



THE HEACHAM NEWSLETTER

September 2022

This Newsletter reflects the views of its contributors, not necessarily those of the editors or advertisers



Deadline for the next edition is 12 noon, Tuesday 13th September 2022

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

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THE NEWSLETTER VOLUNTEER TEAM: Michelle Carter - Jackie Davis - Roger Drinkwater - Brian Faulkner
Kerry Long - David Rogers - Mary Sheldrick - Helen Vickerstaff

THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

A voluntary non-profit publication

Readers' LETTERS



Heacham

Dear Newsletter,

Bray's Pit

I would like to thank all the kind people who kept the ducks at Bray's Pit in Heacham supplied with fresh water in washing-up bowls during July's very hot weather, when the pond was at the lowest level I've seen it in the 10 years I've lived here. At the same time, I would like to invite the less than kind person or persons who gathered the bowls up and left them by the refuse bin for collection to write and explain why they did that (thankfully I got to the bowls before the bin men did so the ducks could still have a drink). They can also tell us all how they would like to try to survive a heat wave without access to something to drink.

Thomas McKenna



Macmillan Coffee Morning

at Neville Court, Heacham

Friday 9th September 2022

9.30am to 12noon

Everyone will be very welcome,
look forward to seeing you.



---STOP PRESS---

Heacham Sea Water

Subject to confirmation from the Food Standards Agency, the cockle beds at Heacham were closed from 15th August for a minimum of 2 weeks. High levels of Ecoli bacteria were found in a standard test. Two clear tests will be needed to rescind any order made. If necessary, notices will be placed to warn individual cockle pickers.

Terry Parish

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Burwell, Cambridge

Dear Newsletter,

Heacham to Snettisham Coastal Walk

One of our favourite local walks is along the flood bank towards Snettisham and back along the beach.

We were devastated to hear about the recent fire and went to see for ourselves what the landscape now looked like. Hopefully, nature will restore the area in time but still very sad to see. While there I took some pictures of the contrasting scenes, one looking rather bleak, along with a beautiful sunset; all is not lost.



Maggie Newman





The secret life of a Ringed Plover
An evening talk
with RSPB's Ringed Plover Project Officer

Get to know this iconic beach nesting bird, find out why your local beaches are so important for them & how you have helped them to raise their tiny families!

Friday 2nd September
6pm-7pm
Old Friends Hall, Heacham
Sunnyside, Heacham, PE31 7DU (Parking limited)

Spaces are limited - booking essential. For more information and to book your place email: titchwell@rspb.org.uk





Advertising Costs

We are sorry to have to advise that with effect from October 2022 our advertising prices will increase to £20, £40 and £80 for 1/8 page, 1/4 page and 1/2 page adverts respectively.

This increase, the first since July 2005, has been driven by significant increases in printing costs due to the current global economic situation.

Any payments we are currently holding as advance payments for adverts will, of course, be honoured.

THN

The Heacham Newsletter

The letter in the August edition of the Newsletter from John Hopkins entitled 'Cheney Hill School Crossing' has generated a number of emails to the Newsletter.

Various viewpoints have been expressed. May we remind readers of the disclaimer printed on the front cover of every Newsletter.

Therefore, opinions of the writers are not necessarily the views of the Newsletter team. Everyone is free to express different points of view on various matters. People have various ways of expressing themselves, especially in the written word; we do not feel that we should reword contributions as the intended message might be lost. So, we reiterate, the views of John Hopkins on this matter are his and not to be attributed to The Heacham Newsletter or any of its team.

The Newsletter is a non-profit making voluntary organisation.

THN



Heacham

Dear Newsletter,

Cheney Hill School Crossing

Regarding the letter from John Hopkins in the August edition, the Cheney Hill 'lollipop' lady will most certainly have been given instruction on how to safely help children cross the road and, to further put your mind at rest, she has crossed hundreds of children safely to school for many years.

I have a son who has always liked to run, especially at the end of a school day - I'm sure I will not be the only parent over the years grateful to her for stopping their child stepping on to that road. She clearly adores the children and they her with her kind ways. Those children that cross Cheney Hill to go to and from school every day are lucky to have her stopping the traffic for them.

Jo White



Heacham

Dear Newsletter,

Cheney Hill School Crossing

I would like to contradict a letter you printed last month from John Hopkins concerning our lovely lollipop lady.

I often drive or walk along Cheney Hill by the school in the course of my work, and on the few occasions I have seen this lady she has been nothing but professional in her approach to the traffic, motorists, and the people (adults as well as children) that she has helped to cross that sometimes busy road. I have seen cars coming down that hill much faster than they should; maybe Mr Hopkins is one of these 'speed merchants' who doesn't like being made to stop just to let people cross the road. Maybe he has a particular 'gripe' against lollipop people, maybe he exaggerated what he has seen, and the 'near misses' he talks of were actually caused by impatient idiots speeding who have no comprehension of the highway code. Either way, this lady, and all the other lollipop people do a marvellous job, often getting unwarranted abuse from impatient motorists.

Let's support these lovely people doing a dangerous job, in all weathers and protecting the children. Maybe the Newsletter could do a series on local public servants like this lady, something along the lines of: 'A day in the life of' You could also do one on the Parish Council chap that I see out litter picking all the time. These people seldom get noticed but they are doing a brilliant job on our behalf.

Robert Bradbeer

Community Coffee
Tea Morning & More *cakes*
Real Coffee
Raffle *Fun Quiz*
Everyone Welcome
28th September 2022
10am-12noon
Old Friends Hall
Sunnyside (off Caley St)
Heacham
PE31 7DU
In support of the Parish Library with thanks to Tesco Express, Heacham

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michele@healthyfeetfootcare.co.uk

07891 638812

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Northampton

Dear Newsletter,

Joy and Sadness

I feel I must respond to the letter about the dead seals on the beach. It also causes me sadness to walk the beach with my young daughter and having to avoid or discuss the seal carcasses. However, as a caravan owner myself and jet-ski owner for 20 plus years, the comments in the letter are outrageous. A jet-ski by its design of smooth hull and lack of exposed rotating parts makes an unlikely seal killing vessel!

I could state from a reliable source that it is fishermen inflicting the wounds to cut the seals free from nets but that would be as outrageous as saying it's a jet-ski.

There are many boats, sea-going vessels into Sutton Bridge, commercial fishing, private pleasure craft even the Wash Monster with exposed propellers that could maim a seal.

But to label a particular water user and publish the letter in the first place without checking the facts is in my opinion irresponsible.

A caravan owner
(Name & address supplied)

Following a letter published in the August Newsletter entitled: 'Joy and Sadness', the Newsletter has received this response from Hunstanton Sealife Centre:-



Hunstanton

Dear Newsletter

Welfare of Seals

I am writing to follow up our recent telephone call where you explained that the people of Heacham were concerned about the welfare of seals in connection with jet-skis and watersports in the area.

I have spoken with our animal care team and am writing to confirm that:

"Jet-skis and watersports are not a cause of concern in relation to seals. Seals tend to avoid and stay far from vehicles such as jet-skis. Most injury caused to seals in our local area is due to plastic pollution, including entanglement in plastic waste as well as ingestion of plastics and microplastics."

We would recommend that those who are concerned about seal welfare and would like to partake in seal conservation make an effort to recycle their waste, buy less plastic products, and perhaps join us for one of our local beach cleans which are run in Hunstanton each month.

Thank you.

Jenna Stevens
Sea Life Hunstanton Team.



HEACHAM BEREAVEMENT SUPPORT GROUP



WHERE: Pine Mall Residents Hall, 18 Wilton Road, Heacham, PE31 7AD

WHEN: On the first Thursday of every month - October 6th.

WHAT TIME: 10am – 12pm

If you are grieving for someone who has died recently or long ago, why not come and join us for a cup of coffee or tea and a chat. We are a very informal group and it will give you the opportunity to meet others who are on the same journey. If you want to bring a friend or another member of the family, they will be very welcome.

For more information, please contact Julie Turner – 01485 572539

Email: heacham.church@gmail.com

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Scallywags Parent, Baby & Toddler Group

Back to Scallywags Wednesday September 7th!

Back on term time Wednesdays, lots for you and your little ones to explore - from paint to puzzles - books to bricks - swings and slides on garden days! And lots more!

Find us at **The Scout Hut, Sunnyside, Heacham from 9.30 -11am!** We ask £2.50 per family for the 3 Rs - rent, refreshment & resources.

Pop along for a play! Looking forward to meeting you and your little ones!

Jo xxx
07395 077622
jow116987@gmail.com

Windows will be open for ventilation; in addition to our cleaning routine, there are hand sanitiser points for your use and cleaning products available.



Thank you Vicky for this lovely Theodore picture deep in thought in Happyland!

Wishing all our big Scallywags happy days at nursery and school - thank you for our Scallywags days!

Welcome back to our not quite so big Scallywags!

And a big hallo to those we've not met yet - look forward to meeting you! Just pop along!

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JAIME'S FITNESS

MONDAY'S

HEACHAM SCOUT HUT
FITSTEPS - 9:45AM
FITNESS PILATES - 10:55AM
WALKFIT - 11:45
PILATES@THE CHAIR - 12:40

INGOLDISTHORPE VILLAGE HALL
FITSTEPS 6/6:45PM
FITNESS PILATES 6:50/7:35

WEDNESDAY'S

EAST RUDHAM VILLAGE HALL
INDOOR POWERWALKING - 9AM
STABILITY BALL PILATES - 9:50 (STARTS SEPTEMBER)
FITSTEPS - 6:30PM
FITNESS PILATES - 7:20PM

POP UP CLASSES - FOLLOW MY FACEBOOK PAGE FOR INFO & DATES/TIMES

FOR ALL ENQUIRIES AND BOOKINGS
JAIMEFITSTEPS@GMAIL.COM
07765433100

FEATURE OF THE MONTH

The summer holidays are over and we are turning our focus away from the tourist hotspot that is Cornwall to nearer to home. New to our library is a series of crime novels based in Cambridge and written by Alison Bruce. The author is well qualified in the subject of crime having been awarded a first BSc (Hons) degree at East Anglia Ruskin University, Cambridge, in Crime and Investigation. Currently, we are pleased to be able to offer the first four books in the series which features DC Gary Goodhew as the main protagonist: 'Cambridge Blue', 'The Siren', 'The Calling' and 'The Silence'. There are three further DC Goodhew books which could be available if the series proves popular.



NEWS

This month we are continuing our display on 'Heacham's shops – a pictorial history'. Following a slight delay in opening last month, this initial, fascinating display at the library will be available until the end of October, so there is still plenty of time for you to come and have a look. We are sure that many of you will be able to add extra insight into what is being shown and a notebook is available for you to jot down any information that you feel may be of interest. Entry to the display is free during normal library opening hours.

HAPPY READING !

Library opening hours:
 Mon/Wed/Fri 10.00am to 4.00pm
 Sat 10.00am to 12.00noon.

The Library Team
Enquiries: 07398 647119
or the Parish Office 01485 572142

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Another Recipe from The Prudent Pensioner

Celery Soup

Ingredients for 2 generous servings:

- 4 or more sticks Celery
- 1 medium size onion
- 1 medium size potato
- Chicken or vegetable stock cube dissolved in 500ml hot water
- Knob of butter
- Salt and pepper

Method:

Trim off, and discard, ends of celery. Clean stalks and slice thinly.
 Peel potatoes and cut into small pieces.
 Peel onion and slice thinly.
 Put butter into a saucepan and soften over a low to medium heat, add onion, stir well. Cook for a minute stirring frequently.
 Add potato pieces, celery slices and stock, stir well. Bring to boil then reduce heat, cover and leave simmering, stirring often, for 15 minutes, or until potato is soft.
 Season to taste. Strain off most of the liquid into a jug, put aside while you either put vegetables into liquidiser or use a hand blender and whizz until pureed.
 Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well.
 Reheat if required, serve and enjoy.

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

Email: pru.pensioner@btinternet.com

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CHURCHES TOGETHER IN HEACHAM



DO ANIMALS GO TO HEAVEN?

As I write this, my husband and I are mourning the loss of our beloved dog Leo who passed away 3 days ago. He was 12 years old, his back legs were extremely weak, his quality of life had dipped and we

knew it was time to let him go.

Leo and his mum Lacey came to us just over 10 years ago from Hillside Animal Sanctuary. Lacey was a Rottie and Leo, a RottieX. They'd come from neglect and had been in the sanctuary for 12 months. Nobody wanted the two of them together because Leo was territorial behind a gate (he was, in reality, a nervous and worried dog). The first day we brought them home, we took them to the beach (unleashed), and they never left us.

The bond was instant. Lacey passed away 3 years ago, Leo missed her terribly, she was his confidence. The anguish felt was nearly unbearable, but I sat one day in silent prayer with God, and I knew that emotionally, I had to hand Lacey over to Him completely and let her go into His care.

Now Leo has gone too but we take comfort in the fact that He is with God and has been reunited with his mum. They will both be free from pain, made whole again and once again be playing together how they used to when we first brought them home.

Animals are sentient beings. They feel pain, sorrow, joy, and grief just as we do.

Our pets give us companionship and, for some, a reason to get up in the morning to face the day ahead. They communicate verbally and by body language. They make us smile, laugh and cry. They do not hold grudges or harbour feelings of jealousy. They are faithful, loyal and loving. Yes, we can learn a lot from animals, they are free from sin.

DO ANIMALS GO TO HEAVEN?

There are many who don't believe they do (mainly because they don't believe animals have souls). I truly believe they do and so did the late Billy Graham and Martin Luther.

There are no specific biblical references to animals going to Heaven, but we read in Isaiah's prophecy: *'The wolf shall dwell with the lamb and the leopard shall lie down with the young goat and the calf and the lion and the fattened calf together and a little child shall lead them.'*

Animals are part of God's Creation, He saved them with Noah and his family by placing them on the Ark. God promises that His Creation will be restored so we can conclude from that, that animals will be part of God's restored Creation. Animals are a blessing from God, why would He not take them into His care?

For those of you who mourn the loss of your pets, they are not far away. Remember the joy they brought to your lives and feel the comfort knowing they are in God's care.

With my prayers for all who mourn the loss of their beloved pets.

Val Fisher
(Local Preacher in Training – Heacham Methodist Church)

St Mary's Church Opening Times

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

September 2022 Services

There will be a service in church every Sunday at 10am. Services are live streamed on Heacham Parish Church Youtube channel. We also have a recording of the service on our Youtube channel which will be available each Sunday, after the service has taken place.

4th September: Morning Prayer

11th September: Holy Communion

18th September: Morning Prayer

25th September: Holy Communion

We continue to worship in a number of different ways including:

HEACHAM PARISH CHURCH online
on Heacham Parish Church You Tube channel

HEACHAM PARISH CHURCH in church
At 10am every Sunday morning

Harvest Family Celebration - Sat 17th Sept – 10am-12noon

An event for everyone with activities for children and young people – crafts, songs and bible story. Bring a picnic if you would like to stay for lunch too.

Pondering Prayer – Tue 27th Sept from 10am–2pm

A reflective morning using image, word, and silence, all are helped to ponder the nature and practice of prayer while also taking a journey into it. Drinks served from 9.45am for 10am start – ending at 2pm. Bring your picnic lunch to eat together as we conclude. Everyone welcome.

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

1 Peter 1:3

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

Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is on 8th September from 10am till 12 noon, at the Pine Residents Hall. For more information contact the Church Office.

Prayer Tree

We have a prayer tree in church on which you can write a name or situation that you want to pray for, and you would like the church to pray for, by writing and hanging it on the tree. God hears your prayer and we will pray for you. If you can't get to church and would like a name added, please let Rev'd Veronica Wilson (heacham.vicar@gmail.com) know.

There is a Contemplative Prayer Meeting - 'Praying for the Names on the Tree' every Wednesday 9.30am-10.30am in church. Everyone is welcome.

Prayer

Morning prayer takes place every weekday morning at 9am. Monday to Wednesday meetings take place on Zoom only, but Thursday and Friday mornings take place in church as well. Everyone is welcome. We pray for all who live and work in our village community, 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).

September Events at Heacham Parish Church

- Friday 9th September** – 7pm Classical Music Rocks Concert.
- Saturday 10th September** – 2pm Revd Dr Herbert Karrach's Service of Thanksgiving.
- Saturday 17th September** 10am Harvest Family Celebration.
- Tuesday 27th September** – Pondering Prayers with Rev'd Susanna Gunner. A reflective morning using image, word, and silence, to ponder the nature and practice of prayer. Everyone welcome.

Save the Date – October Events

Saturday 1st October we are holding a Harvest Soup Lunch and on **Sunday 2nd October** there will be a traditional Harvest Service in church at 10am. All non-perishable items donated at the service will be given to the Foodbank and King's Lynn Night Shelter.

Monday 31st October – 5-7 pm Light Party.

CHURCH CONTACTS:

St Mary's Church:
 Revd Veronica Wilson (01485) 570697
 email: heacham.vicar@gmail.com
 St Mary's Church Office: Julie Turner 572539 (answerphone)
 email: heacham.church@gmail.com
 Methodist Church: Rev'd Dr Richman Ncube (01485) 570232
 Email: richiemnncube@gmail.com

HEACHAM METHODIST CHURCH

Minister: Rev. Dr Richman Ncube

September 2022



SUNDAY MORNING SERVICES – 10.30am. All Welcome

- 4th September:** Fellowship Service
- 11th September:** Rev Dr R Ncube - Harvest Festival
- 18th September:** Marianne Baguley
- 25th September:** Terry Martin

Harvest Festival

As this year rushes by, Summer has now gone, Christmas will soon be here but first Autumn and September means Harvest Festival, the opportunity to praise and thank our Lord for it. Come and join with us on Sunday 11th September for a special service led by our Minister Rev Dr Richman Ncube

The Fellowship

The Fellowship will be on 27th September at 2.30pm; the speaker is Elizabeth Batstone. The Fellowship is open to both men and women and a warm welcome is guaranteed.

Midweek Communion

The September midweek communion will be on Wednesday 14th September at 10.30am conducted by our minister Rev Dr R Ncube. All who love the Lord are welcome.

Bible Study

The September monthly Bible study will be on Thursday 29th September at 10.30am led by our Minister Rev Dr R Ncube. The subject is the Holy Spirit. Using a book of six studies join us for study no 1. All welcome.

Coffee morning

The September coffee morning will be held on Saturday the 17th at 10am - 12noon. Come and join us for a very pleasant morning with coffee, cake, company and a chat.

Bowls club

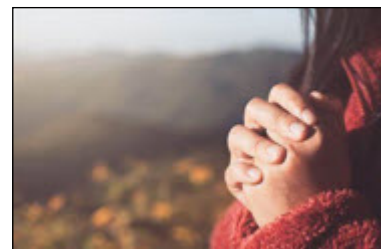
Have you ever played short mat bowls? Heacham Methodist Church bowls club is looking for new members. Why not come and give it a try whether you have played before or not. We plan to have a competitive yet fun afternoon on the third Friday of each month. The September meeting is on the 16th at 2.30pm. You will be most welcome.

Midweek calendar for September

Wednesday	14th at 10.30am	Midweek communion
Friday	16th at 2.30pm	Bowls
Saturday	17th at 10am -12noon	Coffee morning
Thursday	29th at 10.30am	Bible study

Holidaymakers very welcome to all Sunday and midweek events

**Pondering Prayer
with Revd Susanna Gunner**



**TUESDAY 27th SEPTEMBER
10.00 – 2.00
Heacham Parish Church**

Drinks served from 9.45am for a 10am start, bring your picnic lunch to eat together as we conclude

A reflective morning using image, word, and silence, all are helped to ponder the nature and practice of prayer while also taking a journey into it.





Hunstanton Catholic Parish

We have regular Rosary prayer meetings at St Cecilia's every Monday from 2pm and there is also a Mothers Prayers group which meet at 2.30pm Monday fortnightly at OLSE.

We have refreshments after Mass every Sunday at OLSE, Hunstanton and on the first Sunday of each month after Mass and on Wednesdays at St Cecilia's, Dersingham. There is also a fair-trade stall in the meeting room at St Cecilia's on the first Sunday of the month.

The Pope's prayer intention for **September: Abolition of the Death Penalty**. We pray that the death penalty, which attacks the dignity of the human person, may be legally abolished in every country.

Our parish has been supporting the appeal for items for Ukraine, with both churches acting as collection points. There is a list of items required in the porches of both churches.

A few members of the parish have been getting together, originally to discuss the Synodal consultation, but have carried on with the meetings to discuss ways to enliven the life of the parish following the drop in attendance due to the pandemic of the last couple of years. The dates of the meetings will be published on the website and in the weekly church bulletins and anyone interested in contributing in any way is more than welcome to attend or pass on ideas.

The Bishops of England and Wales have issued a report looking at the main themes which emerged from the Synod National Synthesis discussions from parishes across the country. The report can be read and downloaded at www.cbcew.org.uk

Sr Danuta is guiding a regular parish study/discussion group at the Convent every Tuesday, 4.00-5.00pm, looking in more depth at the readings for the following Sundays. Anyone who is interested is welcome to come along to any of the meetings and take part.

The Sisters at St Theresa's Convent, Sandringham Road, 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:- www.hunstantoncatholicparish.org

People are advised not to go to Mass if they have any Covid 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: hunstantonparish@rcdea.org.uk

(Please note that this is a new email address; please add it to your address list).

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

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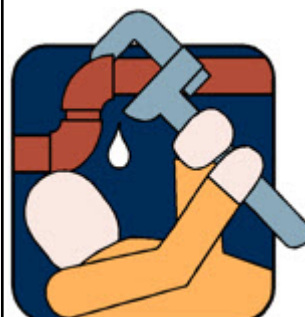
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General Knowledge Quiz

Gone to Pot

All the correct answers contain the word POT somewhere within them.

- In 2007 who became the first winner of 'Britain's Got Talent'?
- Which metallic element with the atomic number 19, is represented by the letter K?
- "Breakfast at Tiffany's" and "In Cold Blood" were literary classics written by which American author, playwright and screenwriter?
- In geometry what is the correct name of the longest side of a right-angled triangle?
- Who was Super Ted's best friend and side-kick?
- Which large semi-aquatic mammal found in Africa derives its name from the ancient Greek for 'River Horse'?
- In which German city did the three leading allies of WW2 meet in July 1945, to plan for post-war peace in Europe?
- Marble Steps, Juniper Gulf, Gaping Gill and Black Shiver are all examples of which physical feature found in the Yorkshire Dales?
- What is the clinical term for the condition of having an abnormally low body temperature? (Beware of this when visiting any No. 8s).
- What archaic name was given to somebody who formulates, prepares and sells drugs or compounds for medicinal purposes?
- On which river does the American capital stand?
- Which English dramatist created the TV dramas "The Singing Detective", "Pennies from Heaven" and "Blue Remembered Hills"?

Answers on page 35



End of Season Beach Clean!

Nesting season for beach nesting birds has finished for the year! Join us to clear the beach of rubbish now the chicks are safely off the ground!

Friday 2nd September

10am until 2pm

Snettisham Beach Car park

Snettisham, PE31 7PS (Pay & display)

Equipment provided. Walking required on uneven terrain. No need to book – just turn up for 10am!

This event is organised by RSPB & BCKLWN who will be in attendance on the day.

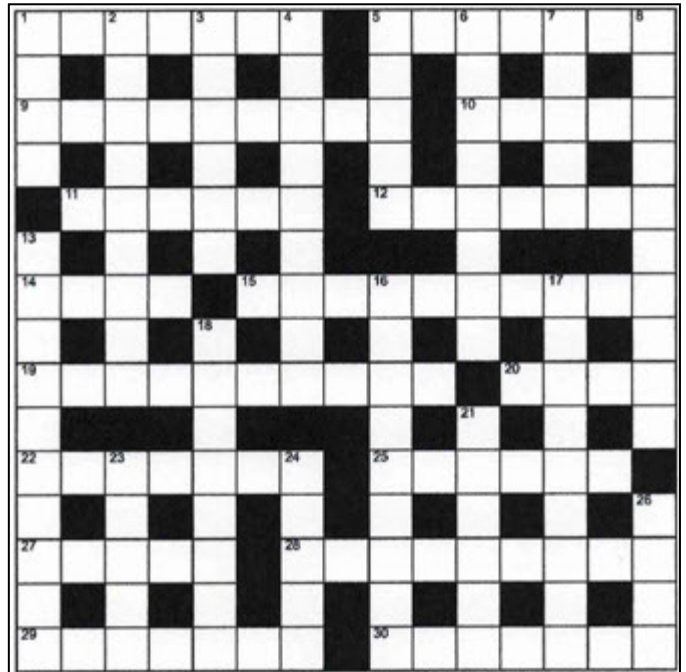
Why not join us afterward for an evening talk with RSPB's Project Officer Wynona Legg to learn more about beach nesting birds. Spaces limited. **For more information and to book your place** email: titchwell@rspb.org.uk



Borough Council of King's Lynn & West Norfolk



SEPTEMBER CROSSWORD



CLUES:

Across:

- Stand around, taking time to see red panda (7)
- Confidential chat foolishly arranged around four (7)
- What could be last straw for loyal supporters (9)
- Cop it for changing the subject (5)
- Coppers close banks over stick up (6)
- Devout fellow features in article ... (7)
- ... tasting bottled wine (4)
- Stay silent, taking in person talking to me (10)
- Insane proposal leads to action (10)
- Pops round to get wheel (4)
- Each one is put in the picture and taken together (3,4)
- Relative of van Dijk heard Pep confronting a supporter (6)
- Locks large dogs outside (5)
- Concession given to a number entering race (9)
- Kind of gate shoe gets caught in (7)
- Not stopping to finish, heading to bar (7)

Down:

- Quiet after bachelor party (4)
- Cold? Sorry, one is over it (9)
- Conservative in red is unnerving (6)
- Dressed and put in an appearance (6,3)
- Wipe the floor with mop, having little time to spare after tea's spilled (5)
- With Renoir it is easy to become intimate (8)
- Try to remove top – it's big enough! (5)
- Go out with excellent people (around a hundred) primarily to have fun and games ... (10)
- ... everyone I look up to is engaging in frolics and flirtations (10)
- Building aligned so as to be adjacent (9)
- One is particular, but not in this case (9)
- This person got up, took control and impressed (8)
- Young man escorts woman getting hitched (6)
- A caterpillar vaguely described? (5)
- A joiner could just about make it (5)
- Grows up and leaves, slipping out quietly (4)

Solution on page 35

Norfolk Open Studios 2022

The Norfolk Open Studios will be returning Saturday 24th September – Sunday 9th October 2022!

Since 2021 the scheme has been held in the autumn in September/October, allowing people to explore the county to discover and meet artists during this often magical time of year. The Norfolk Open Studios website and brochure publishes details of all artists and schools taking part.



From 9th-19th September I will be at an Art Symposium in Germany. The theme 'Cosmos' is as diverse as the artists who have been invited to take part. It is such a privilege to be among them. With Open Studios starting a few days after my return, I'll be able to share a photo documentation of everything that went on. Please do come for a cup of tea

and visit to see this. Other new work will also be on display. I will be open on the weekends of 24th/25th September, 1st/2nd October and 8th/9th October from 10 am - 5 pm.



'Wondering by Esther Boehm'

At norfolkstudios.org.uk you can find a full list of artists exhibiting throughout Norfolk. The free brochure will be available at my studio during open times and in many venues across Norfolk in advance of the scheme. Each artist and school is listed within a geographical district of the county.

Find out more about my studio at estherboehm.com, eb@estherboehm.com, 07538 986235, 01485 570506 or visit me in my studios during open times.

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- ✓ Patient Education
- ✓ Health promotion
- ✓ Practice environment



Those unable to attend our meetings, can contribute by joining practice Virtual Patient Participation Group

We welcome everyone age 16 and over to share their ideas, skills and enthusiasm. To join please fill in the PPG form at reception or visit our GP practice website to sign up online.

DATE FOR YOUR DIARY

HEACHAM GROUP PRACTICE PATIENT PARTICIPATION GROUP (PPG)

WEDNESDAY 28th SEPTEMBER 2022 – 7pm
(please note change of date)

BRITISH LEGION HALL – CHURCH ROAD SNETTISHAM

Do come and participate in the re-launch of the Heacham Group Practice PPG

The aim of the PPG is: To represent the patients of the Heacham Group Practice (surgeries in Heacham and Snettisham) and work in partnership with GPs and practice staff to improve services for patients

Membership of the group is open to:

- any patient registered with the Practice.
- any Practice GP.
- any nursing or administration staff of the Practice.

In partnership with the Practice, the PPG aims to:

- Enhance communication between the patients and all partners and staff of the Heacham Group Practice.
- Influence the development of policies in the practice by representing patient views.
- Provide practical support to the practice and help implement change.
- Encourage and support the role of the Practice in involving patients in their own care.

**DO COME ALONG AND JOIN IN.
PATIENT SUPPORT IS VITAL**

We are limited for space at the venue, so if you are intending to come, please register your interest as soon as you can. Also, if you have any questions or require further information, please contact the chair, Bob Carrick on 07919 335571 or email: brb.carrick@gmail.com

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HEACHAM IN BLOOM



Heacham in Bloom

A pat on the back to our little team as watering has been a real struggle these last few months. A terrible thing to say but we hope that we will have had some rain by the time the Newsletter is issued in September. Something nasty chomped through our Bizzy Lizzy plants at the Lavender junction, so a quick turn-around was called for. Thanks to Moulam and Horn we managed to source some little marigolds and replenished the Queen's red robe with one of gold for the rest of the summer season.

We were thrilled to be awarded a cup at the Carnival for our walking "Sunflowers" float. Thank you to the Parish Council for putting on the parade, to Heacham Manor for our prize, and to you all for your lovely words of congratulations.

Heacham in Bloom Needs You!!

We are a dedicated team of seven, but we are struggling, so if you have a few hours spare, then please think about joining our team. If you think you could help us weed, plant and water, etc, why not come along to our meeting on Monday 19th September at the Old Friends Hall, Sunnyside at 7pm or you can always email: heachaminbloom@btinternet.com to find out more.

The Heacham in Bloom Committee

Active for Life

The committee of Active for Life are very sorry to announce that the Group has been formally wound up. The Group, prior to the Covid restrictions, had met regularly at Heacham Surgery since 2008.

Unfortunately, despite the easing of Covid restrictions, the surgery has been unable to offer the hire of the classroom.

The Group was started following a Government drive to combat osteoporosis in women. Sister Blacklock, among others, was instrumental in persuading the surgery to allow the Group the hire of the surgery classroom on a regular basis.

At the height of the classes popularity, several sessions were held each week, all with high regular attendance. There was also a thriving social side enjoyed by the members.

In accordance with the 2008 Constitution of the Group; "in the event of closure of the Group, any monies shall be donated to the Osteoporosis Society". This is being done.

Thanks are due to the late Mr Hamish McKirdy, who kept the accounts for the Group, all the instructors over the years who managed to make exercise fun, and the various officers who worked so hard to make the group a success.

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Heacham Parish Church

EVENTS and ACTIVITIES for CHILDREN and YOUNG PEOPLE

with their families and carers
September to December 2022

Saturday 17th September:

HARVEST FAMILY CELEBRATION

10.00 a.m - 12 noon

Crafts, songs and Bible story

Bring a picnic lunch

if you would like to stay for lunch too



Monday 31st October : LIGHT PARTY

alternative to Halloween 5.00 - 7.00p.m.

There will be hot chocolate with cream and marshmallows, homemade biscuits, apple bobbing and fun activities about light and Jesus.

Anyone trick or treating is welcome



Rev. Veronica Wilson tel. 01485 570697

Or email: heacham.vicar@gmail.com

Church Office tel. 01485 572539 (answerphone)

Or email: heacham.church@gmail.com

CHURCH CONTACTS

Saturday 26th November :

ADVENT FAMILY CELEBRATION

Crafts, songs and Bible story

Bring a picnic lunch

if you would like to stay for lunch too



Saturday 24th December:

CHRISTINGLE SERVICE at 4.00 p.m

All Ages: 0 - 100 and beyond... WELCOME



LABYRINTH – we have a grass labyrinth in front of church which will be there all summer, come and walk it anytime.....

WEEKLY SUNDAY SERVICE at 10.00 a.m

CHILDREN AND YOUNG PEOPLE

with their families and carers

are always very welcome!



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Heacham Girl Guides

As promised last month, news and photos from our Guide camp to Jimmy's Field.

Adele found that she loved archery, but not all of the girls enjoyed plucking, preparing, cooking and eating pigeon for a Guide badge!



The girls made new friends. The weather was perfect and the girls were all brilliant. We joined up with Heacham and Hunstanton Guides & Brownies, with the all of the girls gaining new badges and receiving badges already earned. And of course evenings were finished off with a campfire, funny songs & snores!



Janet Hughes
Heacham Girl Guides



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



Heacham FC

The Teams

Before I update you on the start of the new league season, let me bring you details of the final pre-season friendly results:-

1st Team

Home v Fakenham Town won 2-1
Home v Kings Lynn U23s won 6-1
Away v Wells Town won 2-1
Away v Long Stratton lost 1-3
(the scheduled match v Yaxley was cancelled)

Reserves

Home v West Winch won 8-1
(this replaced the scheduled match v Mattishall Res)
Away v Watton drew 2-2
Home v Gayton won 2-1

With pre-season complete the first team played their very first match in the Thurlow Nunn Division 1 North League v Framlingham Town at home on Saturday 6th August. This was an historic day with the team playing at its highest level in the history of the club. Cheered on by a crowd of 145, Heacham dominated the game but could not find a way through a very strong Framlingham defence and eventually lost 0-1 to a wonder strike from the Framlingham no. 7. Although beaten a lot of positives were taken from the game and the team had the opportunity to bounce back straight away on the following Saturday.

Gt. Yarmouth Town were the visitors to Station Road and in front of another big crowd (141) Heacham turned on the style to win comfortably 3-1, with Nathan Davies scoring his first hat-trick of the season.

Up and coming 1st team fixtures:-

Sat 3rd Sept v Holland home
Tues 6th Sept v Diss Town away (Cup)
Sat 10th Sept v Debenham LC away
Tues 13th Sept v Norwich CBS away
Sat 17th Sept v Diss Town home
Sat 24th Sept v AFC Sudbury Res home
Wed 28th Sept v Holbeach away
Sat 1st Oct v Cornard Utd away
Note: All Saturday k.o. 3pm
All evening k.o. 7.45pm

The Reserves started their campaign in the North West Norfolk Saturday League with an away match on Saturday 27th Aug v Clenchwarton F.C. First, and then a home match v Reffley Youth F.C. First on Saturday 10th Sept k.o. 2.30pm.

Unfortunately, fixtures are only issued on a month to month basis but you can check on facebook: Heacham F.C or Heacham F C Supporters Club for latest fixtures, updates and results.

Admission Prices – Season 2022/23

(for 1st team matches)

Adults £5
Concessions £3
Under 16s £1
(payment : Cash or Card)

Match day programme £2
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Please remember that entry to all Reserve matches is free.

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Sponsorship/Advertising

If you are interested in any of the following: sponsoring the Club, taking out an advert in the match day programme or an advertising board at the ground, then please contact Duane Gowen by email:

commercial.heachamfc@gmail.com

Merchandise

Visit our Club Shop on 1st team match days to view our exclusive range of clothing and much more including replica shirts, hoodies, caps, scarves, t-shirts, coasters, umbrellas, badges etc.

Please ask for Carol or Paul, who will be glad to help you.

Payment: Cash or by card

Volunteers wanted

We are still looking for help on match days. If you can spare a few hours a week then please come down to the ground and have a chat. You'll find it's a great friendly family type atmosphere and we would love you to join the 'Heacham Family'.

Supporters Club

Currently membership for the new season has already reached a magnificent 171 and the Facebook page now has 425 followers.

Hopefully by the time you are reading this, the Supporters Club will also be on twitter.

Membership for the 2022/3 season can be renewed and also new members welcome. The cost is £5 per season (for the 3rd season running), payment by either cash or bank transfer, and you will receive an limited edition Anglian Combination Champions pin badge (worth £4), free entry into regular prize draws and discounts from the following local businesses:-

1. 10% discount from North Beach Fish Bar, Jubilee Road, Heacham.
2. 10% discount from Flames Kebab & Fish Bar, Station Road, Heacham (collection orders only).
3. 5% discount from Owen's DIY (Hunstanton) on colour mix paint.
4. Claim a free tea or standard coffee at Halt Cafe, South Beach, Heacham, when ordering either a small, medium or large breakfast.
5. Jennings Stores, South Beach Road, Heacham: 10% discount on a full crate of beer; 5% discount on a half case of beer.

Note: To take advantage of these offers, a valid current Supporters Club Membership card must always be shown.

'100 Club'

The latest winners were:-

July - Matthew Stevenson (no.16)

August - Maureen Cooper (no.49)

Both winning a lovely £50 - congratulations to both of them. The September draw will be in the Social Club after the 1st team match v Holland Saturday 3rd Sept k.o.3pm.

The first 'free raffle' for members was due to take place at half time during the 1st team match v Needham Market U23s on Saturday 27th August. Full list of winners will be published in the next edition of the Newsletter.

"COME ON HEACHAM"

Denis Cooper
Chairman/Secretary
Heacham F C Supporters Club
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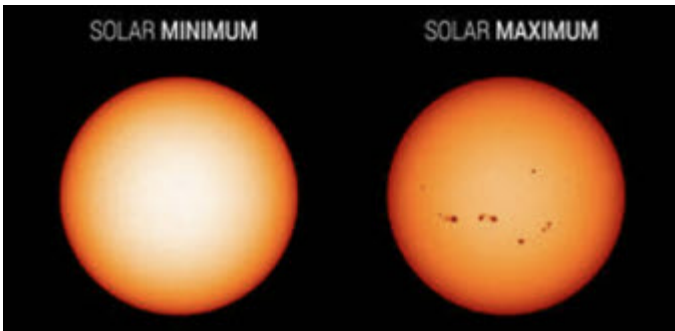


Heacham at Night

On the 23rd, at 2.03am, it is the Autumn Equinox, day and night are equal in length once again. After that astronomy gets easier as days get shorter until the 21st December, the Winter Solstice. I have written sentences like this in the Heacham Newsletter, every September, for around 10 years. Some things never change or do so very, very slowly. I sometimes wonder if my last words on the equinoxes will be to welcome the dark or herald the Spring.

Enough such musings. At the time of writing, we are heading for the second significant heat wave of this Summer, the ground remains bone dry, and the wildlife is suffering. All this is down to weather patterns which are controlled by the Jet Stream which is not following its historical pattern.

Though the Sun provides the heat, it is a pretty constant star with its energy output changing by just 0.1% over a 11-year solar cycle. The current cycle began in 2019. Since then, the Sun has grown more active and this will peak in 2030.



NASA. Sunspots are the sign.

Solar activity used to be measured from Earth observation and was a case of counting sunspots. That can still be done (three small spots observed early August), but there are now several spacecraft dedicated to observing the Sun in wondrous detail and it is they which allow warnings of space weather to be issued. Solar activity means auroras and potential harm to all things electrical. Good auroral display (Northern Lights) was seen off the north Norfolk coast in August.

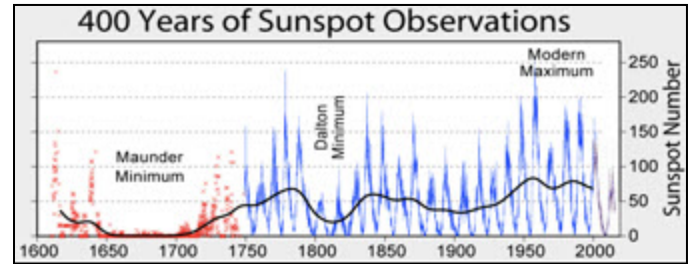
(A recent article issued by railtrack explained how investigations were proceeding into how a solar storm might change signals on the railway as miles of track make a very good receptor of fluctuating magnetic fields and charged particles – the wrong kind of Sun).

The number of solar flares and coronal mass ejections (lumps of sun stuff thrown into space and, sometimes, headed towards Earth) have certainly increased in the last year as has auroral activity. In May, 37 sunspots were predicted but 97 observed. Sunspots are where all the solar activity is generated through magnetic fluctuations.



Sunspots from Heacham 2014. Parish

A debate about the impact of the variation of solar radiation on climate enjoys periods of warming up and cooling down. About 6 years ago, the University of Northumbria predicted a Grand Solar Minimum in the 2030s which could result in a new little ice age like the one centred around the mid-17th Century. The Maunder Minimum, an historical low level of solar activity, has been suggested a contributor to the little ice age but dust from significant volcanic activity likely had a much bigger impact.



Some predict another such minimum in the 2030's. Internet

Human activity is the cause of current global warming, the Sun, pulsing a little, adds to or detracts from warming but has a marginal effect on the trend. I will keep my eye out on solar activity and, if an alarm is needed, I will ask for all the bells to be rung in Wallis's cycle shop. If you hear them, line your sun hats with foil and turn off the toaster.

In the first week of August, I made my first, brief observations of Saturn and Jupiter for a long time. They were visible at a reasonable time and I got my new telescope mount to work, almost. Saturn was its usual majestic self, the ringed planet swimming in a void. Jupiter was a tad disappointing as it was

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too bright to discern its bands of colour and being quite low to the horizon, was viewed through all the dust in the atmosphere and the heated, turbulent, air. The Galilean Moons were nice to see though and helped me focus as they should appear as sharp points.

Noises off during my observations were the multiple crunching of Spike hedgehog food behind my observatory. However, should anyone like to listen to things astronomical, I recommend Googling 'sound of Saturn, Jupiter' etc. You should find recordings derived from the Voyager spacecraft which flew by the gas giants in the 70s.

Six planets are visible in the heavens this month, 5 of them at night which makes a change.

Jupiter shines all night, rising in the SE and setting in the SW. It will be having a magnitude of around -2.9 and you really can't miss it. It is closest, at opposition, on the 26th at 7.33pm to be precise. Closest means 393 million miles.



Io, Europa, Ganymede and Callisto to scale. Internet

The four Galilean Moons, Io, Callisto, Europa and Ganymede are visible as sparks in very good binoculars or a spotting scope. If you only see 3 then one is behind Jupiter. Observation over an hour or two will show movement and over several nights very obvious changes in position. Orbital periods are: Io 1.8 days; Europa 3.6; Ganymede 7.2; Callisto 16.7. Io moves around 70,000km in an hour.

It was such observations, in 1610, that confirmed Galileo's thoughts that the planets, Sun, and stars did not orbit the Earth. Thoughts which he had to publish as a hypothetical story to limit the Church's anger. The Vatican admitted it had erred 350 years later in 1984.

These four moons are worlds themselves. Io is the innermost and has more than 400 volcanoes erupting. It is very mountainous and is splattered with sulphur. It is slightly larger than our Moon.

Europa is next and is one of the prime candidates for life as it has liquid water under a thick icy surface, Geysers erupt at its poles. It is a little smaller than our Moon

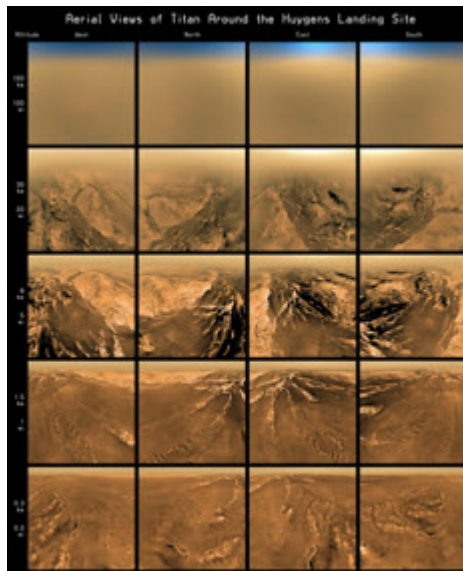
Ganymede, the third out from Jupiter with a diameter of 5364km, is larger than the planet Mercury. It has a very thin oxygen

atmosphere and, unusually for a moon, a magnetic field. It is also thought to have a vast, underground, salty ocean.

Callisto is the furthest out and the one you might miss in a small telescope even though it is only a little smaller than Mercury. You will be looking towards Jupiter and you need to look for a spark away from the three innermost Galilean Moons. It is the most heavily cratered body in the Solar system.

Rising before Jupiter, but harder to spot, until you have seen it once, is ringed Saturn. From my recent, local observations, find Jupiter, move your eyes around 70 degrees to the right and go up about two fist widths. Look for a faint dot, magnitude +0.4, which looks different to a star. A good birding scope, will reveal the rings.

Saturn has 83 moons. Ones of note have magical names: Mimas; Enceladus; Tethys; Dione; Rhea and Titan. Classicists will know from whom the names are derived. Enceladus is a better contender for life than Europa.



Titan images from the Huygens Probe 2005. ESA

(Continued pg20)

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Titan is bigger than Mercury but smaller than Ganymede. Titan has a weather system with a nitrogen atmosphere, lakes of hydrocarbons like methane and a dry river network which connects them. You might detect the spark of Titan in a good binocular though a spotting scope would be better. It is a long way from the planet. Once, long ago, I captured a simple image of an over exposed Saturn with its larger satellites strung out as blobs.

Uranus and Neptune are both visible all night. Neptune is the most distant planet and both telescope and the sky have to be good to see it. It is at opposition on the 16th so will be at its brightest with a magnitude of +7.8.

Uranus is an enigma, as at times it is bright enough to see with very good eyes in dark skies but the ancients never recorded it. This month it has a magnitude of +5.7 so good binoculars etc should pick it up if pointed exactly at it. Google for directions.

There is a rare event which will help you locate Uranus on the 14th. It will be occulted by the Moon. Occultations are when one astronomical body passes in front of another. You watch its disappearance and, then, the re-appearance.



A planet about to be occulted by the Moon. Uranus will be a blue dot. Internet

Look at the sunlit side of the Moon's disc from about 10pm. Use good binoculars to find a blue dot a little above the Moon's 'equator'. As 10.30pm approaches, the dot will close with the Moon and disappear behind it. Re-appearance, at the dark limb of the Moon, is at 23.21hrs when it will be a tad higher.

Mars is a good naked eye object with a magnitude of -0.3 and rises around 10pm. Midnight onwards will find it sufficiently high in the sky and it will be best to leave observations towards the end of the month. It will then be a little north of east. Jupiter will be prominent and higher in the SSE; Saturn will be at a similar height in the SSW.

Look for a reddish dot, binoculars will brighten it. Don't get mixed up with the star Antares which is a little east of Mars and also reddish. Planets don't sparkle. In your binoculars you should also find two-star clusters, the Hyades to the right of Mars, and the Pleiades above it.

Mars is a very busy place with probes orbiting it and vehicles crawling about on the surface. Google live images and you might be the first to spot a Martian.

Venus is the last planet to consider and you need to make the effort early in the month as the Morning Star will disappear into the dawn well before the 14th. You need a very good easterly view as the planet will be close to the horizon. Look from 5.45am. It will be shining with a magnitude of -3.9 which is very bright. Do not use optical instruments as the Sun will quickly follow it into the sky.

Meteorites. I stayed outside, on the 12th August, until well after midnight for the Perseids. Around 12am, I saw 3, perhaps 4. Other years I have started counting at 8pm but the sky, this time, was well washed out by the very bright, large, Full Moon. This shone, blindingly, from the south but Jupiter, to the east, and Saturn to the west were still clear to see. If anyone saw more meteors in the early hours of the 13th August, please let me know.

This month is devoid of significant meteor showers, though there are the Southern Taurids which start on the 10th and finish in November. However, September is the busiest month for random meteors, those not known to be associated with any comet and likely to appear – at random. So, keep looking up. Don't mistake a meteor for satellite trails which are becoming a significant nuisance.

The Moon is the most obvious thing in the night sky unless it's New – the Sun is behind the moon but the alignment is not such as to cause an eclipse. Anyway, the Full Moon on the 10th is the closest to the Autumn Equinox so it is this Year's Harvest Moon. Because moon rise times are almost the same a few days either side of such full moons, light was provided for traditional harvests. Let's hope there is some harvest worth the name this year.

Darkness is coming which I prefer to never ending Sun. Use the warm evenings of autumn to enjoy the night sky. Don't forget to feed up the hedgehogs ready for the winter and, if it continues dry, keep the water bowls filled; birds and insects will use them too.

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A little bit about **THE POCAHONTAS PLAYERS DRAMA GROUP**, founded in 1995 by Jane Knight (deceased), Jeannie Tooley and Janice Curtis.

The 35/40/45 group members meet every Tuesday evening in HEACHAM Public Hall from 7pm - 9pm (later finish nearing a production). Our members must be **13 YEARS OLD**, up to any age. The group pays a hire fee to use these premises. Each member pays £2.00 per week to cover these fees. We have a tea break mid rehearsal for tea, coffee or canned drinks (usually 50p per cuppa/can).

The Pocahontas Players produce two productions per year, usually mid-May for either a Drama or a Musical/Show. They then enjoy a summer break until September when auditions and weekly rehearsals start for a mid-January Pantomime.

Our next production, in January 2023, is '**JILL and the BEANSTALKS**' the Pantomime where Acting, Singing and Dancing are required.

The entire cast members are individually radio microphoned up. All costumes are provided. The cast are sometimes asked to bring along their own shoes though. We do have raised tiered seating. Audiences can see and hear all of the action on the stage, wherever they may be sitting. In total, with the raised seating and the stalls seating, the players can entertain 252 folk each performance!

If you feel you would like to 'tread the boards', you must have Tuesday evenings free and be totally committed. Please come along to the read-through of the script and follow-up auditions. It is hard work but really good fun.

BUT if you feel that Acting, Singing, Dancing isn't your thing and would like to help **BACKSTAGE** - Lighting, Sound, Scenery, Costumes, Make-Up, Prompt, Curtains or even sweeping the stage, you are all very welcome to join us.

Date for Panto 'Jill and the Beanstalks' read-through followed by auditions:-

TUESDAY 6TH SEPTEMBER
7pm-9pm
HEACHAM PUBLIC HALL.

We are very proud of how The Pocahontas Players has grown and progressed over the years and we hope this continues.

Janice Curtis
(ADMIN for The Pocahontas Players)

Contact either Janice or The Chairman of the Group, Dave Curtis on 01485-570402, if you would like to know more



May 2022 Rehearsals - Photo Izzy Parr



Photo 2 - Finale of VE day Celebration May 9th 2022 (Photo Ray Sparvell)

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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 (SG)

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) (SG)

Walkfit 11.45am Contact Jaime (see Fitsteps) (SG)

Seated Fitness 12.40 am Contact Jaime (see Fitsteps) (SG)

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)

Strength & Balance Class 4.30 - 5.30pm Hunstanton Conservative Club.

Football Under 14's 6-7pm Contact Jason 07867527706 (HSC) playing fields

Fitsteps 6pm or 6.45pm (times vary) and **Fitness Pilates** 6.50pm or 7.35pm (times vary) at Ingoldisthorpe Church 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)

Hunstanton and District Community Voices 7.00pm every Monday, The Way Christian Fellowship Church Hall, Downs Close, Hunstanton. First week free, no singing experience required. For more information contact lesley.trebbick@btinternet.com

Meditation and Spiritual Awareness/ Development Group 7.20 for 7.30 – 9pm twice monthly, starting 12th September. The aim of the group is to enhance, balance, spiritual development. Contact Margaret at tranquilitytobe@hotmail.com for date confirmation and more information. (SG)

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 Joy Waldron Tel: 07594616597

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 Ingoldisthorpe Village Hall. Contact Gail on 07837 761724

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

Snettisham Art Group 10am – 12noon at The British Legion Hall, Snettisham. Call Les on 01485 572370 for further details.

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

Gentle Pilates and Exercise Class 10.15am Dersingham Methodist Church Hall. Contact Anne on 07717333234, or email activelhealthpam@gmail.com



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Coastal Stroke & Support Group 10.30am –12.30pm at Hunstanton Methodist Church Austin St
Colour Yourself Calm 11am – 12 noon Hunstanton Library 01485 532280
Friendship Lunches 1st Tuesday of each month. 12.30 pm Two-course meal £7. To book call Shirley on 01485 540644 at Dersingham Village Centre
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
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 kyracruise7@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
Pilates 6.15pm Dersingham Methodist Church Hall. Contact same as 10.15am class.
1st Heacham Guides 6.30 – 8pm Tel: Sue Theunissen 07833747059 or just come along (SG)
Brass Band Practice 7pm Snettisham Salvation Army, Alma Road, Snettisham. Tel: 07436 425118
Parish Council Mtg 3rd Tuesday monthly 7pm (PC)
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
Poker Games (friendly) 7:30pm United Services Club 11am – 12 noon Hunstanton Library
Village Cinema last Tuesday of the month 7:30pm Dersingham Village Centre. £6 Details 01485 543195
WEDNESDAYS
Car Boot Sale 8am – 12 noon Heacham Social Club sports field
Docking Market 9am-1pm in The Ripper Hall Local Produce , Craft and Gift Stalls Tel: 576233
Scallywags Parent, Baby & Toddler Group 9.30 – 11 am (from 20th April) £2.50 Tel: Jo 07395 077622 (SG)
Family History One to One 10 -11am Hunstanton Library 01485 532280
Community Coffee Morning & More 10am - 12noon All ages welcome £2 (OFH)
Just a cuppa 11am Hunstanton Library 01485 532280
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)
Yoga 10.30 - 11.30am Hunstanton Conservative Club
Carvery Lunch from 12noon - 2pm at United Services Club. One course for £7.95, two for £9.95, To book - 07901 524778
Trefoil Guild 1st Wednesday of the month 2 - 4pm For info please ring Judith on 01485 571311. (NC)

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 Whist 7pm Hunstanton Conservative Club
Heacham Boxercise 7.15 – 8.30pm males & females 14 yrs +, £4 per session (first one free). Call Steve 07881 783857 (SG)
West Norfolk Singers 7.15 - 9.15pm For info Tel: 571315 Anne Davis www.westnorfolksingers.org.uk/ (MC)
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



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THURSDAYS

Kundalini Yoga 9.30am at Ingoldisthorpe Village Hall. Contact Gail on 07837 761724

Table Tennis Club 10am (PH Top Room)

Pop-Up Coffee Shop 10am – 12.30 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

Snettisham Art Group 10am – 12noon at The British Legion Hall, Snettisham. Call Les on 01485 572370 for further details.

Move It or Lose It (fitness classes for older adults). 10 -11am at Heacham Practice. The first class is free and thereafter £5 per class. For more info contact Karen on 07785 280027 or my Facebook page @MIOLINorfolk

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

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.

Yoga 11am -12 noon Hunstanton Conservative Club

Craft Club 3rd Thursday of the month, 1pm - 3pm at The Salvation Army, Alma Road, Snettisham. Bring your own project.

Ringstead Art Club meets weekly 2am – 4pm Ringstead Village Hall. Monthly workshops 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

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

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.

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

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)

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

1st Heacham Cubs ages 8 – 10yrs Term Time 6.45 –8.30pm Tel: Sam 572138 or Jemma 07962 611122 (SG)

Snooker League 7.30pm Hunstanton Conservative Club

Social Evening 2nd Thursday monthly 7.30pm (MC)

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

Yoga 10.30 - 11.30am Hunstanton Conservative Club

Wool Crafts 11 am Hunstanton Library 01485 532280

Lunch from 12noon - 2pm at United Services Club. Varied menu. To book - 07901 524778



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Raffle 1pm Hunstanton Conservative Club
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 Jr 6-7pm £2 Snr 7-8pm £3 Unit 12 Heacham Hall Ind Est. geezersales@btinternet.com
Hunstanton Tang Soo Do Club Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon
Cash Bingo 7pm (PH)
Bingo 7pm Hunstanton Conservative Club
Wildfowlers Club 1st Friday monthly 7.30pm (HSC Top Room)
Poker In The Club 1st Friday each month 7.30pm (PH)
Stepping Out Tea Dance last Friday monthly. £6 inc refreshments at Dersingham Village Centre call Peg Hunter 07930 556675
SATURDAYS
Hunstanton Promenade Parkrun 8.55 for 9am. 5km run, jog or walk. Meet at The Salad Bowl Cafe, Cliff Parade, Hunstanton
Football U13'S 10-11.30am Contact Mike 07804927764 (HSC Sports Field)
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 - noon 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
Raffle with 'Open The Box' 1pm Hunstanton Conservative Club.
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 Carvery from 12noon - 2pm at United Services Club. One course for £9.95, two for £12.95, To book - 07901 524778

Sunday Lunch from 12noon – 2pm at Hunstanton Conservative club. Two courses £8.95, please book.

Karaoke with Mick 8pm United Services Club.

OTHER EVENTS.

September

Events at Anmer Social Club

For info see www.anmerclub.co.uk, facebook.com/AnmerSocialClub or email events@anmerclub.co.uk

Friday 9th 7.30pm (club opens 7pm) Film - Downton Abbey, A New Era £4 on the door.

Sunday 11th 12,30 for 1pm, Harvest Festival lunch £10, Please book by Wednesday 7th with Dorothy at anmerchair44@gmail.com

Friday 23rd 7.30pm (club open 7pm) Quiz Night £2pp.



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September Music in the Burnhams

You can book in advance on www.musicintheburnhams.com or ring 079891779079.

- Friday 9th** 7.30pm All Saints Church, Sutton cum Ulph, (far end of Burnham Market), Maggini String Quartet £20.
- Sunday 11th** 3pm All Saints Church, Sutton cum Ulph, the Aeolus Wind Quartet. Pimms served from 2pm £10.
- Saturday 24th** 7.30pm Village Hall, Burnham Market, Gilbert and Sullivan £18.
- Sunday 25th** 3pm Burnham Thorpe Church, Benedict Holland £18.

September Events at Hunstanton United Services Club

Saturday events start at 8.30pm, Fridays at 8.00pm

- Friday 2nd** Mike Fox on Saxophone & singing Motown hits & more.
- Saturday 3rd** Hi Definition Band. All eras.
- Friday 9th** Jammin Joe. All eras.
- Saturday 10th** Shane Gould Rock & Roll onwards.
- Friday 16th** Quiz Night. £50 first prize. £4pp with supper.
- Saturday 17th** Carolann. All eras.
- Friday 30th** Country Night with Black steel

Friday 9th September 9.30am – 12 noon Neville Court, Heacham. Macmillan coffee morning + stalls. Contact Anne Hilton on Facebook or tel: 07703 581037

Friday 9th September 7pm St Mary's Church, Heacham. Classical Music Rocks presents 'Journeys for Flute & Harp' with Gabriella Dall'Olio and Klio Blonz. £10 (free for under 21s) tickets from Sue Strickland 01485 572343, or church office 01485 572539. <https://www.heachamchurch.org.uk>, <https://www.cmrschoolswestnorfolk.com>

Sunday 11th and Sunday 25th September Open Day at RAF Bircham Newton Heritage Centre www.rafbnmp.org.uk

Wednesday 14th and Wednesday 28th September 6pm – 9.30pm Hunstanton Community Centre, Free CPR and defibrillator training. To book call Alongside Training on 07920 140331 or email alongsidetraining@outlook.com

Monday 19th September 2pm Community Hall, Hunstanton. U3a. Georgette Vale will talk about Edith Cavell. Please go to the u3a Hunstanton site at www.u3asites.org.uk/hunstanton for further information, or email publicity.u3ah@gmail.com

Sunday 25th September 10am – 4pm Holkham Hall, Astro Brain Tumour Fund annual Norfolk Family Walk. www.astrofund.org.uk for sponsorship forms.

Sunday 25th September 2 – 4 pm Heacham Public Hall, Festival of Dance, Country. Tickets in aid of East Anglian Air Ambulance are £5 from David on 07787 966000.

Monday 26th September 7pm Hunstanton and District Community Voices 'Sing along with us'. Christian Way Fellowship Church Hall, Downs Close, Hunstanton. Further information – please contact lesley.trebbick@btinternet.com or ring on 07802879976.

Tuesday 27th September 7.30pm Dersingham Village Centre Film – 'The Phantom of the Open'. £6, £3 under 16s.

Wednesday 28th September 10am – noon Community Coffee Morning and More, Old Friends Hall.

Wednesday 28th September 7pm British Legion Hall, Church Rd, Snettisham. Heacham Group Practice Patient Participation Group relaunch.

October

Sunday 2nd October 10am to 3pm, Holme-next-the-Sea Village Hall, Norfolk Wildlife Trust Bioblitz Event - Putting Holme-next-the-Sea's Wildlife on the Map.



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Thursday 6th October Stanhoe & Barwick W.I. A talk by Andrew Tatham, "I shall not be away long". The First World War letters from an officer to his family.

Visitors and potential new members always welcome - £3. Please contact Valerie for further details 01485 576261.

Sunday 30th October 2 – 5pm Heacham Public Hall, Festival of Dance, Ballroom. Tickets in aid of East Anglian Air Ambulance are £5 from David on 07787 966000

November

Sunday 27th November Food Fayre Hunstanton Town Hall. For stall information call 01485 532402.

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Alongside Training | Hunstanton & District Round Table | Hunstanton Town Council Working With The Community

Brownies

1st Heacham Brownies

Hello this is Sara or Brown Owl from 1st Heacham Brownies.

Firstly, on behalf of all who are part of this group, adult volunteers and existing Brownies, we would like to thank you to all who spoke, smiled and/or donated when we paraded at Heacham Carnival. We were overwhelmed by the generosity of people and raised nearly £200 for our unit. Thanks also to the girls who took part, who sang, smiled and collected without a moan in incredible heat!

As a group we have had a busy term gaining many badges on the "have adventures" theme. We have enjoyed an archaeology dig too. With other units we took part in a camp and had a trip to the fairground complete with chips.

Although we have grown in numbers since last September from 3 to 11 girls, we are always happy for more girls aged 6 and a half to 10 years to come along and join the fun.



If you are interested or require any information, please contact Sara on 07876 564084.

Sara Minns

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SAVE OUR QEH – BEFORE IT’S TOO LATE

The Queen Elizabeth Hospital in King’s Lynn was opened in 1980. The roof was constructed in the main by using Reinforced autoclaved aerated concrete (RAAC) planks, which was seen as an inexpensive way of building a new hospital. The downside of using these was that they are weaker than traditional concrete, and deteriorate quicker. At the time the hospital was built, it was accepted that the life span of the building was approximately 30 years.

Time passed, and 2010 came and went, and there were no plans, no discussion about the hospital roof, and the need for it to be replaced. Nothing was done in fact until 2018, when a school roof in Essex, constructed with RAAC planks, collapsed. This led to a number of hospitals, which were built using the same concrete, having roof inspections.

In October 2020, the government announced that 40 new hospitals would be built as part of a health infrastructure plan, as part of a package costing £3.7 billion pounds. Despite the issue with the roof having been already identified, and the risks that went with it, the QEH was not named as one of the new building projects. It should be noted that the estimated cost of a new hospital at that time was estimated at £679 million. The government announced that a further eight hospital projects would be announced the following year.

In December 2020, The Lynn News launched a campaign ‘Back our bid, build our future’, following the temporary closure of two wards due to roof issues. In March 2021, the Critical Care Unit had to be evacuated immediately, following the identification of serious issues in the roof. Patients, many seriously ill with Covid, had to be moved to another part of the hospital. It was several weeks before the unit could be re-opened. At this time, there were 131 props holding up parts of the roof.

The Eastern Daily Press launched an online petition, ‘Rebuild the QEH’ late in March. In April, the Save our Queen Elizabeth Hospital campaign was launched by King’s Lynn Trade Council to help raise awareness of the need for a new hospital. In June, the EDP attempted to deliver the petition to the office of the Health Secretary, Matt Hancock. The reporter was refused entry, and was threatened with the police. A couple of days later, Matt Hancock visited the QEH with James Wild MP to see the building for himself. A week later, the Health Secretary resigned, and was replaced by Sajid Javid.

In July 2021, the Department of Health and Social Care invited expressions of interest, effectively bids, from hospital trusts who wished to be considered for one of the 8 new hospital building projects. At the same time, Love West Norfolk Ambassador James Bagge launched a petition ‘Love West Norfolk, Love the QEH, Sign the Petition’. West Norfolk Council passed a motion, supporting the need for a new hospital. Local MP Liz Truss paid the hospital a visit, saying that a new hospital was a priority. At this time, 210 props were known to be holding up the hospital roof.

On the 9th September, the QEH submitted two separate bids, along with around 120 other expressions of interests. Trusts were told a decision to shortlist would take place by November. A week later, a delegation from the Trade Council and the Save our QEH campaign group met local MPs on College Green by the Houses of Parliament. The MPs promised that they would arrange a meeting with the current Health Secretary, Sajid Javid, so that he could hear the concerns first hand. No meeting was ever arranged, and when campaigners met James Wild MP just before Christmas, he denied the conversation ever took place.

Time passed, and no decision on a new hospital was made. We were told it would take place in December, but it didn’t. It was then going to happen in January, then it was delayed until February, but there was still no announcement. No reason given,




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Heacham Parish Church, St Mary the Virgin
Church Lane, Heacham PE31 7HJ
(Large car park, behind the church, off Hunstanton Road)

Friday the 9th of September, 7 pm, an hour, no interval.
Tickets: £10, free for the Under 21s

Available from Sue Strickland, 01485 572343, sue.strickland31@hotmail.co.uk
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no explanation, just silence. By now, 470 props were holding up the hospital roof.

In March, the Health Minister Edward Argar said a decision would be made 'by the end of the year'. On 20th April, campaigners once again went to Westminster and met with James Wild. The King's Lynn and West Norfolk MP told myself and others present that he had been given assurances that a decision would be made in May, following the local elections. A week later, it was made known that the number of props holding up the roof was now more than 1,500. May came and went, and still no decision on the hospital.

The Health Minister was the latest government minister to have a photo opportunity in early June, but he had nothing new to say. Following the resignation of Sajid Javid in July, Steve Barclay was appointed Health Secretary in July. He too took the time to visit the QEH days later, but was not able to give any reassurances over a decision on a new hospital. The front runner to replace Boris Johnson, Liz Truss, mentioned the plight of the hospital while campaigning, saying she was very committed to a new QEH. It had only been 12 months since she last spoke about the hospital. This was around the time 3 theatres had to be closed at short notice due to movement of the roof.

The hospital has been in the news regularly over the last couple of months. As well as reports on Look East, and ITV Anglia, it has been discussed on Radio 2 on the Jeremy Vine Show, as well as LBC radio. Articles have appeared in The Times, and the Independent, to name a few. Radio Norfolk has run a number of articles on their breakfast show. Unfortunately, the Chief Executive of the hospital has announced she is leaving, as has the Chief Operating Officer. Both have said it has nothing to do with the lack of a decision on a new hospital.

So, what is the current situation regarding the future of the hospital. No decision is now expected before October. The Trust has said that the QEH is on life



support. Extensive surveys have made clear that the life of the building cannot be extended beyond 2030. Essentially, the hospital building will not be viable beyond this date, and cannot function as a working hospital after that. Due to the time it takes to put into action the building of a new hospital, a decision on a new one needs to be made as soon as possible.

If the government doesn't give the go ahead before the end of this year, it is unlikely that, even if given the go ahead, the 'new QEH' would be completed in time. That would undoubtedly mean the transfer of services to Peterborough and Norwich, and a loss of hospital beds. This for a community hospital that serves around 250,000 people. And as none of the hospital projects agreed more than 2 years ago have yet to even lay a brick, it is not looking good for the future of a new hospital here in Norfolk. Let's hope that the government will finally make that decision, and guarantee the future of a hospital in King's Lynn beyond 2030.

Gordon Taylor





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Youth Action Events Day declared a Major Success!

On Saturday 23rd July 2022, Heacham held the first YOUTH ACTION EVENTS DAY sponsored by Heacham Youth & Community Trust Ltd.

The Groups/Organisations taking part were:- Norseman Boxing Club, Heacham Judo Club, Heacham Scouts, Cubs, Beavers, Girl Guides, Brownies, Rainbows, Heacham Rangers, Hunstanton Army Cadets, Fire Cadets, Wildfowlers, St John Ambulance, Heacham Minors FC, Heacham Parish Church, Wildlings, Pocahontas Players and Heacham



Table Tennis Club.



The idea was to reintroduce children between the ages of 4 – 18 years old to groups/organisations that are now re-opening following the COVID-19 Lockdown in 2020.

Approximately 100 youngsters attended with their parents/guardians to find out more about the different groups and the opportunities on offer to them and to enable them to gain valuable knowledge, have fun, make friendships and to help their

development over their early years.

Each participant received a free burger and an entry into a free draw to win £100 (£50 in cash and £50 to be donated to a charity of the winner's choice). This was won by 5 year old local lad, Jacob Green, who made his charity donation to a Children's Hospital.

Music and commentary for the afternoon was provided by Richard Dix and KL1 Radio.



At the end of the day the event was declared a major success with nearly all the groups managing to convince children to join their organisation. Hopefully, this will be the kick start which will see these local groups flourish and help secure their future in the area.

Peter Sutton

Christmas Food Fayre

Sunday 27th November 2022

Hunstanton Town Hall

For stall information please contact:
Email: clerk@hunstantontowncouncil.gov.uk
Tel No: 01485 532402






Hunstanton & District Community Voices

'Another new choir in Hunstanton?' some may say..... surely not! No; rather a re-branding of the Hunstanton Community Choir, to more accurately reflect our new members and our new Music Director, Liz Dark.

Many current members had never previously sung, but if you enjoy music and perhaps singing along in private, we are exactly what you want. Has one of your previous activities not survived Covid? - Do you fancy singing? Not sure you can sing? Not sung since you left school? Try us for size and see how you feel. Nothing too serious, and if you like music from West Side Story or Godspell, or fancy trying to sing Adiemus by Karl Jenkins, or that lovely piece, Elizabethan Serenade, come along on a Monday evening by 7.00pm to meet us and Liz, who tries to keep us in order. All lyrics provided, weekly subs are modest and your first week is free. We start back on Monday 5th September

Better still we are hosting a **'Singalong with us'** evening on Monday 26th September, **AND** for anyone who wants to just see what this is all about, pop in and see what we do, perhaps have a go at a few songs or just sit and listen to us under the direction of Liz.

If you would like a leaflet specifically about the 'Singalong with us evening', either for yourself or to pass on to friends, please just let us know using the contact details below.

Time: 7.00pm

Place: Christian Way Fellowship Hall, Downs Close, Hunstanton PE36 5HU. Parking is available.

Further information – please contact lesley.trebbick@btinternet.com or ring on 07802 879976.

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Prize-giving at Smithdon High School

Students' sporting and academic successes were celebrated at an end-of-year prize-giving ceremony, which parents were allowed to attend for the first time in two years, following the lifting of Covid restrictions.

Ninety Key Stage 3 students, in Years 7, 8 and 9, received awards at Smithdon High School's celebration, where certificates and trophies were presented for a wide range of outstanding achievements that had taken place across the year.



Subject progress awards, subject attainment awards, and awards for sports leaders and sports people of the year were presented in the form of certificates and trophies by Smithdon's outgoing headteacher, John Hirst, and Andy Johnson, who is executive headteacher of the West Norfolk Academies Trust, of which Smithdon is a member.



There was also a special sporting award given to Anya Faithorn, in Year 7, for her unprecedented achievement in breaking three school records – for high jump, javelin and 100 metres – on sports day.

Watched by an appreciative audience of the students' families and friends, who had gathered for the occasion in the school's hall, Mr Hirst, Mr Johnson, and Smithdon's incoming headteacher, Amanda Gibbons, gave speeches expressing their pride in the students' achievements and excitement about the school's future.

Mrs Gibbons said: "It was a lovely evening where not only were we able to celebrate our students' hard work this year, but also, unlike recent years, invite parents in, and to see their smiles of pride at their children's achievements."



Photos by Ian Burt

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Music in the Burnhams

Who would have thought that when we started Music in Thorpe just 18 months ago, that this new venture would be hit by both Covid and the economic downturn? Great music has certainly been on offer, and many have enjoyed international performers give impressive recitals in the historic setting of Burnham Thorpe church. Sadly, the audience numbers have not equalled expectation, and it has been necessary to move the venues to Burnham Market itself. Hopefully, this might produce the audience levels that are needed to maintain the project.

September is a bumper month as we venture into Music in the Burnhams. Starting the month off on Friday September 9th, we welcome the Maggini String Quartet. Founded in 1988, they are regarded as "Among the most vivid, intelligent, witty and, on occasion, musically risk-taking live performances of classical quartets I've ever heard." The Independent.

We are so fortunate to entice them to Norfolk and the recital will be in the beautiful surroundings of All Saints Church, Sutton cum Ulph which is at the far end of Burnham Market. The programme includes Mozart, Beethoven, and Vaughan Williams. The recital is at 7.30pm. Tickets are £20 each.

Sutton church is also the venue for the concert on Sunday, September 11th at 3pm by the Aeolus Wind Quintet. This local group will play Poulenc, Matthew Arnold, Strauss, and Gershwin. Pimms will be served from 2pm and tickets are £10 each.

A different venue for a performance of Gilbert and Sullivan on Saturday September 24th at 7.30pm. The village hall in Burnham

Market has lots of parking, great facilities, and a stage. Perfect venue for this live costumed performance of the ever-popular songs from the Victorian era. Tickets are £18.

The final concert in the series is back in Burnham Thorpe church on Sunday September 25th at 3pm. Benedict Holland, who is well known to our audiences, will lead a Baroque chamber orchestra in a performance of Vivaldi's Four Seasons and the Vivaldi Guitar Concerto in D. The soloist will be Estevao Devides who many of us know from his enjoyable solo recital at one of the Winter Supper Clubs. Tickets are £18.

As well as these public performances, some of the musicians will also give an afternoon recital to the children of Burnham Market Primary School.

Do book in advance on www.musicintheburnhams.com or ring 07989 177079. We look forward to welcoming you to more great music.



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Artworks
@ The Town Hall, Hunstanton

Artworks @The Town Hall in Hunstanton will be renewing its lease at the end of August and plan to stay for at least another year!

Artworks is located in the Old Tourist Information Centre at the Town Hall in Hunstanton overlooking the upper Green and supports Local Artists, Photographers and Skilled Craftspeople.

Proprietor Jackie Kitch said 'We are delighted to be able to continue with Artworks in the current location and we are really looking forward to the next year! We are currently re branding so you will see our new logo and signage change soon, ready for September.

Since opening on March 4th this year, we have sold well over 150 original paintings by Norfolk Artists and by keeping our commission rates low, we are able to give back more to the Artists, Photographers and Skilled Craftspeople. As well as original art, we have a selection of glass art, wood turned bowls, ceramics, art prints, artists cards, copper pipe flowers, jewellery and greeting cards....something for everyone really.



Above: Jacqueline Kitch at Artworks

We also have a website www.artworksatthetownhall.com and can be followed on Facebook and Instagram.

We are open 5 days at week until mid September (Thursday through to Monday) and from mid September we will be opening on Thursdays until Sundays (10am to 5pm).

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7. Ample
8. Excitement
13. Dalliances
16. Alongside
17. Imprecise
18. Embossed
21. Lashed
23. Larva
24. Dowel
26. Ages

Answers to General Knowledge Quiz

1. Paul Potts.
2. Potassium.
3. Truman Capote.
4. Hypotenuse.
5. Spotty.
6. Hippopotamus.
7. Potsdam.
8. Potholes.
9. Hypothermia.
10. Apothecary.
11. Potomac.
12. Dennis Potter.

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The Salvation Army

The change of seasons at this time of year always brings warmth to my heart as the leaves start to fall and crunch under my feet in their glorious technicolour, when the days begin to shorten and the temperature falls. I am now in my fifth

decade of life on earth, yet September still brings the excitement of a potential new stationery set, as if I was back in school! As the seasons change, however, I am reminded of the impermanence of life as described in Ecclesiastes: 'For everything there is a season...'

Here I am, finally here living in a new house as I take up a new appointment as the leader of The Salvation Army church in Snettisham, a completely new area to me in a part of the country I know little about. But as it is written in Isaiah 43:19, 'See, I am doing a new thing! Now it springs up; do you not perceive it?', I get great comfort by knowing that although his love for us remains constant, God loves doing things in new ways. I am thrilled to be here, and excited to discover what it is God is doing already, and wants us to do in future to further his kingdom. If you see Bentley and I walking around the village on our dog walk, please do stop and say hello!

If you'd like to join us for any of our weekly activities at the hall, you will be warmly welcomed. We have CAMEO Club – a fun and friendly get-together for over 50s to 'come and meet each other' – on Mondays at 10.30am-12pm. On the 2nd and 4th Thursday of every month, come and enjoy a slice of homemade cake, scone or filled roll with a hot drink



between 10.00am-12pm. Men's Fellowship is at 7.30pm on the 3rd Wednesday, and Craft Club is on the 1st Thursday at 2.00-4.00pm. Our Sunday worship begins at 11.00am – all are welcome!

Lt Emily Hague
Snettisham Corps
(01485 545933)

FESTIVAL OF DANCE

Heacham Public Hall
Station Road, Heacham PE31 7HG

In aid of East Anglian Air Ambulance

Sunday 25th September - Country - 2 - 4pm

Sunday 30th October - Ballroom - 2 - 5pm

Tickets £5 from David, Tel: 07787 966000

Hunstanton Conservative Club

Entertainment for September

Activities have re-commenced at the Conservative Club. They are:

- Monday: Strength & Balance exercise class – 4.30-5.30pm
- Wednesday: Whist 7.00pm
- Thursday: Snooker - pm
- Friday: Raffle 1.00pm
- “ Bingo 7.00pm
- Saturday: Raffle with 'Open the Box' 1.00pm
- Sunday: Roast Dinner served 12.00-2.00pm
2 courses £8.95.

Meals served everyday between 12.00 and 2.00pm

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

September Soiree

Thursday 8th – Tuesday 13th September

Menu available.
12.00 for 12.30pm service
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WORKING FROM HOME – WHAT IS THE TAX ANGLE?

By Kathryn Gigg Chartered
Accountants, Hunstanton

The idea of working from home has been around for some time as part of the “work life balance” concept, but, of course, it became infinitely more widespread during the pandemic. Along with Zoom and Teams conferencing, it seems likely to stay with us for the foreseeable future, with many businesses looking at “hybrid and distance working” long-term. The Office of Tax Simplification (OTS) has recently published a scoping document raising some important issues regarding the potential tax and social security issues for both employers and employees.

From a tax perspective, employees can claim relief where expenses are incurred “wholly, exclusively and necessarily” in the course of carrying out their duties as an employee. Each leg of that clause has been examined in the courts, so, for example, a barrister’s black dress which she wore to court was not eligible because, whilst necessary within the court, it also performed the personal function of keeping her clothed. In contrast, her wig and court robes performed no function whatsoever beyond compliance with court rules and were therefore a deductible expense.

HMRC deal with the issue of home working within their internal manuals. Where an employer “makes a payment to an employee in respect of reasonable additional household expenses (incurred) in carrying out the duties of the employment at home under home working arrangements”, no tax will arise on that payment.

“Homeworking arrangements” is further defined to mean a formal and regular pattern of working from home as specifically required by the employer (WFH) (rather than an occasional afternoon when the plumber is calling!). Household expenses will include heat, light, metered water, business telephone costs and increased broadband. Rent and mortgage payments or existing broadband contracts are not eligible for reimbursement, since there is no additionality as a result of the home working. Payments of up to £6 pw can be made without evidence – beyond this they need to be supported by calculations and bills.

Equipment provided by the employer will not give rise to a taxable benefit providing that there is no private usage – so an employee who already had a desktop pc and was then required to do office work only on an office laptop (which should not be used for private purposes) would not be treated as having a benefit in kind. On the other hand, if the office made a contribution to upgrade the personal desktop, there could well be a tax consequence. It is probably for this reason, as much as security and data protection issues, that employers are restrictive in their conditions on private use of company IT equipment.

Where the additional costs of homeworking are NOT reimbursed by the employer, the employee may be able to make a claim for tax relief but only where they are “obliged” to work from home under the terms of their employment. This would also apply if they were required to stay home because of, for example, Covid self-isolation rules or perhaps where the normal work premises could not be occupied. Those who “choose” to work from home will not be able to claim.

When an employee logs onto a Zoom/Teams meeting nobody really knows whether they are at home or at some exotic location on the other side of the world. Organisations are having to review their policies to cater for the likelihood that staff may well want to work overseas.

We have all been brought up on the rules for home-to-work travel and the restrictive regime for working-at-home expenses as above. How will the future look in a world where for many people, there will clearly be no hard and fast division between their home and their workplace?

The OTS review therefore provides an opportunity to assess whether developments in remote working are likely to make complying with the tax system more complicated and hence aims to identify opportunities to simplify existing features of our current tax system.

Please contact either myself or my assistant Nicola Tarry FCA on 01485 534800 or email kate@kathryngigg.co.uk if we can assist in any way.

Mrs K H Gigg FCA

N.B. Article written in August 2022

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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**HUNSTANTON
TOWN COUNCIL**

**Young Visitor shares
our passion for
Hunstanton Beaches**



Amaya is an eight year old girl who loves to visit Hunstanton and its beautiful beaches with her family. She has autism and struggles with the world around her, but after her many visits she has become very passionate about marine life and would like to become a marine biologist when she is older.

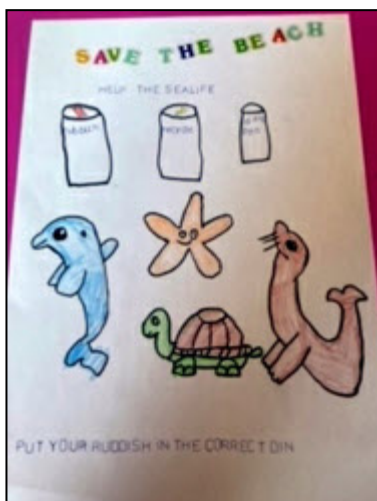
When visiting back in October 2021 she became very distressed after finding a seal on the beach which had died because of the rubbish it had caught around its neck. She could not understand why people didn't not clean up after themselves when it is such a simple task and would save many lives.

Amaya wanted to do something to help so decided to design a poster encouraging everyone to clean up after themselves visiting the beach to help protect the marine life.

Amaya's parents kindly shared her story with us here at Hunstanton Town Council and we couldn't help but join her in her quest.

The Mayor at the time, Cllr Adrian Winnington, invited Amaya and her family into the Town Hall where she was also introduced to Jackie Kitch from Artwork@thetownhall in the hope that together we could help get Amaya's important message out there.

Amaya's poster has now been made into a postcard which can be purchased at Hunstanton Sealife Centre and Artworks@thetownhall with all proceeds going to The Sealife Trust.



Hunstanton United Services Club

September Entertainment

- Fri 2nd: MIKE FOX ON SAXAPHONE & singing Motown hits & more. 8pm.
- Sat 3rd: HI DEFINITION BAND. All eras. 8.30pm.
- Fri 9th: JAMMIN JOE. All eras. 8pm.
- Sat 10th: SHANE GOULD Rock & Roll onwards. 8.30pm.
- Fri 16th: QUIZ NIGHT. £50 First prize. £4pp with supper. 8pm.
- Sat 17th: CAROLANN. All eras. 8.30pm.
- Fri 23rd: ANDY LAINE. Comedy vocalist. 8pm.
- Sat 24th: KCR. All eras. 8.30pm.
- Fri 30th: COUNTRY NIGHT with BLACK STEEL. 8pm.

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Borough Council News Heacham, Sedgeford and Fring

I had a list of local matters causing problems last month. Some are now part way through the process needed to resolve them; whether correctly or not remains to be seen. The Fring planning applications which are of note, will go to planning committee. Anyone wishing to speak will need to book with planning administration. Places are limited.

One problem which has not gone away is the collection of prescriptions from Boots in Heacham and in Hunstanton. I must stress that there is no fault with shop staff who continue to do probably more than is required of them.

I contacted the area manager again in July and he stated that 'a lack of pharmacists was continuing to affect Boots as it was in other chemists nationally. The holiday season also means more shop closures, part day where possible. Locum pharmacists are not readily available. Concerns have been raised with the NHS.' (Email truncated).

Members of the public have described problems with queues, waiting times, and prescriptions not being ready. I emailed James Wild MP, to share these concerns and to ask for the lack of pharmacists to receive government attention. I also asked him to investigate the rules which mean a small chemist's shop has to close completely if no pharmacist is present which causes non-prescription items to be unavailable too. At the time of writing, I await a response.

I also made enquiries at Heacham Group Practice and it was confirmed that their dispensary in Station Road, Heacham, serves only patients who live more than mile from the surgery. This is why Sedgeford residents have not had the problems experienced in Heacham. I asked if, given the problems at Boots, the Heacham Practice dispensary could assist. Unfortunately, it cannot as there is not the capacity – there is a shortage of pharmacists.

Anyone experiencing difficulties with prescriptions should bring them to the attention of the media. The BBC caught up on the problem of finding a dentist and found Norfolk was a dental desert as well as the real one it is currently becoming.

Speaking of which, water, the lack of it falling from the sky. In August the ground remains very dry and poses a fire risk. In July, a fire required evacuation at Brancaster Staithe. Another at Wild Ken Hill damaged many acres of reserve. An official Borough recognition and thank you for the Fire Service's work will be made in October.

Sea water. Plenty of that but not for swimming in at Heacham. I will be in a meeting with Anglia Water and the Environment Agency in early September. This is a bit like Groundhog Day as I had a meeting with them about the same issue, sea water quality, lack of, a year ago, and before Covid.

There has been a lot of criticism of water companies in the media due to water restrictions, water leakages, profits, CEO pay awards, and pollution. A few facts about Anglian Water follow:

2020/21 CEO pay £2,074,647; this was up 62% on the previous year. Profits for the year ending March 2020 £74million. This is about a 25% increase from the previous year. Dividends paid out in 2021, £92 million. Principal shareholders, Abu Dhabi Investment Authority, Canada Pension Plan, IFM Global Infrastructure Fund.

In 2020, Anglian water had 17,428 untreated sewage releases into rivers/coastal waters. These ran for a total of 170,547 hours. Anglian water does have half the average number of leaks amongst water companies in England. However, half of a big number is still big.

Local campaigners say the River Gaywood in King's Lynn has 'been sabotaged by sewage'; 'it's seen as a means of moving dirty water and waste out to sea.' A Norfolk County Councillor stated that, 'Grimston sewage treatment works spilled 159 times last year for a total of 3,500 hours.'

I hope that the forthcoming meeting will be useful, action actually results from it, and possible pollution vectors are eliminated so improvements can be made.

Energy prices are of prime concern to many people, most of whom will be receiving the £400 rebate on their bills paid out over the next few months. Residents of park homes, who pay their energy costs to the park owner, may not receive this money, engineered by Sunak when he was Chancellor, until much later. I have been chasing this up, since 20th June, on behalf of local residents. The answer has, repeatedly, been, 'an announcement will be made'. This has now been delayed to sometime in autumn...

Borough Council stuff. The King's Lynn Towns Fund projects largely administered by the Towns Board (no opposition members allowed near), is passing more administrative milestones with the agreement of business cases for the projects in hand:

Guildhall £12.2 million;
Community Hub £12.4 million;
Riverfront £5 million;
Active and clean connectivity (e.g., cycle ways) £6.3 million;
Youth Pledge £0.5 million
Consultants' fees £0.5 million

A completed submission will eventually be made to government for the £25 million Towns Fund pot available to King's Lynn to 'enhance long term economic outlook and growth'. Your thoughts on that would be welcome.

I will be back to more, very, local matters next month, hopefully reporting at least some success.

Terry Parish
Borough Councillor Heacham Ward which includes
Sedgeford and Fring
Leader of the Group of Independent Councillors

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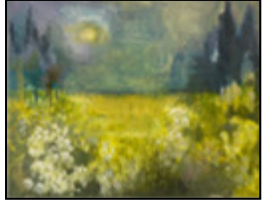
Ringstead Open Studios

Saturday 24th September to Sunday 2nd October 2022
10am – 5pm daily

The village hall in Ringstead will host a group show of four prominent West Norfolk artists, Jane Brun, Helga Joergens, Barbara King and David Lendrum, as part of the county wide Norfolk Open Studios event.

Individual, yet complementary, united in their love of bold forms, colour and texture, these artists' collective works will range from figurative to abstract and encompass oil, acrylic, wax crayon and other mediums. Throughout the exhibition all four artists will be at the hall to meet and greet visitors and each will have a 'pop up' studio space in which they will be creating new works.

Jane Brun is a Landscape and Portrait painter. As a young student she studied fine art in Florence and became a student again in 2020 on Martin Kinear's Diploma course at The Norfolk Painting School. She has started to create collections on themes and loves to paint the countryside and has found oil paint to be her perfect medium. "At the moment I am making



tracks, a collection of Norfolk paths and lanes where I regularly walk.....my next project will be the British Seashores."

The abstract pictures by Helga Joergens are created spontaneously and developed in the drawing or painting process. She begins by drawing lines, marks or colours to indicate a composition, and as soon as an idea evolves, she follows the direction in which it takes her. The titles express her feelings, thoughts and associations when she



views her completed works. She will be drawing and painting during the exhibition.



Barbara King's works are a response to the natural flora in the nearby roadside verges and hedgerows. After time spent studying, photographing and

sketching the changing forms and colours of these humble plants, the paintings have been created mostly in acrylic on canvas or paper. The fast-drying properties of the paint and the almost exclusive use of palette knives and other mark making objects enhance their textural, expressive and gestural qualities. She is currently working on a series of sea and landscapes using the same techniques.

David Lendrum's abstract paintings derive from nature. Recently, he has been inspired by the ideas of water, gravity and fluidity, the effects of which he recreates on canvas by using thick and thin acrylic paint which he pours down the canvas. He allows the colours to blend and mix in surprising ways and creates different moods according to the colour ranges employed. Chance effects which evolve during the process add to the spontaneity of the paintings. During the exhibition he will be working with watercolours on a smaller scale.



Ringstead Village Hall, High Street, PE36 5JU (next door to The Gin Trap Inn)

Please be Covid aware for the safety of all

For further information please contact one of the artists at their website shown below:

www.janebrunartist.com

www.barbaraking.co.uk

www.helgajoergens.co.uk

www.davidlendrum.co.uk



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21ST - 23RD OCTOBER 2022



Join me in Finding Connection on the Norfolk Coast

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





Bioblitz Event - Putting Holme-next-the-Sea's Wildlife on the Map

Sunday 2nd October
10am to 3pm

Holme-next-the-Sea Village Hall

Join us as we try to record as many different animals and plants as we can in Holme-next-the-Sea in 5 hours. From moths to butterflies, dragonflies to birds, wildflowers to trees, we will be recording it all. Experts will be on hand to lead guided walks and help us with identifying species.

Pop in and see us at the village hall and share your wildlife sightings with us, or join us on one or more of our guided walks!

Do you live in Holme-next-the-Sea? Why not record the wildlife in your garden on Sunday 2nd October and pop into the village hall and tell us what you have found, or take a walk round the village or on NWT Holme Dunes and share your wildlife sightings with us. Every record counts!

To view the guided walks programme for the day visit: www.norfolkwildlifetrust.org.uk/riverandcoastworkshops or email: wild@norfolkwildlifetrust.org.uk or phone 01603 598333 to request a walk programme.

Gemma Walker
Senior Community Officer

astro brain tumour fund

Astro Brain Tumour Fund
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www.holkham.co.uk

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Hunstanton Croquet Club

Phew! What a busy time! Since the last update, HCC has hosted visitors from around the country at a GC 'A' level event and an open invitation GC singles and doubles weekend, in addition to our internal Veterans and Green Shutters doubles tournaments. These have been supported by a fabulous team who between them arrive early to prepare lawns, cater during the day and clear at the end. Not forgetting Terrey, who manages the tournaments - a very skilled job! Thanks too, to Jonny for keeping the lawns in such good condition.

Our local members performed well in the Open events with Gary Lewis winning the handicap singles and Christine Thirtle-Watts winning the Open doubles partnering Les Heard. David Boxell was runner-up with Viv Heard. Gwenda Mackenzie and Grenville Perry took the honours in the Green Shutters doubles.

If you would like to know more, take a look at our website hunstantoncroquetclub.co.uk follow us on facebook and instagram or better still, drop in and see us on a club afternoon!



Left: Les and Christine - Open doubles with Janet Kendal presenting the trophy



Right: Gary - Open handicap singles with Janet Kendal presenting the trophy



Left: Grenville and Gwenda - Green Shutters doubles with Janet Kendal presenting the trophy.

Shopwatch is a free, local scheme set up by small business owner Jackie Kitch and her Husband Graham, who run Artworks @The Town Hall in Hunstanton.

The Shopwatch group is a way for local businesses to communicate with each other easily and quickly and report any shoplifting or anti-social behaviour as it happens.

Jackie said 'Since opening Artworks @The Town Hall on March 4th 2022 we have had 5 separate shoplifting incidents and although we have managed to retrieve the stolen items in most cases, the latest incident left me feeling vulnerable and intimidated. The shoplifters in this incident left Artworks and headed towards another shop and I realised that there was no way that I could warn the other shop'.

On further investigation and chatting with other shopkeepers, it became apparent to Jackie that there were issues in some shops in and around the Town Centre with shoplifting and anti-social behaviour with Charity Shops also being targeted.

Jackie went on to say, 'We realised that a Whatsapp Group was needed for instant messaging, alerts, photo sharing and also in case anyone became ill or needed help in general'.

The idea has been well received and posters are up in the 14 shops now enlisted on Shopwatch.

Jackie states 'Although there isn't a massive issue in town, it is nice to know that we can communicate with each other from now on'.

Hunstanton Town Council has supported this group and will be printing the posters for the shops, should anyone else like to come on board.

Our local Community Police Officer has urged all shopkeepers to report any incidents as soon as possible, either online or by telephone, so that they can support traders.

If you are a local shop or business and would like to join up then please message Jackie and Graham on 07793461156 and they will give you the details required.



Stanhoe & Barwick WI

Thursday 1st September; we will be holding a beetle drive.
 Thursday 6th October: Andrew Tatham, "I shall not be away long". The First World War letters from an officer to his family.
 Visitors and potential new members always welcome - £3.
 Please contact Valerie for further details 01485 576261.

Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting will be held on Tuesday 20th September at 7.00pm at the Old Friends Hall, Sunnyside.

The Full Council Meeting for October will be held on Tuesday 18th at 7.00pm at the Old Friends Hall Sunnyside. Please see the Parish Council website, noticeboard at the Old Dairy 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 invited to attend committee meetings if they wish.

COFFEE MORNINGS

Everyone is welcome to come along to the Coffee Mornings held at the Old Friends Hall. These will be held on the last Wednesday of each month. Admission is £2 per person. Tea/coffee and cake and there will also be a raffle and a quiz.

ALLOTMENTS

We currently have an empty waiting list for our allotments on Sedgeford Road. Anyone who doesn't have quite enough garden to grow the things they want, would benefit from an allotment. They are as cheap as £10 for the year on a quarter plot. Whilst they do not have running water, our allotment holders, some of many years standing, have ways of successfully collecting rain water onsite. You only have to be willing to work the plot and be a resident of Heacham.

CARNIVAL



Thank you to everyone who turned out to help with the parade, take part in the parade and watch it go by. As you can see, this year we had 2 queens, a Lavender one as always (Claire) and this year we had a

Jubilee Queen (Ruby) too with their usual 4 princesses (Felicity, Evie, Isla and Isabella). Their gifts were generously donated by Norfolk Lavender for which we were grateful. The prizes for the parade entrants were donated by Heacham Manor and presented by Andrew Searle; thank you to them. Best Family was won by Heacham in Bloom, Best Group were the scooters, Best Junior was Elsie Coffill on Stanley, Best Adult was Nancy Robinson and Heacham Minors Lionesses won Best Overall. We were also pleased with how well the East Angles Brass Band were received; we thought they were great!



!!WANTED!! PARISH COUNCILLORS

Would you like the opportunity to put something back into your community? Heacham Parish Council's fifteen Councillors need two Parishioners to join them to help look after the village. You would need to be able to commit a few hours each week to attend meetings and to get involved with the work of the Council. If you are interested, please call the Parish Council Office, or contact the Clerk Sue Eke for more details on 01485 572142 / 07861 359525.

DOG WASTE

Please remember to pick up after your dog when out walking. If you do not pass a dog bin on your walk then take the poo bag home with you and put it in your black bin. Leaving a full poo bag on the path/in a hedge/hung on a tree is just plain rude! Don't expect others to pick up for you!

STREET LIGHTING

Unfortunately, the nights will soon be drawing in and our footway lighting will once again be needed! Just to remind you all that the street lighting within the village is maintained by the Parish Council and so any lights that are off or coming on and off can be reported to the office. If you ring out of office hours and need to leave a message then leave a contact name and number and an address the light is outside of. We will only contact you if we need more information.

RED TAGS

Please note that red tags are no longer sold at Heacham Parish Council Office. You should ring the Borough Council on 01553 616200 option 3 for information on obtaining them.

CLAY SHOOT

Heacham Parish Council would like to thank Heacham Wildfowlers for organising the Clay Shoot at the Chalk Pit once again this year. The £2 per head fee to take part doesn't cover the costs incurred and we are grateful to them for being so generous. By all accounts a great time was had by all who took part.

HEACHAM PARISH COUNCIL OFFICE

The office is open to the public on Monday, Tuesday and Thursday 10am until noon. There is someone in the office Monday to Thursday until 5pm and Friday morning. It is also possible to make an appointment with the Clerk at other times. Please feel free to pop in with any enquiry you may have.

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

HELP LINES

HEACHAM GROUP PRACTICE 01485 572769

Heacham Surgery MON TO FRI 08.30 TO 18.30
Snettisham Surgery MON TO WED 8.30 TO 12.30 14.30 TO 18.30
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For out of hours service, please call the NHS Helpline

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

HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

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PUBLIC HALL 570776

PINE RESIDENTS HALL, Wilton Road Pat Toppin 779208

METHODIST CHURCH HALL, Station Road Mike Careless 570363

ST MARY'S CHURCH HALL, High Street Mon - Fri 10 - 12 572539

OLD FRIENDS HALL Sunnyside 572142

HEACHAM SCOUT HUT Sunnyside 592041

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, Parish Library, Artworks at Hunstanton Town Hall

MOBILE LIBRARY

Route DER201 TUESDAY Every Four Weeks

From 20th July 2022

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

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
		Coastliner

Mon - Sat

1st bus from Fox & Hounds	0659	0745	0729
Last bus from King's Lynn	2010	1600	1630
frequency	2/hr	1/hr	1/hr

Sun

1st bus from Fox & Hounds	0915	1025	0844
Last bus from King's Lynn	1940	1610	1630
frequency	1/hr	every 2 hrs	every 2 hrs

Smithdon High School Bus Service 36
 1515 Smithdon School to Hunstanton

WNCT Dial-a-Bus Service

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

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 & South Beach Toilets - on exterior wall. Available 24hrs
Tesco - Inside by the events board

TIDE TABLES SEPTEMBER & OCTOBER 2022

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST [ends 30th Oct]									
Sept 2022					Oct 2022				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TH	08 52	7.1	21 21	6.6	1 SA	09 10	6.9	21 31	6.5
2 F	09 28	6.9	21 58	6.3	2 SU	09 57	6.4	22 19	6.0
3 SA	10 13	6.5	22 46	5.9	3 M	11 03	5.8	23 31	5.5
4 SU	11 11	6.0	23 53	5.5	4 TU			12 49	5.4
5 M			12 35	5.6	5 W	01 15	5.5	14 36	5.7
6 TU	01 28	5.5	14 29	5.7	6 TH	02 43	5.9	15 51	6.3
7 W	02 58	5.8	15 56	6.1	7 F	03 47	6.5	16 47	6.8
8 TH	04 05	6.4	17 00	6.7	8 SA	04 37	7.1	17 33	7.2
9 F	05 00	7.0	17 53	7.2	9 SU	05 22	7.5	18 13	7.4
10 SU	05 46	7.4	18 38	7.4	10 M	06 04	7.7	18 48	7.4
11 SU	06 31	7.7	19 20	7.5	11 TU	06 46	7.7	19 21	7.3
12 M	07 12	7.9	19 55	7.4	12 W	07 24	7.6	19 51	7.2
13 TU	07 51	7.8	20 56	7.2	13 TH	07 59	7.4	20 18	7.0
14 W	08 27	7.6	20 56	6.9	14 F	08 31	7.0	20 42	6.7
15 TH	09 02	7.2	21 23	6.6	15 SA	09 04	6.6	21 07	6.3
16 F	09 36	6.7	21 51	6.1	16 SU	09 39	6.0	21 40	5.9
17 SA	10 14	6.1	22 27	5.7	17 M	10 26	5.4	22 29	5.4
18 SU	11 06	5.5	23 27	5.2	18 TU	11 50	5.0		
19 M			12 33	5.0	19 W	00 11	5.1	13 28	5.0
20 TU	01 07	5.1	14 06	5.0	20 TH	01 47	5.2	14 42	5.4
21 W	02 31	5.3	15 20	5.4	21 F	02 52	5.7	15 39	5.9
22 TH	03 33	5.8	16 17	5.9	22 SA	03 41	6.2	16 22	6.3
23 F	04 21	6.3	17 00	6.3	23 SU	04 22	6.6	17 00	6.7
24 SA	05 01	6.7	17 36	6.7	24 M	05 00	6.9	17 36	7.0
25 SU	05 37	7.0	18 11	6.9	25 TU	05 38	7.2	18 12	7.2
26 M	06 14	7.2	18 46	7.1	26 W	06 17	7.4	18 48	7.3
27 TU	06 49	7.4	19 20	7.2	27 TH	06 57	7.6	19 22	7.3
28 W	07 23	7.5	19 50	7.2	28 F	07 36	7.5	19 56	7.2
29 TH	07 56	7.5	20 21	7.1	29 SA	08 17	7.3	20 33	7.0
30 F	08 30	7.3	20 53	6.8	30 SU	09 02	6.9	21 15	6.6
					31 M	09 55	6.3	22 07	6.1

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