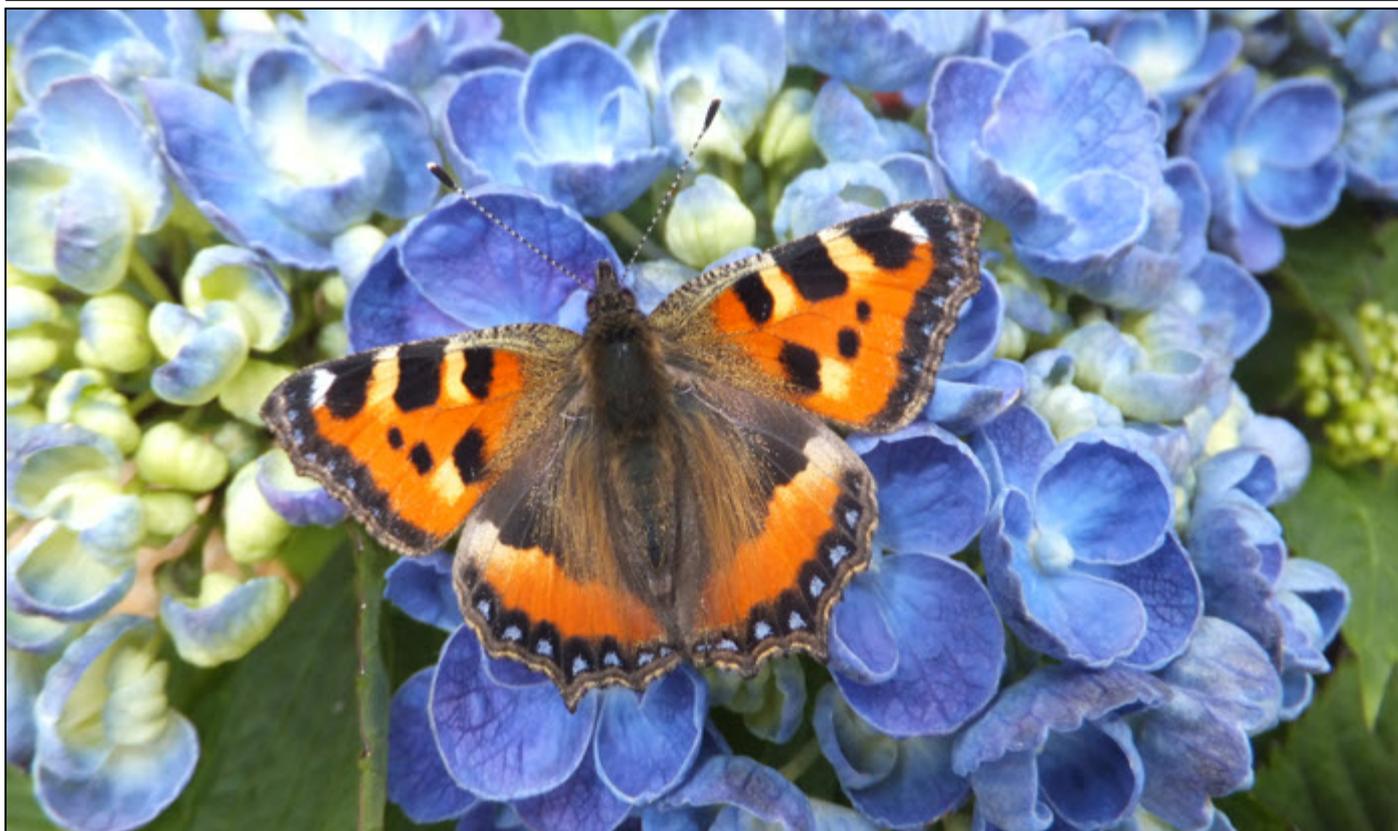




THE HEACHAM NEWSLETTER

August 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 17th August 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 any Covid-19 restrictions prevailing at time
of publication.**

Flowers in Heacham Parish Church

Flowers, Flowers, Flowers

To celebrate Summer in all its glory in our lovely village, why
not make up a vase of garden flowers to display in our church,
either weekly or monthly, you choose.

A pilgrimage of joy to welcome High Summer.

Once your flowers have faded you will be
able to come and collect your vase.

We can provide a vase if you don't have
one spare.

For more information, please contact
Sue Bird Tel: 01485 570150.



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



Heacham

Dear Newsletter

Ducks Nest



As promised more duck news. In late June the nest was attacked again by jackdaws. The mother just gave up and has disappeared - unlikely a third clutch.

So sad that the village is denied more ducks!

Keep paddling.

Passionwagon

(Name & address supplied)



Heacham

Dear Newsletter

Photo

I took this picture on a beautiful early evening walk between Heacham and Snettisham beaches. Unusual plant to find among the sand dunes.

Maggie Newman



Leaside

Dear Newsletter,

No Party

Because the Coronavirus restrictions were not lifted as we had hoped, I was advised that it would not be practicable after all to hold my Piano Party on 26 June as advertised. The event was therefore postponed, possibly until September.

Sincere apologies to those who had hoped to attend, and I hope to see as many as possible when we are finally able to go ahead, to raise funds for the National Health Service.

John Harris



Stanhoe

Dear Newsletter

Queen Elizabeth Hospital - Petition

I am sure that you are already aware of the situation regarding the roof at the Queen Elizabeth Hospital, and possibly of the petition as well, but it has only just reached me. I thought that, if you haven't already, publicising it in the Newsletters locally would draw it to the attention of more local residents, many of whom will have used the QEH, and will no doubt use its services again in the future.

This is a petition which has been organised by Love West Norfolk and is one which for obvious reasons I would invite you to sign and send to all your contacts in West Norfolk and beyond. We surely need a hospital which is fit for purpose and we therefore need 100,000 signatories.

<https://petition.parliament.uk/petitions/590390>

For more information on Love West Norfolk click on the link: lovewestnorfolk.co.uk

Pamela Austin

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Heacham

Dear Newsletter

Grass Verges and Nature

Further to the 'Grass Verges and Nature' article in the July issue of the Newsletter. As can be imagined that article has generated much discussion amongst some Heacham residents, raising points of discussion, some of which are listed below, some even believe that article to be a 'leg pull' designed to promote discussion - who knows?

(1) It is claimed that uncut verges encourage wildlife including animals. If that is so then it would almost certainly encourage undesirables such as rats etc., adding to those already accumulating in the local environment.

(2) Long grass and wild plant verges always seem to contain more litter such as drinks cans, crisp packets and, sometimes, animal droppings.

(3) Perhaps said 'tongue in cheek' (I am not sure) but it was suggested that it may be more desirable for the Council to cut the verges more frequently and instead encourage residents to allow front and rear gardens to grow wild.

(4) Many wild growing areas in England commonly contain poisonous plants such as Giant Hogweed, Hemlock Water Dropwort (both usually but not always by water), Lords and Ladies, Aconite, Spurge, Ragwort etc. Apparently, all these plants are common in wild areas and all can be very dangerous or even fatal to humans or animals such as dogs and these plantations should not be adjacent to footpaths when not necessary. It is said that to manage such areas safely would be very expensive and rather than reduce Council Tax bills may actually increase them.

(5) Many verges in Heacham are already overgrown and rather than full of colourful flowers they are usually full of what some describe as weeds such as Dock, Nettle, Dandelion etc., plus some of the plants listed above. Many feel the verges look 'scruffy' and unkempt and are an eyesore in the village.

The above examples are not necessarily meant as a criticism of the July article but are put forward as discussion points.

A Heacham Resident
(Name & address supplied)



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Heacham F.C. An Update

Many thanks for taking the time to read this update on our great village Football Club. We hope you enjoy it.

It proved to be another successful season for Heacham F.C., gaining promotion to the Premier Division of the Anglian Combination League, the club's 6th promotion in as many seasons and the highest division we have competed in since the club's formation in 1907.

Naturally, the step up will be a tough challenge, but one the club are preparing for both on and off the pitch.

Talking of "off pitch" preparations and changes, King's Lynn Town F.C. of the Vanarama National League will be using Heacham F.C. as their official training ground, a great partnership for both clubs! Many thanks to our management team David Griggs and Ross McNeil not forgetting our Chairman Dave Page who first represented Heacham F.C. back in 1960 and continued for 30 years, although rumour has it he spent much of that time suspended!

As the start of the new season draws ever closer it would be great to see many of you come and watch the team compete in this very competitive division. You can get a flavour of the facilities, ground, team and refreshed match-day experience by visiting us when we welcome King's Lynn Town F.C. to Heacham F.C. for a pre-season friendly on Tuesday 10th August, K.O at 6.45pm one not to be missed! Followed by our first home game of the season in the Premier Division scheduled for 14th August Vs Dussindale & Hellesdon Rovers.

There will be a number of shops around the village displaying upcoming home league fixtures a week in advance. If you / your business would like to get involved please contact me.

There are a lot of exciting new initiatives we are looking to introduce, so please come down and show your support, it will be greatly appreciated.

For those wanting to show their colours you can join the Heacham F.C. Supporters Club, where membership gives you a nice enamel Heacham F.C. badge for the respective season, and free entry into regular prize draws.

If you have any questions please pop down on a match-day, where you will receive a warm welcome.

Please look out for regular updates in this Newsletter.

Come On Heacham!

Duane Gowen
On behalf of Heacham F.C



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This is for myself and my 77-year-old mother.

We are currently renting in Hunstanton but must leave our property due to landlords selling.

We have lived here for 3 years and can provide excellent references. We are non-smokers, have no pets or children.

My mother is retired, and I have an established cleaning business. We are looking in the Hunstanton area, but also Heacham/Snettisham/Dersingham would all be possible.

Please contact Beverley on 07909 930282 or email bk6219@gmail.com. Thank you.

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Fitness Pilates

As many of you know I have been teaching fitness classes in the village and locally for a number of years. It's wonderful to be teaching face to face classes again. It's evident from all the smiley faces that my participants are happy to be back!

I have recently introduced Fitness Pilates and Seated Fitness to my timetable. Both of these classes are suitable for most abilities and complete beginners. Exercises can be adapted for progressions or regressions.

What is FP, in brief - A functional, more modern, teaching approach to traditional Pilates.

- *Improves mobility and flexibility*
- *Improves posture, strength and balance*
- *Strengthening of the core, glutes and lower back.
- *Pelvic floor health
- *FP for better bones

Plus lots more benefits for mind and body. It really is a wonderful way to get moving and keep fit.

Fitness Pilates is every Monday 10:55am at Heacham Public Hall. Please bring a mat, wear comfortable clothing and bring a small cushion and a drink.

For any more information about this or any other classes, please do get in touch.



Jaime Parry
jaimefitsteps@gmail.com
07765 433100



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CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church

An invitation to neighbourliness

‘What you see and what you hear depends a great deal on where you are standing. It also depends on what sort of person you are’. These are the words of Clive Stapples Lewis a British writer and Lay

Theologian. Are these words relevant today? Well, the story of a rich man and Lazarus in the Bible seems to echo some such sentiments. The rich man lives in close proximity to the poor beggar, but for some reason does not notice the plight of his neighbour! Is it true that where we live, our position in society, our social circle, religion, politics may make it impossible for us to see certain lived realities of other people in our community? Our conveniences make it harder or difficult for us to be exposed to squalor, poverty and need in other people close to us. We are shielded from experiencing the life of poverty, the plight of refugees, the savages of war and deep need. Media may run stories about the poor, but experiencing it is different. Being in the shoes of the poor. The rich man had a beggar at his doorstep, yet he never saw him. Isn't it possible that we hear of poverty as statistics, death in war zones as numbers, infant mortality as mere information?

The lessons I learnt in the story are that it takes effort to know what is happening around us. It takes good neighbourliness. Another story, in the Old Testament, tells us how Moses, a Prince, was able to experience the struggles of his relatives the Israelites. Martin Luther King, Jr. made the following statement, ‘The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy. The true neighbour will risk his position, his prestige, and even his life for the welfare of others. In dangerous valleys and hazardous pathways, he will lift some bruised and beaten brother to a higher and more noble life.’ For Moses to experience the realities of his neighbours he had to come out of his comfort zone. He had to risk his privilege, his position and prestige to associate with the slaves. It is when he left the palace and went to see his relatives that he discovered the lived realities. That reality changed him; actually it transformed him as well as everything. There was a revolution. That revolution is the historical exodus.

Covid has taught us many lessons. It has taught us that we are a people together, an injury to one is an injury to all. But we learnt even more, a death of one is a death of all. We must never allow barriers whatever they are, be it cultural, racial, religious, or continental. We have learnt to lookout for each other, reach out to each other, in the spirit of good neighbourliness. There is an African concept of ‘ubuntu’; it says you are because I am, I am because you are. We are entirely dependent on each other. This extends beyond our borders, because we are a global village.



**Rev'd Dr Richman Ncube
Minister, Heacham Methodist Church**

Church Opening Times (St Mary's)

The Church is open from 10am to 4pm every day.

Sundays at 10am

Morning Service - (Communion 1st Sunday of the month)
There may be some changes to the services as the final lockdown restrictions are lifted. Please keep an eye on the church website or Facebook pages or contact the church office 572539 for regular updates.

Baptisms and Confirmations

We are delighted to inform you that we are at long last able to carry out baptisms and confirmations once again. If you would like to arrange either one, please contact Rev'd Veronica Wilson or the church office using the contact details on this page.

We worship in a number of different ways including:

HEACHAM PARISH CHURCH online

on Heacham Parish Church You Tube 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 of 15th July, the funds stand at:

Total Donations Received £9,797.38

This has helped pay for the scaffolding that is now covering the tower. The work has started and the first step towards saving the tower has begun; with your help we will be able to complete the urgent repair work that is needed. The builders are currently waiting for delivery of materials but will begin the work as soon as they can.

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.

Fabric Officer

We need to appoint a person who loves the church building and can co-ordinate (in conjunction with our churchwarden, Liz) the regular maintenance of the building and the work needed. If you would like to get involved, please contact Rev'd Veronica Wilson or the church office.

Bereavement Support Group

Meetings will be on the first Thursday of each month and the next meeting is on 5th August 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 Revd 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)

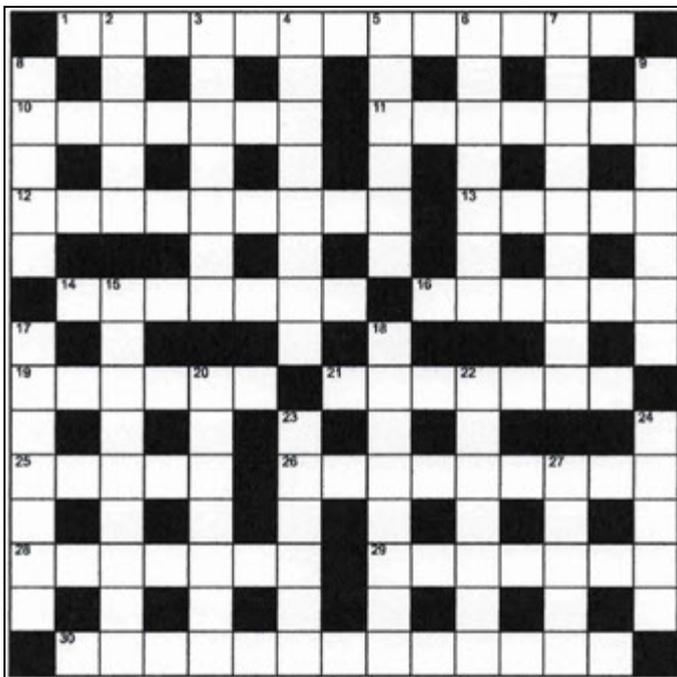
CHURCH CONTACTS: (telephone code: 01485)

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

Methodist Church: Rev'd D Richman Ncube 570232



CLUES:

Across:

1. Charge sisters for laundering money – boxes found in shops (4,9)
10. Discharge backsliding scholar found with crack (7)
11. It's concerning to find volume is a reprint with ending abridged (3-1-3)
12. It is regarded as comparatively dull to bowl wides at an embarrassing rate (9)
13. Royals involvement in row we hear about is a fallacy (5)
14. Henry takes cart back to get rope for ship (7)
16. Name a son Leo, perhaps (6)
19. Rowers hold top place? Far from it (6)
21. One intended to acquire good, solid connections (7)
25. Give birth, with relief (5)
26. Frank and Barney vie to become suitor (9)
28. Animal remains with bear, reportedly at length (7)
29. Covered with leaves, opponent carries brush around (7)
30. Thomas offering not so much as a drink at club? (5,4,4)

Down:

2. Dipsticks are a limited form of gauge (5)
3. Type of house suitable for a settlement? (7)
4. Let score go crazy – they are on a roll! (8)
5. Turn round, keeping very still (6)
6. At the end of flight treats are dished out to pilots (7)
7. Place for flower border? (9)
8. Noted Austrian was handy to have around (5)
9. Potentate starts to train special army – Russia is not amused! (7)
15. It offers support when one is in a corner (5,4)
17. Hold out a lively Rangers team (7)
18. Having to study in duff surroundings to university student is ghastly (8)
20. Leaders will make the cut (7)
22. Fellow desperate to establish first set of rules in old part of England (7)
23. *Black Beauty*, for example, is a small horse existing in a small space (6)
24. In many instances it is expressed as decimal (5)
27. Reduce offer on a house between Oregon and Wyoming (5)

Solution on page 37

General Knowledge Quiz

Rivers

1. Which European River flows through 4 capital cities on its way to the Black Sea?
2. In Greek mythology, Charon the ferryman took the souls of the dead across which river in Hades?
3. Founded in 1994, what organisation is the world's largest on-line retailer?
4. This year, on which river was the University Boat Race held?
5. What is the name of the river which flows over Niagara Falls?
6. Established in 1949, which London publishing house based in High Holborn specialises in art and photographic books?
7. Which is the longest river wholly in France?
8. Which South American river shares its name with one of the original Wombles?
9. What is the pen-name of the author Eric Arthur Blair whose works include "Animal Farm" and "1984"?
10. The naval battle of Aboukir Bay in 1798, in which Nelson was wounded, is better known by what name?
11. The famous Ponte Vecchio Bridge in Florence, lined with jewellers and art dealers spans which river?
12. New Orleans, Louisiana stands near the mouth of which great river?

Answers on page 37

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

1 Peter 1:3

10:45 every Sunday morning
Memorial Hall Old Church Road Snettisham
www.hopeevangelical.org

Chalk Pit and Millennium Wood

This Wood was inaugurated in March 2000 with the planting of the Ted Owen Memorial Path by the Heacham Parish Council, from an idea by Freda England to the Parish Council in 1997 to commemorate the start of the Millennium and to transform the old Clay Pit rubbish dump into a village asset and beauty spot it is now managed by the Heacham Parish Council Natural Environment Committee.

In 2018/19 we installed lockable security gates with a height barrier, mainly to keep large vehicles from entering, also a small car park has been added for visitors to use.

Trees (only English species) have been donated over the years, planted, number tagged and their position recorded in a Tree Register (held in the Parish office), together with the donor's name and a short dedication. Any tree without a tag is either planted by HPC or self-seeded.

With reference to the KIM GPS Services plan completed in 2005, I have tried very hard to keep to the original planting locations when replanting dead and missing trees, keeping tree species and the natural look to the wood the same. There was no simple tree locating scheme. Numbers range from R1 to R86 over 6 phases until 2016, with a few planting gaps and split phase locations around the wood. A few have been replaced over the years and some found not to be the original species. Some have died due to a poor subsoil or location and replacements have been replanted in a different area to give them a chance to establish. Full details can be seen in the Tree Register kept in the Parish Office.

The Ted Owen Memorial Path and the North / South track routes have altered slightly due to the constant visitor walking and tractor use as people tend to take the shortest routes.

The making of a picnic area in the mature part of the wood was completed in May 2021, and Red and Blue signposted walks added for the enjoyment of a visit and are both proving popular.

There will always be a lot of work in progress, bramble and elder clearance a top priority.

Tree management is usually done around November time, and the possible installation of benches and a viewing platform is on the list for this year. The village beacon has been installed at the highest part of the site and has been lit on special occasions; the next is due on the Queen's platinum jubilee in June next year. Various flowers and bulbs have been planted and are well established. September time the blackberries fruit in abundance; there are usually enough to feed half the village.

I have noticed over the last year that we now have a good wildlife population moving into the wood - a selection of bird life, butterflies, muntjac deer, hares, rabbits and moles. Later we want to introduce bug hotels and mounds of stone and rock to encourage lizards and invertebrates.

The wood is well used by walkers, dog walkers, and the Wildfowlers clay shooters.

The Wood is maturing well so the future looks good. We now have a dedicated wildflower section near the chalk face, hoping to bring in pollinators. It is still being developed and we will not see too much growth until 2022.

We hold working parties, normally in November to do tidy up jobs. Anyone is welcome to help out.

I wish to thank everyone who has given their time and energy helping with the management of Heacham Millennium Wood, making it a pleasant and peaceful place to visit.

Clr Robert Pritchard
Natural Environment Committee

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The Stone and Plaque



A view over the village towards the sea from the highest point on the site.

Chalk Pit and Millennium Wood



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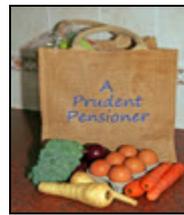
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Another recipe from The Prudent Pensioner

These are nice served with potatoes and vegetables or salad.
I guess they could also be served in a bread roll but I haven't tried that yet.

Vegetable & Beef Burgers

Makes 2 generous portions

Ingredients:

- 1 large Egg
 - Slightly rounded dessertspoon of rolled oats
 - 115g/4oz Minced steak
 - Medium size Shallot sliced thinly
 - A little mustard powder
 - Approx.1 tablespoon of finely grated Carrot
 - Approx.1 tablespoon of finely grated Parsnip
 - Small stick of celery
 - A pinch of Salt and pepper
 - 1 level teaspoon Ground Allspice
- You will need a lightly greased ovenproof dish

Method:

In a mixing bowl beat egg, add oats mix well then leave to soak for 30 minutes.

Pre heat oven to 200C.

Clean and trim celery and slice finely, then add with rest of ingredients to oats and mix thoroughly.

Shape into 2 steaks, place on prepared ovenproof dish and bake for 20-25 mins or until cooked thoroughly.

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 and Folgate Farm Shop, Waddington, Lincolnshire.

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

Email: pru.pensioner@btinternet.com

astro brain tumour fund

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HOLKHAM astro brain tumour fund ADRIAN FLUX

'In the Winter Time'

A serialized short novel
by Nancy E. Robinson

Chapter 14 The Carol Service

Having broken up from school for the Christmas holidays, Josh's worry that his dad might not make it home was distracted by the pleasure that he and Lily (and to a lesser extent, though it made it nicer, Tommy and Gracie) were now officially considered 'an item' and they enjoyed the lazy days in each others' company with trips to the pictures, challenging each other on their game stations, or just out walking, wrapped up against the cold (not that they noticed it much) - with Toby a constant and amusing companion - and they all agreed it was the best time they'd ever had. The first time he had kissed Lily (after almost missing and nearly biting her nose) Josh had felt the most weird fluttering sensations in his stomach but he decided those feelings were in fact rather good so he liked to replicate them as often as he could! Comparing notes with Tommy it seemed this was pretty normal which, though a relief in some ways, Josh found rather disappointing as he had hoped he was unique.

Because of their heightened state of feeling, they had all been quick to pick up on the fact that the romance between Miss Daniels and Mr. Hartman was also blossoming nicely. They noticed on their last few days at school before the holidays that they were often paired together on break duties and seemed so besotted with each other that Jimmy Fish even managed to grab a quick fag behind the bike shelter without being spotted! That would normally never happen on Miss Daniels' watch. They all wondered how things were going with them and were looking forward, unusually, to going back to school in the New Year to see if the romance was still on. They rather hoped it was.

There was fluttering of a different sort in Josh's stomach when he awoke on Christmas Eve. This was the day his dad would be home if he'd managed to get leave. Josh kept trying to imagine how he would react if he didn't arrive. Pushing those thoughts down in his head was like trying to keep a jack-in-the-box shut when the catch was broken, so he decided that he would just get up and get on with the day, thinking a quick trip to see Arty was in order so he jumped out of bed, quickly dressed with as many layers as he could get on, made a sneaky trip into the kitchen, and was soon in Arty's parlour telling him all about Lily, Tommy and Gracie, and even Miss Daniels' romance, but hesitating to tell him about their experience in the art gallery because he didn't know how to tell him for one thing and wasn't really sure if he should for another. It was really complicated he decided, this time travel lark, but he *did* tell him about the portrait of the couple they'd seen at the big house which had nearly caused him to blunder badly. Arty said he thought Josh's face would have been a picture and he looked about to say something else but stopped himself. Josh didn't press him because he thought he had an idea what he was going to say anyway.

Before he left, Josh gave Arty the pieces of fruit and nuts he had purloined from the kitchen as an early Christmas present and they then went out into the snow, with Pork Chop leading the way down to the square to listen to the Carol Singers and, not for the first time, Josh felt he had walked into a Christmas card. They pressed their noses onto the cold window of the toy shop and chose what they would like to buy if they had the money and Josh pointed out to Arty that he did in fact have sixpence from his recent prize winnings but Arty grinned and said he didn't think the shopkeeper would be too impressed by him trying to pay with a coin that technically hadn't even been minted yet! 'Ah, yes,' Josh replied, laughing, 'I can see that might be a problem!' Looking down as Pork Chop rubbed around their legs, they saw that he had obviously been doing some 'shopping' of his own as a large drumstick

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Chicken Nuggets with Chips and Peas	£5.00

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of uncertain parentage was clamped between his teeth, giving him his not unfamiliar grin. 'Do you think he'll share?' Arty wondered to Josh. 'I expect so,' Josh replied. 'Well, that's Christmas lunch sorted then!' said Arty, laughing.

Arriving back home later and having removed some of his layers, Josh took Toby out for a walk as a way to avoid seeing the rather haunted look on his mum's face and to use up some nervous energy for both of them as Toby was obviously picking up on the strained atmosphere and not behaving very well. He had arranged anyway to meet up with Lily and exchange presents and he hoped she was going to like the necklace he had bought her. It hadn't been expensive because, like Arty, he didn't have much money. His mum had said it was really pretty and she was sure Lily would like it but girls were strange he had discovered and he wasn't really sure how she would react. Seeing Lily approaching, his stomach went into its usual somersaults but her reaction to his present (he made her open it as he couldn't stand the suspense) made him feel a whole lot better as she was really pleased and asked him to do it up for her, holding her hair up at the back so he could see the clasp easier which made him rather nervous and he fumbled so much he nearly dropped it altogether. He finally managed, and stole a kiss on the back of her neck which made her giggle and run off down the hill with Josh and Toby in hot pursuit.

Having worked off most of their energy, and with Josh wearing the gloves Lily's grandma had knitted for him which, although in somewhat garish colours, Josh decided were actually quite warm and comfy, Josh and Toby returned home to find a heap of bags in the hallway which certainly weren't there when they'd left earlier. Voices in the kitchen meant they had a visitor and with his heart beating faster, and Toby rushing towards the kitchen in a state of high excitement, Josh thought 'Yes! He's here! He must be!' At that moment his dad walked into the hall and grinned at Josh and opened his arms just as Josh rushed at him, not caring if he was being childish, and hugged and hugged him until his dad begged to be allowed to breathe! 'Josh,' his mum said, crying

and laughing all at once, 'Your dad's home - for good this time.' Josh looked up at his dad 'Really? For good? You mean it?' and his dad's smile said it all, yes, he thought he'd done enough and decided not to re-enlist, he wanted to spend more time with his family. He explained he'd been planning it for a while but hadn't said anything in case it didn't happen but he had already been offered a reasonable job locally so if they thought they could put up with him being around all the time he was here to stay! 'Well, I think this calls for a real Christmas celebration,' his mum said, 'What say we see if we can eat out tomorrow?' 'What and miss burnt turkey?' his dad laughed, causing his mum to playfully thump his arm, 'No, seriously,' he said, 'Everywhere will be booked up and I'd really rather just stay at home with you two - and Toby of course!' Toby having started barking and jumping around like a mad thing, 'We can pitch in and cook the lunch together so if it gets burnt we're all to blame!'

Nancy E Robinson

(To be continued...)

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Coastal schools explore Nature

Pupils at coastal schools in West Norfolk have been getting up close and personal with nature recently.

Children at Snettisham Primary were introduced to lambs while those at Heacham Infant and Junior Schools have been watching beautiful butterflies emerge for the first time.

As part of a 'growing and changing' topic, the Heacham children have been watching caterpillars and how their stages of change result in a painted lady butterfly which they were then able to release back into the wild.

The Snettisham children had the chance to meet lambs when they were taken by the school to the village's Park Farm.

"Seeing these creatures first-hand enables our pupils to gain valuable insights, enhancing progress and enriching their educational experience," said Emma Hunt, executive deputy head teacher at both schools which are both part of the 11-strong West Norfolk Academies Trust.



As part of the topic by the early years and foundation studies pupils, they were asked questions about how much they have changed since their birth and how much animal babies also change.

"They were completely intrigued by the caterpillar to butterfly transformation and have enjoyed watching the

whole process take place. The children at Snettisham loved the lambs when they visited, it was really nice to have them at our school," said Mrs Hunt.

Most of the children at Snettisham Primary School have visited the Wild Ken Hill this term, with Oak Class of Year 1 and 2. They 'hunted' mini-beasts and classified them before building bug hotels to provide shelter for them. The pupils at Heacham school are due to visit the site during the autumn term.



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Schools unite in Fundraising Drive for Queen Elizabeth Hospital

Hundreds of schoolchildren took part in a fun run to raise vital money for The Queen Elizabeth Hospital, King's Lynn's COVID-19 Support Fund.

Pupils and staff from Smithdon High in Hunstanton, Snettisham Primary as well as Heacham Juniors and Infants completed laps of their school fields in the name of a good cause whilst also celebrating the benefits of exercise on health and wellbeing.

In total, 952 pupils and staff took part in the fun run across the four schools with the cumulative miles recorded at Smithdon being 1,129 miles (1,818km) while Heacham Juniors recorded 243 miles (391km).

The four schools are part of the West Norfolk Academies Trust and they were joined in their efforts by the Trust's other seven schools in raising a total of £6,000 for the QEH's Covid-19 Support Fund, which was set up to enhance health and wellbeing of staff caring for patients, and contribute towards improving the hospital environment during the COVID-19 pandemic and beyond.

The sum, raised in July by this fundraising effort, organised by Smithdon High teacher Alysha Moat, will go towards providing outdoor benches at the King's Lynn hospital, enabling staff to relax outside during their break times.

Andrew Johnson, Executive Head Teacher at West Norfolk Academy Trust, said he hopes this becomes an annual event. "We know the last year has been tough for our NHS so we were pleased we had this opportunity to show our support to everybody at Team QEH."

The other West Norfolk Academies Trust schools taking part in this fundraising effort were Springwood High in King's Lynn, West Lynn Primary, Clenchwarton Primary, Gaywood Primary, Marshland High in West Walton, St Clement's High in Terrington St Clement and Walpole Cross Keys Primary.



Caroline Shaw CBE, Chief Executive at the QEH, added: "On behalf of all Team QEH I want to say a big thank you to the many students and staff at the West Norfolk

Academies Trust for organising the Fun Run and raising money for QEH's COVID-19 Support Fund.

"The last year has been the most challenging year we have ever faced and to know we have the support of WNAT is a boost for us all."



All pictures were taken by Ian Burt



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Norfolk Students plant-up a Sustainable Future.

Students at a West Norfolk school will be sowing the seeds for a more sustainable future thanks to a partnership with a community project.

Smithdon High School, Hunstanton, is in the midst of creating a brand new garden which will act as an outdoor science classroom and enable students to learn more about a range of subjects from where food comes from to soil nutrients and attracting insects.

The garden area is also making use of donated items and time, including from the Sandringham Estate and The Queen. Local companies have also helped bring the project to fruition at the landmark school. "We are so grateful for the donations from local businesses including East Coast Gelato, MJ Large, World of Fun, James Johnson, Rounce and Evans and Rainbow Amusements; these have helped to get this fantastic project started. The pupils have really enjoyed the chance to learn outdoors" said assistant headteacher Mrs Claire Chapman.

Crops will be grown and harvested from the new courtyard garden area and, from September, Smithdon will be supported by the Papillon Project which promotes sustainable living and environmental awareness for young people.

"We are delighted to be getting help, guidance and advice from Matt Willer, the founder of the Papillon Project, to make the garden the best sustainable space it can be for our students' enjoyment and education," said Science teacher Mrs Veronica Soper.

"It will be a space where we can make direct observations, take samples and measurements and conduct experiments. It will also help to support and further develop our curriculum. Our food technology department will use the garden to help students develop a better understanding about where their food comes from and to grow ingredients they can use in the kitchen."

Aside from the benefits of learning outside, students will also be able to

enjoy lunch clubs and after-school activities based around the garden. There will be outdoor Science lessons and the area is already home to three tractor tyres being recycled into planting beds.

"The tyres have been donated by Alex Child, of the Doubleday group, and they have already caught the students' attention and instigated discussion about recycling and the scale of modern farm machinery," said Mrs Soper.

Members of Year 7 have been sowing sunflower seeds and will be competing in a bid to grow the tallest in Smithdon, a member of the 11-member West Norfolk Academies Trust. They have been helped by a delivery of topsoil donated by local businessman Steven Johnson and delivered by Justin Aldis.

"The Year 8 students are also involved in the Solana Seeds UK Schools Potato Growing Challenge. Last year we were awarded third place for skin-finish and quality for our first lockdown-grown potatoes that didn't quite get all the care they needed," said Mrs Soper.

"We are aiming to improve on that this year with the help of our fantastic new growing space in two raised beds."

The Papillon Project is an educational charity that promotes sustainable living and environmental awareness for young people. It works with schools and colleges in Norfolk to inspire students to grow their own food and use upcycled materials. More information can be found here:

<http://www.thepapillonproject.com/>



Paul Beal of Hunstanton's World of Fun who has donated towards the garden.

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- Restoring rivers to provide biodiversity and natural flood management benefits
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- Improving soil health and minimise soil loss and implement regenerative farm practices
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Read how you can apply on our website: <http://www.norfolkcoastaonb.org.uk/partnership/farming-in-protected-landscapes/1230>

If you have any further questions please contact Gemma Clark gemma.clark@norfolk.gov.uk

Catherine Leigh
Project adviser – education and community
Norfolk Coast Partnership

With students (from left) head teacher John Hirst, assistant head Claire Chapman, Jimmy Johnson (of James Johnson & Co Accountancy), science teacher Veronica Soper, Paul Beal, Margaret and Henry Roper of Hunstanton's Rainbow Amusements.



(from left) Veronica Soper, Claire Chapman, Margaret and Henry Roper.

On the right, Veronica Soper



Not pictured - Mick Large (of MJ Large) who organised the business donations and made his own contribution.

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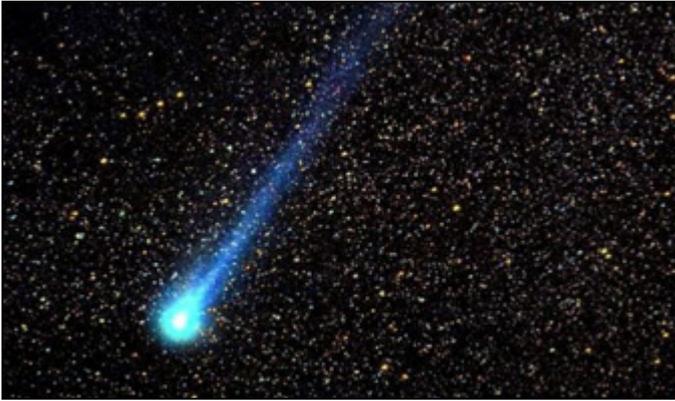
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Heacham at Night

Nights getting dark earlier, not cold, and perhaps the odd clear sky. The Perseid Meteor Shower couldn't have chosen a better month to peak in.

The Perseid meteors originate from the comet Swift-Tuttle. This is a large comet discovered, separately, by Swift and Tuttle in 1862. It has likely been crossing Earth's orbit every 133 years or so since the world began. Its time of return has been modified a little in the last few hundred years as the comet is affected by the pull of Jupiter. It will be close and bright in 2126; put it in your diaries.



Swift-Tuttle NASA

Like all comets, Swift-Tuttle leaves a debris trail in its wake. The Earth ploughs through this scattering of, mostly, coffee grain sized dust between 17th July and the 24th August every year. The densest part of the trail is met between 8th and 16th August and the peak, this year, is between 8pm on the 12th and the early hours of the 13th.

Often the Moon washes the sky with light and blanks out many meteor trails. This year that won't happen to the Perseids as the crescent Moon, on the 12th, will set at about half past 10. So, given a clear, dark, sky, lots of meteors should be up there for you to admire. Have a meteor party but don't have lights outside and close curtains on any inside. It takes 30 minutes for your eyes to get dark adapted. If you have to go inside, wear dark glasses or similar. I wear red tinted goggles.

'Where do I look?' Is a common question. 'Up' is the simple answer. Meteors can hit the Earth's atmosphere anywhere so some should be apparent N S E and W. However, earlier in the evening, after sunset, the sky in the west is lighter so look away from that. And straight up looks through the thinnest section of atmosphere and is, consequently, less affected by murk. Lying on your back on a lounger is probably the best bet. I just stand and get a crick in my neck, jumping around when I become convinced meteors are falling like snow behind me.

If you could trace all the meteor trails backwards, they would seemingly converge on area of sky just above Perseus hence, 'The Perseids'. It is easier to pick out in the sky the W of Cassiopeia. Perseus is below that and the Radiant – where the meteors appear to originate from – is in-between them. Note that the meteors are actually travelling parallel to each other, the radiant is an optical illusion. Think of railway tracks or close fence lines receding into the distance.

If there is unbroken cloud then you might as well go in and watch an old film. However, if clear sky beckons between patchy clouds look for meteor trails in these gaps.

When you, hopefully, see the Perseid Meteor trails, consider that you are seeing a piece of dust as old as the Solar System burning up due to the friction generated when it enters Earth's atmosphere at 210,000 km/hr.

If you want to find out more then:

International Meteor Organisation, www.imo.net

UK Meteor Network, ukmeteornetwork.co.uk

UK Fireball Alliance, www.ukfall.org.uk

PS. Comet Swift-Tuttle is the largest Near-Earth Object which repeatedly passes close to Earth. At one point it was thought it might impact us in 2126. Recalculations have ruled out any threat for at least 2000 years but it remains 'the single most dangerous object known to humanity' – until an unknown, non-periodic comet, swoops in from the Oort Cloud that is. Think positive – it will get rid of Covid.



NASA

So, what else to look out for? Venus, Saturn and Jupiter are the easiest targets for your eyes, binoculars and small telescopes.

Venus will be very low in the west and visible from about 30 minutes after sunset. It sets 30 minutes later so it is a very narrow window of opportunity. It will be bright with a magnitude of -4. The crescent Moon is close on the 10th and 11th. Look inland down The Wash from about 8.15pm..

Jupiter and Saturn, the gas giants, are visible all night. At the beginning of the month, they rise in the SE around 10pm and set



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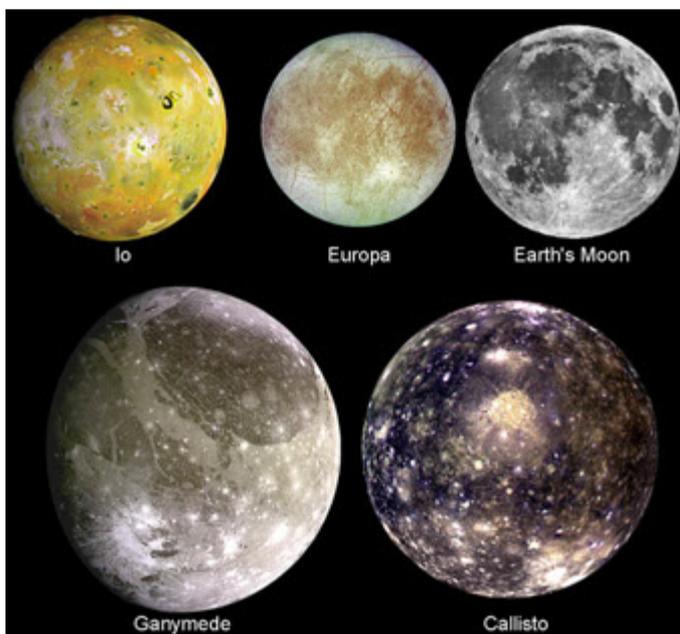
in the SW at 5am. From the middle of the month onwards they are roughly due south from 10pm. Both are at a similar, low, distance above the horizon. Jupiter will be bright and not easy to miss; Saturn is right of Jupiter, much dimmer with a yellowish cast.

Saturn is at opposition on the 2nd August. This is when it is in the opposite side of the sky to the Sun – a line between the two celestial bodies would pass through Earth. In consequence, Saturn is fully lit and appears at its brightest. Its rings will be a tad brighter too. The effect diminishes as the month wears on and the three bodies move out of alignment.

A small astronomical telescope or a good bird spotting scope, will reveal Saturn's rings. Saturn seen floating in space through a telescope is something everyone should see. You know what to expect, you have probably seen pictures in books or on the tv but the real thing, dim and distant, in your eye is something else. It will be a mere 1,337 million kms away on the 2nd August.

Saturn has 82 moons. The largest, Titan, is about 1.5 times the size of our Moon and bigger than Mercury. It has a thick Nitrogen atmosphere with methane and ethane clouds. There are lakes and rivers of likely liquid methane on the surface. A decent telescope on a clear night will reveal a spark to the side of Saturn. The spark is Titan.

Jupiter reaches opposition on 20th August and will be 600 million kms away. This is well under half the distance of Saturn and explains why it is so much brighter in the sky. (Jupiter also has a diameter of around 70,000km against Saturn's 60,000 which helps too).



Internet

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Jupiter has rings too but not ones you can see from Earth. It has 79 moons and four of them are famous. These are the Galilean Moons, Io, Europa, Ganymede and Callisto. They were first observed by Galileo Galilei in 1610. He recognised them as moons and watched them move across the planet's surface, vanish and reappear later – they were orbiting Jupiter. At a time when the Catholic Church supported the view that the Earth was the centre of everything and heavenly bodies moved around it, this was radical stuff and supported Copernicus's work which placed the Sun at the centre and published in 1543 just before his death.



Galileo. He discovered the four larger moons of Jupiter; Saturn's rings, though they looked like horns in his small telescope, and the phases of Venus. Internet

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Anyway, you won't be incarcerated now for observing the Galilean Moons. A small telescope will reveal them easily.

If you only see three, wait until the fourth appears or look the next night. The biggest, brightest, one is Ganymede. It is the largest Moon in the Solar System and has a magnetic field due to its liquid iron core. It orbits Jupiter in just 7 days.

Callisto is smaller than Ganymede but still similar in size to Mercury. It is the most distant of the four moons from Jupiter, orbiting it in around 17 days. It is very heavily cratered.

Io is the innermost of the four Galilean moons, orbiting Jupiter in around 43 hours – you can see it move over a night's observation. It is a little bigger than our Moon and has 400 active volcanoes.

Europa is a little smaller than our Moon and orbits Jupiter in 3.5 days. Europa is smooth and white consisting of a cracked icy crust with a subsurface water ocean kept from freezing by gravitational flexing that imparts heat to its core. It has a thin atmosphere of O₂ and water vapour. Europa is on the A list in the search for extra-terrestrial life and robotic missions are planned to visit it.

So, get your checklist prepared.

- Perseid Meteors;
- Saturn;
- Rings of Saturn;
- Jupiter; Galilean Moons;
- Venus;
- Alien spaceship.

Autumn is on its way.

Terry Parish

New Picnic Tables

Three Heacham Councillors spent a morning last month installing 3 picnic tables made from 100% recycled plastic, doing their bit to help save waste plastic from landfill. The picnic tables are extremely durable. They do not splinter and are resistant to weather, insects and bacteria.

They are easily wiped clean and guaranteed for 25 years, with no maintenance bills.

Two tables have been set up for the visitors and walkers in an open spot near to the road, for them to rest, while in the nature reserve at the Saltings.



One has been added in a sheltered spot at Brays Pit, where the public can enjoy watching the birds and pond wildlife.



Cllr Robert Pritchard
Natural Environment Committee

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10th, 11th, 17th & 18th December 2021

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Let's Recover our Lives

People have had a relationship with art since time immemorial. Art will forever be part of our existence, with no regard to race, culture, politics, religion. It plays a huge role in our lives in so many different ways, paintings, music, literature, dancing, designing etc. Art helps us emotionally, financially, psychologically and influences personal and collective behaviour. Children share emotions and ideas through art. They learn to practise critical thinking just through making a mental plan for a picture.



Lesley Nadel
Chair
Arts Society North West Norfolk

Our museums, galleries, theatres, cinemas, arts societies and venues have been closed for the longest time since World War II due to the COVID Pandemic. New and creative ways to keep access to the arts had to be found and the international organisation, The Arts Society, has proved to be one of the most successful. The Arts Society North West Norfolk will be forever grateful to Zoom enabling us to maintain lectures and a Special Interest Day to our members throughout 2020/21.

The Arts Society NWN was formed in 2003 and is one of 380 global societies with the aim to bring people together through a shared curiosity for the arts. We are a very friendly sociable group who meet at Sedgeford Village Hall on the second Monday afternoon in the month, from September to July. We aim to inform, educate and entertain through expert lecturers, fascinating study days, tailor-made visits in the U.K. and abroad and an active Young Arts programme.

September 2021 is the beginning of our exciting new season and we cannot wait to meet our members again, face to face. We have missed so much not being together. Why not join us and come along? Our website will give you more information about us, our lectures, future events and membership.

Let art enrich your life, have fun and make new friends.

www.theartssocietynwnorfolk.org.uk

Or contact Lesley Nadel on 07909 918890

Registered Charity No. 1105490

 **THE ARTS SOCIETY - ENRICHING LIVES THROUGH THE ARTS.**
Monday 13th September at 2.00pm - Sedgeford Village Hall

We are pleased to announce that subject to no further COVID restrictions our new season of lectures starting in September will take place live in Sedgeford Village Hall. Visitors are very welcome free of charge for their first visit, to book a place email: info@theartssocietynwnorfolk.org.uk

Baroque on a Roll - Classical Music in the Modern Media.
Tony Rawlins

In this lecture Tony examines how classical music has recently grown in popularity. He looks at the way it has enhanced the drama/tension/romance/memorability of many feature films and television commercials. He discusses how the internet has enabled a composer to assemble and record a choir of singers from 120 countries without any of them ever having had to leave their homes.

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Film starts at 7.00 p.m. Doors open 6.30 p.m.
Admission - £4

For further details & to book seats please email: films@anmerclub.co.uk or telephone 01485 579465 by Wednesday 11th August
For further information visit our website at: www.anmerclub.co.uk

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HUNSTANTON
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We do not hold a meeting in August but will be participating in the HDFA Live Music Festival to be held on the Green in Hunstanton on **Sunday 8th August** in our gazebo where information on our group will be available for all. There will be members in attendance to answer any questions.

There will also be details of our forthcoming *Open Day, to be held on Wednesday 1st September* at Hunstanton Community Centre, Avenue Road PE36 5BW where there will be exhibits of many of our activities on display, between 11.00am and 3.00pm.

Do come along to see what might interest you most, you can be sure of a warm welcome.

For further details see our website at
u3asites.org.uk/Hunstanton



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 or email: events@anmerclub.co.uk

Fully Licensed bar **Raffle**
New Members Welcome



The Salvation Army

I wonder if you are an optimist or a pessimist. Do you see the down side to everything or do you always try to look on the bright side? A pessimist will see a glass filled to the halfway mark as half empty whereas an optimist will see it as being half full. Do you complain because God put thorns on roses or praise him for putting roses on thorns?

This little poem shows that it is better to be an optimist: -

Two frogs fell into a deep cream bowl
 One was an optimistic soul
 But the other took the gloomy view
 "I shall drown," he cried, "and so will you!"
 So, with a last despairing cry
 He closed his eyes and said goodbye
 But the other frog with a merry grin
 Said I can't get out but I won't give in
 I'll swim around till my strength is spent
 For having tried I'll die content
 Bravely he swam until it would seem
 His struggles began to churn the cream
 On the top of the butter at last he stopped
 And out of the bowl he happily hopped
 What is the moral? It's easily found
 If you can't get out – keep swimming around!

Philippians 4:4-9 in The Message paraphrase says 'Celebrate God all day, every day. I mean, *revel* in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute!

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the centre of your life.

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realised. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.'

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



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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

Pop-Up Coffee Shop 10am - 12noon at Dersingham Village Centre. Coffee, tea, hot chocolate and cakes

Fitsteps 9.45am To book Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (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

Fitness Pilates 10.55am Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (PH)

Seated Fitness 11.50am Tel:Jaime 571395 or 07765433100 or email jaimefitsteps@gmail.com (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

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

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)

Stretch and Relax Classes 5.15-6.00pm Sedgeford Village Hall. £5 (proceeds to SVH and charity) to book contact Kyra on 07968354431 or kyracruise7@gmail.com

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 07811 629910 £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

Brass Band Practice 7pm Snettisham Salvation Army, Alma Road, Snettisham. Tel: 07436 425118

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

Heacham & Sandringham Camera Club meets 1st Tuesday of the month 7.30pm at Babingley Social Club

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

Car Boot Sale 8am – 12 noon Heacham Social Club sports field

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

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Sallywags Playgroup Term Time 9.30 – 11am £2
Tel: Jo 07395 077622 (SG)

Community Coffee Morning & More 10am - 12noon All ages welcome (OFH)

Yoga 10am –11am at Sedgeford Village Hall, £6. For further information call Alison 01485 571062

Carpet Bowls 10.15 – 12 noon Tel: 570776 (PH)

The Old Schoolgirl Friends of Heacham School meet for a 'Coffee and a Chat' the last Wednesday of the month 10.30am at Norfolk Lavender Tel: 570742 or 579126

Midweek Communion 2nd Wednesday of the month 10.30am (MC)

Friendship Group 2pm at Salvation Army. Alma Road, Snettisham

Heacham Little Dragons Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)

Heacham Beavers boys and girls aged 6-8yrs, 5.30pm-6.45pm (term time only) call 07788 888921 (SG)

Tai Chi & Kung Fu 6–7.15pm-Childrens Kung Fu 7.15–8.15pm-Adult Tai Chi 8.15–9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)

Kundalini Yoga 6.30pm–7.30pm at Ringstead Village Hall. Contact Gail on 07837 761724

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)

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 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)

Stretch and Relax Classes 10.30 – 11.15am Sedgeford Village Hall. Details as on Tuesdays.

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

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

Football Under 7's, 8's, 9's, 10's 4.30 - 6pm U14's 6.30 - 7pm Adults Open Match 8-9pm Contact Jason 07867527706 (HSC) playing fields

1st Heacham Brownies Term Time Girls 7 - 10yrs (MC) 5.30 – 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084

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

Judo Beginners 6 - 7.30pm Tel: 571614

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

Hunstanton Army Cadets Hunstanton Community Centre 7.00-9.30pm Young people in School Year 8 Contact: Martyn Hannant - 07824184259 / 01485 576388

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

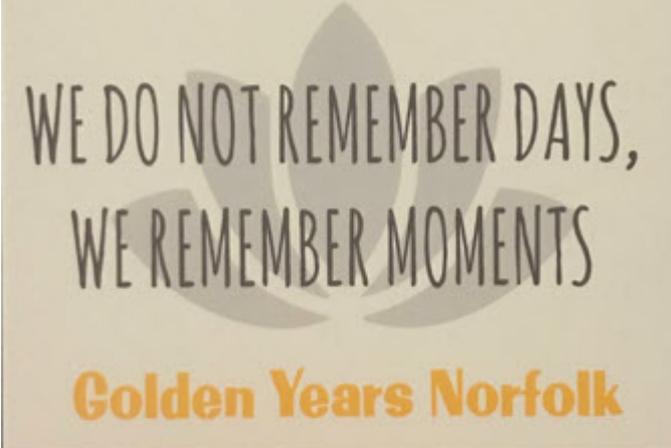
Rao Buffalos 8pm (HSC Top Room)

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



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

NEWSLETTER SUDOKU 53 Answer page 37

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

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

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OTHER EVENTS

August

Events at Anmer Social Club

www.anmerclub.co.uk or facebook.com/AnmerSocialClub

Monday 2nd August at 7:30pm (doors open 7pm)

Bingo £6/book of 10 cards, £1.50 a flyer card

Friday 6th August at 7:30pm (doors open 7pm)

Quiz Night £2/person

Friday 13th August at 7pm (doors open 6:30pm)

Film - 'Love Sarah' £4 to book 01485 579465 or email

films@anmerclub.co.uk by Wednesday 11th August

Events at Hunstanton United Services Club

Sunday 1st August 3pm Live music in the garden with Simon Lee. All eras

Saturday 7th August 8.30pm Live music with Graham James, former member of Union Gap. All eras.

Sunday 8th August 3pm - 6pm Open Day. Free entry Live music in the garden with Travis. 60s to present day.

BBQ from 12pm. Tea, sandwiches & cake available 5pm.

7pm Cash prize bingo (5 games). 8pm Karaoke Fun and songs with Mick.

Saturday 14th August 8.30pm Live music with the Laurie Haley duo, former member of the Rubettes.

Friday 20th August 8.30pm Quiz night. £50 first prize. Supper £3.00.

Saturday 21st August 8.30pm Live music with Splash

Saturday 28th August 8.30pm Live music with Steve Moyses

Sunday 29th August 3pm Open Day. Free entry. Live music in the garden with Simon Lee. BBQ 12pm. Tea, sandwiches and cake available from 5pm. 7pm Cash Prize Bingo (5 games).

8pm Live music with Band Age. All eras. These guys donate their fee to Charity

Sunday 8th August 12noon - 7pm Lower Green, Hunstanton. HDFA Festival 3 By The Sea. Live music by local bands and musicians. All free.

Sunday 29th August 10am - 4pm

Royal Air Force Bircham Newton Heritage Centre Open Day.

September

Saturday September 4th & Sunday 5th 11am - 5pm Dersingham Open Gardens. Also floral arrangements at St Nicholas Church, and refreshments at the Village Centre from 10:30.

Tickets £4 in advance from Dersingham Post Office, or £5 on the day from the Village Centre.

Monday 13th September 2pm Sedgeford Village Hall

The Arts Society Lecture : Baroque on a Roll - Classical Music in the Modern Media by Tony Rawlins

www.theartssocietynwnorfolk.org.uk

www.theartssocietynwnorfolk.org.uk



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TIDE TABLES AUGUST & SEPTEMBER 2021

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST									
Aug 2021					Sept 2021				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SU	11 42	5.8			1 W	00 30	5.2	13 13	5.1
2 M	00 30	5.4	12 45	5.5	2 TH	02 00	5.2	14 39	5.3
3 TU	01 35	5.3	13 57	5.4	3 F	03 12	5.6	15 47	5.7
4 W	02 43	5.5	15 08	5.5	4 SA	04 06	6.1	16 39	6.2
5 TH	03 43	5.8	16 07	5.8	5 SU	04 52	6.5	17 24	6.6
6 F	04 33	6.2	16 59	6.1	6 M	05 33	6.9	18 07	6.9
7 SA	05 16	6.5	17 45	6.4	7 TU	06 12	7.2	18 48	7.2
8 SU	05 57	6.8	18 28	6.7	8 W	06 51	7.5	19 25	7.3
9 M	06 37	7.0	19 10	6.9	9 TH	07 28	7.7	20 00	7.3
10 TU	07 15	7.2	19 49	7.0	10 F	08 04	7.7	20 35	7.2
11 W	07 51	7.3	20 25	7.0	11 SA	08 41	7.6	21 10	7.0
12 TH	08 26	7.3	21 01	6.9	12 SU	09 22	7.3	21 50	6.6
13 F	09 02	7.3	21 39	6.7	13 M	10 09	6.8	22 39	6.1
14 SA	09 41	7.1	22 20	6.5	14 TU	11 09	6.1	23 46	5.7
15 SU	10 28	6.8	23 11	6.1	15 W			12 35	5.6
16 M	11 26	6.3			16 TH	01 14	5.5	14 21	5.6
17 TU	00 16	5.8	12 41	6.0	17 F	02 42	5.7	15 51	6.0
18 W	01 35	5.7	14 13	5.9	18 SA	03 52	6.3	16 54	6.6
19 TH	02 54	5.9	15 42	6.1	19 SU	04 44	6.8	17 42	6.9
20 F	04 03	6.3	16 55	6.5	20 M	05 29	7.2	18 21	7.1
21 SA	05 01	6.7	17 52	6.9	21 TU	06 10	7.4	18 56	7.2
22 SU	05 49	7.1	18 40	7.1	22 W	06 49	7.5	19 28	7.1
23 M	06 33	7.4	19 23	7.2	23 TH	07 24	7.5	19 55	7.0
24 TU	07 14	7.5	19 58	7.1	24 F	07 56	7.4	20 21	6.9
25 W	07 52	7.5	20 30	7.0	25 SA	08 26	7.1	20 42	6.7
26 TH	08 26	7.4	21 00	6.8	26 SU	08 55	6.8	21 06	6.4
27 F	08 58	7.1	21 26	6.5	27 M	09 25	6.3	21 37	6.1
28 SA	09 29	6.8	21 52	6.2	28 TU	10 01	5.8	22 15	5.6
29 SU	10 03	6.3	22 25	5.8	29 W	10 55	5.3	23 18	5.2
30 M	10 46	5.8	23 13	5.4	30 TH			12 33	5.0
31 TU	11 47	5.4							

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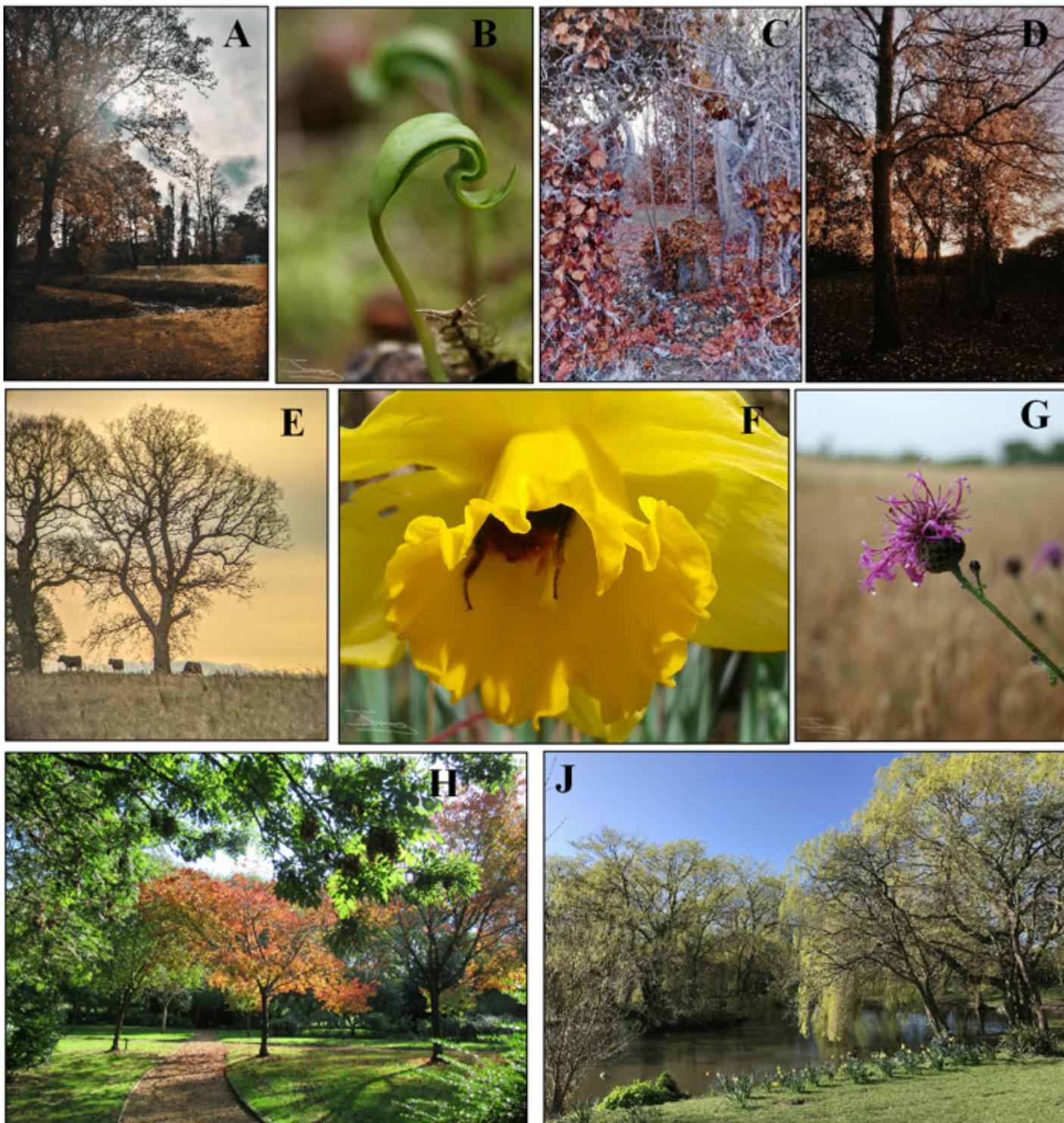
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Seascape



Flora



The Heacham Newsletter Photographic Exhibition

We come to the end of our Virtual Photographic Exhibition of 2021. This month you can view all the photographs together, don't they look magnificent? We thank all our contributors, to us they are all winners. However, for a bit of fun, we now ask you our readers, to select their favourite from each section. Each photograph is marked by a letter. Please email your choice to the theheachamnewsletter@gmail.com by the 17th August 2021. Alternatively use the form below (or piece of paper) and post into the Parish Council Office on Pound Lane.

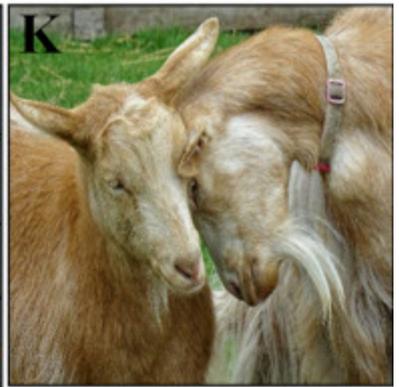
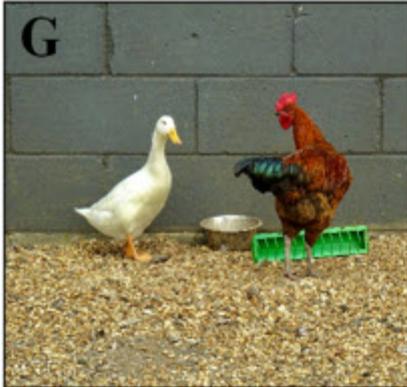
The prize for each lucky winner will be a free copy of The Heacham Newsletter collectable from your nearest outlet for a whole year.

The photographs are still available on line at the Newsletter webpage (<https://www.heachamnewsletter.org.uk>). However in September we will print the readers chosen selection.

The Newsletter Team

Category	Picture Identifier	(A, B, C etc...)	Name:
Seascape		Flora	Fauna
Landscape		Snow & Ice	Sunset

Fauna



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Landscape

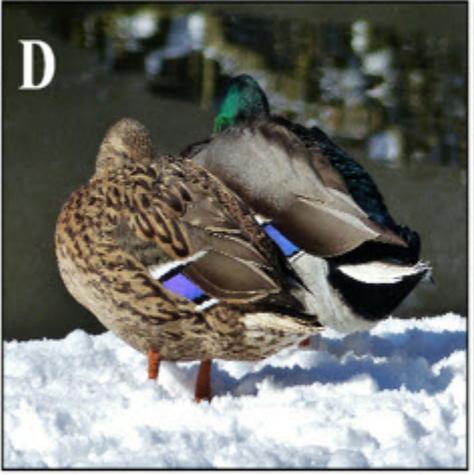
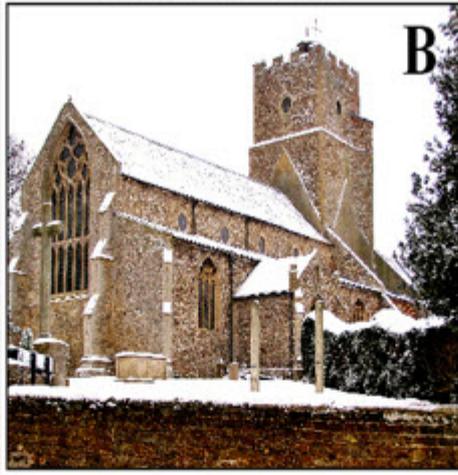



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Snow and Ice



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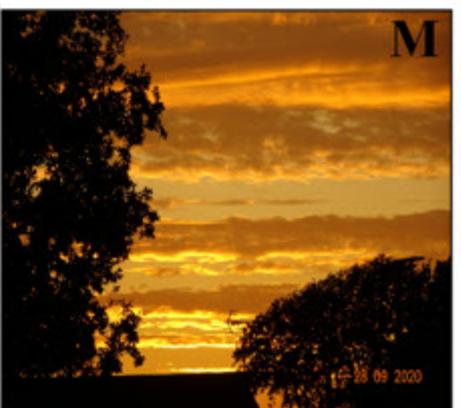
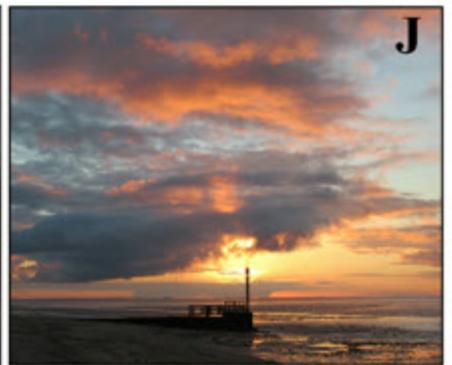
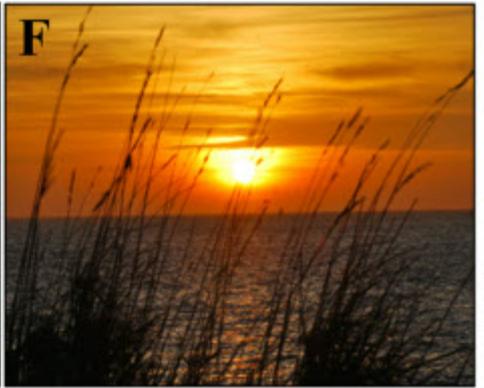

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Sunset





Hunstanton United Services Club
Events Guide for August 2021

- Sun 1st: Live music in the garden with Simon Lee. All eras. 3pm.
- Sat 7th: Live music with Graham James, former member of Union Gap. All eras. 8.30
- Sun 8th: Open Day. Free entry 3pm until 6pm. Live music in the garden with Travis. 60s to present day. BBQ from 12pm. Tea, sandwiches & cake available 5pm. Cash prize bingo 7pm (5 games) Karaoke Fun and songs with Mick. 8pm.
- Sat 14th: Live music with the Laurie Haley duo, former member of the Rubettes. 8.30pm.
- Fri 20th: Quiz night. £50 first prize. Supper £3.00. 8.30pm start.
- Sat 21st: Live music with Splash 8.30pm.
- Sat 28th: Live music with Steve Moyse 8.30pm.
- Sun 29th: Open Day. Free entry. 3pm Live music in the garden with Simon Lee. BBQ 12pm. Tea, sandwiches and cake available from 5pm. 7pm Cash Prize Bingo (5 games). 8pm Live music with Band Age. All eras. These guys donate their fee to Charity

CASH PRIZE BINGO EVERY MONDAY AND THURSDAY 8pm

POKER GAMES EVERY THURSDAY 7.30pm

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HUNSTANTON
TOWN COUNCIL

CAB coming to Hunstanton

Norfolk Citizens Advice are proud to be supported by Hunstanton Town Council to provide a much needed outreach service in the town. This will be on Wednesday each week for drop-in assessments between 10am and 12 midday and 12 midday - 2pm for appointments in Hunstanton Community Centre.

The service is due to start early August 2021: watch press for further details.

Jon Cheyette, CEO at Norfolk Citizens Advice said: "collaboration and partnership working with local councils is important so we can better meet the needs of local communities. As a local charity we manage to support around 20,000 Norfolk residents each year with over 60,000 issues. However, we also know there are many more people who need our help but cannot access us to get impartial and accredited advice. This brilliant initiative with Hunstanton Town Council will ensure people in the town will find it easier to get the help they need to find a way forward"

In order to provide the much needed service, Norfolk Citizens Advice is looking for local volunteers.

If you are interested in joining Norfolk Citizens Advice as a volunteer giving a few hours of your time each week in Hunstanton or King's Lynn please do get in touch.

Full training would be given; previous experience of giving advice would be an advantage and is desirable but not necessary, but confident and competent IT skills are needed.

Hunstanton Mayor, Cllr Adrian Winnington, said: "I am very pleased that Hunstanton Town Council is able to provide the facilities for residents to access help and support from Norfolk Citizens Advice within the town. This is something we have been working at to bring to Hunstanton and is going to be another important use for our recently refurbished Community Centre. We look forward to working with Norfolk Citizens Advice."

To apply, please go to: www.ncab.org.uk/i-want-to-volunteer and complete and submit the forms.

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Buzz created as Pollinator Paradises set for Norfolk Roadside

Tripling the number of Roadside Nature Reserves in Norfolk was among a range of green measures that were set to be considered by county councillors in July.

Fewer cuts for rural roadsides, a pollinator action plan, and 188 more roadside nature reserves are all on the cards as part of plans to boost biodiversity along roads and paths across the county.

Cllr Barry Stone, Chair of the Infrastructure and Development Select Committee, said: "These plans are designed to help make our roadsides a real pollinator paradise.

"We're clear that balancing safety and nature must be central to any new policy but we have a fantastic chance here to make some real changes for the better."

The report set for discussion next week states that the proposals will help support ambitions in the County Council's Environmental Policy that was approved in November 2019. It says that sympathetic management of roadside verges can provide a connected habitat for insects and wildlife.

Also on the agenda are plans to help boost cycling and walking across the county, and development of a new verge management policy which will include information for parish and town councils wishing to take on responsibility for verge cutting in their local area. The aim is to help involve local communities more in decisions about verge management near them.

Members of the committee will also be asked to note progress on a 3-year nature recovery demonstrator pilot project for roadside verges alongside Suffolk County Council. This will inform development of a monitoring mechanism for habitat connectivity for the emerging Norfolk and Suffolk 25 Year Environment Plan.



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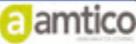
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The Norfolk Hospice launches Gin with WhataHoot

Local charity The Norfolk Hospice Tapping House have collaborated with King's Lynn based distillery WhataHoot to produce a gin bottle to help raise vital funds.

With each bottle of The Norfolk Hospice Signature Dry Gin sold, £5 will be donated directly to the Hospice to support their vital work in the community.

The gin was available to purchase on the WhataHoot website and at their distillery on King Street from Friday 16th July, retailing for £30.

Hand-distilled at the distillery in the heart of historic King's Lynn, WhataHoot Signature Dry Gin is a refreshing blend of traditional botanicals including juniper, coriander and citrus, perfectly balanced with the iconic Norfolk flavours of sea-samphire and lavender for an incredibly smooth finish.

Anglia Labels kindly paid for the materials for the gin bottle labels and Prontaprint generously designed these free of charge.

Nicky Crown, Owner of WhataHoot, said: "We wanted to support The Norfolk Hospice as it's a local charity very close to our hearts. They do an amazing job caring for patients undergoing palliative and end of life care, as well as their family and friends, and they are invaluable to the local community. We are delighted to be able to help."

Lyndsay Carter, Chief Executive at The Norfolk Hospice, said: "It has been wonderful to work with the team at WhataHoot and their

enthusiasm, hard work and generosity has been fantastic. We are extremely grateful for their support following such a challenging year and we look forward to developing our partnership."

If you own or manage a local pub, bar or restaurant and are interested in stocking the gin, please contact AJ Bonnett on aj@whatahoot.co.uk.

You can purchase a bottle of The Norfolk Hospice Signature Dry Gin online at www.whatahoot.co.uk/nh and at the WhataHoot distillery at 7a King Street in King's Lynn.

Left to Right:
Nicky Crown,
Tammy Green,
Lyndsay Carter,
Jason Crown and
A.J.Bonnett



Left to Right:
Nicky Crown,
A.J.Bonnett and
Jason Crown





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Hunstanton's Live Music Festival Confirmed for Sunday 8th August

The HDFA's Live Music Festival returns to Hunstanton this August with an exciting line-up of local bands and musicians to entertain and delight residents and visitors alike from midday onwards.

Starting at midday, the free event compered by Music Festival Director - and performer - Ian Wells, will take place on a Festival stage on Hunstanton's lower green and will feature the bands Melodybeats and headline act the Daps as well as returning musicians Martin Day, Estie (Celeste), Neil Reeve & Steve Wingate. Also featured are Band Age, Emily & Jamie and of course Ian Wells himself.

Commenting on the programme, Ian said: "I'm so pleased to see such a great mixture of musical talent for our Live Music Festival which we're all looking forward to so much. All the bands and local artists are playing for free to get music back live and rocking.

"It's been a tough year for the entertainment industry and to be able to stage this outdoor event on a real festival stage and allow our musicians to showcase their sets on Hunstanton's iconic green is a joy and a relief. We can't wait!"

Visitors are encouraged to bring their chairs, rugs and picnics and settle in for the afternoon and to add to the festival atmosphere, there will also be stalls on the green manned by local groups and charities. The event will run from 12 noon to 7pm and is free to attend.

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The Cinnamon Trust needs more dog walking volunteers in Heacham

The Cinnamon Trust is the national charity whose wonderful volunteers help people over retirement age and those in the latter stages of a terminal illness by offering all kinds of free pet care. We are looking for dog walking

volunteers to help a resident of Heacham and their delightful dog who would love to go for a good walk.

Many elderly or ill pet owners worry about their ability to provide proper care for their animals and start looking to rehome what may be their only companion. This is where our national network of dedicated volunteers step in to offer support enabling them to stay together. We'll walk the dog for a housebound owner, we'll foster pets when owners need hospital or hospice care, and even clean out the bird cage or litter trays.

If you are interested in becoming a volunteer, you can download our volunteer registration form from our website www.cinnamon.org.uk or email us at appeals@cinnamon.org.uk

If you would like to have a more in-depth chat about becoming a volunteer, please call us during office hours (Monday-Friday 9am-5pm) on 01736 758 701, or you can check out our website www.cinnamon.org.uk for more details.

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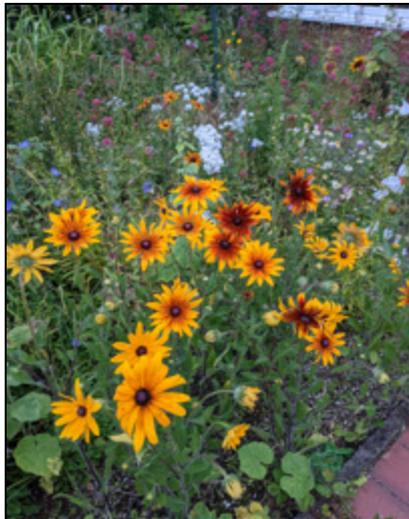
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Dersingham Open Gardens 2021

From exotic to natural, perfectly manicured to wild, large to small, Dersingham Open Gardens has it all this year. After the success of opening in September last year we have decided to repeat the timing this year. Our gardens will be open on Saturday 4th and Sunday 5th September from 11am to 5pm.

We have approximately a dozen gardens opening their gates and their owners will be on hand, not only to welcome you but to chat about their garden and exchange knowledge with you. Hopefully, everyone will end the day wiser than they started it. It has been another strange year from all aspects, and it will be interesting to see how our gardeners have coped with the restrictions and the unpredictable weather. The warm wet spell has certainly helped many plants (and weeds!) flourish. Will projects begun last year have been finished, have new ones been started, or have the gardens just been enjoyed as they are? Gardening, in the widest meaning of the word, has played a major part in the mental and physical welfare of many people during the pandemic and its popularity has grown enormously. Gone are the days of only “retired” people having the time to garden. Now, from very young children upwards, all age groups are discovering how even a few minutes tending to plants is a very calming activity and takes us away, even for a short time, from the worries of the world! So we are hoping that, after spending time wandering through our gardens, our guests will feel completely relaxed without a care in the world. At least for a while!



St Nicholas church will be hosting a number of floral arrangements entitled “Together Again”, showcasing the amazing skills of the flower arranger. The subject is a feeling we can all relate to and it will be fascinating to see how it is interpreted in flowers.



Dersingham has a wonderfully diverse group of artists and some of them will be show-casing their work alongside their open garden.

As if that’s not enough, there will be light refreshments served from 10.30am in the Village Centre. We are looking forward to meeting old friends and new visitors

for a celebration of all things floral.

Tickets will be on sale in advance from Dersingham Post Office priced £4, and on the day from The Village Centre priced £5. Proceeds from the weekend will be shared between St Nicholas Church and the Village Centre.

Answers to Quiz

1. Danube
2. Styx
3. Amazon
4. Great Ouse
5. The Niagara River
6. Thames & Hudson
7. Loire
8. Orinoco
9. Orwell (George)
10. Battle of the Nile
11. Arno
12. Mississippi

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Across:

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10. Absolve
11. Vis-à-vis
12. Dishwater
13. Error
14. Halyard
16. Assign
19. Eighth
21. Bridges
25. Whelp
26. Plaintiff
28. Carrion
29. Foliate
30. Under Milk Wood

Down:

2. Asses
3. Halfway
4. Electors
5. Invert
6. Tasters
7. Riverside
8. Haydn
9. Tsarina
15. Angle iron
17. Berwick
18. Dreadful
20. Topside
22. Danelaw
23. Eponym
24. Often
27. Idaho

Solution to Newsletter SUDOKU

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

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GUIDANCE ON HOW TO CLAIM THE FIFTH SEISS GRANT

by Kathryn Gigg Chartered Accountants, Hunstanton

Full details of the fifth **Self-Employment Income Support Scheme (SEISS)** grant, including a new turnover test which determines the level of the grant, are now available.

Our immediate advice is do your homework first or otherwise you will fall at the first hurdle.

Level of grants

In most respects the rules for the fifth SEISS grant are the same as for the fourth grant. What has changed is that the level of the grant depends on whether turnover has dropped by more or less than 30%.

The fifth grant is 80% of three months' average trading profits capped at £7,500 for those whose turnover has reduced by 30% or more. Those with a turnover reduction of less than 30% will receive a grant based on 30% of three months' average trading profits, capped at £2,850.

When the claim is made, the HMRC online service will ask for the claimant's turnover figures and compare them. The claims service will then state if the claim can be for the higher or lower amount.

Eligibility criteria

Self-employed individuals and members of a partnership are potentially eligible for the fifth SEISS grant where the taxpayer:

- Submitted their 2019/20 self assessment tax return by 2 March 2021;
- Traded in the tax years 2019/20 and 2020/21;
- Is currently trading but is impacted by reduced demand due to coronavirus or has been trading but is temporarily unable to do so due to coronavirus;
- Intends to continue to trade; and
- Reasonably believes there will be a significant reduction in their trading profits due to the impact of COVID-19 in the period from 1 May 2021 and 30 September 2021.

The taxpayer's trading profits must be no more than £50,000 and at least half of their total income for either:

- The tax year 2019/20; or
- The average of the tax years 2016/17, 2017/18, 2018/19 and 2019/20.

These criteria are unchanged from the fourth grant. HMRC started to contact taxpayers in mid-July and claims will open in late July. Claims must be made by 30 September 2021.

Turnover test

Claimants will need to provide two turnover figures during the claims process, and it is advisable to have these two figures available before starting to make the claim.

The two figures required are for:

1. The pandemic period

The turnover figure required is for a 12-month period starting on any date between 1 and 6 April 2020. Those who prepare accounts on a tax year basis will be able to use the same figure as will appear on the 2020/21 tax return (it is not necessary to submit the return before making a claim but the turnover figure for the SEISS claim will be checked after the return is filed). Those who use a different accounting date will need to make a separate calculation. The turnover figure should be for all of the taxpayer's businesses but exclude COVID-19 support payments (such as: previous SEISS grants, Eat Out to Help Out payments and local authority/devolved administration grants).

2. The reference period

In most cases this will be the turnover figure from the 2019/20 tax return but there is an option to use 2018/19 if 2019/20 was not a normal year for the business. There are provisions to adjust the turnover figure if the accounting period was longer or shorter than 12 months but there is no requirement to make an adjustment if the period covered is less than 12 months because the business started or ceased in the tax year (this can mean that the comparison is not between two 12 month periods).

Those who started or ceased business in 2020/21 should include the turnover received in year ended 5 April 2021, even if the period of trade covers less than 12 months.

If a claimant has more than one business as a sole trade the total turnover from all businesses must be included.

Partners will need to provide turnover figures for the partnership as a whole unless they also have other trades, in which case they can use their share of the partnership turnover.

Although as agents we cannot process your SEISS claim for you, if, having read through the information provided above, you require any assistance calculating your turnover figures, **please contact either myself or my assistant Susan Fish FMAAT on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.**

Mrs K H Gigg FCA

N.B. Article written in July 2021

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

Heacham, Sedgeford and Fring

The time of writing is the day before 'Freedom Day'. I assume it will last until at least publication date. Meetings at the Borough Council are mixed at the moment; those involving voting are live, those just involving discussion are on Zoom or TEAMS.

Officers are often only present on a screen and this is causing problems as sound is sometimes dire. One to one chat is also lost at the end or beginnings of meetings. I expected my Group, the 16 Independents, to leap at the chance of live meetings again but there is reluctance due to travel time. So, the Council is a reflection of the wider business world, live or virtual? Hybrid if screens and sound can function better? I much prefer live in the early evenings after useful work in the wider environment has been completed.

A new hospital for Lynn is one thrust at the moment. Jo Rust has been a leading campaigner on the ground. The Council Motion to support the case was unanimous and there is now an on-line government petition to demonstrate public support: <https://petition.parliament.uk/petitions/590390>

A second thrust is the work needed to ensure the £25 million Towns Fund money is realised with proper projects because, if they don't pass muster, the money doesn't flow. There are some issues around this as projects sometimes seem to appear 'ready' with little consultation with councillors or the public. Assurances have been made that they will be scrutinised before the button is pushed. It's all for Lynn, the principal Town, by the way so you might not be too bothered. Just remember though that it is public money.

Speaking of which, the Parkway development, the controversial half of which has been cancelled, has cost £3,790,567. Taxpayer money has subbed it £2,314,716. Of the £1,425,851 shortfall, I have been told £820,240 is irrecoverable. Questions are being asked and some answers may come out in August.

Summer generally means holidays and the 'staycation' has arrived on the back of Covid. Cashing in on this, caravan site owners are up for expansion. With caravans selling on site for up to £200,000 and with site fees a regular income there is money in 'temporary' homes. I call them 'homes' as they often have 11-month occupancy and are made to a housing standard which has the added benefit, so a site owner told me, of attracting no VAT. Good job really as you can still get decent houses for £240K.

One site owner wants to utilise an adjacent field because caravans are getting bigger and the numbers, they have a licence for, won't fit on existing fields. It's called, 'breathing out'. Another site owner, currently in the process of an expansion permitted two years ago, would like to roll it into a further, larger, expansion.

Such expansions, and I am sure there are more in the pipeline, are usually, like these two, on land deemed countryside. If they were applications for house building then they wouldn't succeed as they would be contrary to the Local Plan. Caravans are seen as 'temporary' and 'mobile' and may be given permission though may not – there are considerations to be made.

So, what do you think? More caravans or are there enough? Leave green fields alone or fill them up to expand a business? A case can be made either way though a line will have to be drawn in the sand at some point.

Thinking of housing development, on the 16th July the reserved matters application for phase 2 of the Cheney Hill development, up to 64 houses, appeared in the weekly lists. Application number 21/01412/RMM. The reserved matters for phase 1 are tucked into the documentation using the application submitted in 2018 but never progressed, 18/00226/RM. This is for up to 69 houses.

For those of you who have forgotten or are new, Phase 1 was essentially accepted by the public and Parish Council though

there was argument about the increase from an original 62ish to 69 houses. Phase 2 was contested and refused by the Borough's planning committee. The developer took it to appeal and the inspector upheld that appeal. Consequently, up to 133 houses will be built off Cheney Hill. The current applications are for reserved matters, design, layout etc. If you live close and, particularly, adjacent to the site, then you should look at the documents or discuss them with those who have. Two years ago, the developer did promise public consultation. I have no knowledge of that now taking place. I hope that provision can be made for a residents' meeting. It will have to be advertised on the village Facebook page if it happens.

Amendments to planning applications can be made during the application process. If you don't notice them yourself, you might expect planning officers to inform you. This is not necessarily so and residents in a corner of Heacham have been badly let down. If an application concerns you, monitor it as often as you can and submit new comments accordingly. If you want to have a fair chance of getting the application considered at planning committee, tell me about it within 3 weeks after it is submitted.

Last month I wrote a little about ensuring verges and other green spaces were not hacked down but utilised for nature. An excellent letter appeared in the Heacham Newsletter too – serendipity. Plantlife have a Road Verge Campaign where you can share your thoughts. Google Plantlife and look for it

And a word for Fring. I have asked a Borough Council officer to determine how best to get Fring represented on a Parish Council. I hope to be able to report more next month.

Terry Parish

Leader of the Group of Independent Councillors (16)

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Smithdon on School Rebuilding Programme List

John Hirst, Headteacher at Smithdon, said: "I'm delighted with this significant investment in education in Hunstanton and West Norfolk. Once our school has been rebuilt, it will make a huge difference to our students, where their talents can be identified and nurtured in an outstanding twenty-first century school mirroring the great teaching and support that already takes place at Smithdon.

"As a school and a Trust, we have worked really hard in the background to lobby for this investment to make sure our children continue to learn in the best possible environment long into the future, and I feel today's announcement highlights the confidence at Government level in the leadership of Smithdon and the West Norfolk Academies Trust.

"I am extremely grateful for the teamwork that has taken place in the Trust to get to this stage, and we're looking forward to meeting with the Department for Education next week to further discuss this project and the next steps."

Roger Livesey, Chair of the West Norfolk Academies Trust, added: "As a Trust, we have always strived to ensure that our schools have the facilities and classrooms they need to support the high-quality education our children deserve and we invested significantly in the school building last year.

"We are delighted that the Government is investing millions of pounds to rebuild Smithdon as this investment will now complete the transformation of Smithdon High School into an education establishment of the highest calibre.

"Once complete, our new school building will ensure all children in Hunstanton and surrounding villages in North West Norfolk will have the very best possible school and education."

James Wild, MP for North West Norfolk, commented: "It is great news that Smithdon High School has been selected as part of the School Rebuilding Programme.

"Since I saw the issues with the buildings first hand, I have worked closely with the school to make the case for investment to ministers and that need has now been recognised by the Government.

"This will help the school to deliver better facilities for pupils in Hunstanton in which to learn and realise their potential."



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DO YOU HAVE INCOME (OR GAINS) FROM PROPERTY?

SHOULD I OPERATE THROUGH A LIMITED COMPANY?

by Kathryn Gigg Chartered Accountants, Hunstanton

In the past, owning and operating investment properties through a Limited Company tended to be regarded as something of a “sledgehammer to crack a nut”. Changes in the differential between personal and corporate tax rates, together with the disallowance of interest relief at higher rates for individuals have led some to reconsider this route, but it is a decision which, once made, cannot easily be reversed, so will probably be unattractive for those who are only renting on a short-term basis.

It is important to understand that a Limited Company is a legal entity in its own right, completely separate from the people who own it (shareholders) or run it (directors). In most small companies there is often a high degree of overlap between the two groups of people and in a small rental property company they will probably be identical. The directors have certain obligations as regards legal and tax compliance and their financial relationship with the company is highly regulated and enforced by a strict tax regime. A company also has limited liability, meaning that in the event of bankruptcy the exposure of the shareholders will be limited to the amounts which they initially invested (and any personal guarantees which they may have given).

The company itself is subject to Corporation Tax (CT) rather than Income Tax (IT). CT will apply to all income and capital gains made by the Company and Income Tax will apply to amounts which it pays out to directors and shareholders by way of dividend (to shareholders) or salary (to directors). The directors are officers of the company so monies paid to them as salary, wages or bonus will also potentially be subject to National Insurance Contributions (NIC). If money is loaned to the company, interest at a commercial rate can be paid without NIC deduction.

The treatment of expenses is normally the same for both an individual and a company except that mortgage interest for residential letting is restricted to basic rate only for individuals but not for companies. Interest on borrowing to fund the purchase of Furnished Holiday Let (FHL) property is fully allowable for both.

Since CT rates are usually lower than IT rates (currently the CT rate is 19%, rising to 25% in 2024, compared to a top IT rate of 45%) the short-term advantage is clear. If the property is subject to a high level of borrowing, and if all the net rents are to be used to repay that borrowing, a mortgage will be cleared much more quickly within the corporate structure. However, as mentioned above, any funds withdrawn from the company by its directors and shareholders are taxed at IT rates, so if the intention is to use the revenue stream as part of one’s normal living income, there will be little benefit. “Borrowing” from the company is also financially penalised (although repayment of amounts previously loaned to it is permitted). There are also heavy tax charges where a company property is occupied by a director/shareholder rent free. In addition, where a company owns a residential property worth over £500,000 there will normally be an annual “Enveloped dwelling” charge unless the property is commercially let or limited other exceptions apply.

Like individuals, companies will pay Stamp Duty Land Tax (SDLT) on property acquisition and will always pay the 3% surcharge on residential property. In some cases, there is a 15% SDLT charge on properties costing over £500,000. SDLT (and often personal CGT) will also apply where existing properties are transferred into a new Limited Company unless they are held within an existing partnership and have been treated as a property business in the past.

Finally, where a company realises a capital gain, that gain is also subject to CT, with no “personal allowance”. The tax will be charged at the CT rate. When a company is wound up, the assets passing to the shareholders will then be subject to personal CGT, so potentially the same gains are taxed twice, although in

some cases the aggregate of CT and personal CGT may be slightly less than a high rate of personal IT.

The corporate route will, then, tend only to be advantageous in three sets of circumstances:

- Where it is used to acquire a property with a high level of borrowing, with the intent that it will always remain within the corporate structure (typically a property used in a business)
- Where the owner currently has high levels of personal income but knows that in the medium term these will cease so funds can be accumulated within the company until that point (Using it as a “holding tank”)
- Where for some reason there is a high level of financial risk which can be ring-fenced within the company to protect personal assets or where it is used as a one-off “special purpose vehicle” for a project which would be treated as a trading transaction by the participants.

If any of these issues affect you and you are in need of further advice, please contact either myself or my assistant Nicola Tarry FCA, who will be pleased to talk matters through with you. You will thus ensure that you take full advantage of the reliefs available to you and also consider, for the future, how you can best structure your property portfolio.

Mrs K H Gigg FCA

NB: Article written in July 2021

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Stanhoe & Barwick WI

On 8th July, Stanhoe & Barwick WI welcomed 20 ladies to the annual garden party. Blessed with sunny weather, tea and cake was enjoyed whilst we caught up with friends not seen for many months.

This was our first 'proper' meeting since March 2020 and Vice-President, Nicola Smith, took the opportunity to recall the many and varied ways in which we have kept in touch. The pandemic has taught us the value of friendship and the importance of social activities. Stanhoe & Barwick WI has ensured that our members have been contacted regularly, via Zoom meetings, emails and phone calls, with walks, teas and trips when we were able. The delivery of Valentine and Easter treats was particularly appreciated by all. Nicola thanked the members for their continued and valued support.

Our photo album was available, containing a record of members' activities and projects during lockdown, as well as some 'lockdown hair' photos!

New members joined during lockdown and we are looking forward to welcoming more following our garden meeting. We are a diverse and friendly group, with members from ten local villages.

We meet on the first Thursday of each month at 2pm in Stanhoe Village Hall. We enjoy a variety of speakers and also arrange trips, teas and lunches. Our next meeting will be on 5th August with Rebecca Tate, The Norfolk Milliner.

If you are looking for something new or to meet people and make friends, then please come along and see what we get up to.

It's no longer all Jam and Jerusalem...but there is always plenty of cake!!

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Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The Full Council will be resuming their regular meetings which will be held in the Old Friends Hall at the regular time of 7pm on the third Tuesday of every month.

Please see the Parish Council website, noticeboard at the New Community & Heritage Building Site, Pound Lane and the Parish Office window for agendas. Council Meeting minutes will be posted on the Parish Council website shortly after each meeting (these are draft minutes until they are agreed at the next meeting). The committee meetings will also be resumed over the next couple of months and these will also be held in the Old Friends Hall, Sunnyside. Members of the public are allowed to attend committee meetings if they wish. The Clerk will be returning to the office gradually over the next two weeks and the office will be reopening to the general public. Please note the new opening hours will be Monday, Tuesday and Thursday 10am-12 noon.

LIBRARY

We have had a great response to our notice the last couple of months asking for volunteers and by the time you read this our new members of the team will hopefully be trained up and at their posts. We are reliant on our volunteers to run the Library and are very grateful to them all for doing so, especially during these difficult times.

Membership is free and they are happy to greet you, whether it be to borrow books, use the computer or for a chat/information. The Library is safe to visit, all COVID safeguards are in place, if they are still required. We also have a corner for any children that come along too! You can't beat thumbing through an actual book, so come along and take your pick.

STREET LIGHTING

Just to remind everyone that the majority of footway lighting throughout the village is the responsibility of Heacham Parish Council; any reports will be passed on if not ours. When reporting lights to us by telephone and the Office is closed, then please leave a message, include a contact number so we can contact you if we need more information – our machine does not record numbers. If you report a light that is either out/coming on and off/on all day/damaged, we identify it by its address, usually the property it is outside of, but if it is directly on the point where two properties meet then it is the address opposite that we need. Many thanks.

THE CINNAMON TRUST

Sally Collins is from the Cinnamon Trust a national charity. They co-ordinate volunteers that are prepared to help with pets of over 65s and the terminally ill of all ages. Help includes – dog walking, taking pets to the vets and even cleaning out the budgie's cage or cat litter trays. They also need volunteer foster carers for when owners face a spell in hospital or respite care. Pets are registered with them so should the owner pass away or have to go into residential care they can be placed with long term foster carers becoming part of their family. The Trust pays all vets fees for these pets and provides holiday cover and ongoing support to these foster carers.

If you feel able to help by volunteering then please contact Sally on 01736 758707 or email sallycollins@cinnamon.org.uk

OVERHANGING VEGETATION

The Parish Council receives regular complaints about vegetation growing over footpaths and making passing at best awkward, and at worst painful and wet. Property owners are responsible for ensuring that their hedges or trees do not block footways. Please give thought to pushchairs/wheelchairs and mobility scooters. The Parish Council seeks property owners co-operation on this please.

NEW COMMUNITY BUILDING

The project has now reached a major milestone. The tender process has now been completed and by the time you read this we expect that a preferred contractor will have been identified. At the moment information is still commercially sensitive but watch out for further details in the September issue.

COVID 19

At the time of going to print we are at a point of 'learning to live with it'. The government have eased all restrictions and the wearing of face masks and keeping our distance is no longer a requirement other than on public transport and other indoor spaces e.g. shops where possible. It is however still among us and we still have many who have to take precautions due to their health risks so please be kind to those who have to continue to follow the Hands, Face and Space guidelines. Many of those who have been double vaccinated still only have limited immunity and are still vulnerable to this awful virus.

Although as a village we, on the face of it, seem to have 'got off lightly' in comparison, according to national statistics, in fact we lost residents as a direct result of this awful virus and many still suffer the effects of long COVID. Many more will succumb to it in the months and possibly years ahead.

Please remember that the regular washing of hands for 20 seconds should still be undertaken.

The Parish Council wish to thank all the staff and Councillors for continuing to keep on top of all issues to the best of their abilities under some very difficult circumstances. Especially the PMO's who have continued to keep our village as clean and tidy as was possible and the Assistant to the Clerk for manning the office on her own, whilst the clerk worked from home. Hopefully things will continue to improve

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 open
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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

Smithdon High School Bus Service 36

1515 Smithdon School to Hunstanton

WNCT Dial-a-Bus Service

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

MAIN PICK-UP POINTS FOR HEACHAM NEWSLETTER. First Saturday of each month except January.

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

MOBILE LIBRARY

Route DER201 TUESDAY Every Four Weeks
From 20th July 2021

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

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

North Beach Toilets - On wall near entrance to gents. Available 24hrs



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