNCIL OFFICE 572142

'Office currently closed to the public'. Emails and telephone
 Calls 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 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 Freephone 116123 or (local charge) 0330 094 5717

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRICITY (UK Power Networks) 0800 3163105

ANGLIAN WATER 0800 771881

GAS ESCAPE 0800 111999

24hrs VETERINARY CLINIC (Medivet Heacham) 01485 570065

HUNSTANTON LIBRARY 01485 532280

OPEN TUES WED FRI - 10am-1pm & 2-6pm
 SAT 10am-4pm MON & THURS - Closed

HEACHAM CHALK PIT RECYCLING CENTRE

0344 800 8020

1st April to 30th Sept 9am - 5pm 1st Oct to 31st March 9am - 4pm

HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

www.malc-on-line.co.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 10 - 12 572539

OLD FRIENDS HALL Sunnyside 572142

HEACHAM SCOUT HUT Sunnyside 572890

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

Bus Enquiries:- www.lynxbus.co.uk 01553 611955

	Service		
	34	35	36
	via QE Hospital via Sandringham Coastliner		
Mon - Sat			
1st bus from Fox & Hounds	0659	0745	0729
Last bus from King's Lynn	2000	1600	1630
frequency	2/hr	1/hr	1/hr
Sun			
1st bus from Fox & Hounds	0915	0945	0844
Last bus from King's Lynn	1900	1530	1800
frequency	1/hr	every 2 hrs	every 2 hrs

Temporary Notice - Due to unmanaged tree growth on Hunstanton Rd, Heacham, double deckers have to operate via Heacham Lavender instead. Monday to Friday the 0820 (34) & 0835 (36) from Hunstanton and 1415 (34) from Lynn, use the alternative route. Please check website for updates

Smithdon High School Bus Service 36
 1515 Smithdon School to Hunstanton

WNCT Dial-a-Bus Service

Heacham to King's Lynn via Snettisham, Ingoldisthorpe,
 Dersingham, Babingley Every Tuesday, Wednesday & Friday
 For more information, cost of fares, a membership form or to book
wnct.co.uk 01553 776971

MAIN PICK-UP POINTS FOR THE HEACHAM NEWSLETTER.

First Saturday of each month except January.

Jennings Store, Tesco Express, Lidl, Heacham Fish Bar, Post Office,
 Norfolk Lavender, The Corner Store

MOBILE LIBRARY

Route DER201 TUESDAY Every Four Weeks

Suspended Until Further Notice

09:50 HANOVER GARDENS	12:55 GYMKHANA WAY
10:20 ROBIN HILL	13:15 COLLEGE DRIVE
10:50 RINGSTEAD ROAD	14:40 GIDNEY DRIVE
11:10 ROLFE CRESCENT (Opp.No.22)	16:05 POPLAR AVE
11:30 SCHOOL ROAD	16:25 SITKA CLOSE
11:55 COLLINGWOOD CLOSE	16:50 NORWAY CLOSE
12:15 FENSIDE	- MARRAM WAY
12:35 JENNINGS CLOSE	17:10 NEVILLE COURT

DEFIBRILLATOR SITES IN HEACHAM

(Please read instructions and obtain code to activate)

St.Mary's Church - Front Porch available 24hrs

Sports Field Pavillion - On the external wall of the pavillion

Fire Station - Only available when someone is in attendance

Chalk Pit Recycling Centre - Outside the gates available 24hrs

R'N'R FENCING

& Landscapes

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