



THE HEACHAM NEWSLETTER

February 2022



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Photo taken by Emma McCowen

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THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

your letters..



Dear Newsletter,

Jubilee Road

Jubilee Road

Dear Newsletter,

A Lovely Gesture

Our elderly neighbour has very recently lost his wife. Over the last couple of years they have had Morrisons of King's Lynn deliver groceries for them. Last week our neighbour (George) had his first delivery since his wife died. Feeling very sad and lonely, the Morrisons delivery man asked him what was wrong. George said "I just feel low, missing her so much". The Morrisons' delivery man was very sympathetic, and showed his concern for him. But a few days later the Morrisons delivery driver came to George with biscuits, chocolates and flowers, which all the drivers at the Depot donated to. How wonderful is that???? Such a lovely kind thought, it cheered George up no end.

Thank you from us to such a great bunch of guys.

Thank You

We were delighted to see so many people attend our Afternoon Tea on November 20th after a gap of 2 years. I hope you all enjoyed it as much as we did in organising the event.

We were thrilled to be able to hand over a cheque for £390.60 to Tapping House Hospice. Like all charities they have suffered from a lack of fundraising events during the pandemic.

Well done Heacham!

Jan Andrew

Pine Residents Art Group



Dear Newsletter,

Dersingham

Heacham

Coin Collecting

Coin collecting may start your interest by finding an unusual coin in your change. Want to know more? There are several dealers in the King's Lynn area who may be able to tell you more about your finds.

Good luck in your search, from a numismatist!

Mrs Boston

Heacham Community Project

Heacham Parish Council appear to be intent on putting Heacham village in full economic and financial decline for the next 50 years, and are expecting the residents to pick up the bill.

The ill-conceived project to convert the Old Dairy on the corner of the High Street and Pound Lane into a Village Community Building will not add any benefit to the Community or the youth of Heacham.

Heacham Parish Council are proposing to borrow £1.4 million over a 50 year period to finance the building work which will have to be repaid by an additional sum added to each residents Council Tax via the Precept.

What a legacy to leave our children and grandchildren, for no material benefit to the village whatsoever.

The original concept, which the Parish Council put to the village in a shambles of a survey (not every residence was canvassed) gave the option to support a self-financing project to either demolish the existing building or to retain and convert it.

There are very big questions to be asked and answered about how the future running costs for utilities and maintenance are going to be financed, which the Parish Council is choosing to ignore.

Where is the income going to come from to support this project for ongoing costs in the future?

As time has moved on, the Parish Council do not have the means to finance the project and the cost has now more than doubled. Clearly the Parish Council do not have a Mandate from the village to continue with this project, nor have they a Mandate to borrow a vast sum of money to finance it and add it to our Council Tax bill via the Precept without a full village Referendum.

Heacham Residents, it's time for the whole village to stand up and be counted as this Project must be stopped.

A public meeting will be organised very soon and we hope the villagers will attend in big numbers to have their say and to make it clear to them what is going on!!

David Brown

Please refer to page 18 for The Parish Council article

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Library Book Reading

Daniel Jacob, author of *The Silence of the Shaggy Rug*, wishes to thank the Parish Council, library staff, and those who attended the book reading held in December.

If any group would like the author to hold a reading, please e-mail: author.danieljacob@gmail.com

A Tribute to Fred Pooley from Norsemans Boxing Club

I first met Fred back in the Year 2000. I was interested in setting up a local amateur boxing club. Fred was the Hunstanton Mayor at the time and was very enthusiastic about the idea (having boxed himself as a youth) and thought the discipline involved would be great for the local youth.

He then arranged for us to use the local Hunstanton Youth Centre and gave us £200 to get us started.

One month later we opened with over seventy-two youths turning up on the first night.

The club is still going strong; it is non profitable and is run by two ex-boxers from the club, Justin Barret and Mark Rothwell. We have had county and regional champions over the years but the real purpose is to get the youth off the streets and teach them great values and discipline. Fred was always happy to hear about the club and was a firm believer in the benefits it has to offer.

The club probably wouldn't exist without Fred's initial interest and willingness to help.

So, from the bottom of our hearts, we would like to sincerely thank Fred Pooley and offer our condolences to his family and friends for the very sad loss of a great man.

R.I.P. Fred.

God Bless.

Norsemans Boxing Gym
Chairman: Mr L E Bolmeer

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I have some news...BIG NEWS!!

I am thrilled and delighted to announce that as of the 1st January 2022, Claire Forshaw is now the proud owner of Bliss Hair & Beauty!

16 years ago I took Claire on as an apprentice...I was a little apprehensive as she was painfully shy but soon showed potential to be a brilliant hairdresser.

Over the years she has proven herself to be one of the hardest working individuals I have ever worked with. She is incredibly conscientious about her work and has a wonderful rapport with her clients and colleagues. Nothing is ever too much trouble.

I am personally incredibly proud and over the moon that Claire is taking over the business. Congratulations Claire, I'm sure you will have every success! I also know that all the clients at Bliss will also be thrilled for you!

Thank you so much to all the staff and clients of Bliss for your continued support and valued custom over the years. It's been wonderful owning the salon for all these years and I'm very grateful to all of you.



I will however be staying on at the salon, I'm not ready to hang up the scissors yet....under the watchful eye of the new boss of course.

Happy New Year to our wonderful clientele!

Jaime Parry



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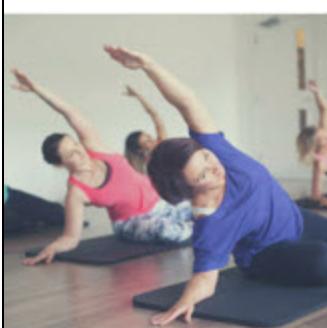


Ward Gethin Archer
SOLICITORS AND NOTARIES

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Jaime's Fitness

Monday



Heacham Public Hall

FitSteps fully booked 9:45 am
Fitness Pilates 10:55am

Heacham Scout Hut

Seated Fitness 12:00pm
Active Seniors 12:55pm

Ingoldisthorpe village hall

FitSteps fully booked 6/6:45pm
Fitness Pilates 7/7:45pm

Wednesday



East Rudham village hall

Indoor Powerwalking 9:45am
Active Seniors 10:40am

FitSteps 6:30pm
Fitness Pilates fully booked 7:20pm

jaimefitsteps@gmail.com
07765433100

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Heacham Parish Church

**We need YOUR help to decorate
St Mary's with royal bunting for**

**The Queen's Platinum
Jubilee Weekend!**



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Any fabric, any royal topic,
any design, any length!

Bring to church from Friday 27th May 2022

Start now while it's cold outside!



St Mary's Church, Heacham | Visit www.heachamchurch.org.uk or www.facebook.com/StMarysHeacham |
Email heacham.church@gmail.com
Registered charity number 1130006

Church Tower, Cupola and Bells

Between April and July 2021, Heacham Parish Church ran an appeal for £25,000 to repair the roof and north wall of the church tower. Thanks to the wonderful generosity of the village and other sources, all our needs were met in record time and the work completed.

Now as we move into 2022 we must activate the second part of this project – and we know this is news a lot of people have been waiting to hear. This will involve rebuilding the wooden cupola on top of the tower, removing and restoring Norfolk's oldest church bell (circa 1150) in order to display it in church and the purchase and hanging of a replacement bell as a call to worship. The old bell is too fragile to be rehung for ringing, but as it is so important to the history of the church, and to Norfolk's heritage, it will be displayed securely in church for all to see.

As you will imagine, the cost of this project is considerable. The price of the oak timber required has rocketed over recent years so, as a general figure, we will need to raise £30,000. We will do our utmost to source historical and ecclesiastical grants. We will hold fundraising events and launch an online appeal.

Once again though, we will be asking Heacham to support and contribute towards this important renovation and to help preserve this unique piece of Norfolk's heritage.

Details of the online campaign will appear soon in the village Newsletter and on the church website and Facebook pages.

Donations by BACS, cash or cheque will be gratefully received at any time.

BACS: Heacham
Parochial Church
Council - Sort Code 20
46 65 - Account
10464554 - Ref Cupola.

Cheques should be made payable to '*Heacham Parochial Church Council*' and cash donations can be taken to the Church Office, 17 High Street, PE31 7ER.

We thank you for your ongoing support. Our Christmas theme of 'Bells' will still be ringing long into 2022!



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CHURCHES TOGETHER IN HEACHAM



LET'S MAKE SURE LOVE IS ALL AROUND US!



February is the month for love; celebrations of love seem to be everywhere. The shops are full of hearts, flowers, chocolates, and other symbols of love and affection. Pubs, cafés, and restaurants have Valentine menus and specials - which is great for those in happy romantic relationships; but it can be a hard time for those in difficult relationships, or no relationships at all, or those whose partners have died or gone away.

So, I think that this February in Heacham, we should be celebrating the love we have seen in action in our village community; particularly during the pandemic in the last two years. We have seen love demonstrated in so many ways, by individuals, and businesses, as well as in our schools, hospital, care homes, surgery, vets, garages, and many, many other places; many of these acts of love unseen.

How about this February all of us try to do at least one 'RANDOM ACT OF LOVE' for someone else - a neighbour, colleague, friend, or stranger in our village community.

And to try to do at least one 'RANDOM ACT OF LOVE' for ourselves. (Many of us are much better at loving others than we are ourselves!)



The Bible talks of 'loving your neighbour as yourself' so we need to try to do both. February is a good month to focus on that as we can be reminded to love ourselves and others each time we see a heart and share the love!

So, this month let's strive to show love to ourselves and to others; and through those small actions I believe we will have a glimpse of God's great love for us all.

With my prayers and best wishes for February,

**Revd. Veronica Wilson
Vicar of Heacham**

Church Opening Times

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

February 2022 Services – Sundays at 10am

There will be a service in church every Sunday at 10am. Services are live streamed on Heacham Parish Church YouTube channel (<https://youtu.be/azbvfYEG9EY>). We will also have a recording of the service on our YouTube channel which will be available each Sunday, after the service has taken place.

6th Feb: Holy Communion with the Rt Revd Dr Jane Steen, Bishop of Lynn, followed by coffee and cake

13th Feb: Morning Prayer

20th Feb: Holy Communion

27th Feb: Morning Worship

Ash Wednesday 2nd March - Holy Communion with Ashing at 12 noon followed by soup lunch.

Thank You

Thank you very much to everyone who made or brought bells to decorate the church in December. The church looked fabulous. If you would like your bells back, they are in the chancel ready for you to collect them.

Coronavirus Update

Seating during services has returned to pre-COVID days. However, there will be an area at the back of the church where socially distanced seating is available for those who are vulnerable or would prefer it. Please note that, at the time of writing, mask-wearing in a place of worship is currently a legal requirement.

COVID regulations are regularly reviewed so please keep an eye on the church website, or Facebook pages, or contact the church office (tel. 572539) for further updates.

We worship in a number of different ways including:

HEACHAM PARISH CHURCH online

on Heacham Parish Church YouTube channel

HEACHAM PARISH CHURCH in church

At 10am every Sunday morning

Live Streaming

We are now live streaming services every Sunday at 10am on Heacham Parish Church YouTube channel.

Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is on 3rd February from 10am till 12 noon, at the Pine Residents Hall. For more information contact the Church Office.

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 contact the Church Office.

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 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 (details below).

CHURCH CONTACTS:

St Mary's Church:

Revd Veronica Wilson (01485) 570697

email: heacham.vicar@gmail.com

St Mary's Church Office: Julie Turner (01485) 572539
email: heacham.church@gmail.com (answerphone)

Methodist Church:

Rev'd Dr Richman Ncube (01485) 570232

HEACHAM METHODIST CHURCH

Minister: Rev. Dr Richman Ncube

February 2022



SUNDAY MORNING SERVICE 10.30am - All welcome

6th Feb: Local arrangement

13th Feb: Sheila Johnson

20th Feb: Irene Garrard

27th Feb: Sharon Esposito

Midweek Communion

The February midweek communion will be on Wednesday 9th February 10.30am conducted by Minister Rev. Dr Richman Ncube. All who love the Lord are welcome.

Bible Study:

We have started a monthly Bible study at 10.30am on the fourth Thursday of each month. The study, led by our minister Rev. Dr Richman Ncube, will be on 24th February. Why not come and join in this lively discussion group.

Coffee morning:

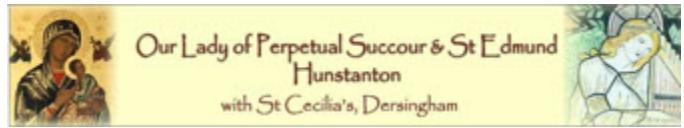
We are planning to hold the monthly coffee mornings throughout the winter on the third Saturday of the month. February's will be on the 19th at 10am - 12noon. David Godfrey will play the keyboard from 11am. Come and enjoy coffee, cake and a chat. There will be a book stall and jigsaw puzzle stall.

New Bowls and games clubs open to all:

Can you play Darts? Do you like Dominoes? or Cards? Then come to our new monthly games club on the first Friday afternoon of the month starting February 4th at 2.30pm. We have also started a monthly carpet bowls club on the third Friday afternoon; the February date is 18th February at 2.30pm. Come and have some fun.

February Midweek calendar

Friday 4th.	Games afternoon 2.30pm
Wednesday 9th.	Holy Communion 10.30am
Friday 18th.	Bowls club 2.30pm
Saturday 19th.	Coffee morning 10am -12 noon
Thursday 24th.	Bible study 10.30am



Hunstanton Catholic Parish

The faithful from around the world suggest Papal prayer intentions in each country to their national office. Some of these are then selected and sent to the international office of the Pope's Worldwide Prayer Network in Vatican City. After prayer and discernment, the Pope selects a number of them and sends them to be translated and published as the official set of monthly prayer intentions. The Pope's prayer intention for February 2022 is: **For religious sisters and consecrated women:** We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.

The World Day of Prayer Service for 2022 will be at St Mary's Parish Church, Heacham on Friday 4th March starting at 10.30am. This year's service has been prepared by the women of England, Wales and Northern Ireland and the theme is 'I know the plans I have for you'. This is an ecumenical service and everyone is welcome.

The Sisters at St Theresa's Convent are now offering daily Mass at 12 noon. Please confirm with them if you intend to be present. Contact 01485 532837.

For Parish news including Mass times and prayer requests, please see the **Parish News** page on our website. For information about live streamed Masses in the Diocese and related matters, including Coronavirus updates see the **Links** page of our website at: www.hunstantoncatholicparish.org

People are advised not to go to Mass if they have any symptoms, however mild. Wearing masks when coming to church is still advisable, and hand sanitiser is still provided. We now have communal singing of hymns at our Sunday Masses.

The Sunday Masses are at 9am at Mountbatten Road, Dersingham and 11am at Sandringham Road, Hunstanton.

Daily Masses are at 10am at Hunstanton on Monday, Tuesday, Thursday and Fridays and 10.15am at Dersingham on Wednesdays.

Website: www.hunstantoncatholicparish.org

Email: parish@hunstantoncatholicparish.org

The Parish telephone number is 01485 534675.

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



"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

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Santa's Little Helpers

So, whose idea was it to have Father Christmas riding around Heacham Village on a brightly lit-up Sleigh on the night before Christmas Eve, 23rd December? Had they no idea that THIS is his busiest time of the year!?

Well I am going to tell you The Trustees of Heacham Youth & Community Trust had a meeting a few weeks before this date and came up with an idea to put a little piece of joy back into our village by building a Sleigh and asking Father Christmas if he wouldn't mind doing a bit of overtime?

First was to find (1) - a decent size barn/shed to build the Sleigh; (2) - A strong trailer to build it on, and (3) - A good sized vehicle to tow it. Mike Jennings came up with all three. The Sleigh had to be built first by Trustees Dave Curtis and Mark Pishorn. Along came Peter Sutton with his undercoat paint brush and then his bright red paint brush (Father Christmas did put an order in for a RED one!) Once the paint was dry, Dave added the coloured lights. They couldn't have all these bright lights without loud Christmas music playing so Richard Dix fixed up the sleigh with just the right jolly sounds.

As this little tour was being advertised for any children of the village to pop their names down on the list in the Heacham Charity Shop, so that the route of street/house stops could be planned, they had to know roughly how long the route would take and also to make sure that, now, this very long vehicle could manoeuvre in all the small built-up areas of the planned route. This is where the support vehicle carried out this very important task. Driver David Page with his co-driver and map reader Lydia Page, set off around the village a few days before the 23rd to test it out.

Now they needed 10 Santa's Little Helpers. As Dave is the Chairman of The Pocahontas Players, he stood up in front of the group and asked who would like to be one of Santa's little helpers? Blimey! 10 hands shot up like a flash!

Now onto printing up and ironing Santa's Little Helper Tee Shirts (that's where I came in! BUT I hate ironing!!) As I was reminded by 'him'

indoors - "All for a good cause dear, all for a good cause!" It was a good idea to have all shirts in size XXL - The 'little helpers' could wear over their winter coats and still keep warm, but they were not waterproof!!

So off we set at 5pm. Mike driving with Mark ready to jump out with step ladder to help the younger Elves climb off and take sweets etc. 10 Pocahontas Players, Joshy Chilvers, Kelsey Hall, Rachel Brett, Ann Smith, Jeannie Tooley, Sandra Lester, Lauren Matthews, Ben and Izzy Parr and me (Janice Curtis). 10 Pocahontas Players, plus Carri Pishorn (we will get her on the stage yet!)

We had not bargained for the HUGE turn-out! There weren't just the children who had their names down on the list but I think ALL Heacham children were out that evening. Santa's gifts got down so low that when it arrived in Lodge Road, the Support Vehicle had to do a quick dash to raid Jennings Store of bags of sweets (Yes, he did give them permission). It was a truly wonderful evening. The look of sheer delight, not just on the children's faces but their young parents' faces as well. This made it all worthwhile, even if the last hour of the 6 mile route was lashing it down with rain. What's a little water hey?

Thank you
Heacham Youth &
Community Trust
for a magnificent
idea and to bring
such happiness after
this last 2 years.
**JUST WHAT OUR
VILLAGE
NEEDED!**

Janice Curtis



From L to R - Rachel Brett, Carri Pishorn, Sandra Lester, Jeannie Tooley, Janice Curtis, Father Christmas, Ann Smith, Kelsie Hall and Joshy Chilvers



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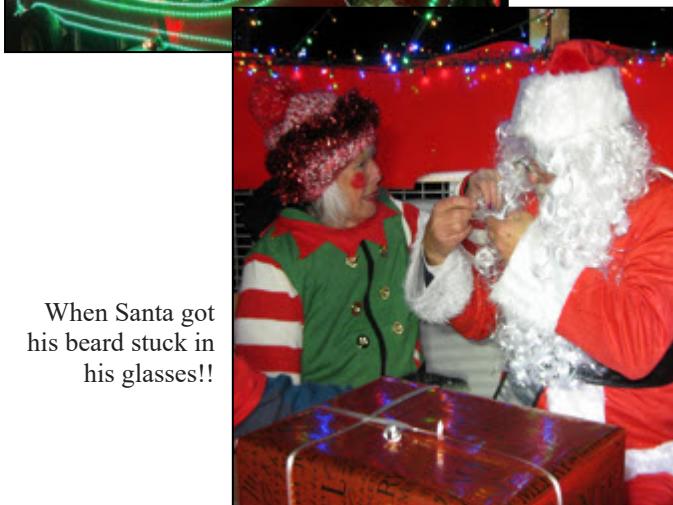


Elves on Tour
(Photo by
Amanda
Buckingham)

Front left - Ben and Izzie Parr now on board (photo by Amber Clarke)



.....and then it
rained (Photo
by Lee Anne
Drewery)



When Santa got
his beard stuck in
his glasses!!



HEACHAM & DISTRICT COMMUNITY CAR SCHEME

COVERING HUNSTANTON, HEACHAM
DERSINGHAM & SNETTISHAM SURGERIES

Annual General Meeting

Will be held at the
Hunstanton Community Centre
Avenue Road PE36 5BW
Monday 7th February 2022

At 2.30 pm

Everyone Welcome

Contact: 01485 534777

MON—FRI
9.00—1.00

Heacham
&
District
Community Car Scheme
Charity No. 500008

**WE DO NOT REMEMBER DAYS,
WE REMEMBER MOMENTS**

Golden Years Norfolk

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General Knowledge Quiz

Flowers

1. Along with cherry blossom, which flower is the national Imperial emblem of Japan?
2. In the 1951 film "African Queen" starring Humphrey Bogart and Katherine Hepburn, what is the Christian name of the character played by Hepburn?
3. "I wandered lonely as a cloud" is the first line of which lyric poem by William Wordsworth published in 1807?
4. From which flower is the spice saffron obtained?
5. What name was given to the peaceful revolution in Portugal on the 25th April 1974, to overcome civil inequality and political freedom?
6. Who is the Greek goddess of the rainbow?
7. The fifth Earl of Rosebery was the British Liberal Prime Minister in 1894-1895. What was his family name?
8. In 1932 Linn Chilvers and Francis Dusgate founded which local establishment, now a tourist attraction?
9. Which flower of the Asteraceae family is the national symbol of Ukraine?
10. In which Alexander Dumas novel, published in 1850, was a prize of 100,000 Francs given to the successful breeder of an unusual variety of which flower?
11. What nickname is given to the extremely short, form-fitting cut-off denim shorts named after a character in the "Dukes of Hazzard"?
12. "Mary Poppins", "Snowcap", "Swingtime", "Lady in Black" and "Dollar Princess" are all varieties of which popular flower?

Answers on page 33

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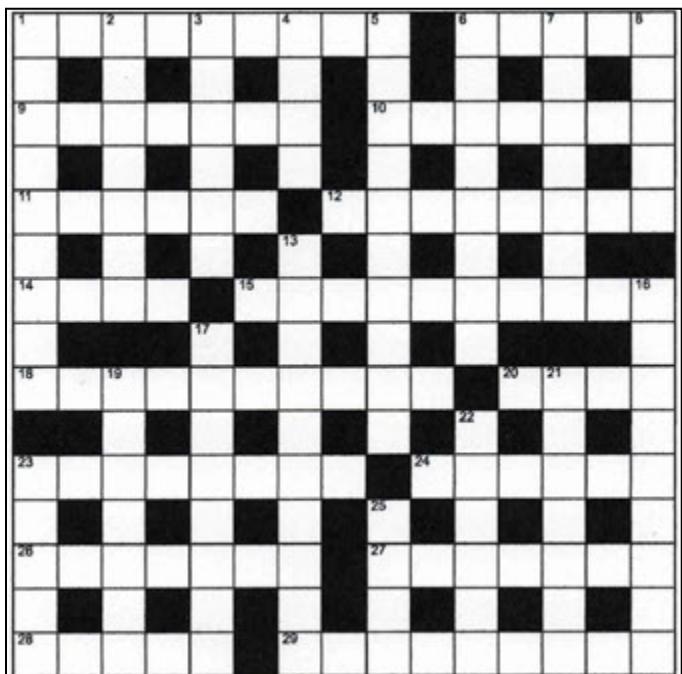
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FEBRUARY CROSSWORD



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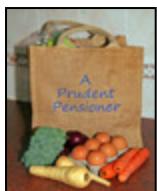
Across:

1. Dash off with intimidating woman to see old British leader (9)
6. They can carry drinks - and tango on skates? (5)
9. Hidden potential of student at English college in New York (7)
10. Their tired horses are starting to wander in that direction (7)
11. Hold fast van approaching Hereford (make obscured) (6)
12. First soldier returning home undergoes examination (8)
14. Regain strength during this month (4)
15. Stimulant works, but it's a grind (6,4)
18. Villains organize crimes against social workers (10)
20. Work with outstanding people under strong leaders (4)
23. It's my fault ma and pa get confused with clue (3,5)
24. My outfit has been dumped in river (4,2)
26. A team playing with lack of restraint (7)
27. When mud is thrown around by opposing players decisive steps are taken (7)
28. Having been placed (not second), gets stuffed (5)
29. Finished off broadcast after lingering somewhere outside Nottingham (4,5)

Down:

1. Element of London theatre providing protection (9)
2. Loads flight without suspect chest (7)
3. Took charge of TT, but didn't flow (3,3)
4. Artist shows progress, you might say (4)
5. Returns benefits after seeing number's up (3,7)
6. It's an alternative to nighties that are beyond recall (8)
7. Fire remains hostile to people in Africa (7)
8. Annoyed, having lost a buck (5)
13. Energy supplier gets a person all het up (5,5)
16. Student is cross over fall from grace, one hears (7,2)
17. Golf circular is a flyer that can't possibly take off (8)
19. Secure a new contract, finally – use this to make it watertight (7)
21. Favourite Dior creation is set in stone (7)
22. Flight controller automatically set to eat around five, latest (6)
23. First person to reply gets money (5)
25. African state is so backward – unlike, for example, Togo (4)

Solution on page 33



Another Recipe from The Prudent Pensioner

I heard Liver & Bacon mentioned recently, which is a meal I have not thought about for many years so I looked out my old recipes, purchased ingredients from a local butcher, cooked it and enjoyed it very much so thought I would share the recipe this month.

Liver & Bacon Casserole

Made in a Crockpot and makes 4 portions

Ingredients:

1 medium size Onion
4 rashers rindless Bacon (I used streaky)
Stock Cube (I used Beef)
1 tablespoon flour
Salt & pepper
300g Liver (I used Lamb's) sliced
Cooking oil

Method:

Put approx. 500ml hot water into crockpot and turn on to high setting.

Dissolve stock cube in 500ml hot water.

Empty hot water from crockpot and replace with stock.

Peel, trim and slice onion.

Cut bacon rashers into two or 3 pieces.

Fry onion slices for a minute or so then, using a slotted spoon, add them to stock in crockpot.

Fry bacon slices until nicely cooked, then, using a slotted spoon, add them to stock in crockpot.

Season flour with salt and pepper and spread on to a plate.

Wipe liver and coat each slice lightly with seasoned flour. Fry lightly on both sides then, using a slotted spoon, add them to stock in crockpot.

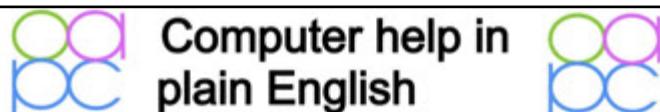
Leave crockpot on high setting for 30 mins when stock should be simmering well. Turn to lower setting and leave, simmering gently, for 2 hours or until liver is nice and tender.

This is nice served with potatoes and vegetables.

My updated book "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. Docking Farmers Market and Folgate Farm shop Waddington, Lincolnshire.

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

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Heacham at Night

February 2022. Only 11 months to Christmas.

At the time of writing, 10th January, the last two months have had very few nights of good viewing, clouds, rain or fog being predominant. I did manage to catch Venus in her glory with Saturn and Jupiter strung out behind her. The phase of Venus, a fat crescent, was clear in early December.

Venus is now a morning object, rising around 5am. It is very bright with a magnitude of -4.6 but is in the SE rather than the SW. Consequently, it is in the same direction as the rising Sun which can catch you unawares. Sunlight caught in an optical instrument will blind you immediately.

Mars is also a morning object. It will be closer to the horizon than Venus so you will need a good SE horizon. The red planet appears about 5.30am. At the beginning of the month, it is to the right of Venus; at the end, below. Look out at 6am on the 26th and a crescent Moon will be at a similar altitude to Mars but off to the right.

Still in the morning, it is theoretically possible to spot Mercury after 6.15am though the rising Sun will likely blank it out. It will be lower than Venus and a tad to the left. It does get brighter as the month progresses, attaining magnitude -0.1 at the end. So, given a very clear horizon, considerable luck, and patience, the bright spark you see is likely Mercury. Again, take great care if using optical instruments. Mercury is at its furthest distance from the Sun on the 16th Feb but is not at its brightest then.

Whilst looking for Mercury at the end of the month you may as well look for Saturn which is just left of the winged messenger. However, this is very faint, will need optical instruments capable of pointing close to the horizon, and you have the rising Sun to contend with.

So, so far, all a bit hard and unlikely observations except for Venus which will be bright and just needs a good view to the SE. I have included these notes in order to help regular readers understand the dance that planets play as they move along their orbits, following that curving line in the sky, the ecliptic. The dance is choreographed by their relative speeds and the speed of you, the observer, travelling on spaceship Earth. As the year progresses, these morning objects will rise earlier and become evening objects again - some earlier than others. Venus and Mercury, being closer to the Sun than us and, consequently, moving faster along shorter orbits, flip between morning and evening more frequently than the outer planets.

Anyway, this article is entitled 'Heacham at Night' so are there planets in the night sky? There are only three left to find.

Jupiter is still with us until the middle of the month. It lies low in the SW with a bright magnitude of -2. It does set by 6.30pm so you need to catch it before tea. Its low altitude means that the atmosphere you are looking through will be thick, likely dust laden, and moving due to convection currents at best, so observations through a binning 'scope or other telescope will be blurred. However, you should be able to catch the gas giant's four Galilean Moons, Io, Europa, Ganymede and Callisto. Jupiter is lost to us until April when it will be a morning object.

Neptune is visible until around 7.30pm but only through a significant telescope. Uranus sets later at around midnight. At magnitude +5.6 it should be possible to see it through very good, mounted, binoculars but you need a clear sky and to know where it lies.

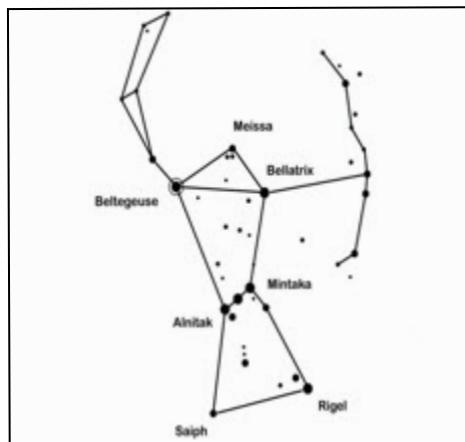
On the 7th, there is a pointer; find the crescent Moon and look at the line, terminator, dividing the sunlit portion from the dark. Follow this line up, and a tad to the right, for a distance equivalent to three Moon diameters. Stand on one leg and turn widdershins once. The point in the sky at the end of your imaginary line should contain a faint, blueish, spot. You have found Uranus. Those of you with issues can miss out the one leg and turning bit.

As the Earth moves along its orbit around the Sun, the star constellations we see, to an extent, change, some rising from the NE, some setting in the SW. These would be visible in daytime

if the sky was dark! Due to our latitude, the view towards the north changes little whilst that to the south changes quite significantly.

Some constellations and star patterns (asterisms) are visible all year round because they are high in the sky and close to the celestial pole. All constellations appear to circle around this point marked by Polaris, the Pole Star.

The favourite winter constellation is Orion. It is easily recognisable and contains bright stars which emerge even through thin, high level, cloud.



Hanging from the belt of Orion is the Orion nebulae. This is a huge ball of gas lit by stars within it. It is a star factory; gas is collapsing inwards under the influence of gravity, heating up and emitting light. Good eyes on a clear, dark, night can make out the misty shape.

Binoculars make it easy. A telescope brings out the rosy colour and a camera attached to it allows detail to be captured.

Within the Orion Nebulae, around 1,300 light years away, there are hundreds of new stars being born. The light we see left the nebulae about AD700. Smaller Anglo-Saxon kingdoms had coalesced into larger ones including here, East Anglia, and the skeleton in our garden was already 200 years old.

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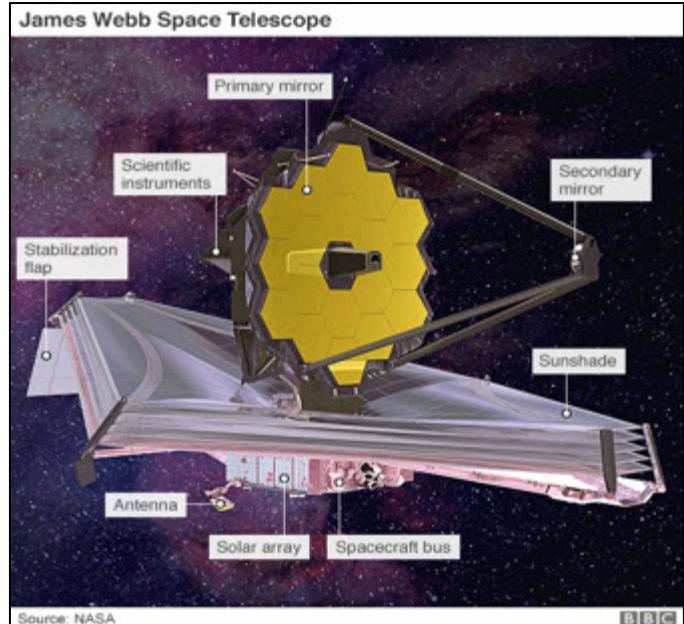
Orion is a figure in our skies but the stars that make it up are not associated. Bellatrix is 250 light years away, Betelgeuse around 650, Rigel 860, and Saiph 650. The belt stars are all around 1300 light years away.



star. A telescope reveals a companion which is a white dwarf. Someone christened it the 'Pup'.

Potted history: Sirius appeared so bright in the dark skies of the Ancient Greeks that they thought it helped warm the Earth. Summer heat was the 'dog days' as dogs liked to sleep. The appearance of Sirius in the sky was a marker for imminent Nile floods and helped guide the agriculture of the Ancient Egyptians.

Another bright star whose light can penetrate mists is Sirius. This has the popular name of the Dog Star. This is a young star, just 230 million years old and is the brightest star in the night sky largely because it is just 8.6 light years away. It is also a very hot, white,



On Christmas Day the James Webb Space Telescope (JWST) was launched and has since fully deployed its massive mirror. This is 6.5 metres wide and made of gold-plated hexagonal reflectors. The telescope is still on its way to a stable orbital position some 1.5 million km (about 1 million miles) from Earth. The stable position is Lagrange Point 2 one of the five points where the gravity of the Sun and that of Earth effectively cancel each other out.

A spacecraft at a Lagrange point can remain there with minimal need to burn fuel to maintain station. Hence the mission can last 10 years or more. The Gaia spacecraft, measuring the position of a billion astronomical objects arrived at L2 in 2013 and is still operating.

Many JWST operations have to be completed yet: a further course correction; tensioning of the mirror by operating 126 motors; alignment of the optics, and the gradual cooling of instruments to -230C with the use of a sunshield. JWST should start taking images in May or June. They will be in the infra-red part of the spectrum.

The telescope took over 20 years to complete and cost \$10billion. It will be able to detect light which set out from the first stars just after the birth of our universe over 14 billion years ago. It will also be sensitive enough to examine the atmospheres of exo planets – planets which orbit far off suns - and look for evidence of life on them.

It will be July before planets like Saturn and Jupiter can be seen again in the night rather than the early morning sky. And then it doesn't get really dark. So, the world spins and turns in its journey through space. And the pattern has been repeated for several billion years and will continue for far more.

Value the glimpses of the universe our atmosphere permits and turn off unnecessary external lights.

Terry Parish

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Heacham Girl Guides

Heacham Guides finished last term with a visit to the Sandringham light show. The girls had a wonderful evening. They loved the lights, the fairies, the interaction, the hot chocolate and marshmallows, of course, and then finished the evening at the funfair.

This term we have started on the Confectioners badge by making scones. Don't they look yummy. More cooking later. This week they are recording a vlog. We have also done internet safety as part of the Vlogging badge. I learnt a lot.

We also plan to make bird nesting boxes this term.
Very busy.

If you would like to join us give me a call on 07833747059.

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Heacham FC

Welcome back readers after the Christmas and New Year break. It's absolutely fantastic news to bring to you that the 1st team are still top of the league by 7 points (with 3 games in hand), having won every game so far this season in both the league and Cup competitions. Also, the Reserves are sitting in 2nd spot in their league and are hot on the heels of Watlington, who currently occupy top spot. Firstly let me bring you up to date on results since our last article:-

1st Team:-

Norwich CEYMS (a) w 2-0

Acle United (h) w 5-0

Wroxham Res (h) home win (Wroxham unable to fulfil fixture)

Attleborough T (a) w 9-1 Senior Cup 1st Rd

Scole U (h) w 5-0 Mummery Cup QF

Sprowston (h) w 5-0 Senior Cup 2nd Rd

Mattishall (h) w 7-3

Thorpe St Andrew (a) w 6-0

Bradenham W (h) pp- waterlogged pitch

Yelverton (a) w 3-2

Reserves:-

Denver (h) w 2-1

Gayton "A" (a) 1 3-4

Dersingham Rov Res (h) w 4-2

Upwell T (a) 1 0-3

East Harling (a) 1 2-5 Junior Cup 2nd Rd

KLSC (a) w 4-3

Dersingham Rov Res (a) w 6-1

Upwell T (h) pp - waterlogged pitch

Marshland Saints (a) w 4-2

The first team are next in action in the Norfolk Senior Cup (3rd round) away to Mundford (22nd Jan). The next league game is away

at Beccles Town on 29th Jan. The first team will travel to Easton (12th Feb) for the Mummery Cup Semi-final. We currently await further information of fixtures for February. Please keep an eye out for posters around the village displaying up and coming fixtures.

Up and coming Reserve matches as follows:-

22nd Jan home v Snettisham

29th Jan home v Upwell Town

Your support so far this season has been greatly appreciated by both teams, so let's keep that going.

"COME ON HEACHAM"

Off field activities have also continued to grow and the Supporters Cup Membership has now reached a staggering 176 members. The "100 Club" was launched early January and the winner of the first draw (£50) was Carol Dawson (no.33). The next draw for £50 will be early February. During February there will also be the "free" raffle for all members of the Supporters Club, so please keep an eye on the Facebook page (Heacham F C Supporters Club) for details.

The Supporters Club are pleased to announce an exclusive discount for paid up members:-

10% discount from Flames Kebab & Fish Bar, Station Road, Heacham. This applies to collection orders only and you must show a valid Supporters Club Membership Card.

That's another great reason to join the Supporters Club, so if you haven't already, Memberships are still available. Please contact me direct for details on how to join, email: deniscooper06@aol.com

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A Penny for your Thoughts

In 1990 I ran (well, jogged) in a sponsored Fun Run along the new Snettisham by-pass before it was opened to traffic. The event was organised in support of Dr Ford's Tapping House, offering some hospice facilities locally. At that time it never occurred to me – or the majority of participants, I expect – that I might actually use them.

In August of last year Penny, my darling wife and partner for 48 years, was diagnosed with an inoperable brain tumour. It claimed her on 5th November . . . We made the decision to spend those months in our own home but it was clear that would have proved impossible without the assistance of our children, GPs, district and community nurses and carers from Norfolk First Support, Care Watch and particularly from The Norfolk Hospice at Home team. Their care and support for Penny and her family was invaluable – but free – and yet only 32% of their funding is covered by the N.H.S.

The dreadful disease affected Penny in many ways but there were still occasions when it lessened its hold and allowed her to voice her thoughts and concerns. One particularly poignant comment I noted in the very early hours of the morning in late October was, *"I don't understand what's happening to me. I feel as if I'm going down the wrong road. I want to walk down the road with you ..."*

Many people have expressed their shock at Penny's passing as they were used to seeing us walking together until those last few months. It somehow seemed appropriate for me to plan a 'special' walk in her memory. The Norfolk Coast Path is on our doorstep; the 47 miles from Cromer to Hunstanton corresponds with our birth year and a month named March seems apt and so, on 1st March, I will start walking home from Cromer and yes, of course, Penny will be with me.

Many were generous in making a donation to The Norfolk Hospice at the time of Penny's funeral and I thank them. If, however, you would like to encourage/support my walk by making a donation to The Norfolk Hospice, Tapping House, I have opened a Just Giving page at www.justgiving.com/Eric-Rhodes or, if you prefer the old-fashioned way, you can hand me a donation if you see me walking round the area getting my legs used to being out and about again.

I sincerely hope you will have no need to call on The Norfolk Hospice for help but, to ensure that it will be available for those who do, your donation will be much appreciated.

I wish you a happy, healthy new year.

Eric Rhodes



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HEACHAM COMMUNITY & HERITAGE BUILDING PROJECT - a Parish Council update at January 2022

The history behind this project has been well documented and the article published in the October 2019 edition of The Heacham Newsletter is a useful summary of events up until that date <https://www.heachamnewsletter.org.uk/wp-content/uploads/2019/09/October-2019-News.pdf> pages 6-7

As a brief reminder, the key purpose and benefits of the project are:-

- to consolidate all the services provided by the Parish Council currently delivered from the Jubilee Clinic in Pound Lane, the Old Friends Hall, Sunnyside and the Library (located temporarily at St Mary's Church Hall) into one centrally located and easily accessible, modern building at the Old Dairy site;
- to provide residents with a flexible, one-stop hub for information, services and community activities in a much improved environment and to enable the future expansion of services, for example, to include a small heritage centre and a village cinema;
- to benefit residents now and in the future with a bricks and mortar fixed asset for the village. This will be **your** building.

It is important to stress that the project is being managed externally by a professional Project Manager from Henry Riley LLP (Construction Consultants) from whom the Council takes regular advice and in conjunction with a Chartered Quantity Surveyor from G C Baxter & Associates. Whilst we have identified a potential contractor from the formal tender process in late summer 2021, we are unable to confirm the appointment until we know that the required amount of project finance is available.

YOUR QUESTIONS ANSWERED

Q.1 Do we need this building – why not maintain the “Status Quo”? Do we even need a Parish Office?

A.1 Maintaining the status quo is always a possible option but we do not view this as sensible or sustainable for a number of reasons:-

1. Clerks to smaller parish councils do often maintain a home office with their Council meeting once a month in the local village hall. This is simply not practical in Heacham: we are too big and still growing! Whilst Heacham feels very much like a village, it is one of the largest in the country, comparable in size to Hunstanton. We are effectively the size of a small town operating with a town council in all but name. There really needs to be a permanent and secure administrative hub for a village as large as ours.

2. Each month a full Council meeting is held comprising 17 Councillors, the Clerk and members of the public. Additionally, six separate committees meet each month on either Tuesday or Thursday evenings, also open to members of the public. The frequency of meetings and numbers of people involved mean that meetings cannot be made on an ad hoc basis or take place in several different venues.

3. Currently, the Parish Council rents the Jubilee Clinic in Pound Lane. This small building is just large enough for meetings – but is certainly not suitable for any form of social distancing between councillors themselves and members of the public. The building is in need of substantial renovation and refurbishment to provide a safe and acceptable working envi-

ronment for the Parish Clerk and team. Such an upgrade is becoming an urgent issue, but is it worth spending considerable money on a building that will still not be fit for purpose and which will still be a liability rather than an asset for the village?

4. The Old Friends Hall is an ideal venue for smaller events but its location in Sunnyside is far from ideal as it is in a cul-de-sac closely surrounded by housing and offering only two parking places.

5. The Library has already been moved on a temporary basis to the Church Hall from the Old Bank to reduce monthly rental costs, prior to relocating to the new building. This is not a permanent arrangement and, whilst the library is located at the Church Hall, St Mary's cannot offer the premises for use to other large groups of people, including the Parish Council.

Q.2 Why not just open up this area by demolishing the existing Dairy and create a village square offering more parking, and just present a ‘new’ build option for a new Parish Office which incorporates the Village Library? This would be a low cost alternative which would enhance the Village environment and the Community.

A.2 A ‘market square’ proposal does seem attractive on paper and this was put forward as a concept by Heacham Youth & Community Trust to the Borough Council in 2018. The Borough Council’s preference, at least at that time, was to maintain the existing ‘street scene’ and subsequently this option was not progressed.

As formal costings for such a ‘market square’ concept were never obtained, it is impossible to say whether such an option would be a lower cost alternative.

Q.3 The ongoing cost to maintain and support this old building cannot be justified. Does the current project cost estimate include any ongoing costs for the upkeep of the fabric of the building and maintenance?

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A.3 The Parish Council, through the precept, already maintains and runs two buildings (and pays rental on a third). These annually budgeted running costs (utilities, cleaning etc) will continue to feature in the Council's annual budget for the new premises. This will be a very up to date building which will therefore only require general maintenance as would be expected from operating within the design parameters of the building.

Green energy is a very current and important issue. To date we have been advised that solar panels or heat pumps are not the best options for the building but this may change.

Q.4 Does the current project cost estimate include any 'contingency', as projects always exceed original estimates - by at least 20%?

A.4 Yes, there is a formal contingency built into the project cost estimate. This currently stands at 10%, agreed by our professional advisers. Project costs are also based on a worst case scenario (see below).

Q.5 What is the actual cost of the project?

A.5 In 2019 our budget forecasts were based on costs of £850,000 ex vat (£1.1m incl VAT). It is now over two years later and costs, especially building materials, have substantially increased. To make sure that we can complete the project we are now seeking a public works loan facility of up to £1.3m. Hopefully we will not need all of this but we are being prudent in asking for what we consider will be the maximum amount required in a worst case scenario.

A key element is VAT which could be as much as circa £200,000. We have sought professional advice and been informed that we should be able to reclaim all the VAT. However, we will not know this for certain until after completion of the building. We should also be able to sell the Old Friends Hall and use the proceeds to offset the new building costs. Again, as this cannot happen until after project completion, we are excluding this monetary gain from current consideration in calculating the loan facility.

What is certain is that, as has happened over the last three years, the longer the project is delayed the more it is going cost; the current tender quotes have, unfortunately, already expired.

Q.6 How much will the precept be from April 2022?

A.6 The current precept payable in Heacham for a Band D property is £71.43 per annum. If we receive approval from the Public Works Board (at the time of writing in January 2022 we are still waiting to hear), then we will be budgeting for a total precept of £76.79 per annum per eligible household or an additional 10.3 pence per week (again, figures are based on the rating for a Band D property).

To put this in context, the average precept paid in England in 2021-2022 for a Band D property is £71.86 (ref: House of Commons Library Document 15.09.21). Hunstanton currently pays £85.64, Dersingham £81.81 and Terrington St Clement, which is a village of comparable size to Heacham, £84.01.

Q.7 Is there to be a public referendum on the level of the precept?

A.7 The short answer is "No". There is no legal requirement for parish councils to canvass opinion from residents or to act on any such opinion with regard to the amount of precept paid. There is a legal control on the level of increases by unitary authorities (e.g. King's Lynn Borough Council) but this has never as yet been extended to town or parish councils.

As part of the annual budget setting process and prior to formal submission of the budget to the Borough Council in January of the following year, the Parish Council itself consults on and debates the various budget entries and the impact these allocations will have on the level of precept to be raised.

Q.8 Who are our Parish Councillors?

A.8. The names of all Heacham Parish Councillors are posted on the Parish website and are available from the Parish Office. Any Councillor must be a Heacham resident; currently there is a full complement of seventeen Councillors.

In May 2019 sixteen Councillors were democratically elected unopposed. (Residents are only asked to cast votes in a poll if more people stand for office than there are available seats). Since the election poll in 2019, two Councillors have resigned and three more Councillors have been co-opted. Parish Council elections are normally held every four years with the next scheduled for May 2023.

The Community and Heritage Building project is a unique and forward looking opportunity to provide Heacham with a central service and focal point in the High Street.

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Why are our Energy Bills so High?

Recently, we have all been learning of the fuel cost rises we all face for 2022. In 1989, something we all owned was sold off. The privatisation of our water has only enriched private shareholders, who have done little to invest in our essential public service.

We were promised privatisation would bring cheaper bills, which initially we did see with competitive rates between the different private energy providers. But how have our bills risen by 40% in a very short time?

The government who made these bad decisions, without questioning whether this would be the good deal as envisaged, left Britain at the mercy of greedy investors whose only interest was to line their own pockets.

Sadly, the government lied to its people, telling us that nationalised industries wasted money. So why did one of the 'new' water bosses take home £2 million after dumping 4.2 million litres of sewage into our rivers? Creating another problem!

In recent polls it's hardly surprising to find 83% of British people want back public ownership of our water and 52% of British people believe our energy should also be in public ownership. Right now, our energy system is in the hands of private companies whose only interest is in making profit with no environmental consideration.

British Gas was taken from public hands and floated on the stock market in 1986. In 1990, all of the UK's regional electricity boards were privatised. The UK energy market have concluded that electricity prices are at least 20% higher than they would be without privatisation.

Public ownership would be a great deal for each and every one of us. Our water especially, would be run more efficiently with leaks fixed quickly, and precious lost water would be minimised as damaged piping would be dealt with within the county water board like they used to be.

Right now, 13.4% of British households are living with fuel poverty. The government move to close down our regional gas storage (rough storage facilities), means we are bidding for our own gas on the World market. Supplies and demand are constantly on the go. With prices soaring and private providers going bust, there has never been a better time for the British public to take back ownership and this is very real. We have to stop paying the shortfall of greedy shareholders. BP and Shell pocketed £10 billion in the three months leading to Christmas 2021. There is a public open letter which has more than 50,000 signatures, calling for a windfall tax on the oil and gas profits to help keep bills down.

If you find yourself unable to cover costs of basic fuel needs to live healthily, there are hardship funds and the 'Warm Home Discount Scheme' offers £140 off electric bills between October and March and is for low-income households including pensioners. Further information is on the GOV.UK website. Stay safe and stay warm.

Michelle Louise Carter
NW Norfolk CLP Women's Officer



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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

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

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

CHAT Club 2nd Monday on the month 10am – 12noon Hunstanton Community Centre

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 Contact Jaime (see Fitsteps) (PH)

Norfolk & Waveney Mind Heacham Safe Haven 11am – 2pm

Music group free drop in at 4 Poplar Ave 01485572707

Seated Fitness 11.50am Contact Jaime (see Fitsteps) (PH)

Craft Club 2-4pm every week (ex Bank Holiday) (PRH)

Heacham Flower Club 2.30pm every 3rd Monday January – November. For info tel Joy Waldron 07594616597 (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 6.45pm for 7pm Online Pairs with RealBridge. See bridgeweb.com/hunstanton for details

Heacham Table Tennis Club 7pm League Matches in the Hall (PH)

Line Dancing 7 – 8.30pm Hunstanton Community Centre. £4.00. Tel: Louise on 07722124941.

Heacham In Bloom 3rd Monday Monthly 7pm (OFH)

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

Heacham Wives Group – 2nd Monday of most months 7.30pm at Cunningham Court Community Hall. Contact Sue Scott Tel: 572252

Watlington Jazz Club 7:30pm 2nd Monday of the month £5 on the door at Watlington Sports and Social Club.

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

TUESDAYS

Kundalini Yoga 9.30am at Dersingham Village Centre. Contact Gail on 07837 761724

Norfolk & Waveney Mind - Safe Haven 10:00 - 2:30 free drop in social group at 4 Poplar Ave. tel :01485 572707

Active for Life Classes for the over 60s at Heacham Surgery Classroom. 10.15 – 11.15am. Tel Pat 298429

Carpet Bowls 10.15 for a 10.30 start £2.50 Tel 570460(PH)

Coastal Stroke & Support Group 10.30am –12.30pm at Hunstanton Methodist Church Austin St

Colour Yourself Calm 11am – 12 noon Hunstanton Library 01485 532280

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

Cafe for the Bereaved 2pm Fortnightly – starts February 15th Hunstanton Library. 01485 532280 or email hunstanton.lib@norfolk.gov.uk

Walk and Talk 2pm 2nd Tuesday of the month. Hunstanton Library

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 kyracruse7@gmail.com

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

1st Heacham Guides 6.30 – 8pm Tel: Sue Theunissen 07833747059 or just come along (SG)

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

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

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

Poker Games (friendly) 7:30pm United Services Club

Village Cinema last Tuesday of the month 7:30pm Dersingham Village Centre. £6 Details 01485 543195

WEDNESDAYS

Docking Market 9am-1pm in The Ripper Hall

Local Produce Craft and Gift Stalls Tel: 576233

West Norfolk Mind Day Centre 10am –3 pm at 4 Poplar Ave Tel: 01485 572707 www.westnorfolkmind.org.uk

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

Family History One to One 10 -11am Hunstanton Library 01485 532280

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

Just a cuppa 11am Hunstanton Library 01485 532280

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

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)

Job Support 2 – 4pm alternate Wednesdays Hunstanton Library 01485 532280

Book Group 2pm 3rd Wednesday of the month Hunstanton Library 01485 532280

Wolferton Singers 2 – 4pm Heacham Church. Contact Andrew 07942 800294 or email apearson@adap.co.uk

Tea Dance 2 – 4pm Snettisham Memorial Hall £5 Tel Dinky on 07787 966000

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

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

Flower Classes alternate Wednesdays 22nd September – 22nd December 7pm – 9pm Dersingham Village Centre. £20 registration, £5/class. Call 01485 543195 or 07971 896653

West Norfolk Singers 7.15 - 9.15pm For info Tel: 571315 Anne Davis www.westnorfolksingers.org.uk/ (MC)

Zumba 7.30-8.30pm for cost & info see Tuesday (SG)

Snettisham Garden Club last Wednesday of the month 7:30 – 8:30pm at the Memorial Hall. For info call Gail Lees 01485 541279 or Addie Thompson 01485 544754

Men's Fellowship 3rd Wednesday of the month 7.30pm at The Salvation Army, Alma Road, Snettisham

THURSDAYS

Yoga for healthy living 9.30-10.30am £6. For info Tel: Alison 571062 or email medullayoga@gmail.com (SG)

Table Tennis Club 10am (PH Top Room)

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 / email: heacham.church@gmail.com (PRH)

Norfolk & Waveney Mind - Safe Haven 10:00 – 3:00 Day centre (specifically for older people, dementia friendly) personal budget/self funded at 4 Poplar Ave. 01485 572707

Carpet Bowls 10.15 for a 10.30 start £2.50 **Tel 570460** (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

Ringstead Art Club 1st Thursday of the month workshop/demonstration 10am – 12 noon , other weeks 2 – 4pm Ringstead Village Hall. Contact: Pauline Atkinson - atk_hornbeams@yahoo.co.uk or Lois Carrick - loiscarrick21@hotmail.co.uk

Norfolk Knitters Cunningham Court 2-4pm. Every 2 Weeks. Contact Suzanne Cameron 03701924796

Knit and Natter 2 – 4pm Docking Village Hall. A donation required. Call Anne Swift on 01485 518685.

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

Hunstanton WI 4th Thursday of the month at 2:15pm Methodist Hall, Hunstanton.

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 5 - 6pm 3-6 year olds; 6 - 7pm 6-11 year olds; 7pm-9pm 12years up (including adults). £2 per class (first one free) . Call Josh 07432 586668 (PH)

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

Hunstanton Bridge Club ‘Duplicate Bridge’ 6.30pm for 6.45 pm. From Sept 16th at Old Hunstanton Village Hall

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

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1st Heacham Cubs ages 8 – 10yrs Term Time 6.45 – 8.30pm
Tel: Sam 572138 or Jemma 07962 611122 (SG)
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)
Poker Games (league) 7:30pm United Services Club
Cash Bingo 8pm at United Services Club
Quiz Night Cash Prizes 9pm at Fox & Hounds

FRIDAYS

Wool Crafts 11 am Hunstanton Library 01485 532280

Hunstanton Bridge Club ‘Supervised Bridge’ 1.15pm for 1.30pm. From Sept 17th at Old Hunstanton Village Hall
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 01485 543195

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 - Safe Haven 10:00 - 2:30 free drop in social group at 4 Poplar Ave. tel :01485 572707

Storytime 11am Hunstanton Library 01485 532280

Games Session 11.30am Hunstanton Library 01485 532280

Indie Arts Club 2nd Sat monthly 1-4pm at Hunstanton Town Hall Basement Entry & Membership free. Book in advance via email: bookings@wattsington.com

West Norfolk Tai Chi Chuan –weekly local Tai Chi classes www.west-norfolk-tai-chi.com for information.

SUNDAYS

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

Sunday Lunch from 12noon - 2pm at 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)

Karaoke with Mick 8pm United Services Club

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OTHER EVENTS

February

February Events at Anmer Social Club

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

- Friday 4th 7.30pm (doors open 7pm) Quiz Night
- Monday 7th 7.30pm (doors open 7pm) Bingo £6/book of 10 Cards, £1.50 a flyer card
- Friday 11th 7.30pm (doors open 7pm) Film: 'The French Dispatch' £4
- Saturday 19th 7.30pm (doors open 7pm) Fish and Chip Supper £8.50. To book call Dorothy on 01553 631349

February Events at The Fox & Hounds

- Friday 4th 9pm Jam with DNA
- Saturday 5th February Pie Night. Please book
- Friday 11th 9pm Sidewalk
- Friday 18th 9pm Nightride
- Friday 25th 9pm Melodybeats

February Events at Hunstanton United Services Club

- Saturday 5th 8.30pm SIMON LEE. All eras.
- Saturday 12th 8.30pm. JUST US. All eras.
- Friday 18th 8.00pm QUIZ NIGHT £3pp with light supper.
- Saturday 19th 8.30pm SPLASH. 60s onwards.
- Saturday 26th 8.30pm KENNY LEE AND HUSTLER. 50s, 60s.

Thursday 3rd February 2pm Talk at Stanhoe and Barwick WI . The speaker will be from Norfolk Lowland Search and Rescue. Visitors are most welcome; please contact Valerie (01485 576261) for further details.

Saturday 5th February 2 – 3pm Hunstanton Library Learn to code games. Suitable for 8 – 12 year olds with little coding experience. For more info and to book www.norfolk.gov.uk/digifest

Monday 14th February 2pm Sedgeford Village Hall The Arts Society Lecture : Great Tarts and Art: High Culture and the Oldest Profession by Linda Smith www.theartssocietynwnorfolk.org.uk

Monday 21st February at 2pm Hunstanton Community Hall. U3a. Giles Orpen-Smellie, our new Police Commissioner, will be updating us on Norfolk Police activities. www.u3asites.org.uk/Hunstanton

Wednesday 23rd February 7.30pm Memorial Hall, Snettisham. Snettisham Gardening Club. Talk by David Reeve about the Sandringham show. For info call Gail Lees 01485 541279 or Addie Thompson 01485 544754

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What's On at Hunstanton Library

Tuesday - Colour Yourself Calm - 11am - 12 noon

Some paper and pencils provided. If you would like any further information please talk to staff or call 01485 532280

Tuesday fortnightly - Café for the Bereaved - starts Tues 15th Feb

Social group for the bereaved, any enquiries please ask a member of staff or email Hunstanton.lib@norfolk.gov.uk Refreshments provided

Tuesday Monthly Walk and Talk - 2nd Tuesday of the month at 2pm

Fun walk to chat and meet others with refreshments available afterwards

Wednesday - Family History One-to-one - 10-11am

Book a one-to-one session to find out more about your past—ring 01485 532280 or talk to staff to book.

Wednesday - Just a Cuppa - 11am

Come along to meet up and have a chat with a cup of tea or coffee.

Wednesday (alternate) - Job Support - 2-4pm

Book a session to help you get started on finding a new job in 2022!

Wednesday - One-to-One Computer Help Sessions

If you would like further information or to book a session, please talk to staff or call 01485 532280

3rd Wednesday of each month - Book Group 2pm.

If you would like further information or to book a place please talk to staff or call 01485 532280

Friday - Wool Crafts - 11am

Knitting, crochet and more! Bring your current project or learn something new for 2022 Bring your own refreshments. If you would like further information or to book a session, please talk to staff or call 01485 532280.

Saturday - Storytime - 11am Come and listen, with your children.

Saturday - Games Session - 11.30am

Scrabble, Charades, Monopoly, Party Tower, Snakes and Ladders and lots more. Bring your own refreshments!

It's free to join the library!

MAKE A DIFFERENCE

Volunteers needed at Hunstanton Library!

We have open opportunities for volunteers to help us deliver our various activities during the week

Hunstanton Library Book Group - Monthly

Colour Yourself Calm - Tuesdays 11am

Knit and Knatter - Fridays 11am

Story Time - Saturdays 11am

Family Board Games Session - Saturdays 11.30am

For more information, please email:

volunteercontact@norfolk.gov.uk

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HUNSTANTON Learn, Laugh, Live

Our February meeting will be on Monday 21st at 2.00pm at The Community Hall, Avenue Road, Hunstanton.

Giles Orpen-Smellie, our new Police Commissioner, will be updating us on Norfolk Police activities.

Our March meeting will be on Monday 21st March also at the Community Hall.

Saffron Summerfield will be speaking about "When Birds Sing."

The meetings will be held under current Government requirements. Please go to the u3a Hunstanton site at www.u3asites.org.uk/hunstanton for further information. www.publicity.u3ah@gmail.com

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If you would like to become a new supporter by having a coin collecting-box at home or give one-off donations, please contact Alison and Bryan Hoyle, tel. 01485 570215. If you would like to know about the charitable work of the Children's Society, their website is: www.childrenssociety.org.uk or telephone 0300 303 7000.

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TIDE TABLES

FEBRUARY & MARCH 2022

HIGH WATER AT HUNSTANTON

Heights above chart datum

Time Zone UT (GMT)

Feb 2021

Mar 2022

Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TU●	06 20	7.1	18 25	7.3	1 TU	05 25	6.7	17 24	6.9
2 W	07 12	7.3	19 11	7.6	2 W ●	06 16	7.1	18 11	7.3
3 TH	07 56	7.3	19 53	7.6	3 TH	07 00	7.3	18 55	7.6
4 F	08 36	7.2	20 31	7.6	4 F	07 38	7.3	19 34	7.7
5 SA	09 13	6.9	21 08	7.3	5 SA	08 11	7.2	20 09	7.6
6 SU	09 48	6.5	21 45	7.0	6 SU	08 40	7.0	20 42	7.4
7 M	10 23	6.1	22 24	6.5	7 M	09 07	6.7	21 13	7.0
8 TU	11 02	5.7	23 10	6.0	8 TU	09 32	6.3	21 44	6.5
9 W	11 52	5.4			9 W	10 00	5.9	22 21	6.0
10 TH	00 10	5.5	13 00	5.2	10 TH	10 39	5.5	23 12	5.4
11 F	01 28	5.2	14 15	5.2	11 F	11 39	5.1		
12 SA	02 49	5.3	15 24	5.5	12 SA	00 36	5.0	13 23	5.0
13 SU	03 57	5.6	16 20	5.9	13 SU	02 18	5.0	14 48	5.2
14 M	04 50	5.9	17 05	6.3	14 M	03 32	5.4	15 50	5.7
15 TU	05 34	6.2	17 45	6.6	15 TU	04 27	5.8	16 36	6.2
16 W ○	06 13	6.5	18 22	6.9	16 W	05 10	6.3	17 16	6.6
17 TH	06 51	6.7	18 59	7.0	17 TH	05 49	6.6	17 54	6.9
18 F	07 27	6.9	19 32	7.2	18 F ○	06 26	6.9	18 31	7.2
19 SA	08 00	6.9	20 04	7.3	19 SA	07 02	7.1	19 07	7.4
20 SU	08 32	6.9	20 35	7.3	20 SU	07 36	7.2	19 42	7.5
21 M	09 05	6.8	21 09	7.2	21 M	08 08	7.2	20 16	7.6
22 TU	09 40	6.6	21 50	6.9	22 TU	08 40	7.1	20 53	7.4
23 W	10 22	6.2	22 38	6.5	23 W	09 16	6.8	21 35	7.0
24 TH	11 16	5.8	23 42	6.0	24 TH	09 58	6.3	22 25	6.3
			12 31	5.5	25 F	10 51	5.8	23 35	5.7
26 SA	01 12	5.6	14 05	5.5	26 SA			12 10	5.4
27 SU	03 02	5.7	15 28	5.9	27 SU	01 27	5.4	13 53	5.4
28 M	04 23	6.2	16 32	6.4	28 M	03 11	5.7	15 15	5.9
					29 TU	04 23	6.3	16 16	6.5
					30 W	05 15	6.8	17 05	6.9
					31 TH	05 58	7.1	17 49	7.3

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Tuesday Cafe

For the bereaved



**Starting on Tuesday
15th February at 2pm
at Hunstanton Library**

Call the library on 01485 532280 or email
hunstanton.lib@norfolk.gov.uk for more information

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Norfolk County Council



Need a fun night out in the New Year?

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Singing is a joy, good for the soul and energizing. Come along and shrug off the winter blues. We are a community choir and will have a welcome for all who come along.

Under our Music Director, Liz Dark, we will be working on a repertoire of songs ranging from stage shows, classic choral music and pop music. There will be something for everyone.

Details are as follows:-

Where – The Christian Fellowship Hall, Downs Close, Hunstanton, PE36 5HU

When – Wednesdays (started 5th January 2022)

Time – 6.45pm for 7.00pm – finish at 9.00pm.

The first week is free so you can come along and

The first week is free so you can come along and have a go and see if it is for you!

Lesley Trebbick, Chairman
<https://hunstantonchoir.co.uk/>

The poster features the Anmer Social Club logo at the top left, a photograph of a large, red brick house with a gabled roof and multiple windows at the top right, and a central graphic for a 'Quiz Night'. The graphic shows a cartoon head with a brain full of various items like a playing card, a pencil, a book, and a flower, all floating out of the brain. Below the head, the words 'QUIZ' and 'NIGHT' are written in large, bold letters. Below the graphic, the text 'FRIDAYS' is followed by three dates: '4th FEBRUARY', '4th MARCH', and '29th APRIL'. The text '7.30 p.m. start' and 'Club opens 7.00 p.m.' is centered below the dates. The word 'Entry £2 per person' is in bold at the bottom. At the very bottom, there is contact information: 'For further information & to book visit www.anmerclub.co.uk, or facebook.com/AnmerSocialClub, or email: events@anmerclub.co.uk'. The bottom also includes the text 'Fully Licensed bar', 'Raffle', 'New Members Welcome', and decorative floral borders.

Royal recognition for dedication to Duke of Edinburgh Award

The organiser of the Duke of Edinburgh award scheme at Smithdon High School has become one of a small group of people to receive Royal recognition for exceptional dedication to the role.

Pauline Petch has been involved with the scheme for nearly 10 years, and today manages it across the four high schools of the West Norfolk Academies Trust, which includes Smithdon.

She is one of just a small number of volunteers to receive a personal letter of commendation from the HRH The Earl of Wessex, a Duke of Edinburgh's Award (DofE) trustee.

Her contribution has also been recognised with a special commemorative coin marking the life and legacy of HRH The Duke of Edinburgh, the DofE's patron, which has been donated by The Royal Mint.

Only 50 people were selected to be the recipients of the special coins, reflecting different roles, successes and activities on behalf of more than 45,000 people who deliver DofE across the UK.

Their efforts in ensuring young people can continue to take part in the DofE despite the challenges of the pandemic were particularly praised.

Pauline, who is the Duke of Edinburgh Award's scheme manager at the West Norfolk Academies Trust, said: "The Duke of Edinburgh Award continues to grow across all four high schools and this is only possible with the dedication of all volunteers, and the support of each school.

"The Trust has a small band of dedicated coordinators that ensure all our young people are offered every opportunity possible and, between us, even though most of the activities had to be changed, postponed and altered, each school still had a fantastic number of achievement certificates and full awards."

The DofE allows anyone aged 14-25 years old to complete a series of activities which can lead to a Bronze, Silver or Gold award.

Since being launched in 1956, 6.7 million young people have taken part in the scheme, which gives the opportunity to take on challenges, discover new skills and passions and develop their confidence, resilience and self-belief.

Ruth Marvel, CEO of the DofE, said: "If young people are the heart of our organisation, volunteers are the lungs, breathing life into our programmes, changing the lives of young people so that they have the confidence and resilience to deal with whatever life might have in store.

"At a time when so many young people are facing unprecedented challenges, DofE volunteers are instrumental in helping them to regain a sense of purpose, possibility and control over their futures.

"Thank you to everyone in the DofE volunteer family who has helped support so many young people through the most difficult of times."

Photo by
Ian Burt



Pictured Above: Pauline Petch with her DofE Award

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'The Naughty Ladies of Shady Lane'

The oldest profession in the world or allegories of love? Or to paraphrase, can a Tart be Art?

This appears to have preoccupied artists for centuries and in every culture world-wide from France to Japan, Italy to India and England. The answer rather depends on the extent to which the artist sanitizes his muse into near respectability: a courtesan in ancient Greece or a mistress to royalty such as Nell Gwynne, as opposed to Toulouse Lautrec's unashamedly graphic depictions of prostitutes.

Many will recall the old Dean Martin song which took its inspiration from *The Naughty Lady of Shady Lane* who 'hit the town like a bomb', although she proved to be a complete literary illusion. After toying with lines like 'The back fence gossips ain't been this good since Mabel ran off with Tom' and 'You should see how she carries on with her admirers galore', the songwriter reveals in the last line that it's all mere titillation as 'she's only nine days old!' But I digress into frivolity! So, let us look at some serious definitions.

A person, in particular a woman, who engages in sexual activity for payment is defined as a prostitute. In the 1750s and 1900s prostitution was the norm in art. In Paris in particular, artists found modernity and inspiration in these women. For example, Toulouse-Lautrec captured them in his painting *Rue des Moulins*, showing the indignity of forced medical inspections that Parisian prostitutes endured. The provocative and lustful side of these women added to art and revealed new views on the female body and self-expression.

A courtesan is basically a glorified prostitute and these women played major roles for many artists when it came to exploring the worlds of art. The term courtesan, which originated around 1540, came from the fact that these were women of the court.

They weren't just regular prostitutes but rather high-class ones. Many artists such as Kitagawa Utamaro and Alphonse Mucha used courtesans as the main subject in their work. These women played major roles for many artists when it came to exploring the worlds of art. Courtesans are in fact a particularly large theme in art, probably more so than queens and duchesses. They were not just sexual partners but elegant women those men of society wished to be seen with, and would 'court' with gifts, in the hopes of becoming her patron (or one of two or three patrons, depending on how she played the game). Many were famous as singers and actresses, but some were known as poets and, in Ancient Greece, some were even reputed to be philosophers. They always had a strong bond with artists, who portrayed them in paintings, novels, and in the opera, for example as in *Madame Butterfly*. *La Traviata* is the story of one of Paris' most famous courtesans of the 1840s, Marie Duplessis, the so-called Lady of the Camellias. So next time you walk through a portrait gallery and see those haughty looking women, smile to yourself and wonder if they are exactly what they seem!

If this has whetted your appetite for a further mixture of art historical analysis, scandalous anecdotes and illustrated examination of this subject, come and join us at Sedgeford Village Hall on February 14th at 2pm for a lecture by Linda Smith, an Arts Society Accredited Lecturer, entitled **Great Tarts in Art: High Culture and the Oldest Profession**. We aim to make our events welcoming places of friendship for all those who have a curiosity for the arts. Details of membership are on our website www.theartsocietywnnorfolk.org.uk.

Marion Mardall



THE ARTS SOCIETY - ENRICHING LIVES THROUGH THE ARTS
Next lecture: Monday 14 February 2022 at
Sedgeford Village Hall at 2pm

Great Tarts and Art: High Culture and the Oldest Profession
Lecturer: Linda Smith

A mixture of art-historical analysis and scandalous anecdote, this lecture takes a generally light-hearted look at changing attitudes to sexual morality down the ages, by examining the portraits and careers of some of history's most notorious mistresses and courtesans. It also charts the rather complex and ambiguous attitudes of art and society towards the numerous anonymous working girls at the lower end of the scale, by investigating how they have been represented in art at different times and places from the 17th to the 20th century.



For more info and how to join, visit our website: www.theartsocietywnnorfolk.org.uk
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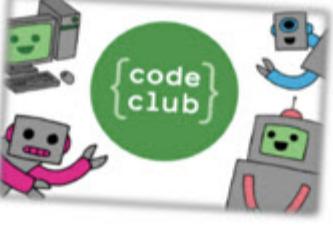
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Hunstanton Library
Saturday 5th February
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Or speak to library staff. Spaces are limited, so book now

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Norfolk County Council

Smithdon's Christmas Appeal delivers mountain of donations for Food Bank

Students at Smithdon High School have collected a mountain of essential items for a food bank charity.

The Hunstanton secondary school, one of 50 schools in the country confirmed by the government to receive multi-million pound investment to be rebuilt, had been gathering supplies in support of the local Trussell Trust supported food bank.

The students also came up with some innovative ways to boost donations, such as holding a 'tin can castle' competition to encourage canned goods to be brought in. Some forms also used a "reverse advent calendar" with the food bank's most needed items highlighted behind each window.

The library at Smithdon was used as a collection point for items such as shampoo, soup, tinned fruit and jam.

School librarian Marie Taylor, who organised the collection, said: "I am so proud of the kindness and generosity shown by the staff, our students and their families who have donated and supported this important cause."

A mountain of boxes and shopping bags crammed full of essential items was delivered to St Edmund's Church Hall by Amanda Gibbins, head of school, along with head girl Caitlin and senior ambassador Oliver.

The donations were gratefully received by the Reverend James Munro and two of the volunteers from the food bank.



Mrs Gibbins said it is hoped Smithdon High, which has seen increasing numbers on its roll and growing demand for places, has beaten last year's collection of 241kg of goods.

She added: "I am so proud of how much the Smithdon High School community has been able to collect.

"At this time of year when financial pressure is on families to a greater extent, here at Smithdon we feel it is important to try to help our local community - and teach the students to understand the same.

"We look forward to collecting even more next year (2022), in a tradition we will endeavour to continue for as long as it is needed."



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Hunstanton United Services Club

February Entertainment

Saturday live music performances start at 8.30pm.

- Sat 5th SIMON LEE. All eras.
 - Sat 12th JUST US. All eras.
 - Fri 18th QUIZ NIGHT 8pm start. £3pp with light supper.
 - Sat 19th SPLASH. 60s onwards.
 - Sat 26th KENNY LEE AND HUSTLER. 50s, 60s.
- CASH PRIZE BINGO - every Thursday. Eyes Down 8pm.
- POKER NIGHT - every Tuesday (friendly) and every Thursday (League) 7pm.
- SUNDAY LUNCH - served every Sunday. Tables must be booked - 01485 533360.

Stanhoe and Barwick WI

We have a busy year ahead, with a fantastic line up of varied speakers. We'll be hearing tales of Hollywood Royalty, the history of Trinity House as well as being entertained by a classical singer.

On Thursday 3rd February, 2pm, our speaker will be from Norfolk Lowland Search and Rescue.

Thursday March 3rd sees us partaking in some gentle, seated yoga with Jean Clarke.

Visitors are most welcome; please contact Valerie (01485 576261) for further details and to confirm your attendance.



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Smithdon High School students' idea for Recycled Christmas Tree is a winner

Students at Smithdon High School have been dreaming of a 'Green Christmas' - by making a tree out of recycled materials.

The environmentally friendly festive decoration was created by Year 7 students using chicken wire, cardboard, old school postcards, string and wool at Smithdon, one of 50 schools in the country recently chosen to receive a multi-million pound investment to be rebuilt.

It was put on display at the Hunstanton Christmas Tree festival, which featured more than 30 different trees decorated by organisations from the local area.

The recycled tree was voted by visitors as a winner at the event at Hunstanton Town Hall, with third place going to Smithdon, part of the West Norfolk Academies Trust.

The whole of Year 7 was involved in making the tree, with each student making a star and putting a message on the back for everyone to read, while a smaller group helped to set it up in the town hall for the festival.

It was on show along with other imaginatively decorated trees over a weekend in December. Julie Bowyer, pastoral manager for Year 7, said using recycled materials to create the tree reflected a central theme at Smithdon High School, which has seen increasing numbers on its roll and growing demand for places.

Head of school Amanda Gibbins said: "It was great that the festival was able to take place again this year."

"It is not about winning for us - we are proud that Smithdon was once again able to create a different kind of tree, while the students were able to get involved with an important event in our local community."



Photo by Ian Burt



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Snettisham Gardening Club

Our February meeting will be on Wednesday 23rd Feb at 7.30 pm in the Memorial Hall, Old Church Road, Snettisham. The speaker will be Mr David Reeve who will tell us about the Sandringham Show.

All meetings will be subject to any Covid restrictions that may be applicable at the time.

Any further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.



The One Act Drama Festival returns to Hunstanton for 2022!

Thanks to the support of the Hunstanton & District Festival of Arts and the generosity of the management at Hunstanton's Princess Theatre, the One Act Drama Festival returns to Hunstanton for 2022.

Staged over three days, **from 1st – 3rd July**, the Festival sees upcoming playwrights and actors presenting and performing in a 40-minute play on stage; awards will be presented for Best Performance (Adult & Youth), Best Actor/Actress (Adult & Youth), Best Original Script, Best Technical and the Adjudicators' Award.

The competition is open to any amateur theatre groups, with a separate category for Under 18s in the Youth entry group and performances can be of a short play (with or without musical numbers) or an excerpt from a longer play.

Festival Director Stephen Hayter said: "We're thrilled to see a return to live theatre after what has been a challenging couple of years and very grateful to the Princess Theatre for helping us stage the event. We have just 13 slots available to groups over the three days so now is the time to get your entry in and we're looking forward to welcoming new - and familiar - faces to this wonderful event."

All the performances are open to the public and tickets will be available just as soon as the entrants and schedules are confirmed. In the meantime, anyone interested in participating in the event can contact Stephen directly on hunstantondramafestival2022@btinternet.com or go to <https://www.festival3.com/events/theatre> to find out more.

Hunstanton Conservative Club

Entertainment for February

All activities have re-commenced at the Conservative Club. We have:

Wednesday: Whist 7.30pm
Thursday: Snooker League 7.30pm
Friday: Raffle 1.00pm
“ Bingo 7.30pm
Saturday: Raffle with Open the Box

Yoga: Wed: 10.30 - 11.30am
Thurs: 11.00 - 12 noon
Fri: 10.30 - 11.30am

Food is served Monday to Saturday 12 noon until 2pm.

Sunday Lunch 2 courses for £7.95 (Book in advance).

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Wild Ken Hill

Very warm wishes to you all from myself and the Wild Ken Hill team. We are thrilled to contribute to the village Newsletter for the first time. We hope we can become a regular feature, keeping you up to date with the latest news from Wild Ken Hill.

For those of you who may not know, the Ken Hill Estate runs between Heacham and Snettisham and we started a nature and farming project here 3 years ago named Wild Ken Hill. We are aiming to use land to benefit wildlife, people and the climate. In the last 18 months, the project has received national acclaim for its pioneering work to restore nature and farm sustainably, and you may have seen us appear on BBC2, as we have been hosting Springwatch.

At Wild Ken Hill, we manage land in 3 different ways. The first is regenerative farming. This is an innovative approach to farming which focuses on soil health, boosting biodiversity and increasing resistance to climate change. You may have seen the visually striking poppies growing through the wheat fields at the top of Lamsey Lane in previous summers or crimson clover by the A149. This is a beautiful result of applying significantly less chemical inputs to our crops, providing plenty of nectar for pollinators too. The wheat in that field was harvested later in the year for baby food, showing how we can grow healthy food and work with nature at the same time.

Secondly, we are using rewilding to benefit the environment around us. Rewilding has, perhaps, been the part of our work that most of you have enjoyed above all others. Those using the public footpaths at Wild Ken Hill have been able to see the Red Poll cattle, Exmoor ponies, and the four charismatic Tamworth pigs wandering the site doing much of our work for us.

We call these grazing animals our ‘Site Managers’ as their behaviour helps to manage the coarse vegetation, as well as helping with seed dispersal and recycling nutrients back into the ground through their dung. Beavers also form a critical part of rewilding, as a keystone species with an ability to create ecosystems that other species use, and boost biodiversity. Already we have seen the beavers begin to transform their enclosure into a wetter and more open habitat that will boost biodiversity over time. We even now have otters regularly patrolling the sea wall, freshwater marsh and even in with the beavers themselves.

Finally, by utilising traditional conservation techniques, we have already seen incredible results on the freshwater marsh where we have worked to increase the water level for the benefit of nature. This winter we have been delighted to see large numbers of birds such as curlew, lapwing, black-tailed godwit and wigeon, as well as bittern, water rail and Cetti’s warbler. In 2021 we had over 70 avocet nests, which accounts for 5% of the whole UK population of this stunning bird.

These three prongs are significant in their own right, but bringing them all together across a large area will truly bring benefits to nature, our planet, and ourselves.

At the time of writing, we are hosting the BBC Winterwatch programmes, and Chris, Michaela and the team will be returning throughout the year for Springwatch and Autumnwatch. These programmes have given us a fascinating insight into the lives and behaviours of some of our most treasured creatures as well as views of them that would be impossible without their extraordinary technology. These programmes have also shown us the benefits to wildlife of managing the land how we do here at Wild Ken Hill and we hope that it will set an example to other land owners and farmers as we all become more conscious of our natural world.

We hope that we have given you an overview of what is happening on our doorstep here in Heacham, and we would love to hear your thoughts. Over the coming issues we shall share stories and news from across Wild Ken Hill and you can always get in touch with us on social media or via our website at www.wildkenhill.co.uk

With best wishes from myself and the Wild Ken Hill team.

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Answers to General Knowledge Quiz

1. Chrysanthemum.
2. Rose. (Rose Sayer)
3. Daffodils.
4. Crocus.
5. Carnation Revolution.
6. Iris.
7. Archibald Philip Primrose.
8. Norfolk Lavender.
9. Sunflower.
10. "The Black Tulip "
11. Daisies. (After Daisy Duke.)
12. Fuchsia.



Norfolk Community Foundation awards £3,500 to Hunstanton Town Council

Hunstanton Town Council has recently been awarded £3,500 funding from Norfolk Community Foundation through the Norfolk Household Support Fund to help combat hunger this winter by supporting those who may be forced to choose between getting food on their tables and putting on the heating.

The Mayor of Hunstanton Cllr Adrian Winnington reported: "*Hunstanton Town Council is very pleased to have received this funding; it has enabled us to help those in our community who may be in need of a little financial assistance this winter to put food on their table. The money has been used to purchase food vouchers from our local essential food businesses and have been distributed to local Charities and groups who are aware of those most in need plus £1,500 worth of vouchers presented to the Hunstanton Food Bank.*

Jenny Bevan, Head of Programmes, said: "Norfolk Community Foundation is delighted to support Hunstanton Town Council with this much needed project that will make a real difference in the community. We wish them every success with their work."

If you know anyone that could benefit from the Council's voucher scheme please contact the Town Clerk, Jan Roomes on 01485 532402 or email: clerk@hunstantontowncouncil.gov.uk. All calls will be treated in strict confidence.



Photo: The Mayor of Hunstanton, Cllr Adrian Winnington, presenting food vouchers to Little Lights.



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Hunstanton goes back in time to celebrate St Edmund

A medieval banquet in honour of St Edmund, first King of East Anglia who died at the hands of the Vikings on November 20th 869AD, was held at Hunstanton's newly-refurbished Town Hall on Saturday 20th November 2021 and a great time was had by all.



Over 100 guests, most of whom were in 'medieval style' dress, enjoyed a sumptuous three-course meal, which included a Hog Roast, whilst being entertained by knights, minstrels and storytellers



from Black Knight Historical
<https://www.blackknighthistorical.co.uk/> and local King's Lynn band Fried Pirates
<https://thefriedpirates.weebly.com/>

Chair of the HDFA Christine Earnshaw said: "We were delighted to see how many people entered into the spirit of the evening and made the evening such a success and my hearty thanks to our committee and volunteers who worked so hard to make it all happen".

Christine added: "We were also very grateful for the help and support of so many local businesses and organisations including Drove Orchards Farm Shop, Tesco Hunstanton, Redgate Bakery, Witley Press and our own Town Council which made it a real community event. Any small profits made from the evening will go towards more community Arts-based events run by the HDFA in 2022."



 *The Pavilion*
AT HEACHAM MANOR



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SUNDAY 6TH FEB 2022 11AM - 4PM

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THE PAVILION
AT HEACHAM MANOR

FOR MORE INFO
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www.heacham-manor.co.uk/eat/the-pavilion



Hunstanton Community Fridge

Hunstanton Town Council's volunteer-led Community Fridge has saved a staggering **three and a half tonnes** of perfectly edible food wastefully going to landfill since it was launched just six months ago.

"This is a tribute to the immense amount of hard work that goes on behind the scenes. The loyal volunteer team have really made this project a success," said Mayor of Hunstanton Adrian Winnington.

He added: "The Community Fridge idea is now gathering momentum all over the country, and I look forward to hearing some ideas about how we can expand ours and take it to a new level."

The Community Fridge is yet another sign of Hunstanton Town Council taking positive action to improve the lives of the community it represents.

The staggering statistics about how much food is rescued is revealed in the latest report from the volunteers, who offer the food for free to visitors to Hunstanton's Community Centre every Wednesday and Thursday morning.

Any excess is then taken to local groups or schools and nothing ever goes to waste.



There are absolutely no restrictions on who can call by and take away items donated to the Community Fridge. Supermarkets and retailers are only too pleased to see food items – such as bread, fruit and vegetables – go onto people's dinner plates instead of being consigned to the bin.

The volunteers are also delighted with the appreciative comments they get from regular users, knowing that they are doing the environment a power of good. The waste management agency at Norfolk County Council has also paid tribute to the hard-working team.

New Councillor Co-opted

At the Hunstanton Town Council Full Council Meeting on Wednesday 24th November, the Mayor Cllr Adrian Winnington had the pleasure of announcing that Mr Mark Williamson had been successfully co-opted to the Council and invited Cllr Williamson to take his seat with immediate effect.

Cllr Williamson, presently an active member of the Hunstanton Round Table, stated: "I look forward to working with Hunstanton Town Council for the local community." Cllr Williamson proceeded to join the *General Purposes Committee* and the *Community Committee*.

Cllr Williamson is also a member of the newly formed *Hunstanton Event Committee* and is already very busy working on the first planned event, the Carnival on 26th June 2022.

Memorial Plaque

At the Town Council meeting held in Hunstanton Town Hall on 24th November, the Mayor of Hunstanton, Cllr Adrian Winnington, was honoured to welcome the Vice Lord-Lieutenant of Norfolk, Peter Wilson MBE DL, who had attended to present the special memorial plaque commissioned by Lady Dannatt, Her Majesty's Lord-Lieutenant for Norfolk, to commemorate the resilience of Hunstanton's community during the time of the pandemic.

To accept the award on behalf of the Community, the Mayor asked Smithdon High School's Head Girl, Caitlin Wagg, and Head Boy, Theophilus Bazeley-Smith, and Mark Williamson, Vice-chairman of Hunstanton Round Table, to join him.

The plaque has been awarded to Hunstanton's community as a whole for pulling together in the challenging times of the Covid pandemic and it will be placed on the front of the Town Hall. In his thanks to the Vice Lord-Lieutenant the Mayor said that the response to the pandemic in Hunstanton had all been down to people. So many had needed to change and adapt their way of working which had required a lot of extra time and hard work. Organisations and individuals had taken it upon themselves to care and provide for those in need of help. There had been a general outpouring of good-neighbourliness.

As we move towards a new year, the Mayor finished by emphasising the words on the plaque "*Live your best & act your best & think your best today*" and also the words of Smithdon High School's motto "*Work hard, be kind and smile*" and suggested if we all tried to live up to these then our community would be all the stronger to face any new challenges together.



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TAX ADMINISTRATION AND MAINTENANCE ‘TAM’ DAY. NO NEWS IS PROBABLY GOOD NEWS, AT LEAST FOR THE TIME BEING

by Kathryn Gigg Chartered Accountants, Hunstanton

Historically, the government’s annual tax and spending plans were announced in a spring Budget, with any of the changes taking almost immediate effect. More recently the position has become rather more protracted, with spring announcements which may take effect years into the future and a further mini Budget in the autumn. In 2021 the position was made even less transparent with a ‘Tax Day’ shortly after the Budget to announce various plans and consultations, then on 3rd November a further ‘tax administration and maintenance (TAM) day’ to report back on those consultations.

Unsurprisingly, the TAM Day announcements barely earned a mention in the press, since they were simultaneously underwhelming and technically complex. Some issues such as the penalty regime for ISA breaches, technical changes to Research and Development relief, and technical changes in the taxation of insurance contracts were dealt with by way of announcing ‘calls for evidence’ to take place over the next few months. A similar call for evidence, to cover the process of first registration for new landlords and the newly self-employed will have slightly wider relevance.

The outcome of a previous consultation on Making Tax Digital for companies was also published, together with some outline views on how the new tax regime will be implemented in the future, but no concrete detail. A similar consultation on the VAT land exemption has resulted in confirmation that no changes to the existing system will be proposed, and a consultation on ‘timely payment’ (i.e. accelerating the pay date for the self-employed) appears to have received little public support – it was confirmed that although more timely payment remains an aim for the Treasury, no changes will take place in the current Parliament but steps will be taken to make existing budget plans more accessible and attractive.

Perhaps the most significant announcements centred on the reports made to government by the Office for Tax Simplification (OTS) on reform of the Inheritance Tax (IHT) and Capital Gains Tax (CGT) systems. These reports included suggestions for changing many of the IHT exemptions and reliefs and removing a number of CGT anomalies. Some of the points were addressed in the March Budget (including the extension of the CGT reporting of residential property transactions from 30 days to 60 days) but the more extensive OTS suggestions found little favour and, mostly, have been quietly dropped.

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There are two alternative interpretations of these two TAM Day announcements. Some might see them as confirming that the capital tax system is a complex area which has evolved over the years into a rats’ nest of overlapping legislation, but that it produces a reasonable amount of revenue without creating too much administration or public opposition so, even if it is imperfect, it produces about the right result and, in the words of Colbert, “*plucks the goose as to procure the largest quantity of feathers with the least possible amount of squealing.*” Others of a more paranoid disposition might feel that a decision to increase capital taxes has already been taken, and that there is therefore no need to remove anomalies at this stage. What one can still probably conclude is that it remains unlikely that the current system of capital taxes is going to become more benevolent at any point in the near future.

Please contact either myself or my assistant Nicola Tarry FCA on 01485 534800 or email kate@kathryngigg.co.uk if you would like to discuss your business or personal affairs in the context of any point mentioned above.

Mrs K H Gigg FCA

N.B. Article drafted 8.12.2021

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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in good health

The Norfolk and Waveney Health and Care Partnership

Norfolk and Waveney Health and Care Partnership Briefing: COVID-19 booster programme

www.norfolkandwaveneypartnership.org.uk

Start the New Year right and get vaccinated to protect yourself, your family and friends, and your community

Norfolk and Waveney's health and care system remains in a 'critical incident'

The system is still experiencing high levels of demand for health and care services and it is important that help is available to those who need it most over the coming days.

As local health services do all they can to help people requiring treatment for Covid-19 and other illnesses, while dealing with increasing rates of Covid-related staff absence, those in charge of running our hospitals and other health services have said local people can really make a difference by:

- Helping loved ones who are well enough to leave hospital to recover at home or in another suitable care setting, meaning that hospital beds are freed up for those who really need them.
- Only visiting Emergency Departments or calling 999 in the case of a genuine life-threatening emergency.

It is really important people do not delay seeking help from the NHS if they feel unwell. Our NHS remains open for business and it is vitally important that if people have serious conditions or concerns, they seek help and in a serious medical emergency, such as symptoms of a heart attack or stroke, that they call 999.

People across Norfolk and Waveney, especially those 18-30 year olds who haven't yet had their first or second dose or indeed their COVID-19 booster, are strongly urged to play their part in combatting the COVID-19 pandemic and helping us all get back to everyday life and adding to our local wall of defence.

The impact of not being vaccinated isn't just felt on health and care services, it also has a knock-on effect on many other local services. The more people are vaccinated, the less chance there is of key workers in our communities being ill with Covid, or not able to work as they're isolating or caring for others. And that impacts everyone's quality of life.

Teachers, grocery deliverers, bar and restaurant staff, bin collectors, nurses, doctors, and hospital staff. From essential NHS work-

ers who are caring for the sick, to those people in key jobs that keep our communities running smoothly, their ability to work is all affected by sickness and isolation associated with Covid. With more people vaccinated and protected, there is less chance people will need to be admitted to hospital with severe illness.

Avoid being seriously ill in hospital

The majority of those currently in hospital with serious complications from Covid are unvaccinated. Latest data shows that by having your COVID-19 booster, you are more than 85% less likely to be hospitalised due to COVID-19. Vaccines are the best way to protect ourselves and our loved ones, and also reduce the disruption to our lives.

We strongly encourage people who are eligible to come forward for their vaccination and play their part in helping to make 2022 the end of Covid restrictions impacting on daily life. It's also not too late to have your first or second dose either.

Booking your jab is easy and there are plenty of appointments available online via the **NHS national booking service** or **advertised walk-in sites**, giving local people the flexibility to access a vaccination or booster conveniently and quickly.

Both websites are updated every day, throughout the day, so please keep checking back for more appointments and walk-in locations.

Get your vax straight #VAXFACTS

Data from the UK Health Security Agency shows that a COVID-19 booster vaccine provides 88% protection against hospital admission from the Omicron variant.

If you've held off getting the vaccine because you're uncertain about its safety, we urge you to review the COVID-19 vaccine hesitancy information that has been developed by the British Society for Immunology.

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This internationally recognised organisation has developed an easy to digest **COVID-19 vaccination guide** that explains how the vaccines work and helps to address questions and concerns about their safety and efficacy. This information might just help you take the next step in getting vaccinated.

Booking a vaccination appointment after you've had COVID-19

If you have had COVID-19 over the festive period, you can book your first, second, or booster vaccination from **28 days after your positive test result**.

You can make an appointment via the **NHS national booking service** or calling 119 (free), between 7am and 11pm seven days a week.

Or by attending an **advertised walk-in site**.

Both websites are updated every day, throughout the day, so please keep checking back for more appointments and walk-in locations.

Booster dose for Immunocompromised patients

Immunocompromised patients are now eligible for a fourth vaccine dose (booster), at three months after their third dose, and will be contacted by their GP practice or can book an appointment or walk-in if they are already at 12 weeks. Please don't contact your GP practice to book a booster dose.

You should still attend pre-booked appointments unless you hear otherwise

Our Health and Care services are under unprecedented pressure and teams are working hard to maintain services safely. Continue to seek care if needed and attend booked appointments unless told otherwise. Visit <http://111.nhs.uk> for advice about the most appropriate care for you.

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Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting will be held on Tuesday 15th February at 7.00pm at the Old Friends Hall, Sunnyside. The Full Council Meeting for March will be held on Tuesday 15 March at 7.00pm at the Old Friends Hall Sunnyside.

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 have resumed 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.

DUCKS / SEAGULLS AND OTHER BIRDS

We all love to see the birds in our gardens and when we are out and about. But please be considerate to your neighbours and other residents. Birds who are well fed also make lots of mess and this mess can be dangerous to people walking in public areas. Seagulls have also been known to attack people for food if they get used to being fed. The Parish Council aren't asking you to not feed the birds but please restrict it to your own gardens and use feed which is suitable for the birds.

ELECTION OF PARISH COUNCILLORS

There seems to be some confusion with regard to both the process of electing Parish Councillors and the difference between elected versus co-opted parish councillors, so hopefully this will help clarify the situation.

It is a legal requirement that ALL parish councillors are elected every four years. Heacham Parish Council's full complement of Councillors is 17 and if all existing 17 councillors in Heacham stood for election, with their names and addresses duly published by the Borough Council and nobody other than the existing 17 councillors expressed a wish to stand for election, all 17 councillors – comprising those previously elected and those subsequently co-opted – would be elected unopposed. If additional persons wish to stand for election, this would then exceed the limit of 17 councillors in Heacham and force an electoral ballot in the village with all on the electoral roll able to vote in the election.

If somebody wishes to stand as a parish councillor in-between the formal four-yearly elections, they may join the Council on a co-opted basis, provided there is a vacancy and they have been a resident of Heacham for 2 years. This means that the individual applies to the Parish Council and if approved by the Council at a Full Council meeting, the person becomes a co-opted member of the Council until the next four year term comes around again and all councillors then stand for election. Heacham Parish Councillors can only be co-opted from those who put themselves forward, be they long standing Heacham people or otherwise and Heacham Parish Council is obliged to fill any vacancies as soon as is possible, should a vacancy arise.

Whilst it is helpful that a prospective Councillor is a long standing resident of Heacham with a wealth of local knowledge, enthusiasm, life skills are also equally helpful. Councillors work hard for the village on a voluntary basis striving to achieve what is best for the village.

SKATEPARK

Update: The works to the Skatepark are progressing much slower than we had hoped. For insurance and health & safety reasons we have to use a specialist contractor to do the work, Gravity (the firm doing the work) installed the park and so were the obvious choice. They have had issues, firstly with fuel shortages, then covid and now they are having difficulty sourcing the specialist concrete needed for the equipment. The Parish Council are not happy with the amount of time taken to do the works but unfortunately their hands are tied.

CONTACTING THE PARISH COUNCIL

Can we remind residents once again that Heacham Parish Council do not answer questions nor get into discussions on Social Media or in any other publications. The staff in the office are happy to answer any questions or queries anyone may have regarding issues in the village, anything we cannot solve ourselves can be directed to those that can. Please see contact details at the foot of this page.

DOG FOULING

It is that time of year, when the nights are drawing in; the mornings are dark, and the number of complaints about dog fouling in the village increase. It is still an offence not to clean up after your dog, even if no one can see you. Please do so, and help keep the village clean and safe.

Anyone not cleaning up after their dogs may receive an on the spot fine of £80 increased to £1000 for failure to pay.

COVID 19

With cases on the rise again in our area the Government suggest that it is still wise to follow the Hands, Face and Space guidelines wherever possible. For many this is still essential. Being double or triple vaccinated will not stop you from getting the virus just make the chance of needing intensive care less likely and therefore still very serious for a lot of residents.

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

Due to new guidelines set out by the government the Clerk is working from home once again and the Office is closed to the public. We can still be contacted in the usual ways mentioned below. **Liz is in the Office between 10am and 12noon on Monday, Tuesday, Thursday and Friday to take calls but messages can be left on the answer machine at all times (please note that a contact number will need to be left with your message).** Emails are picked up both in the Office and by Sue at home. We will reopen the Office once it is deemed safe to do so. Thank you.

HAPPY NEW YEAR TO EVERYONE FROM HEACHAM PARISH COUNCIL

STAY SAFE AND WELL

Any queries should be addressed to:
Heacham Parish Council Office
Jubilee Clinic Pound Lane Heacham
Norfolk PE31 7ET
Tel 01485 572142
Email: heachampc@btinternet.com
Website: heachamparishcouncil.norfolkparishes.gov.uk
The office is currently closed to the public

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Heacham Surgery	MON TO FRI 08.30 TO 18.30
Snettisham Surgery	MON TO WED 8.30 TO 12.30 14.30 TO 18.30 THURS/FRIDAY 8.30 TO 12.30 Closed p.m.
OUT OF HOURS DOCTOR	111
For out of hours service, please call the NHS Helpline	
HEACHAM & DISTRICT COMMUNITY CAR SCHEME	534777
HEACHAM CHEMIST (Boots)	570297
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DUTY CHEMIST NOTICE DISPLAYED ON DOOR	
HEACHAM PARISH COUNCIL OFFICE	572142
OPEN MON, TUES, THUR 10:00 – 12:00	
STREET LIGHT FAULT REPORT	572142
BOROUGH COUNCIL OFFICE	01553 616200
BOROUGH COUNCILLORS	
TERRY PARISH	07885 258428
STUART DARK	01485 544339
NORFOLK C C	MICHAEL CHENERY 07920 286638
PARISH LIBRARY (Church Hall, High Street)	07398647119
OPEN MON, WED, FRI 10.00 - 16.00	SAT 10.00 -12.00
HEACHAM POST OFFICE	570330
OPEN MON-FRI 09.00 - 13.00, 14.00 - 17.30	SAT 09.00 - 12.00
EMERGENCY SERVICES	
QUEEN ELIZABETH HOSPITAL	01553 613613
NHS Helpline	111
DENTIST Emergency only for patients not registered with a dentist	01553 769264
COMMUNITY MIDWIFE (Ask for Hunstanton M/W)	01553 613613
POLICE	101
SAMARITANS	Freephone 116123 or (local charge) 0330 094 5717
CHILD LINE	0800 1111
SILVER LINE	0800 4708090
ELECTRICITY (UK Power Networks)	0800 3163105
ANGLIAN WATER	0800 771881
GAS ESCAPE	0800 111999
24hrs VETERINARY CLINIC (Medivet Heacham)	01485 570065
HUNSTANTON LIBRARY	01485 532280
OPEN TUES WED FRI - 9am-7pm	
SAT 9am-4pm	MON & THURS - Closed
HEACHAM CHALK PIT RECYCLING CENTRE	
	0344 800 8020
1st April to 30th Sept 9am – 5pm	1st Oct to 31st March 9am – 4pm
HEACHAM COMMUNITY WEBSITES	
www.heachamgrouppractice.org	
www.heachamnewsletter.org.uk	
HEACHAM HALLS	
PUBLIC HALL	570776
PINE RESIDENTS HALL, Wilton Road Pat Toppin	779208
METHODIST CHURCH HALL, Station Road Mike Careless	570363
ST MARY'S CHURCH HALL, High Street Mon - Fri 10 – 12	572539
OLD FRIENDS HALL Sunnyside	572142
HEACHAM SCOUT HUT Sunnyside	592041

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

Bus Enquiries:-	www.lynxbus.co.uk	01553 611955
Service		
	34	35
	via QE Hospital	via Sandringham
		36
Mon - Sat		
1st bus from Fox & Hounds	0659	0745
Last bus from King's Lynn	2000	1600
frequency	2/hr	1/hr
Sun		
1st bus from Fox & Hounds	0915	0945
Last bus from King's Lynn	1900	1530
frequency	1/hr	every 2 hrs
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, Ridouts Bakery

MOBILE LIBRARY
Route DER201 TUESDAY Every Four Weeks
From 20th July 2021

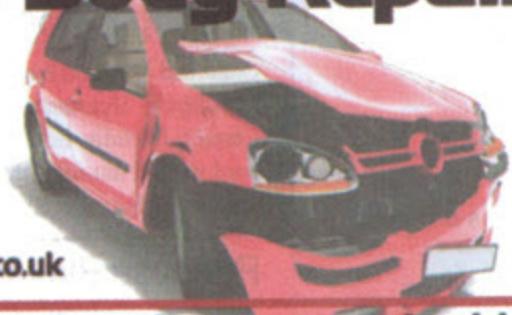
09:50	HANOVER GARDENS	12:55	GYMKHANA WAY
10:20	ROBIN HILL	13:15	COLLEGE DRIVE
10:50	RINGSTEAD ROAD	14:40	GIDNEY DRIVE
11:10	ROLFE CRESCENT (Opp.No.22)	15:15	NEVILLE COURT
11:30	SCHOOL ROAD	16:05	POPLAR AVE
11:55	COLLINGWOOD CLOSE	16:25	SITKA CLOSE
12:15	FENSHIDE	16:50	NORWAY CLOSE
12:35	JENNINGS CLOSE	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 pavilion
Fire Station – Only available when someone is in attendance
Chalk Pit Recycling Centre - Outside the gates. Available 24hrs
Pioneer Holiday Park – In yellow phone box adjacent S Beach Rd, 50yds towards beach from main entrance
North Beach Toilets – On wall near entrance to gents. Available 24hrs

Fullers Body Repair Centre



Established 1973

E: beautifulbodies@hotmail.co.uk

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

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Norfolk
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