



THE HEACHAM NEWSLETTER

June 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 15th June 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

The Heacham Newsletter

It has been drawn to our attention that, although The Heacham Newsletter can be picked up from several points around the village, not everyone is able to get out and about. So maybe when you go out to collect your Newsletter every month, why not pick up a copy at the same time for a friend, relative or neighbour who may be unable to get out themselves.

We are sure they would be very grateful and it helps to keep them in touch with what's happening in the village.

THN

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

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

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

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your letters..



Dear Newsletter

Ducks Nest

Thought the ducks nest on top of my two metre high hedge would interest readers.

Happy event is expected May 27-28. Update in July edition!

Heacham



Hunstanton

Dear Newsletter

The banks of the Ringstead River / Chalkstream

Can all Newsletter readers with an environmental leaning please keep an eye on the constant digging, earthmoving, and landscaping of both banks adjacent to Redgate Hill, next to the Butterfield Meadow development, for I fear environmental crimes are being committed here.

Only last year these small parcels of land were cleared of scrub and woodland, during the first Covid Lockdown, bang in the middle of the bird nesting / animal breeding season - a real 'slash and burn' job. Who knows how many nests were destroyed and breeding animals / birds displaced! Certainly in the nearby back gardens of Redgate Hill we suddenly had Stoats, Rabbits, Hares, Partridges and even rare Warbler species turning up! You can only imagine what happened to smaller, slower species, like Hedgehogs, Reptiles etc.

Ever since then, this land has been constantly reshaped, and landscaped with topsoil etc, making a mockery of the land-owners explanation that it was being cleared for cattle grazing!

It would certainly now appear to be becoming part of Butterfield Meadows Estate landscaped gardens!

Readers' attention also needs to be drawn to the sorry state of the Heacham River at South Beach, where the E.A. have deliberately lowered the water levels by over 12 inches in the forlorn hope of attracting Sea Trout into 'this natural Norfolk Chalk Stream'!!! Quite where they could migrate to spawn, given the solid stone weir at the Norfolk Lavender Farm, is anybody's guess!!!

Meanwhile, most of the existing fresh water fish species have disappeared from the river, given low water levels, pollution, no hiding places left from predators, such as cormorants and local otters!

M.W.

(Name & address supplied)

Heacham

Dear Newsletter

Heacham Shops & Businesses 1965

In the April Heacham Newsletter, Dick Melton lists shops in Heacham. He lists a 'Wallis and Sons' in the High Street, There was not, and never has been, a 'Wallis and Sons' in the High Street – it has always been A E Wallis originally established by our father in 1939.

When he was taken ill, we took over the reins in the early 1980s. We kept his name in recognition of his hard work in establishing the business. So it has never been called 'Wallis and Sons' especially in 1965 - we were far too young!

John Wallis

Leaside

Dear Newsletter

Piano Party

On the understanding that the current restrictions are to be lifted on 21st June, I hope to present the promised 'Thank You' Piano Party on Saturday 26th June. Full details are to be found elsewhere in the Newsletter and I hope I may look forward to seeing many friends on the day or evening, even if it may still be necessary to wear face masks. It will be my pleasure to cover all expenses (hire of premises, prizes, refreshments publicity, postage, etc.,) so that every penny raised may go straight to the NHS.

John Harris

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Dear Newsletter

Norfolk & Waveney Mind – Thank You

As one of the Volunteer Managers at Norfolk and Waveney Mind, I recruit and support our volunteers in West Norfolk and I have been overwhelmed by the commitment of our volunteers throughout the last year. During the pandemic most of the people who use our mental health services have been supported remotely by staff; our centres were closed and volunteers asked to remain at home. Thankfully, our groups are back meeting at our Centre in Poplar Avenue (where a variety of drop-in groups are available) and due to number restrictions volunteers have been amazingly patient and committed to returning as and when their help was needed. Many said how much they enjoy and have missed the camaraderie of their volunteering role.

I just want to take this opportunity (as it's Volunteers Week 1-7 June) to say a massive 'Thank You' to our fantastic volunteer team for their support and for making such a difference; we really do appreciate you.

We are recruiting for specific roles which can be found at www.norfolkandwaveneymind.org.uk/volunteering or call Zena 07464 892149 for an informal chat.

Zena Penty
Volunteer Manager
Norfolk and Waveney Mind

Heacham Carpet Bowls Club

With most restrictions due to be lifted on 21st June, Committee Members met to set a date for re-opening bowling sessions. It was agreed that time would be needed to assess the effect of lifting the rules, and also for members to enjoy the summer months after lockdown.

It was decided therefore to aim for a start date of 7th September. Play will be restricted to Tuesday and Thursday mornings only. Special safety measures would be implemented to comply with government advice at the time. Further information will be available in forthcoming issues of this Newsletter.

To ensure continued running of the Club, more Committee Members are required, in particular a new Secretary and someone to organise the preparation of the mid-morning tea/coffee break. For further information, please contact the Chairman, details below.

Mick Harpley
Chairman
01485 570460



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HEACHAM PARISH COUNCIL
YOUR NEW COMMUNITY & HERITAGE CENTRE



Plans for this project have been a long time on the drawing board – quite literally! But we are now delighted to be able to confirm that building works will be going ahead this year, starting probably in early autumn following the satisfactory outcome of the contract tendering process. The new building should be finished before the end of 2022.

An experienced project management company, Henry Riley LLP, has been appointed to oversee the project on behalf of the Council and we will be working closely with a small team from the company to realise this vibrant, central amenity – a valuable asset for the whole village which we can all enjoy for years to come.

As a reminder, this building will effectively provide you with a one-stop shop, bringing under a single roof the community library, which we are hoping gradually to expand to incorporate a local archive; a hall that will replace the Old Friends Hall; a meeting room and the Parish Office. The open public reception area will be used to display local information and to hold small exhibitions and events. Importantly, the interior design offers a degree of flexibility to help accommodate the needs of groups of different sizes and its location in the middle of the village - on the corner of Pound Lane with the High Street – makes the Centre readily accessible which will also, we hope, encourage its use.

You may have already noticed the architect's drawing of the building on the exterior of the site and a model and the project plans should be available for viewing at the Library in the Church Hall towards the end of June. We will keep you updated as the project progresses through the different key stages, but if you have any specific enquiries re the new Centre or any other

village matters that the Parish Council may be able to help you with, please contact Sue Eke, Parish Clerk in the first instance:-

Heacham Parish Council
Pound Lane, Heacham, PE31 7ET
Tel: 01485 572142

or Email: - heachampc@btinternet.com

Please also check the Heacham Parish Council website on: - www.heachamparishcouncil.norfolkparishes.gov.uk and our Facebook Page for information on the Council, meetings and about what is happening in the Village.

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Trefoil Guild

I expect some of you have seen in 'What's On' Trefoil Guild, but wonder who we are or what we do. We are the senior version of the Girl Guides; some of our members have in the past run brownies, guides, cubs or scouts, although this is not necessary.

We meet on the first Thursday of each month. We do various activities, some months we may have a speaker or demonstration, other months we have outings; we also have a camp day. Our main Fundraising event is our Coffee and Gateaux Day. This year it will be held on 15th August at the Methodist Church Hall in Station Road.

The aims and objectives of the Trefoil Guild are:-
To keep alive among members the spirit of the Guide and Scout Promises and Laws;
To carry that spirit into the communities in which members live and work;
To give practical, moral and financial support to Guiding and Scouting;

If you are interested in joining us, why not come along to one of our meetings. Please telephone me – 01485 570460 / 07592 161811 - and I would be happy to give you any information.

Mary Harpley
N.W. Norfolk Trefoil Guild

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CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church

A fool vents all their feelings. The wise quietly holds them back

Proverbs 29: 11

As Covid restrictions ease a bit more and we begin to meet and talk to more people socially, this might be a good time to give some thought to how we speak and what we say to each other.

You know that moment in a conversation when you are faced with a choice... do I say what I am thinking, or do I keep quiet? We are often told to 'tell it how it is' or that 'being real' is good for our relationships, but on the other hand if we say everything we think we'd be in trouble. Just because we think something, doesn't necessarily mean it's true... maybe the better question to ask ourselves as we are faced with that choice in a conversation is, 'is what I am thinking helpful or hurtful?'

What a gift it would be if we always knew what to say and always said it at the right time! Or it may be an even greater gift to know when not to speak!

In the Bible Paul says in his letter to the Ephesians '*Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you.*'



Let us try this month to do this, to speak helpful words to each other, to think before we speak, to try to say things that build others up not put them down. If we do, I suspect our village, our homes, our schools, our churches, our communities, our workplaces would be better places and our relationships improved.

With my prayers and best wishes.

Veronica

Rev'd Veronica Wilson - Vicar of Heacham

Church Opening Times

Wednesdays and Saturdays 10am - 4pm

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.

Heacham Church Tower Appeal

We are incredibly grateful for all the donations we have received towards the repairs to the tower. As at the 10th May the funds stand at:

Total Donations Received £5,353.48

This has helped pay for the scaffolding that is now covering the tower. The first step towards saving the tower has begun and with your help we will be able to complete the urgent repair work that is needed.

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

Meetings will be on 10th and 24th June from 10am till 12 noon 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 Rev'd Veronica Wilson: 01485 570697 heacham.vicar@gmail.com

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](mailto:heacham.church@gmail.com)

Methodist Church:	Rev'd Dr Richman Ncube	570232
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STAY CONNECTED

to Combat Loneliness
and Social Isolation



**Feeling lonely and
being isolated
are bad for
your health.**

St Mary's Church Tower Appeal

For 800 years St Mary's has stood
At the heart of old Heacham's village;
Watched riots and wars, the railway and floods
And been there to care and encourage.

'It is much loved, used and welcoming,'
says Veronica the Vicar,
'We've reopened now for worship and praise,
And peace from candles a-flicker.'

But there is a problem, a big one at that;
There are holes in the walls of the tower.
The gutters and roof let the rain come through,
Whether a deluge or a shower.

The cost of repairs is a worrying sum –
Twenty-Five Thousand or more!
We do need support, donations and gifts
So we can the tower restore.

Please go to Just Giving and support the appeal,
To our website and Facebook page too;
Bank transfer or cheque, or follow the links.*
Your kindness will help us get through.

Thank you for your donations, we've made a good start;
To date, around £7000.
With NCT grant and VAT claim,
That target is on the way down!

The builders are ready, the scaffoldings up,
And we've made sure no bats are around.
Soon mixers will rumble, stones cut and wood sawn –
All busy building site sounds.

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 PE31 7ER
(01485 572539)

Thank you.



Bereavement

Lockdown is over and we are all hoping that there will be no more of them. I am sure that, for many, stepping out into the big wide world again is going to be scary, especially if you have lost a loved one, best friend etc. To have to face the world again, which is going to be different, and even more different without your loved one, then it's going to be even more scary. It may well bring back some of the feelings that you have had since being bereaved, such as anger, guilt, yearning, depression, etc. As I have said before all these feelings are normal and there is no right or wrong way to grieve; we are all individuals, and we will deal with our grief in our way.

However, I would suggest that you come and join our bereavement group; it is helpful to come and have a chat with others who are going, or have been going, through the same as you. The meetings are not all doom and gloom, there is lots of everyday chat, lots of laughter and sharing, and yes there may be tears, but does that matter when you are among people who are in the same storm as you even if they are in a different boat. The group is open to anyone who has been bereaved, be it recently or ten years ago, Covid will have brought up many painful memories.

We are a drop-in group, so you can come and go as you like; we will make you coffee or tea and even give you a biscuit. The group meets from 10am to 12 o'clock, at Pine Hall, Wilton Road, Heacham, every first and third Thursday of the month. Please contact the church office 01485 572539 or email heacham.church@gmail.com just so we know who is coming, or just turn up. If you would like to bring a friend or family member with you then please do. I shall look forward to meeting some of you.

Sue Spencer

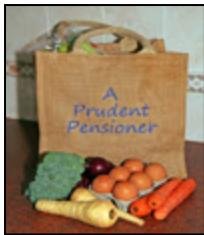


"Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead"

1 Peter 1:3

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Another recipe from The Prudent Pensioner

This easy recipe makes a nice tasty meal for 2 adults. I sometimes use 670ml stock and no wine and find the result just as nice.

Courgette, Bacon & Cheese Gratin

Ingredients:

2 tbsp. Olive oil
Medium courgette
3 rashers smoked bacon (rind removed)
Medium onion
140g. Risotto rice
187ml white wine
480ml. Vegetable stock
70g. cheese - sliced fairly thinly
You will need an 850ml/1½ pint ovenproof dish.

Method:

Cut bacon rashers into chunky pieces. Peel and slice onion. Cut off and discard ends from courgette, clean and slice diagonally.

Heat half of oil in large saucepan, add courgette slices and fry gently until tinged golden. Remove with slotted spoon and put aside.

Add remaining oil to pan, add bacon and onion and fry gently until softened and lightly golden. Add rice and stir for a few minutes until the grains start to pop.

Carefully add wine, stand back while it sizzles and absorbs the rice. Stir well and add approx. 1/3rd of stock. Increase heat to medium and cook, stirring frequently, until most of the liquid is absorbed. Add remaining stock and cook for a further 20 minutes or so or until rice is tender and most of the liquid has been absorbed.

Preheat grill to high. Remove pan from heat and gently mix in courgette slices. Season to taste. Place into an ovenproof dish. Spread cheese evenly on top of rice. Place dish under grill for 3-4 minutes until cheese is bubbling.

Serve and enjoy.

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

TIDE TABLES JUNE & JULY 2021

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT) add 1hr for BST										
June 2021				July 2021						
Date	Morning	Afternoon	Date	Morning	Afternoon	Date	Morning			
1 TU	10 15	6.3	23 25	5.9		1 TH	10 46	6.3	23 49	5.7
2 W	11 18	6.0				2 F	11 42	6.0		
3 TH	00 34	5.6	12 28	5.8		3 SA	00 43	5.5	12 41	5.8
4 F	01 39	5.6	13 34	5.8		4 SU	01 39	5.5	13 43	5.7
5 SA	02 41	5.7	14 36	6.0		5 M	02 37	5.6	14 45	5.8
6 SU	03 34	5.9	15 30	6.1		6 TU	03 31	5.8	15 42	5.9
7 M	04 19	6.2	16 19	6.3		7 W	04 19	6.1	16 32	6.1
8 TU	04 57	6.4	17 01	6.4		8 TH	05 00	6.3	17 17	6.2
9 W	05 32	6.6	17 41	6.5		9 F	05 39	6.6	18 00	6.4
10 TH●	06 04	6.7	18 20	6.6		10 SA●	06 17	6.7	18 44	6.5
11 F	06 37	6.8	18 59	6.6		11 SU	06 56	6.8	19 25	6.6
12 SA	07 12	6.8	19 36	6.5		12 M	07 32	6.9	20 03	6.6
13 SU	07 45	6.7	20 13	6.5		13 TU	08 07	6.9	20 42	6.6
14 M	08 17	6.6	20 51	6.3		14 W	08 41	6.9	21 21	6.5
15 TU	08 50	6.5	21 32	6.1		15 TH	09 19	6.8	22 03	6.4
16 W	09 30	6.3	22 19	5.9		16 F	10 02	6.7	22 50	6.2
17 TH	10 18	6.1	23 18	5.8		17 SA	10 52	6.5	23 48	6.0
18 F	11 18	6.0				18 SU	11 53	6.3		
19 SA	00 27	5.8	12 27	6.1		19 M	00 53	5.9	13 03	6.2
20 SU	01 36	5.9	13 38	6.3		20 TU	02 04	5.9	14 21	6.2
21 M	02 41	6.2	14 46	6.5		21 W	03 13	6.2	15 38	6.4
22 TU	03 40	6.5	15 50	6.8		22 TH	04 15	6.5	16 46	6.7
23 W	04 34	6.8	16 50	7.1		23 F	05 11	6.8	17 50	6.9
24 TH○	05 24	7.1	17 48	7.2		24 SA○	06 01	7.1	18 47	7.1
25 F	06 13	7.2	18 46	7.3		25 SU	06 50	7.3	19 37	7.2
26 SA	07 01	7.3	19 39	7.3		26 M	07 33	7.4	20 20	7.1
27 SU	07 45	7.3	20 29	7.1		27 TU	08 13	7.4	21 00	6.9
28 M	08 28	7.2	21 16	6.8		28 W	08 52	7.2	21 37	6.6
29 TU	09 10	7.0	22 05	6.5		29 TH	09 30	7.0	22 14	6.3
30 W	09 56	6.7	22 55	6.1		30 F	10 06	6.6	22 51	5.9
						31 SA	10 50	6.2	23 35	5.6

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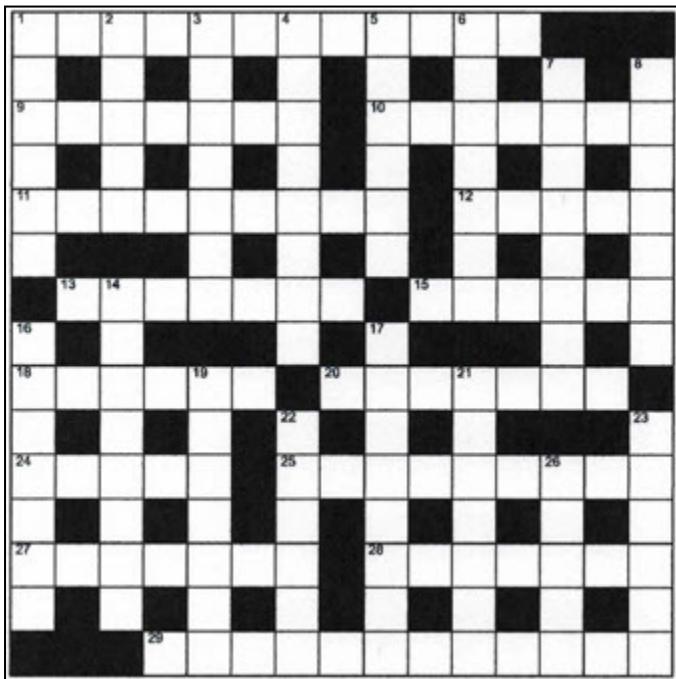



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JUNE CROSSWORD



CLUES:

Across:

1. I have beach to explore, having left work to experience something new (4,3,5)
9. Add to argument where you said to move back right away (7)
10. Fancy lid is put on dish (7)
11. Performance of *Cats* I see sparks initial feelings of delight (9)
12. To sleep in it wouldn't be right (5)
13. Nick is away at court (4,3)
15. Corresponds for a long time about moving in (6)
18. Acrylic paint layered over my body all starts to look cool (6)
20. State before shaving that the woman's case is to be heard ... (7)
24. ... the case's bottom line is to secure a conviction (5)
25. Tax return in basic English is okay (9)
27. Jessie takes advantage of work (7)
28. Genius pulls round after effects of fire (7)
29. Choppers drop last selection of wines around daybreak (6,6)

Down:

1. Inclined to field, with Lillee on shortened run-up (6)
2. Victor is somewhat green to be raising at gambling hotspot (5)
3. Like 25, hold on to a specific period of history (7)
4. Tired out halfway through fight? Rubbish! (8)
5. Cut out physical activity without hesitation (6)
6. Wet through, but taking day off is marvellous (7)
7. Part of plant where menial worked in floodlit surroundings (8)
8. Hope to keep dry after expansive top gets damp (7)
14. At the end of the day it's the only thing happening – the only thing! (3-2-3)
16. Stick around, this guy's a source of amusement (7)
17. Residence in Jersey ultimately obtained by double-dealing (8)
19. Diplomat is sent to engage canvasser (7)
21. Screw up at the beginning of simple process (7)
22. Put up with Head of Science or suffer oblivion (6)
23. Pitted against inherently clever suspect (6)
26. Jack could be of a type to fit into small plug (5)

Solution on page 39

General Knowledge Quiz

'The Name's Bond, James Bond!'

1. Starring Sean Connery, what was the title of the first James Bond movie and in which year was it released in the UK?
2. Which Bond villain shares a name with the title of a Steven Spielberg film?
3. What was the original name of Ian Fleming's estate on the north Jamaican coast? Its name was used for the title of a Bond movie.
4. Which song became the first Bond movie theme to reach No. 1 in the UK singles chart? And in which film was it used?
5. Pierce Brosnan's last appearance as James Bond was in which film?
6. The characters 'Pussy Galore' and 'Oddjob' both appeared in the same film together. What was that film? And who played these characters?
7. Which Bond film has won the most Oscars?
8. James Bond's character achieved a 'First' at Cambridge University. In which subject?
9. What was the character name of the American C.I.A. agent who liaised with James Bond in several films?
10. What is the latest film in which Daniel Craig plays J.B.?
11. In which film did a professional tennis player appear in a cameo role as J.B.'s 'local help' and what was his real name?
12. Who sang the theme song for 'Licence to Kill'?

Answers on page 39

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'In the Winter Time'

A serialized short novel
by Nancy E. Robinson

Chapter 10 On The Bus

Arriving, surprisingly safely, later, at the school gates, Josh realised there was yet another hurdle to get over and this one was going to be higher than the one he had clumsily tripped over on sports day, the memory of which made his ears go red as it had occurred right near where Lily Jones had been watching. Josh admitted to himself he had a huge crush on Lily and he'd hoped sports day would be a good opportunity to impress her but the only thing he had impressed was the ground. Though she had only smiled with obvious sympathy, the howling laughter of most of the rest of the crowd made him cringe inside and he'd never found the courage to speak to her since that day.

The memory of his humiliation wasn't going to help with the current problem, he mused, which was his best friend, Tommy. He realised he hadn't told him about Arty coming and with Josh having been rather pre-occupied of late with his adventures into the past, he knew that he'd neglected his friend and he didn't feel good about it. Spying Tommy by the bike shelter, and telling Arty just to stay where he was and he'd be back in a minute, he wove his way through bare-kneed and booted boys and mob-capped and bonneted girls, the latter wielding baskets like weapons of mass destruction. Just as he was approaching Tommy, wondering how to break the ice, one of the baskets connected with a part of his anatomy not accustomed to such attacks, causing him to yelp and double up. Fortunately, Tommy burst out laughing and although Josh would have preferred a less painful way of opening the conversation, it did mean he could just grin back at him, any awkwardness passed.

He told Tommy he'd been distracted because Arty, who he described as a distant friend of the family (and hoped that Tommy didn't mention this lie to his mum any time soon) had arrived unexpectedly and he'd been asked to keep an eye on him. This deception lark was tricky he decided and found himself agreeing with his mum's phrase, often quoted, that 'honesty is the best policy.' However, Tommy seemed to accept things readily enough and followed him back to where Arty was chatting to a group of girls who, Josh felt, were definitely flirting with him - lucky sod. He supposed, not that he'd ever given it much thought, that Arty might be considered rather good looking. He just hoped Lily didn't take a shine to him or any other girl come to that, as that was a complication he could do without. He already felt that he was doing a bit of tightrope walking and he had never cared very much for heights.

Prising Arty away from his giggly audience with difficulty, he made the introduction to Tommy just as the bell went and the chattering mass assembled in the school hall for the obligatory head count. "Where's the Bus?" whispered Arty, who was obviously desperate to see this marvellous machine he'd heard about but Josh was prevented from answering as Miss Daniels and Mr. Hartman appeared with their clipboards and started checking names off against their lists. When Miss Daniels called 'Arty Cheadle?' virtually all the heads in the hall turned round to see who it was, the name being a new one to them and amusing to some. Arty blushed a little and girls started whispering and giggling but a significant cough from Mr. Hartman was enough to bring their attention back in line. Miss Daniels explained that Arty was a visitor for the day and she naturally expected all the pupils to make him feel welcome and a part of the group. The formalities of head counting and veiled threats of unspeakable Victorian-esque punishments for misbehaviour dispensed with, the excited group filed out of school and onto The Bus.

Arty's wonder knew no bounds as the engine throbbed into life and the huge vehicle manoeuvred out of the school gates and onto the road. Tommy gave him a few quizzical looks from the seat in front of them but grinned when Josh gave him a sign clearly meaning Arty was a bit fruit-loop and to take no notice.

Down at the front of the bus, Miss Daniels was clearly enjoying sitting next to Mr. Hartman. She had been forced to pull rank early on as it was obvious several of the girls had the same idea. Being a teacher did sometimes have perks she decided. For his part, Mr. Hartman seemed equally happy with the situation, wondering why he hadn't noticed before what a lovely smile she had. James Hartman was a fairly new addition to the school and it hadn't taken him long to realise that Anna Daniels was probably the most respected and admired member of the teaching staff, though she



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was still quite young. She was very dedicated to the kids and, if staffroom gossip was to be believed, had no time or inclination for a personal life outside her work. James felt this was a real shame and, not for the first time, wondered if he should make it his personal mission to distract her from her self-sacrifice. He felt, with a warm glow, that it would certainly be no hardship to try!

Chapter 11 A Visit to the Workhouse

The bus pulled up outside an austere-looking building with a forbidding facade, looming up behind high walls and protected by large imposing wrought-iron gates.

Miss Daniels stood up and turned to announce they had arrived at The Old Workhouse and, with a wry smile, that there would be the strap and only gruel for supper for any child who misbehaved. Josh turned, laughing, to Arty whose face looked ashen and not at all amused by Miss Daniels' attempt at a joke. "Me auntie's family all died in a workhouse. I'd sooner die than go into one" he said quietly. "I'm sorry, Arty, I didn't know, but it's not a workhouse now", said Josh, "it's a museum of Victorian life. If you'd rather not go in, I'll say you're not feeling well and we can maybe stay on the bus." "No", Arty said, forcing cheerfulness, "we're here now. Come on, best we move before she gets the strap out!" Josh smiled but he felt sad for his friend.

They jumped off the bus and joined up with Tommy who had waited for them by the gates. Mr. Hartman got them to line up inside the courtyard and they filed into the museum like the well-ordered Victorian children they were supposed to be. When they were all in, the doors clanged shut behind them and Josh sensed Arty wince beside him. He sensed something else too and, looking up, caught Lily Jones looking back in their direction. He couldn't tell who she was looking at but she quickly

turned back to face Miss Daniels who was organizing everyone into groups of five or six and giving instructions and worksheets to each group. Josh was not sure whether to be pleased or terrified when he, Arty and Tommy were teamed up with Lily and her friend, Gracie. Mr. Hartman reminded the boys that they must behave like Victorian gentlemen at all times and open doors for the girls and suchlike. "Does that mean they have to lick our boots sir?" piped up Sam Raymond, to a mixed chorus of cheers and boo's. "No, Sam, it does not and if you misbehave, you'll likely find my boot attaching itself smartly to your backside," retorted Mr. Hartman, laughing. The groups then filtered off into separate rooms which had been set out to resemble different aspects of life in Victorian England. Josh stuck close to Arty who, naturally, was very knowledgeable about a lot of the artefacts on display. Miss Daniels attached herself to their group for a while and looked at Arty more than once a little quizzically at his expert knowledge and obvious feeling for the subject. Lily too stuck close to Josh and Arty, much to the amusement of Tommy (who knew Josh's feelings but was sworn to secrecy) but Josh couldn't help feeling that Arty was the attraction rather than himself and wishing it were otherwise.

After their tour, which Josh was grateful had passed without too many awkward moments, the group gathered in the old refectory where they sat at long tables to eat their supposedly frugal lunches, though Josh noticed other forbidden fruits had slipped into most of the boxes so didn't feel so bad about his chocolate addition. The look on Arty's face eating chocolate was worth any amount of telling off if he was caught! Josh was not at all surprised to see Arty slip an apple into his pocket, no doubt to share with his mother later, and between them they soon polished off the bread and cheese washed down with water - the only drink Miss Daniels would allow at the tables, served from large pitchers which amazingly didn't even get spilt by Jimmy Fish.

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After lunch they congregated in the exercise yard for old-fashioned games which resulted in more fun and laughter than was usually generated in their school playground and at the end of the day they all agreed it had been a success but they wondered still what Miss Daniels' surprise prize would be as they lined up ready to board the bus for home. Josh found himself next to Lily, making the day even better in his opinion, especially as she smiled at him and not Arty (he was sure) and in a way that was not pitying in the slightest degree! Coming back down from his cloud he realized Miss Daniels was announcing the winner... "...not only because of his extraordinarily authentic costume but also his enthusiasm and understanding of the exhibits, the special prize goes to our visitor, Arty Cheadle. Well done Arty!" Some of the less charitable kids moaned under their breath about an outsider winning until they saw the prize - an old miniature spinning top and an early Victorian silver sixpence. Their faces now registered something like relief but Josh saw Arty's expression and heard his whispered 'A whole sixpence? and a spinning top? Crikey!' "Come up and collect your prize Arty," said Miss Daniels, smiling at his dumbfounded expression of gratitude which, she admitted, was not really the reaction she'd expected (nor would have got) from the vast majority of the class, most of whom would have been thoroughly embarrassed by the ribbing they would no doubt have suffered from the rest of their classmates.

Arty being eventually in awed possession of his trophies, they all filed back on the bus and, arriving back at school, they were dismissed for the day. Josh and Arty said cheerio to Tommy (and

Lily...) and made their way home, chattering about how well the day had gone after a shaky start and both, for different reasons, walking a little taller than before.

Josh's mum was really glad to hear of Arty's success and had her own success when she managed to produce edible scrambled eggs on unburnt toast for their tea, which was fortunate as Josh had been looking forward to having fish and chips but felt the sacrifice was worth it to see his mum's pleasure at creating a meal without calamity! Arty thanked her for all her kindness and while she stood amazed at what an articulate and nice lad he was, they sloped off upstairs to return Arty home, but not before Josh had secreted some mince pies (bought ones) into his pockets for later. Josh hadn't forgotten his promise to give Arty something as a keepsake and wondered what it should be. It couldn't be something too modern otherwise it might cause real problems in the past, so they settled on a block of plain paper and some retro pencils. Arty having secreted all his prized acquisitions in his pockets or inside his jacket, Josh grabbed his fleece and turned to pick up the Christmas card from where he'd left it, only to find a space where it had been...

Nancy E Robinson

(To be continued...)

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Norfolk & Waveney Mind

Social Activity Lead Volunteers Needed for our drop-in groups at our friendly centres in Heacham and King's Lynn (in Art, Crafts, Discussion, Music etc.)

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A DBS check and mandatory training will be required.

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mind Norfolk and Waveney



Law Firm Donate to Local Mental Health Charity

Local mental health charity, Norfolk and Waveney Mind, were delighted to be presented with a donation of £1,500 from local law firm, Ward Gethin Archer. This was in addition to personal donations from their staff which amounted to another £170.

Norfolk and Waveney Mind's aim is to ensure that no one has to face poor mental health alone and with the right support and resources anybody can create a life that feels meaningful.

The donation will be used to continue the work of the Charity's Safe Haven project in Heacham, which provides mental health support, social groups, activities and advice to people within the local area.

Norfolk and Waveney Mind are busier than ever. 60% of adults and young people who did not experience poor mental health before the pandemic, are now experiencing mental health issues. Donations like this help the Charity ensure that anyone experiencing mental ill health gets support and respect, especially at this time when people are needing their help more than ever.



Photo: From left: James Macwhirter and Helen Povey, of Ward Gethin Archer. Norfolk and Waveney Mind staff and service users.

News from Ward Gethin Archer

Ward Gethin Archer were delighted to be able to present a £1,500 donation to Norfolk and Waveney Mind recently. This was in addition to donations by Ward Gethin Archer staff via the Just Giving website of £170.

Our mental health is very important and Mind do a fantastic job of supporting those with needs in the community with a wide range of services including 1:1 talking therapies, gardening projects, access to employment services, mental health training and education for businesses, schools and individuals, residential care and support programs.

However, there are many people who they unfortunately cannot reach. As a charitable organisation each session they run relies on funding, and although some sessions are funded for 6 months or so, when the funding comes to an end then so does the help and support given by Mind, and this can be a big blow to some of their service users.

With over one in four people experiencing a mental health problem and 104 people choosing to take their own lives each week in the UK, the need for good quality mental health support, advice and information is vital.

Simon Adams



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Heacham at Night

It's that time of year again. Summer Solstice is on the 21st June, day and night will be equal. Afterwards, the nights start drawing in and winter beckons. Bet you are glad to read that -more dark, cloudy nights.

I saw a meteor last month, likely one of the Eta Aquarids, bits of Halley's Comet which I saw in 1986. I'll let someone else see it in 2061. At the moment its beyond Neptune and close to aphelion, its furthest point from the Sun.

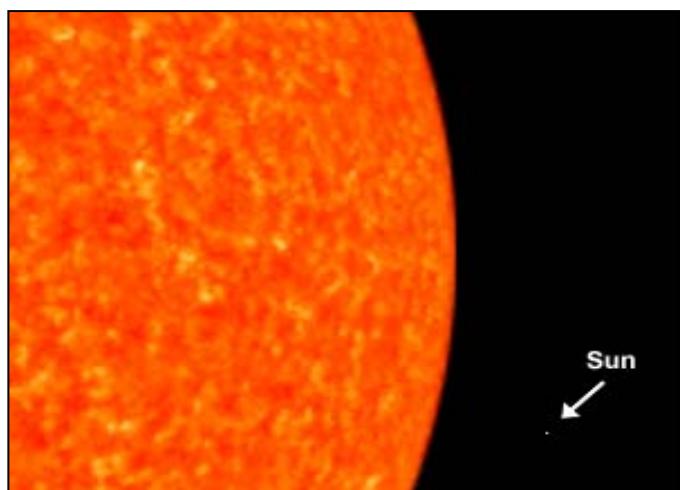


Halley's Comet 1986 Internet. Not dissimilar to Comet Neowise seen in Heacham last summer

The meteorite which fell to Earth in Winchcombe, Gloucestershire, is now on display at the Natural History Museum, London.

Light nights in June mean it is hard to see anything faint or distant. After the sun sets you may see noctilucent clouds. These are very high in the atmosphere and remain illuminated well after the Sun has vanished below the horizon.

Very low in the South will be the bright star Antares, a red supergiant. Its name means 'rival of Mars'. Antares is one of the largest stars in the sky. If it replaced our Sun, it would extend out beyond Mars almost to Jupiter. It is 550 light years away, variable and a binary with a blue-white companion. A supernova event awaits it.



Antares, red giant compared to the Sun (dot) Internet.

Well above Antares and west of it, find another bright star, Arcturus. Thirty-seven light years away and another red giant; it is 7 billion years old. From Arcturus move your eyes east to Vega, just 25 light years distant, young but massive and spinning rapidly.

Go roughly 45° south and east from Vega and find Altair which is 17 light years away. It spins very rapidly – 286 km/second. Go up the sky and a little further east to find Deneb. This is a very distant 2,600 light years away; it shines so brightly because it is a blue white supergiant. With a surface temperature of 8,500°C, it is much hotter than our Sun.

Vega, Altair and Deneb form the Summer Triangle asterism which Patrick Moore popularised. The Antares, Arcturus, Vega, triangle seems unlabelled, so call it the Parish Triangle until someone wants to sue me.



The Summer Triangle Internet

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If you stay up until midnight then it should be dark enough to find Messier 13, a globular cluster. It will be right overhead about a third of the way along a line between Vega and Arcturus, closer to Vega. It will need good eyes to see a fuzzy blob; binoculars will help a lot. It is called The Great Globular Cluster in Hercules and is 145 light years in diameter and 22.000 light years away. It contains several hundred thousand stars and was first discovered by our friend Edmund Halley in 1764 – the comet man, see above.



M13 through a telescope. Internet

There are a few planets to look out for. Venus will be shining brighter than anything else but the Moon. Look WNW from after sunset until late evening. Early in the month around 9.45pm is likely best, later in the month from about 8.45pm and look more to the west. Venus sets about 11pm but will obviously be very low down then.

On the 2nd from 10pm, in the WNW, you will see Mars with the stars Castor and Pollux above and to the right of it. Mars is dim now, less bright than the adjacent stars.

On the 11th, again at 10pm WNW, Venus will be accompanied by the thinnest sliver of Moon. And on the two days following, the Crescent Moon is close to Mars with Venus low down.

On the 23rd, at 10pm, whilst looking for Venus low in the WNW, go further west and a tad higher in the sky. Mars is right in front of Praesepe, the Beehive Cluster of stars. This is an open star cluster about 600 light years away.



The Beehive Cluster Internet

Saturn rises around midnight and Jupiter follows just after. Look between 2am and 4am, ESE at the beginning of the month moving further to the South as the month progresses. They are low but not too bad, maybe a spread hand above the horizon. Jupiter will be hard to miss, fainter Saturn is about two fists to the right.

Is Greenland on the green list? There is an annular solar eclipse on the 10th. This is when the Sun looks like a glowing ring doughnut as the Moon is a little too far away to block all of it and so just occupies the Sun's centre. Never seen one of those.

However, on the same day in Heacham, watch a partial solar eclipse between 10am and 12.35. Its when the dragon takes a bite out of the Sun.



An annular eclipse of the Sun. Internet

Look up whenever the sky is clear. You might see a meteor falling. Put it in your pocket (old people will know the next few words).

Terry Parish

PS The Chinese just landed on Mars (15/05/2021)

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Extra Hands Carers look back on Remarkable First Year

Events of the last 12 months have transformed millions of lives, and that is certainly the case for some carers who this month rack up their first year in the job.

Tamara Proctor, Natalie Ely and Trevor Wicks all have different backgrounds and stories but entered the care sector just as its work became more necessary and high-profile than ever before.

For 20-year-old Tamara from West Lynn, who had previously worked in a shoe shop, the pandemic made up her mind to take a step she had been contemplating for some time – and she has no regrets in joining the award-winning home care company Extra Hands on May 20 last year.



“Growing up, I cared for my mum, and I’d seen how carers helped her, so when I saw what was happening with the virus,


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www.extrahandshomecarenorfolk.co.uk

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

it seemed like the best time to get involved with a job that was a natural fit for me,” she said.

Her retail experience, often with older customers, has proved handy. “It’s been character-building,” she said. “When I used to go and see someone I didn’t know, I tended to worry a bit, but now I know it’s just part of the job, so I throw myself into it and I’m much more comfortable.”

Hunstanton mum-of-two Natalie’s evening and weekend work fits in well with family life. She said joining family-run Extra Hands, which was set up in 1993, on May 4th last year during the pandemic was coincidental.



“I’d umm-ed and ahh-ed about care work for a long time, and just happened to take the leap of faith when I did, but I’m so glad I did – it’s incredibly rewarding,” said Natalie, who, like Tamara, works out of the Heacham office.

“My main concern was that if you hear someone’s not well, or been taken to hospital, I’d get too attached, but I’ve learnt to give my all at work, and then not take it home with me.”



Trevor, who works out of Extra Hands’ Horsham St Faith office, near Norwich, used to run the popular Hollywood Cinema chain in Norfolk, and gave his unlikely-sounding career change, which started on May 22nd last year, a five-star review.

“When I put on Facebook what I was doing, people were amazed at such a total about-turn,” he said.

“I wasn’t sure if I’d

like it, but when you go to somebody’s home, you may be the only person they see that day,” he continued. “I look forward to going to people’s houses and doing some good for them – how many jobs can you say that about?”

Many lives have been changed forever by events of the last 12 months, but from a professional point of view at least, it has been a change entirely for the good for these carers at Extra Hands, which provides a variety of home care visit packages across Norfolk, to suit all requirements and budgets.

“If I had a pound for every time I’d heard someone say ‘that’s great, but I could never do it’, I’d be a very rich man,” said Trevor. “My friends tell me I’m a lot happier now, doing this job. If I can do it, anyone can!”

Extra Hands’ Heacham office was rated as outstanding by the CQC.



Heacham Scouts

We started our new troop in November, and have spent most of the time doing our weekly meetings on Zoom which in itself was a challenge. The Scouts however, adapted very quickly and we were able to do badge work for Air Researcher and Air Spotter badges.

We had to be creative with games, and one of the Scouts favourites was the scavenger hunt. Sorry to the parents if some of the requests, which included going in your wardrobes, caused any distress.

Finally, we are allowed to meet up in person under strict guidance, and have been busy doing Phonics, which included a game of bingo, and model building with spaghetti and marshmallows.

We have also been round the village with maps for our local knowledge badge.

Anyone wanting to come and join our troop should contact 07783 384559. After half term we will be meeting on a Friday between 7 and 9pm.

Special thanks to Akela who is helping us at meetings every week and to set up the new troop.

Ziggy, Rikki and Chil

Cubs have been part of the Scouting movement since 1916

cubs+ Age 8 – 10½ years

cubs Go on camps

Earn badges

Learn new skills

Have Fun!

If you think this is for you contact Hathi (Jemma) 07962 611122

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Heacham Scout Group needs you

Are you between 6 -14 years

Do you want to

- have fun
- meet new friends
- play games
- earn badges
- camp
- learn new skills

*Then being part of Scouting could be for you.
Heacham has Beavers, Cubs and Scouts*

WE NEED YOU!

Please contact relevant age group:

Beavers : 6-8 years – Michaela 07788 888921
Cubs : 8-10½ years – Jemma 07962 611122
Scouts : 10½-14 years – Tommy 07783 384559

cubs Scouts

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John Harris cordially invites you to his

PIANO PARTY



(to raise funds for the National Health Service with grateful thanks for their hard work during the Pandemic and in memory of those who have died)

On Saturday 26th June 2021
from 10am to 3pm
and from 7pm to 9pm

At the Methodist Hall, Heacham (opposite Boots)

Musical games and competitions (with prizes!)

Singalongs and hymn-singing (if allowed) and requests.

No charge for admission or refreshments, but John will invite his guests to make a donation of their choice to the NHS



HUNSTANTON Learn, Laugh, Live

Our next Zoom meeting will be on:

Monday 21st June
starting at 2.00pm

Speaker: Mark Lewis on William Morris Art & Craft Movement.

For further details see our website and to request a Zoom link as a visitor.

Contact: memsec.u3ah@gmail.com

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Hunstanton Library is on the Move

In May the Library at Hunstanton moved to new premises. Our new address is:

**Hunstanton Library
 Council Offices
 12 - 14 Valentine Road
 Hunstanton, Norfolk
 PE36 5EF**

We opened our doors at Valentine Road on 25th May. Our opening times are:

**Monday closed,
 Tuesday - 10am – 1pm and 2pm – 6pm,
 Wednesday - 10am – 1pm and 2pm – 6pm,
 Thursday - closed,
 Friday - 10am – 1pm and 2pm – 6pm,
 Saturday - 10am – 4pm**

Hunstanton Library, Westgate, was open as normal up until 14th May, then we closed our doors for the last time on this site.

The link below gives details of all libraries and their opening times:

Local libraries in Norfolk - Norfolk County Council

or visit our website <https://www.norfolk.gov.uk/libraries>

The mobile library service is back on the road too, and you can find the timetables via the link below:

Mobile libraries - Norfolk County Council

We have moved to Valentine Road temporarily, to make way for the construction of a purpose-built library at the same Westgate site.

You can take out up to 45 books and all books are being automatically renewed, so you don't need to worry about remembering to renew your books at present.

If you have any queries, please call us on 01485 532280 or email hunstanton.lib@norfolk.gov.uk

In libraries, you can...

- follow our one-way system to browse the shelves
- pre-order a selection of up to 10 books for adults for free through **Select and Collect**. Use the online form at norfolk.spydus.co.uk or call 01603 774777



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 Part Exchange Considered

We also offer –
 Care Support / Domestic Cleaning – Do you need help around the house or to look after a loved one? WE have been providing care support for 15 years – call us to discuss your situation

Property Adaptations – Odd Jobs – Property Maintenance – Garden Services – Fencing – Concrete driveways/paths/ramps – Grab Rail Installations – Walk in showers / Wet rooms

- collect reservations
- borrow our **Grab and Go** selection book bags
- book one 60-minute session per day on a computer. To book a session or if you need any help using our computers or filling in your Census form, call 01603 774777
- collect Tricky Period products and Toiletries To Go return items through the drop box or self-service kiosks
- download the FREE Spydus app to check out books on your smartphone
- download eBooks, audio books, newspapers and magazines by visiting www.norfolk.gov.uk/libraries

We've made some changes to keep you safe, so...

- there is no 'Open Library' access
- please bring your library card with you or join in the library or online
- we may ask for details from you to help with Test and Trace
- you will need to wear a face covering in the library
- we have a one-way system for social distancing
- hand sanitiser is available for use on the way in and out of the library
- surfaces and computers will be regularly wiped down
- returned books will be quarantined for 72 hours
- sorry, there are no newspapers, magazines or seats in the library and the toilet is **not** available

All the staff and myself look forward to welcoming you to Valentine Road Library.

www.norfolk.gov.uk/libraries

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Have your Say (NHS Norfolk and Waveney CCG)

Think 111 First Patient Feedback Survey – On 1st December 2020, the Think 111 First campaign was launched to encourage people to call 111 before going to Emergency Departments (ED) for urgent non-emergency care. We would like to hear from **anyone who has visited ED in Norfolk and Waveney since 1st December 2020** to find out whether they called 111 before going and how that affected their experience. You can access the survey here: <https://www.smartsurvey.co.uk/s/Think111firstpatients/>

New COVID-19 vaccination resource about pregnancy, breastfeeding and fertility – Information for people of child-bearing age and their families about the COVID-19 vaccination and pregnancy, breastfeeding and fertility is now available on the Just One Norfolk website. It includes films, Q&As and links to national and local resources. Keep checking back for the latest information:

<https://justonenorfolk.nhs.uk/covid-19-coronavirus-faqs/covid-19-vaccinations>

Thanks.

Communications and Engagement Team | NHS Norfolk and Waveney CCG.

nwccg.haveyoursay@nhs.net | www.norfolkandwaveneyccg.nhs.uk

NEWSLETTER SUDOKU 51 Answer page 39

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

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



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What's Going On?

If you happen to wander past my studio in the High Street Heacham (Studio @ 55) you may ask yourself what exactly is going on here. The light could be on when most of Heacham is asleep. I may still be working. I have a deadline.

Each year a contemporary art exhibition takes place at Cley-next-the-Sea. Artists show their work in St. Margaret's Church and churchyard, the NWT Visitor's Centre or on the beach. (<https://cleycontemporaryart.org/> Instagram @cleycontemporaryart)

Unfortunately, Cley 20 couldn't take place but now, I can finally proceed with my work for Cley 21 which will take place from 1 July - 1 August.

The theme is "nowhere: not in or to anyplace, not anywhere – nowhere is now here."

The installation piece I'm doing consists of eleven 'skins' that will be suspended above the baptismal font near the west



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window/entrance. Each 'skin' is made of tissue paper and acrylic medium and is approximately 2m long and 120cm at the widest point. I set to work making a large form made of chicken wire and 'Ciment Fondu' that would serve as a mould for the 'skins.' They are translucent with soft edges reminiscent of alabaster or ice and will appear to be floating in space. I still have a lot of work to do before the hanging starts on 21 June, but you are welcome to visit on Saturday and Sunday from 10am to 1pm or by appointment.

While I'm waiting for the acrylic medium to dry, I'm working on my second installation project of the year. It's for the Ravenglass Sculpture Trail which will run from 29 July to 5 September. (<https://ravenglasssculpturetrail.com/sculpture-trail-2021/> Instagram @ravenglasssculpturetrail) I will be using the same materials but suspend 'skins' in a tree to create a cocoon-like effect. My childhood love of tree climbing got put to practice again making the templates for the piece.

When I am not working towards an exhibition or on a commission, I give classes in Clay Modelling, Soapstone Carving and Plaster & Wire. Clay Modelling is running and so is my new kiln. It's exciting having a kiln on site and seeing student work after a firing. As things ease up, more courses will begin so please do let me know if you would like to join in. My classes are limited to 4 participants so each person can develop their own ideas with a maximum amount of support.

Further information: Esther Boehm BFA (sculpture) • Studio @ 55 • 55 High Street • Heacham, PE31 7DW
www.studioat55.com • eb@estherboehm.com

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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

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)

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

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

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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

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

Norsemans Boxing Gym Jnr 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

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



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Heacham & Sandringham Camera Club meets 1st & 3rd Tuesday monthly 7.30pm Sandringham Club West Newton Email: heachamdigitalcamerclub@yahoo.co.uk

Pocahontas Players Drama Group 7.30–9.30 pm Tel: 570402 (PH)
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–3 pm at 4 Poplar Ave Tel: 01485 572707 www.westnorfolkmind.org.uk

Scallywags 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 7–9 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07710 066145

West Norfolk 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)

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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 10 am 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

Tea Dance every week. Old time line dancing and sequence 2pm –4.30pm at the Public Hall. Call George 01775 670294

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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 jaime@fitsteps@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 **6.45 – 8.30pm**

Tel: Sam 572138 or Jemma 07962 611122 (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 Jnr 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: Tommy 07783384559 (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



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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 United Services Club. Two courses for £9.00. You must book - 01485 533360



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OTHER EVENTS

June

Live music at Hunstanton United Services Club
Saturday 5th with Simon Lee – All eras.
Saturday 12th with Toni G. 50s, 60s & Elvis
Saturday 19th music and banter with Lesley
Saturday 26th Corey Lewis. Motown

Car Boots at Heacham Social Club playing field
Sunday 6th June, Sunday 13th June
Sunday 20th June, Sunday 27th June

Music at the Nelson Church

All Saints Church Burnham Thorpe

More info on www.burnhamsbenefice.org.uk

Tickets from thorpemusic2021@gmail.com

Saturday 12th June at 5pm - Serenata tickets £10

Saturday 26th June at 7pm – Kavolecrica tickets £12.50

Monday 14th June at 2pm

The Arts Society Online Lecture - The Music of Russia – It's not just Tchaikovsky.

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 21st June at 2pm

u3a Zoom meeting

William Morris Art & Craft Movement.: speaker Mark Lewis
 For further details and to request Zoom link as a visitor, contact memsec.u3ah@gmail.com

Saturday 26th June 10am – 3pm & 7pm - 9pm

Methodist Hall, Heacham

John Harris presents his Piano Party

Sunday 27th June 10am – 4pm

Royal Air Force Bircham Newton Heritage Centre
 Open Day.

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Lois Carrick





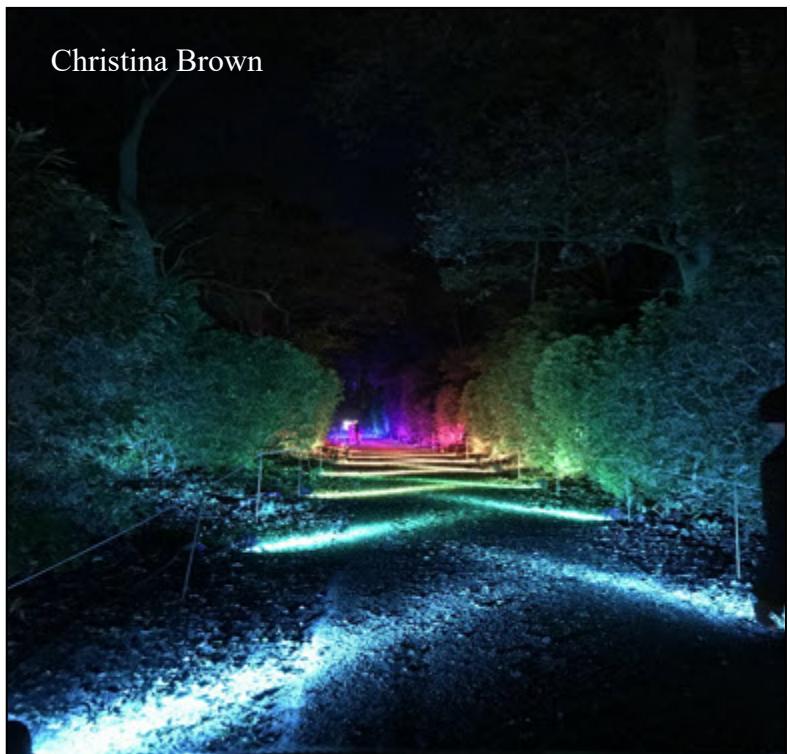
The Heacham Newsletter – Virtual Photographic Exhibition

We continue our Virtual Photographic Exhibition of 2021 with our fifth selection of photographs submitted by our readers. This month we have a selection on the topic of 'landscapes' for your enjoyment.

As a reminder, our exhibition will continue during 2021 until we have displayed the 70 plus 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, Seascapes, Sunset and Landscape.

Each month we will also display the items that we have printed on The Heacham Newsletter webpage - theheachamnewsletter@gmail.com so at any time 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 mixed display each month of both pictures and photographers.

The Newsletter Team



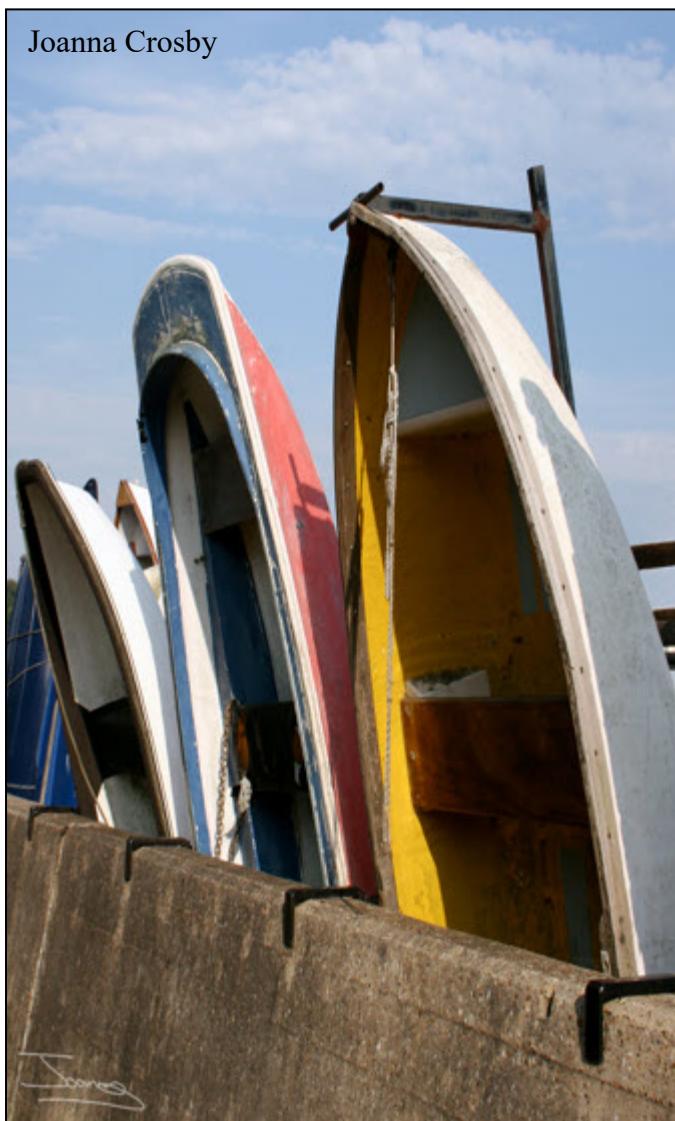
Christina Brown



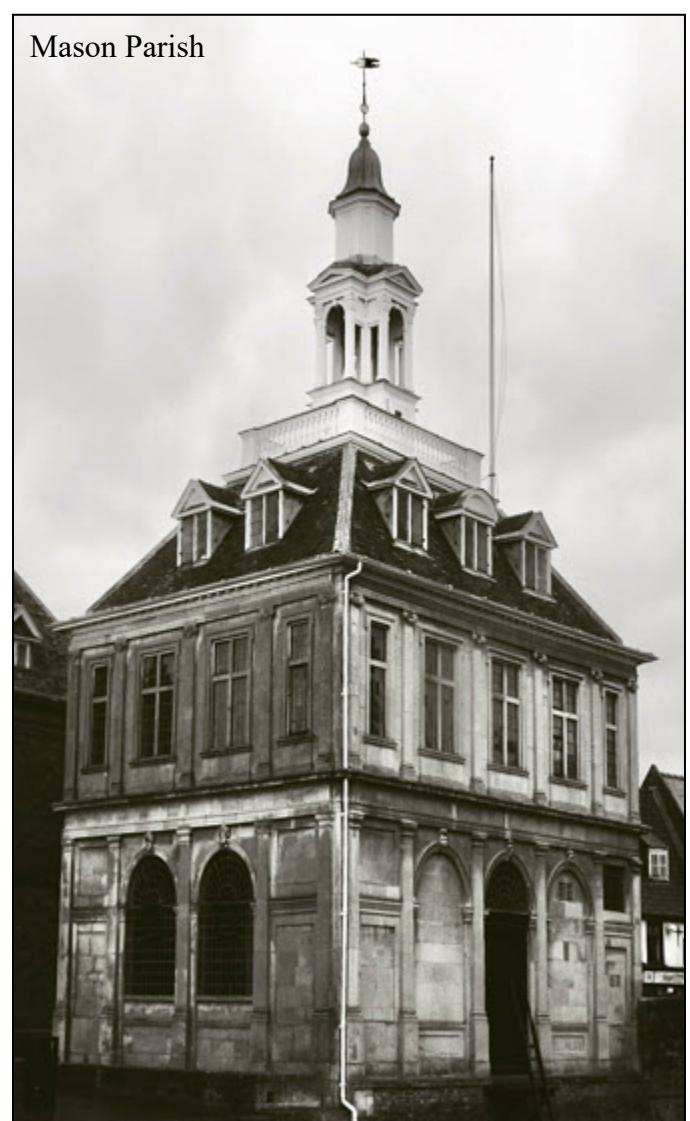
Lou Sabourin



Joanna Crosby



Joanna Crosby



Mason Parish

Lois Carrick



Christina Brown



Eóghan Forde



Mason Parish



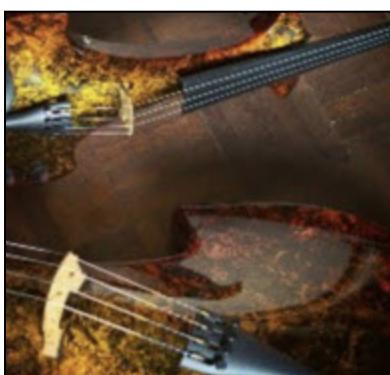
Concerts at The Nelson Church in Burnham Thorpe in June.



Following the success of our first concerts and recitals in May we look forward to more exciting and enjoyable music in June. On 12th June we welcome the female singing group Serenata to our beautiful church.

Throughout history, composers have written music for women to sing together to exploit the unique harmonics and resonances of the female voice. Serenata's repertoire includes a wide variety of pieces and genres drawn from the 12th century up to the present day and we are sure that their Serenata's members between them are highly experienced, incorporating professional and amateur musicians who have been singing together for more than five years. But Serenata is more than a choir – it is a collective based on longstanding and enduring friendships ensuring emotional depth and connection in everything the choir does.

They will sing an interesting programme which is split into two halves, with the first half themed around Summertime, featuring pieces by Vaughan Williams, Stanford, Rutter, Weelkes, Gershwin, Arlen, Elgar, and Benjamin Britten. The second half explores the role of music and song in the movies – with many well-loved tunes to celebrate the joys of summer.



A different kind of music will be on the programme for June 26th at 5pm/ when we hope too, we shall be able to relax more with Covid regulations easing. Kavoletrica with their unusual and specially c o m m i s s i o n e d instruments, throws your traditional ideas of music out of the window. This sensational string quartet

turns classical music upside down with their dramatic arrangements and thrilling performances. From Mozart to Metallica and Bach to Beyoncé, their dynamic programming will excite and astonish. 21st century techniques and improvisation are combined with all the pieces you know and love to create music like you have never heard it before.

The concert on June 12th is at 5pm and tickets are priced at £10 each.

The concert on June 26th is a 7pm and why not bring a picnic to enjoy in the park beforehand.

Tickets for the Kavoletrica concert at £12.50 each

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

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Geography is in the Lens of the Beholder

Students at Smithdon High School have been encouraged to look at the world around them with more focus than usual in the name of a school photography competition.

The contest was the idea of Steven Chapman, Head of Geography at the Hunstanton High School, and he came up with it to get students to look afresh at their surroundings as they return to classroom lessons after months of lockdown and remote learning.

"In a departmental meeting we discussed how we wanted to inspire students to get out of the house after remote lessons and at the weekend, to take exercise and also to be aware that geography is all around them," he explained.

"One of my colleagues showed pictures of how his garden had changed over a period of time, and another had pictures of how new housing developments impact on and change existing communities."

Despite government guidelines still discouraging any unnecessary journeys, the pupils have responded enthusiastically, with around 30 entries from across all year groups, focusing on a variety of local topics and themes.

"We've had a real range, including the 1953 North Sea Flood Memorial, landscapes changed by snow, heathlands, farming landscapes, snowdrops as a sign of spring, flooding, weather conditions, fallen trees – a really interesting mix," said Mr Chapman.

"One pupil included pictures of a pre-lockdown trip to London, as a reminder of what awaits us when this is all over and we can start to move around a bit more."

Smithdon High, which is a member of the West Norfolk Academies Trust, which manages 11 schools across the borough, is something of a fixture on the local landscape itself.

It is internationally famous for its brutalist architectural style, and during lockdown the school campus has undergone an extensive programme of repairs and improvements.

"The contest really caught the imagination of the students and revealed how much they've learnt about geographical processes, which they were able to express in their photo descriptions," he continued. "The judges commented on how one of the best things was that this knowledge wasn't something that they had looked up online, but that they had acquired in the course of their studies, and put to good use."

The Year 7 winner came from Ella Asker, showing the lasting damage of the 1953 floods on a ruined road at Snettisham bird reserve.

More recent flooding at Hempton was the theme of Year 8 pupil Adele Carty's winning picture, and in Year 9 Chloe Moulton won for her picture of a snowy sunset at Heacham North Beach, with the flood defences featuring in the picture.

In Year 10, Arnold Wilson won with a picture of a burst levee taken near the appropriately-named Watery Lane, Litcham, and the Year 11 prize went to Jack Bolderstone for his depiction of the impact of coastal erosion on the cliffs at Hunstanton Beach.

The school used all kinds of innovative ways to engage students in lockdown, including E-books, podcast recommendations, fitness challenges and recipes to try, but the competition entries have shown just how keen students are to get out and about, something that the return to school means they can now do a bit more frequently.

"The competition has raised their awareness of their surroundings so we're going to use the pictures in future

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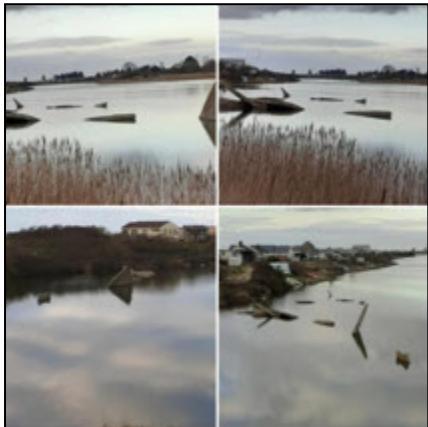
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assemblies, to illustrate local issues and educate students about where they live and how their lives affect that," he said.

"I'd love to get the pictures printed and put on display, too. The West Norfolk Academies Trust has a cross-schools geography teaching team, so in future, working more closely on this across other schools would seem a logical next step."

Some of the winning pictures can be found here: <https://www.dropbox.com/sh/uy9x1v1hnjvzb9/AADMm sag5f5MyCNFAIMoSSMxa?dl=0>

More detail about the pictures can be found below:



Year 7 Ella Asker - Ruins of a road at Snettisham bird reserve, damage caused by 1953 North Sea Floods. The entry talked about how the effects of the flood can still be seen today.



Year 8 Adele Carty - A flooded field at Hempton during recent periods of heavy rain. The explanation used flooding theory to explain the scene.



Year 9 Chloe Moulton - A snowy sunset on Heacham North Beach. The entry included details of sea defences and coastal processes.

Year 10 Arnold Wilson - The bursting of a natural levee taken near Watery Lane, Litcham. The entry used theory on rivers and flooding to explain what was happening.

Year 11 Jack Bolderstone - The effects of coastal processes on Hunstanton Beach. This GCSE Geographer wrote an excellent piece using his understanding of coastal processes to explain how the cliffs are changing.

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The Business Centre, 43 Lynn Road,
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An advertisement for Searles Leisure Resorts Hunstanton. It features two photographs of the facility: one showing a row of treadmills in a gym, and another showing an indoor swimming pool and hot tub. The text reads:

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'One Way or Another'

Final part of a short story
by Joe Rawnsley

Without moving he whispered something to one of the other humans who was holding a weapon, which was raised and there was a soft clap and we saw something flash past our eyes at an unbelievable speed. June jumped backwards and screamed, shocking us into turning to look at her. Something had pierced her stomach, in the half light it was difficult to see what it was, but the end furthest from her was dark red, like the colour of freshly spilled blood. The rest of us howled in panic. But I noticed that the humans hadn't moved and the one with the hat remained low, one hand resting against the ground. June began hyperventilating though her eyes quickly became too heavy to keep open. She tried to move at speed but her limbs betrayed her, and she fell a couple of paces away from Mustapha's lifeless body. June cried out once more but had stopped moving entirely and her breathing slowed down. Her chest moved more and more slowly as she inhaled and exhaled, releasing bursts of steam from her nostrils.

The humans began to slowly move towards the two gorillas laid on the floor and the rest of us, albeit cowardly, stayed hidden behind plants and grass. Three of the men reached Mustapha and struggled to lift him. The pale skinned human, along with another, approached June with caution and, when they were satisfied that she was asleep, rolled her onto her back, with a forced effort, and he gently pulled the sharp twig-like object out of her chest. The action was done with care, not reckless abandon for the wellbeing of the gorilla, I noted. The other human then left to join in helping to lift Mustapha onto the back of their metal beast. We heard groans of effort as the four of them heaved the body upwards. Mustapha must have weighed at least double that of the humans and their struggle was obvious. The pale human had rested a hand on June's chest and seemed to be feeling for her heart. He waited there for a moment and then, apparently satisfied, got up and walked quickly back to the others. With a last flash of light, the metal beasts hastily retreated and within seconds they were gone, leaving nothing more than broken branches and lines in the soil. The silence and darkness returned as we stayed motionless and terrified.

Thankfully, June awoke in the morning, albeit groggily. Her movements were laboured and she breathed heavily. She said that her vision was a little blurry. Once she had regained a little composure, I told her what had happened during the night. It was then that she remembered that her son had died, and the humans had stolen his body away from her whilst she was still grieving. She wailed in torment which was difficult to watch. We tried to console her, but she could not hear our words, feel our soft touches, understand our desire to calm her.

Finally, Yossarian, with a burst of hideous speed, bounded to where June was lamenting and furiously barked at her, telling her to stop. June growled back spiritedly, though there was no real fight in her voice and when he pounded the ground and bore his large, sharp canines, June relented by sluggishly retreating into the bushes. What good would it do? He seemed to be asking her, markedly touched by the night's events. Yossarian had little love for the humans and this midnight kidnapping seemed totally in character.

Poor young Winston wandered aimlessly and begged for an explanation. His young eyes still viewed a world full of promise and opportunity, safety and excitement. This was his baptism into what it meant to share the mountains with our biological cousins.

We were expecting the humans to return at some point, whether to observe us like normal or for another midnight raid, but nothing happened. We saw no humans again after that moment.

However, a couple of days after they had taken Mustapha, I coughed, once in the morning. Then I coughed again in the afternoon and I continued, unable to stop myself. The other gorillas regarded me with sadness in their eyes. I continued to cough, as I devoured their pity, and my chest wore out with the effort. My throat felt bladed. Flashes of memories attacked me, images of Mustapha lying quietly on the ground, struggling to breathe. June could not bear to look at me, for I think my resemblance to her son brought tears to her eyes. Winston would hold me and wail, as my cough was one of a thousand reminders of his lost big brother. The noise was of some familiar comfort to his young mind. I enjoyed the company though in truth his presence was more of a hindrance, but I couldn't force the words out to tell him.

As time passed, I began to feel more and more lifeless and could sense the energy draining from my body. I laid down for two days completely. I cursed the humans for what they had done to us. It wasn't enough that they came with weapons and killed us for pleasure, unsatisfied and their bloodlust unquenched, they gave us their diseases too. We, I realized what all the older gorillas knew, would never be safe from them.

My family tried to help me, like we had done for Mustapha. But there was little they could. I had to concentrate all my efforts on breathing, a Sisyphean task.

Only Yossarian remained unmoved on his patch, in the middle of the mountain. Keeping his gaze firmly on the sun, he wished for a safe future for gorillas. It was a long time ago that all he worried about was fighting others to remain the alpha. For so long, the battle was against the continuing threat of the humans, whatever their motives, and the dreaded knowing that it was only a matter of time before they killed us all, intentionally or not, one way or another.

Joe Rawnsley

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Hunstanton Croquet Club

According to press reports, many people discovered the joys of croquet in their gardens last summer – fresh air, exercise and fun. The Croquet Association is seeing a big increase in people looking to take their new interest a stage further by joining their nearest croquet club.

Did you know that there is a club near you?

The five, beautiful, full-size lawns (much easier to play on than the average garden lawn) were once again opened for use when restrictions eased on March 29th. Throughout the summer they will be host to prestigious tournaments and social, casual games. Things are not quite back to normal, as numbers on lawns are limited to six, lawns have to be booked in advance and refreshments are not yet available. The safety of players is paramount so equipment is meticulously sanitised and handshakes are not allowed. However, croquet lends itself easily to social distancing so is a very safe activity.

If you peep through the gate in the fence (behind the children's play area on the recreation ground) you will see smiles all round as a sense of normality prevails and the frustrations of lockdown fade.

If you, too, think you would enjoy exercise in the fresh air, keeping your brain active with strategic thinking and meeting new friends, then do get in touch via the website:

<http://hunstantoncroquetclub.co.uk>



Croquet is a sport that is accessible to all. The only essentials are a sense of humour and a pair of flat shoes.

We look forward to welcoming you!

Caroline Harper
HCC



Hunstanton United Services Club

Events Guide for June 2021

Saturday 5th: Live Music with Simon Lee. All Era's

Saturday 12th: Live Music with Toni G. 50s, 60s & Elvis

Saturday 19th: Live music and banter with Lesley

Saturday 26th: Live music with Corey Lewis. Motown

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Sunday Roast Dinner - every Sunday.

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Borough Council News Heacham, Sedgeford and Fring

Planning applications for extensions to the holiday season at caravan sites in Heacham were approved by planning committee on the 17th May. This was following 'advice' from government. I make no apologies for my opposition to these extensions. They erode the season which local residents enjoy - one with few visitors; they extend the season through the winter when the flood risk is highest; normally the Environment Agency refuses to consider any such season extensions. The caravans are adjacent to four designated sites of environmental importance including the winter feeding grounds of enormous numbers of birds and the largest colony of Common seals in Europe. A precautionary approach is supposed to be taken to avoid environmental damage. Natural England is happy with leaflets and a notice board. These seasonal extensions are supposed to be limited to the end of 2022. Remember that please. I won't forget.

The controversial application to build flats on the car park at Southend Road in Hunstanton was approved at a third attempt. Last month I asked you to tell the Council that the flats should be for locals forever, not just until they were sold on as holiday flats. Someone must have listened as the Borough decided it could put in place a legal agreement to keep the flats in local hands. When they are building them, look out for sales information – if you want a flat in Hunstanton to live in that is.

Two local applications, one in Heacham, one in Sedgeford were decided contrary to the views of the respective Parish Councils. This was disappointing.

High politics. The Conservatives changed their Leader who is now Cllr Dark. Congratulations to him. At the time of writing, he was sorting out his Cabinet. The independent group hopes to work constructively with them but will not hesitate to challenge matters if they need it.

Talking of such matters. I have had 3 standards complaints in against conservative councillors who appear to be involved in, or aware of, attempted manipulation of votes at planning committee. This included the second application for the flats at Hunstanton. One of these complaints is being taken further, the other two were deemed 'technical' failings.

And May was the given month for the Cheney Hill development to come forward. On the 17th, still no news.

The Fenway debacle continues. Lots of nuisance to residents and various means of legitimising it, by the perpetrator, likely being made.

Terry Parish
Borough Councillor and Leader of the Group of
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Christmas List

By Keith Winsor, oapc - computer help without the jargon

Traditionally, around Christmas, the TV, newspapers, magazines and websites are full of articles looking back on the past year and rehashing the same old stories. I'm generally quite busy around Christmas so let's get ahead of the crowd and rehash something which bears repeating... here we go with the oapc Great 2021 Highlights List, incorporating 2022's New Year Resolutions.

1. Here's one that I first wrote about in 2012: BT will never ring you about a problem with your telephone or internet unless you ring them first. Even if you have reported a problem, the likelihood of them ringing you is pretty remote: we recently reported a problem with our (non-BT) phone line which needed the involvement of BT Openreach. They didn't ring us at all. Not even to let us know when they were coming to dig a trench right across our driveway.

If you ring anyone at random in the UK, the odds are they've recently experienced something odd involving their computer, mobile phone, tablet, internet or email. So when scammers do this, before trying to extract your bank details or cash, don't fall for it.

2. BT will not ring you to warn you they're about to cut off your phone or internet or, at least, not without writing or emailing a number of times first.

3. Nor will Plusnet, Sky, Talktalk or [insert name of your supplier here].

4. BT will especially not ring you if you don't have a BT phone or internet connection

5. If a box pops up on your PC to tell you that you should ring Microsoft Official Support about a terrible problem with your



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machine or account and giving you a telephone number to ring, *don't ring it – it's a scam*. Those of us who do this for a living would love to be able to phone Microsoft or Yahoo, or Amazon or Google or [insert name of your supplier here] to resolve difficult problems but answering phone calls involves training, knowledge, skills and paying people wages.

The best you might get is 'online chat'. Online chat is either: a) an artificial intelligence-guided system responding as best it can to common questions with stock answers or b) a harassed call centre employee involved in seventeen conversations simultaneously. If a) cannot understand what you're asking, b)'s number of simultaneous conversations goes up by one.

6. If you get an email or text or phone call telling you you're due a tax rebate or refund of some kind, you're not. By all means, ring the Inland Revenue or HMRC or visit the hmrc.gov.uk website to check, but don't ring the number that called you or click an email link or reply to a text message, even if the number *appears to be* correct.

7. If you get an email or text telling you you've won the jackpot in the lottery, you haven't. Particularly if you don't enter the lottery. By all means, go to the National Lottery website and check, but don't click anything in an email or reply to a text until you've checked for yourself. Even then, don't reply to unsolicited messages.

This is particularly true for lotteries you've never heard of that you haven't entered.

8. If Amazon deliver a parcel that you haven't ordered, be very suspicious.

Is it addressed to you? Do you have an Amazon account? If the answer to both is yes, log on to Amazon and check whether the item was actually ordered through your account. If it was, your account details have been compromised and you need to change your password urgently. You should also ring your bank or credit card company, just in case.

If the parcel is addressed to you but wasn't ordered through your account or you don't have an Amazon account, it's possibly a sign of attempted identity theft or a scam. Seek help from reputable sources like Citizens Advice.

9. buster is not a strong password. Nor is bu5t3r. If a password isn't at least 15 characters long, preferably longer, it's not strong enough. Halibut24November is a better password than aCq#99u.

It's safer to let your internet browser remember strong passwords or to keep password details written down somewhere safe (preferably with Amazon under 'A', Google under 'G' and so on, rather than a pile of random Post-Its) than to remember one password and use it everywhere. Or use a password manager like LastPass.

10. Whatever password you use, if you use it on more than one website and one site gets hacked, they're all vulnerable as the hackers will try the same email and password combination on all the common websites.

11. Unless you have to, don't tell the truth. If a website asks a question for security, they don't need the right answer – they just need you to tell the same lie the next time they ask the question. My mother's maiden name isn't actually Cucumber, but don't tell Amazon.

12. It's recently been revealed that 533 million Facebook users' details have been leaked online. Again. Details included full name, email address, date of birth, phone number and location but, according to news articles, Facebook aren't unduly worried as it's old data, dating back to 2019. I'm sure that, like me, you regularly change your name, phone number and date of birth but if not, it might be worth looking at how much information you share on social media and who you share it with. Just because there are boxes to fill in with personal information doesn't mean you have to fill them all in.

Facebook's settings allow you to restrict what you share and who you share it with, including whether you want to share all your information

with Google, and whether people can look you up using your phone number. I'd always advise changing the settings so that only your friends have access to most of your information and posts. Google is definitely not one of your friends.

WhatsApp is part of Facebook and they've recently changed their terms and conditions as to who they share your information with. I didn't like their original terms and conditions allowing them to access all my customers' and friends' contact information from my address book. I like the new Ts & Cs even less. There are plenty of privacy-conscious messaging apps available, such as Telegram and Signal – it just needs you and your friends to sign up (free) to the same one.

13. Just because an email or text or phone call appears to come from your bank doesn't mean it actually did. As always, don't reply or click anything and don't be panicked into giving out information you shouldn't. If it's a phone call, don't give out any personal information, politely hang up then ring the number on your bank or credit card from *another phone*, in case the scammers are holding your line open.

If you don't have another phone, ring a friend first to ensure the line is clear and then ring the bank.

So there we go. Thirteen seems like a perfect number to wrap things up. As always, we're here to help with improving your online security and safety but, if the past year is anything to go by, I could be writing the same list in twelve months' time and still finding examples of the things above every single day.

In passing, I would just like to congratulate NASA on making Mars the second planet in our solar system where Linux devices outnumber Windows machines.

Have a lovely Christmas and don't eat too much cake.

Keith Winsor, oapc

01485 570479

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Norfolk Coast Partnership

Nature Special

Pick up your free 2021 copy of the Norfolk Coast Guardian from outlets along the coast. This year's 40 page newspaper is an action for nature special, featuring art, poems and even fiction.

There's a handy map, tips on walking, cycling, and dog walking; the coastal code and a local products directory, as well as a kids page and events listings, including details of our Dark Skies Festival in the autumn. We have a front cover with a difference – made using artificial intelligence by local artist Karen Eng, it's interactive. Get your copy to find out more!

There is a list of the main stockists on our website at:
<http://www.norfolkcoastaonb.org.uk/partnership/norfolk-coast-guardian/108>

We'd like to say a very big thank you to all those businesses who advertise in the Norfolk Coast Guardian and support the Norfolk Coast AONB.

Catherine Leigh
Norfolk Coast Partnership



The Salvation Army

After many months of restrictions, things are finally starting to get back to normal. At The Salvation Army in Snettisham we are now open for worship on Sundays at 11am. At the time of writing, we are still limited on the number of people allowed to attend and so we have a booking system in place. If you would like to attend our Sunday worship, please call 01485 579079 and book a place by Friday lunchtime. Despite this limitation it has been good to be back together as a worshipping community praising God and meditating on his Word.

Our Community Shop in Hunstanton was able to reopen in April and it was good to welcome back our staff and volunteers and our customers. It is open Monday to Saturday 9.30am – 4.30pm and sells clothes, accessories, books, bric-a-brac and furniture. We also accept donations of these items and have been overwhelmed by the amount of donations we have received since re-opening. Thank you for your kindness. The money raised in the Community Shop allows us to carry on our work in the local area helping local people in their time of need and we couldn't do it without you!

We have also been able to restart selling 'The War Cry' and the children's Christian comic 'Kids Alive' in Hunstanton High Street. We are there on Friday mornings if you would like a copy.

We look forward to being able to restart other activities as restrictions are relaxed, so watch this space for details.

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

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Answers to Quiz

1. Dr No. 1962.
2. Jaws.
3. Goldeneye.
4. Writing's on the Wall. (Sam Smith). Spectre.
5. Die Another Day. 2002.
6. Goldfinger. Honor Blackman and Harold Sakata.
7. Skyfall with 5 Oscars in 2012.
8. Oriental languages.
9. Felix Leiter.
10. No Time to Die.
11. Octopussy. Vijay Amritraj.
12. Licence to Kill. Gladys Knight

CROSSWORD SOLUTION

Across:

1. Live and learn
9. Augment
10. Caprice
11. Ecstasies
12. Inapt
13. Take out
15. Agrees
18. Aplomb
20. Hirsute
24. Tenet
25. Tolerable
27. Milksop
28. Igneous
29. Pearly whites

Down:

1. Leaned
2. Vegas
3. Average
4. Detritus
5. Excise
6. Ripping
7. Filament
8. Wettish
14. All-in-all
16. Pastime
17. Villainy
19. Matisse
21. Scrunch
22. Stupor
23. Versus
26. Boost

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



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HUNSTANTON
TOWN COUNCIL

Mayor's Awards 2021

At the Town Meeting held by Hunstanton Town Council 28th April 2021, the Mayor Cllr Tony Bishopp announced the winners of the Mayor's Awards 2021.

Cllr Bishopp stated "Picking winners for these awards has been very difficult because there have been many organisations/businesses and individuals that have made a difference to the community during this last year. I would like to thank them all for their contribution".

Mayor's Award for Neighbour of the Year

Sarah Dennis-Burrell was the Neighbour of the Year winning candidate for her work with the 1st Hunstanton Guides and the 3rd Hunstanton Brownies. During last year Sarah kept in contact with her members enabling them to participate from home. She hand delivered items, ensuring that the children had the opportunity to gain badges whilst they were unable to meet. Sarah's nominator stated "Sarah is an excellent role model for young people and has been so caring to the children and their families throughout the covid pandemic".

Sarah has also given endless time to working with VIDA Healthcare and the local surgery during the past year.

Mayor's Award for Business of the Year

This award went to Kemps Greengrocers. The Mayor stated "I am delighted to present this to Kemps for their work during the last year. They rose to the challenge at a very uncertain time for businesses, and provided a service with a smile whilst also offering a delivery service using locally sourced produce to people in and around Hunstanton, for which I know many were very grateful".

Mayor's Award for Carers of the Year

Carer of the Year award went to Nightingale Lodge in recognition of the care they have given their residents, especially during a difficult period. The team kept their residents safe whilst ensuring all families were kept informed on the welfare of their family member. Organising various events to uphold the residents spirits, with entertainment and activities throughout, whilst also managing to remain Covid free. "A great achievement" stated the Mayor.

Mayor's Award for Organisation of the Year

The Mayor reported "I am very pleased to present the award for the organisation of the year to The Hunstanton Round Table 615 in recognition for their continued and valuable work last year in providing a face-to-face service delivering vital medicines and shopping to the elderly and vulnerable residents.

I am certain that there were many lonely and isolating people in the community who were more than grateful for the service they provided, and I would like to echo those words".

Unfortunately and surprisingly, there were no nominations for 'Young Carer of the Year.' The Mayor commented "I am sure there must be many young people in Hunstanton who deserve recognition for giving a lot of their time to caring for loved ones, helping neighbours, friends and even those unknown to them, especially during the past year. Unfortunately, no one has come forward to nominate them".

Presentation for Maria Rix

In addition to the above awards, the Mayor made an announcement that he had decided to add another award to a lady known by many in Hunstanton. "I am delighted to award a certificate and this basket of fresh fruit to Maria Rix as a sign of Hunstanton Town Council's appreciation for her support, assistance, hard work and for continuously donating flowers for any special occasion.

At a drop of a hat, Maria produces the most spectacular display of flowers, the most recent one being the wreath for the sad passing of the Duke of Edinburgh".

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Track and Trace details must be given upon entry to the Club.
Hot/Cold meals will be available from Mondays to Saturdays
from 12 noon until 2pm.

A 2-course Sunday Lunch will be served each Sunday from 12
noon - price £7.95.

Coffees/Teas and snacks will be available from 10am Monday
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Rosamund Bartlett a writer, lecturer and translator whose work as a cultural historian ranges across the arts. She completed her doctorate at Oxford and is the author of several books, including biographies of Chekhov and Tolstoy, and a study of Wagner's influence in Russia.

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KING'S LYNN FESTIVAL CHORUS



We're still here!

As with most of the country, King's Lynn Festival Chorus has been in lockdown for over a year protecting our vulnerable friends, family, and each other.

There is now the glimmer of a new dawn on the horizon as the Covid situation eases. We are looking forward to face-to-face rehearsals plus the pure pleasure and joy of singing together again. If all goes well, we plan to hold two concerts in the Autumn term, Covid conditions permitting.

New singers are always welcome and there will be an opportunity to join us when the Covid situation eases still further. Meanwhile, keep checking our website - www.kingslynnfestivalchorus.co.uk or Facebook or Twitter @kl_festchorus for our latest information.

Although we have not performed, nor rehearsed as a group, since last March, all was not lost – indeed there has been much singing done since last April thanks to modern technology and our techy boffins. They devised a programme of motets, madrigals, and other short compositions of the choral repertoire that members could learn, record, upload, to be compiled into a homogenous track. Many of these are still available on our website (as above).

Since last September we have had more formal weekly rehearsals via Zoom led by our Deputy Music Director Ben Horden, who embraced the challenge of leading rehearsals in this way. Together we re-examined Handel's 'Messiah'. And this term we are learning a re-working of the Mozart Requiem (by Duncan Druce) as well as lighter pieces.

We have a quarterly Newsletter available to all on our mailing list that gives details of our activities. If you would like to join our mailing list, go to the Contacts page of our website or email - secretary@kingslynnfestivalchorus.co.uk

We look forward to seeing you again at our concerts, or joining our rehearsals.

The fact that Jellyfish have survived for 650 million years despite not having brains gives hope to many people.



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Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

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 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, no meetings will be held until further notice and further government guidance is received.

As soon as a decision has been made on a new date, the information will be published on our website at heachamparishcouncil.norfolkparishes.gov.uk

Please see the Parish Council website and 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). The Clerk will hopefully be returning to the office and regular opening hours resumed by the beginning of July.

SALTINGS

Many of you noticed that the information lectern at the Saltings had gone missing, this was because the wooden frame had unfortunately rotted. We are pleased to say that, thanks to the hard work of Cllrs Robert Pritchard and Terry Clay, it is back in place. The rotten wood has been replaced by eco friendly recycled plastic and so the new frame should last for many years.

BRAYS PIT

Only a short while ago saw so much rain that the water table had risen dramatically causing many flooding issues (the pond on Lodgefields being one of them). Here at Brays Pit the extra water was welcome and has refreshed the area around the pond beautifully as the photo below shows. Thank you to Mr Ray Sparvell for allowing us to use it.



HEDGES AND TREES

Just a reminder that to save being asked to... please keep your hedges/shrubs and trees trimmed back so that they do not cause an obstruction for footpath users. The emphasis is on trim not cut back as don't forget that birds are nesting and it is against the law to 'cut back' at this time. Many thanks!



DEFIBRILLATOR

The defibrillator has been taken from the old McColl's shop and relocated on the wall of the toilet block at North Beach.

Thank you to the Borough Council for supporting this and special thanks to Dave Morton for his assistance.

CHALK PIT/MILLENIUM WOOD

A work party organised by Cllr Pritchard did a great job clearing brambles etc and creating another parking space in the process. The area being cleared is for seeding a wild flower meadow, which will be a lovely addition. Thank you to all that volunteered to help on the day.



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.

Still time to join in!

LIBRARY

We are looking for some new volunteers to help at the Parish Library on Fridays in particular (10am–1pm or 1-4pm) either every week or every other. Full training will be given and our team is very friendly and supportive. Either contact the Office or call in at the Library and speak to us.

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. Open a window if someone has to come in.

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: heachampc@btinternet.com

Website: heachamparishcouncil.norfolkparishes.gov.uk

The office is currently closed to the public

The Assistant to the Clerk is available to deal with emails and take telephone calls

Monday, Tuesday, Thursday & Friday

10.00am–12 noon.

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

HELP LINES

HEACHAM GROUP PRACTICE	01485 572769
Heacham 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
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www.heachamgrouppractice.org	
www.heachamnewsletter.org.uk	
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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
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		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

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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 HEACHAM NEWSLETTER. First Saturday of each month except January.

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Route DER201 TUESDAY Every Four Weeks

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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 FENSHIDE	– 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

Pioneer Holiday Park – Outside wall of reception block

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