



# THE HEACHAM NEWSLETTER

## October 2022

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



Photograph by Kerry Long

**Deadline for the next edition is 12 noon, Tuesday 18th October 2022**



**Our building in Poplar Avenue is now a  
'Rest In the Community' hub.**

From there, we will be running the following:-

**Monday & Tuesday 10.00 to 14.30 - Mental Health  
Drop In Support**

Talk to somebody about how you are feeling, hear what services we can offer and receive mental health support.

**Tuesday 10.30 to 14.30 - Recovery Support Group**

Get together and share ideas and advice on how to manage their journeys as well as providing an opportunity to make friends and create new social networks.

**Thursday 10.00 to 15.00 - Older Persons Group**

A comfy setting for those who are older, or with mild to moderate dementia. A two-course cooked lunch is provided. The group work on memory skills, relaxation techniques as well as taking an opportunity to hone living skills, such as helping to prepare lunch. Please note, there is a charge for this group.

**Thursday 14.00 to 15.30 - Men's Recovery Group**

A group solely for male members of society. This gives men that attend the group, the opportunity to have man to man conversations and to be able to share their stories with other men.

**We are here for you!**

**Andrew Povey  
Recovery Worker  
Norfolk & Waveney Mind**

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

E-MAIL: [theheachamnewsletter@gmail.com](mailto:theheachamnewsletter@gmail.com) [www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)

ADVERTISING: Michelle Carter ☎ 01485 579024 Adverts cost £20, £40 or £80 per month

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

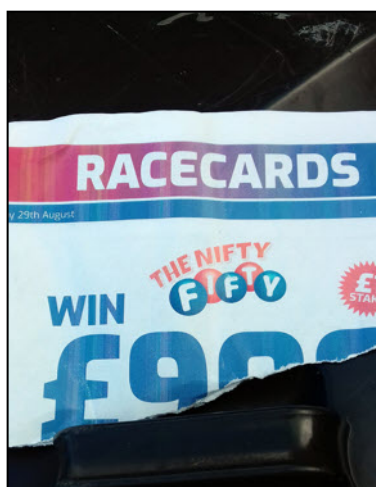


Heacham

Dear Newsletter,

**Litter**

Can you and your readers help find the litter bug, as I have, on several occasions, had a horse racing paper torn into small pieces and thrown into my garden. If anyone else has had the same let's do something about it.

**Peter***(Name & address supplied)*

Heacham

Dear Newsletter,

**Is it time to fix our Energy Tariffs or stick on the Price Cap?**

In 1992, I bought my first home. I was faced with ridiculously high mortgage interest rates that as a single person purchasing were a constant worry. I clearly remember energy companies holding deals of fixed rates for the first time, so this lightened the blow of the sky high mortgage interest rates.

Under the new PM, the government announced last week that they will be capping bills at £2,500/year for a 'typical household'. This means it is no longer worth considering switching to a fixed deal. We are all aware that the gas and electricity market is in crisis, leaving the Conservative government's long-term theory that the consumer gains through energy companies, an imaginative idealism.

The recent government announcement is that the energy price cap limits what energy companies can charge in the UK. About 85% of homes are now going to be on the new price cap. However, the price cap is misnamed and there will not actually be a maximum amount to pay. What is actually capped, are the electricity and gas standing charges and unit rates.

Because of the price cap, the government has promised to compensate energy companies for their losses, which in turn is added to the National Debt and can only be repaid through tax increases. There is only one way of lowering energy bills and being away from the World market that the current government seemingly protect. Most of the UK public are quickly becoming worried of the bleak winter ahead of us. Our only saviour is the widely discussed windfall tax, which has been declared as being fully funded by its' proposers and a major change with UK households put first before shareholder's profits.

I'd like to consider our community as warm and generous and one that looks out for its neighbours. We can help each other by simple acts of kindness. We are heading for an uncertain few months that can be eased by pulling together.

*(All information has been from National Political sources and correct on the 9th September 2022).*

**Michelle L Carter**

Community Coffee  
Tea Morning & More cakes  
Real Coffee  
Raffle Fun Quiz  
Everyone Welcome  
26th October 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*

**GARY'S GARDENING SERVICES**

for all your gardening needs



Tel: 01485 298731 | Mob: 07891 901975

Good rates for OAPs

SHARE

YOUR  
STORY





Heacham

Dear Newsletter,

### Boots the Chemist

Boots the Chemist within our village has been getting a lot of stick recently. We hear they are suffering staff shortages at a time when they are under pressure from increased usage due to our aging population.

On a recent trip to pick up a prescription, I was one of many in the queue. There wasn't much cash taken but there were a lot of people seeking their medication. Some were successful; however, not all. Some waited for a period of time, whilst others agreed to return later. During all this pressure and some rather unkind protestations from members of the public, the Boots team were professional and sympathetic. In particular the young man who was serving whilst I was there, was calm and explained the situation to those who were obviously disappointed.

So, from one Heacham customer thank you "Boots", we would be at a loss without you.

**A Heacham Resident**  
(Name and address supplied)

\*\*\*\*\*



Heacham

Dear Newsletter,

### Repair Cafe Proposal

Just before the pandemic, I wrote a letter to the Newsletter asking if there were any residents who would be interested in helping me set up a Repair Cafe in Heacham. I had some lovely responses but we couldn't move forward on it for obvious reasons.

The idea of a Repair Cafe is that it is a space for people to bring items that may be broken or need updating/altering into a community space and people who have the relevant skills offer their services for free. The advantages being that it brings communities even closer, there is a sharing of resources/knowledge, we challenge the disposable culture, help eliminate unnecessary waste and, in doing so, save money too which at this particular moment in time is even more crucial.

Now seems the perfect time to re-visit the idea and I would love to hear from anyone who would be interested in helping me set this up and/or has a skill they would be happy to share to help people fix things.

If you feel you would like to be involved then please email me at [clarecronshey@yahoo.com](mailto:clarecronshey@yahoo.com)

**Clare**  
(Name & address supplied)

## R'N'R FENCING

& Landscapes

- BRICK WEAVE DRIVEWAYS • DECKING
- PERGOLAS • PATIOS • TURFING
- RECLAIMED SLEEPERS

ALL ASPECTS OF LANDSCAPING

FREE QUOTES • PUBLIC LIABILITY INSURED

07881 947506 / 01485 572107

Prided on Quality & Reliability

www.rnrfencing.co.uk

## H.M. Queen Elizabeth II

September saw the sad passing of our beloved Queen, H.M. Queen Elizabeth II, this country's oldest and longest serving monarch after a long and hugely successful reign. This was a sad end to what had been a wonderful and joyful Platinum Jubilee Year.

Now, as we move into a new era, we take this opportunity to wish our new King, King Charles III and all his family all good wishes for the challenging task ahead.

THN

## G BRADLEY JOINERY LTD



**DOORS, FLOORS,  
SKIRTING, SHELVING,  
BOOKCASES, GATES,  
DECKING ETC.**



**FOR A FREE QUOTE, CALL  
GARY ON**

**07717 820 357  
01485 534914**



'20%  
discount  
off of 1st  
appointment'

## Healthy Feet Footcare

Treatments we offer include nail trimming, corns, calluses, verrucas, thickened and fungal nails

### Clinic Locations

The Therapy Shed - Heacham  
Kings Lynn Town Centre

Home Visits Also Available

Please contact Michele for an appointment or to discuss any treatment needed

[michele@healthyfeetfootcare.co.uk](mailto:michele@healthyfeetfootcare.co.uk)

07891 638812

Registered footcare practitioner and graduate member of The College of Foot Care Practitioners (Dip.TCFCP)

## FEATURE OF THE MONTH

October hosts many modern notable dates including UK Apple Day on 21st October. But many of us are more likely to associate this date with the Battle of Trafalgar and the national war hero of that time, Lord Horatio Nelson, who was born just up the road at Burnham Thorpe. If you are interested in his life we have several good biographies.

Our feature this month is for some 'Nordic Noir' and our author recommendation is **Quentin Bates**. Bates is an English author who went for a gap year in 1979 to Iceland and stayed throughout much of the 1980s. He has written a series of mystery/crime novels set in this fascinating country which feature Sargent Gunnhildur. We hope you enjoy!



## NEWS

This month is your last opportunity to view 'Heacham's Shops – a Pictorial History' at the Library, at least for this year. More material was added to the display during September

and so it may be well worth a second visit. The display has proved very popular, and it has been interesting to hear people's comments and memories on past shops and their owners.

We would like to take this opportunity to thank everybody who helped stage the display and especially Mrs P Hammond and the local history groups.

November is, of course, a particular month for remembrance and to mark the occasion the next display, which will last from November until the Library closes for Christmas, will focus on Heacham's wartime history with a special feature on the war graves in St Mary's Churchyard.

More information on the November display and also our customer survey will be available in the November issue of the Newsletter.

Lastly, do look out for the 'I'm New' bookmarks highlighting recent arrivals on the shelves.

**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**

## HEACHAM GROUP PRACTICE 2022 FLU CAMPAIGN.



### Flu Appointments

Will be available to book from the **22<sup>nd</sup> September**  
Our Saturday Flu Clinic will be on **8<sup>th</sup> October22**

### PLEASE CALL

tel **014185 572769** between 2pm and 5pm  
Monday to Friday

Or visit our web page to request an appointment.

[www.heachamgrouppractice.nhs.uk](http://www.heachamgrouppractice.nhs.uk)

**! PLEASE WEAR YOUR MASK WHEN ARRIVING AT THE SURGERY!**

To qualify for a Flu Vaccination you will need to fall into the following category:

YOU ARE OVER 65, OR SUFFER FROM:-  
ASTHMA/BREATHING PROBLEMS,  
CYSTIC FIBROSIS, HEART DISEASE,  
DIABETES, KIDNEY DISEASE  
WEAK IMMUNE SYSTEM, LIVER DISEASE, NEUROLOGICAL DISEASE  
CARERS WHO LOOK AFTER A PHYSICALLY DISABLED PERSON.  
Invitation is also open to Patients who are Pregnant

**All eligible children will be invited to attend via letter.**

For Children who qualify for flu jab and as a reminder to parents if you are unable to bring your child on the day, but another family member attends on your behalf we will require written consent from you to enable our staff to proceed with the flu jab.

Thank You

To Book your covid vaccinations please call 119 and or go on line to [nhs.gov.uk](https://nhs.gov.uk)

Based in Heacham

- Unlimited 4G Mobile Broadband, Home and Business Fibre
- Local Company
- sales@ruralbroadband.co.uk
- 01485 572253
- ruralbroadband.co.uk | f i t y

- Fibre and Mobile Internet
- Satellite Broadband
- VOIP
- Equipment to suit YOUR needs



## Heacham Parish Council – Update on the future of the Old Dairy Site September 2022

There has been much speculation and frustration with the situation regarding the Old Dairy Site. In updating parishioners, the Council would firstly like to express thanks to all the elected councillors and parishioners who invested so much time and energy seeking to bring a difficult project to completion following the brief originally given by the village, after a vote, of retaining the existing building.

The position last year was that the Parish Council had an agreed design, had obtained firm priced tenders from three potential contractors, selected and agreed a contractor and cost. Professional quantity surveyors and project managers had also been appointed and all that was awaited was confirmation of the central government loan to commence the project.

Contrary to what has been reported, the loan repayments at that time would have been between £35,000 and £40,000 per annum, not the £58,000 per annum widely broadcast. While this may seem a large figure initially, as a fixed amount it would, within even five years, have reduced to a far less significant amount due to inflation and has already been budgeted for in the precept. Currently a fixed rate repayment on a similar sized loan would be in excess of £63,000 per annum (as at 6/9/22).

Unfortunately, due to a number of factors, the approval of the loan was delayed. As a consequence, the tenders were going out of date, there was runaway inflation in building materials and loan costs were increasing with interest rate changes, to a point where the Parish Council felt it prudent to put the project on hold.

Whilst many parishes with very small populations and a small number of councillors are able to manage with no base and only a Clerk working a few hours a week from home, this is not possible in Heacham as was confirmed during the recent lock-down period.

The Parish Council is still renting its office in Pound Lane and the library in the High Street Church Hall. Whilst the Council would have hoped not to sell the site as the opportunity to purchase in such a central location may never occur again, it now needs to fully re-evaluate its options to secure essential long term accommodation for the parish library/heritage centre, parish office and meeting rooms. The Old Friends Hall is not considered suitable due to the restrictions of its location and site.

A parishioner recently approached the Council, suggesting a use for the site providing an open area with some car parking. This has been given serious consideration but after informal discussion with the Borough planners it was indicated that if the current building was demolished, they would hope to see a building on a similar footprint to maintain the current street scene. Indeed, when an alternative design was proposed, for a building to the rear of the site, clear indication was given that such a design would be unlikely to be recommended for planning approval.

In looking for a suitable scheme, the Council is now investigating a number of options, hopefully at a lower cost to provide the much needed facilities within the village.

We will seek to keep everyone regularly updated through our website and our social media and will again consult the village before any final decision is taken.

If you have any questions please put enquiries through the Parish Office, as we are unable to respond to debates within the many active social media sites.

### FESTIVAL OF DANCE

Heacham Public Hall  
Station Road, Heacham PE31 7HG

In aid of East Anglian Air Ambulance

Sunday 30th October - Ballroom - 2 - 5pm

Tickets £5 from David, Tel: 07787 966000



**For all your Painting  
& Decorating**

**Please Ring Terry:**  
**07961 362443**



**P.G. PLUMBING  
& BUILDING**

**24 Hour Emergency Service**

**Plumbing - Heating - Tiling  
Bathroom Installations**

**Disabled Adaptation Specialists**



**54 Marram Way Heacham.**  
**Freephone 0800 2343044 Mobile 07836 506379**  
**(Est 1985)**  
**Payment accepted using Mastercard, Visa & Maestro Cards**

**VISIT ME  
AT MY STUDIO**  
during Open Studios on  
24 and 25 September  
1, 2, 8 and 9 October  
from 10am to 5pm



Esther Boehm  
**STUDIO @ 55**  
55 High Street, Heacham, PE31 7DW  
01485 570 506 or 07538 986 235 • [estherboehm.com](http://estherboehm.com)





## CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church



Locally the hum and dust of combine harvesters disappeared way back in August so why haven't we celebrated Harvest Festival yet?

The word 'harvest' comes from the Old English 'hoerfest' meaning 'autumn', the season for gathering the produce of the land. This was here in Norfolk, and in many places around the world still is, a matter of life or death as a generous harvest ensured that the community would be fed through the barren winter months. Hence the celebration. Roaming groups of labourers would drag their sickles along the ground to announce their arrival in a village. A 'Lord of the Harvest' would be appointed to negotiate rates of labour and lead the workers as they scythed the fields. Interesting to note, that title has a biblical origin.

As technology has lessened our dependence on the seasons and the number of people employed on the land has reduced, our ceremonies and celebrations have all but disappeared. The Church 'Harvest Festival' we know today started as recently as 1843 when mechanisation was beginning to affect agriculture. A vicar in Cornwall invited parishioners to a special thanksgiving service for the harvest at his church. Harvest Festival is traditionally held on the Sunday of the Harvest Moon. This is the full moon that occurs closest to the autumnal equinox, usually in September but occasionally, as this year, in October.

Today a large percentage of our food comes from places far away. Often harvested by people earning very little money, it is then transported by road, rail and sea before being processed in this country and put on shelves in our local shops. If any of those chains are broken by drought, flood, wildfire, war, strike or economic collapse that food does not arrive or becomes very expensive. We know that there will be shortages and price hikes over the next few months. Our prices are rising significantly but what about the poorest countries where people have least money to pay. Maize prices in Mozambique have risen 113%. Sorghum wheat price in Sudan has risen 220%. These are their staple foods.

Buying our food from convenience stores and supermarkets has made us forget how dependent we are upon the climate.

When we celebrate Harvest Festival on Sunday 2nd October, we shall be giving thanks not only for the harvest but also those who planted and nurtured it, those who gathered the crop and transported it to market as we become aware how complicated the production of food has become. Our food must overcome the uncertainties of climate, the politics of the market and shortages of fuel to reach our tables – for that we are thankful.

In Matthew Ch 9 v 37 we read: - Jesus said to His disciples "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field". (NIV)

A different harvest but the same Lord to whom we will offer prayer and praise at Harvest Festival

**Penny Sutton**

**Member of St. Mary's Ministry Team**

### Church Opening Times

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

### October 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.

<b>2nd October:</b>	Harvest Festival
<b>9th October:</b>	Holy Communion
<b>16th October:</b>	Morning Prayer
<b>23rd October:</b>	Holy Communion
<b>30th October:</b>	Morning Prayer



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

### Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is on 6th October 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 want 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 let Rev'd Veronica Wilson ([heacham.vicar@gmail.com](mailto: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.



**CHRISTIANITY|EXPLORED**

The message at the heart of Christianity is pretty simple. It's all about the life of Jesus and it can be summed up in the answers to three questions.

**Who is Jesus?**  
**What did he achieve?**  
**How should we respond?**

Get the answers to life's big questions  
Call Richard on 01485 543315  
[www.hopeevangelical.org](http://www.hopeevangelical.org)



### 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)

### Harvest Weekend Festival

**Saturday 1st October** from 10.30am crafts and fun for the families followed by All Age Harvest worship at 11.30am and Soup Lunch at noon. Everyone is welcome to any part or all of the day's celebrations. Donations to Tearfund for soup welcome

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 Hunstanton Foodbank and King's Lynn Night Shelter.

### Family Event

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

Craft activities, apple bobbing, homemade biscuits, hot chocolate with cream and marshmallows, fun activities related to light and Jesus.... Everyone welcome to call in with trick or treating, or to stay for the whole time at Heacham Parish Church.



### CHURCH CONTACTS:

St Mary's Church:

Revd Veronica Wilson

(01485) 570697

email: [heacham.vicar@gmail.com](mailto:heacham.vicar@gmail.com)

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

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

Methodist Church: Rev'd Dr Richman Ncube (01485) 570232

Email: [richiemncube@gmail.com](mailto:richiemncube@gmail.com)

\*\*\*\*\*

### **HEACHAM METHODIST CHURCH**

**Minister: Rev. Dr Richman Ncube**

**October 2022**



### SUNDAY MORNING SERVICES – 10.30am. - All Welcome

**2nd October:** Fellowship Service

**9th October:** Rev R Ncube - Holy Communion

**16th October:** Fellowship Service

**23rd October:** Terry Martin

**30th October:** Sharon Esposito

An invitation is given to all for our Sunday morning worship. You do not have to be a Methodist; you do not have to attend a church before. Join us at 10.30am any Sunday.

### The Fellowship

The Fellowship will be on Tuesday 25th October at 2.30pm; the speaker is Doreen Linford. The fellowship is open to both men & women and a warm welcome is guaranteed.

### Midweek Communion

The October midweek communion will be on Wednesday 12th October at 10.30am conducted by our Minister Rev R Ncube. All who love the Lord are welcome.

### Bible Study

The October monthly Bible study will be one week earlier due to holidays on Thursday 20th 10.30am led by our minister Rev R Ncube. The subject is the Holy Spirit using a book of six studies. All welcome.

### Coffee morning

The October coffee morning will be held on Saturday 15th October 10am - 12noon; come and join us for a very pleasant morning with coffee, cake, company and a chat.



### **The Salvation Army**

I think it's safe to say that the month of September 2022 will go down in history as one of the most memorable for our nation. With a new Prime Minister appointed at the start of one week and the proclamation of a new

monarch by the end of it, I'm sure I wasn't the only one left shocked at the turn of events. The death of Her Majesty Queen Elizabeth II, cited by the new PM as 'one of the greatest leaders the world has known' truly marked the end of an era.

In Matthew 16:24, Jesus says to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me." Queen Elizabeth II never shied away from her faith, and put her trust in God on a daily basis. She knew that Jesus Christ, her 'role-model of reconciliation and forgiveness', stretched out his hands in love, acceptance, and healing for us all, and she openly declared him an anchor in her life. She sacrificed her own life to take on the role she was given, all in the name of duty. With quiet dignity we all watched how her immediate family came together – past feuds seemingly put to one side - as they gathered in response to her death to share their grief as a unified body with the world. With such an outpouring of love and gratitude for the Queen seen across the globe, it is clear just how much of a great legacy she has left.

We at The Salvation Army are honoured to celebrate this legacy and to thank God for her life and reign. We continue to pray for King Charles III, as well as our new government. Our prayer meeting is held at 10.00am every Tuesday, and all are welcome to join us.

Our CAMEO Club - a fun and friendly get-together for over 50s to 'come and meet each other' – continues every Monday at 10.30am-12pm.

Craft Club is on the 6th – bring a project you are currently working on or simply come for a chat and be inspired by others.

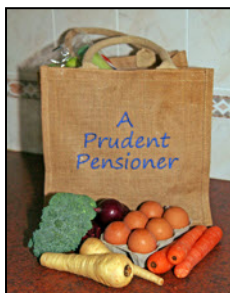
Come and enjoy a slice of homemade cake, scone or filled roll with a hot drink between 10.00am-12pm at our coffee mornings on the 13th and 27th. As ever, our Sunday worship begins every Sunday at 11.00am. Whatever the activity, you will always be welcome!

**Lt Emily Hague**  
**Snettisham Corps**  
**(East of England Division)**  
**(Tel: 01485 545933)**

**G's**  
*Decorating Services*

**Professional, Friendly & Reliable**  
**All Work Guaranteed**

Call Gary for a free Quotation  
Mobile: 07914 601504  
[decoratorgary@aol.com](mailto:decoratorgary@aol.com)



## Another Recipe from The Prudent Pensioner

Days are getting cooler, time I feel for some nourishing soup. This recipe is quite simple and very tasty. I am told there is often lovely bread and more, available from the Community Fridge – free food for everyone and set up to stop food going to landfill. Did you know about it? Open

from 10.15am Wednesdays until the food has gone at Hunstanton's Community Centre.

### Broccoli, Carrot & Celery Soup

Makes approx.800ml

#### Ingredients:

1 med Shallot or small onion  
A knob of Butter  
Potato approx. 115g/4oz  
Carrots approx.115g/4oz  
1 large or 2 small sticks of Celery  
Broccoli approx. 230g/8oz.  
Chicken or vegetable stock cube dissolved in 500ml hot water.  
Salt and Pepper to taste.

#### Method:

Cut florets from broccoli and leave to soak in lightly salted water. Trim off and discard discoloured part at base of broccoli stalk. Peel stalk and cut into small pieces.

Peel potato and carrot and cut into small pieces.

Peel shallot/onion and slice fairly thinly.

Clean celery, trim off and discard base and top of stalk and slice fairly thinly.

Put butter into a saucepan over a low to medium heat, add shallot/onion, stir well and cook for 1 minute stirring continuously.

Add potato, broccoli stalks, carrot and celery, stir and mix well. Carefully add stock, increase heat and bring to boiling point. Reduce heat and leave covered, simmering gently, for 10 minutes stirring occasionally.

Rinse broccoli florets in cold water and add to stock. You may need to increase heat for a few seconds, simmer gently for a further 5-10 minutes or until all vegetables are fairly soft.

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. Season to taste. Reheat stirring gently. 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](mailto:pru.pensioner@btinternet.com)

## Station Road Garage

**DID YOU KNOW WE PURCHASE  
CARS AS WELL AS SELL  
THEM?**

**Do you have an unused car in your  
household that you no longer  
require? Are you looking to get a  
new model?**



**We purchase good quality second  
hand cars, can assist you with your  
paperwork. Instant payment is also  
available.**

**For a hassle free sale phone  
Graham on 01485 570259**

[www.stationroadgarageheacham.co.uk](http://www.stationroadgarageheacham.co.uk)

## Station Road Garage

**33 Station Road, Heacham**

**Norfolk PE31 7EX**

**☎: 01485 570259**

- ✓ **Mechanical Repairs**
  - ✓ Servicing
  - ✓ Welding
- ✓ **Tyres and Exhausts**
  - ✓ Clutches
  - ✓ Diagnostics
- ✓ **Collection & Delivery**
- ✓ **Accessory Shop**
- ✓ **Car Sales**
- ✓ **Air Con Repair & Service**
- ✓ **State of the Art MOT bay**
- ✓ **MOT Repairs**

**Friendly, family run garage.  
All Makes and Models Accepted**



Vehicle Testing  
Station

[www.stationroadgarageheacham.co.uk](http://www.stationroadgarageheacham.co.uk)



## Children's Society Charity

Thank you to all who have donated to the Children's Society in previous years. It is time to open the household collecting boxes for 2022.

Please take your box to the Church Office, High Street, Heacham (open Tuesday to Friday 10-12). Or, contact us and we will arrange to collect your box. One-off donations are also welcome; cash or cheque (made payable to 'The Children's Society') in a sealed envelope with your full name and address on the outside. If you would like to be a new donor, and have a collecting-box at home, we can arrange that.

**Alison and Bryan Hoyle**  
Tel. 01485 570215

FABRICS CURTAINS BLINDS

**Christyana**

OPEN  
Tuesday to Friday  
10am - 4pm  
Saturday  
10am - 2pm

BESPOKE CURTAINS, BLINDS AND ACCESSORIES



Local, family  
run, friendly  
service

FREE  
NO OBLIGATION  
QUOTATIONS

Showroom at | Poppyfields Retail Park, Snettisham  
Contact Paula or Marcus  
T: 01485 541111 • E: info@christyana.co.uk • www.christyana.co.uk



**coastal**  
COMMUNITY  
SUPERMARKET  
**Join us!**

**Are you keen to help others in need in your community?**

We are looking for suppliers, volunteer helpers and drivers to help with this new initiative!

The Coastal Community Supermarket is a mobile pop-up shop run by Wells Community Hospital Trust.

It will offer heavily discounted and free food, personal care and household products to those in need in our communities around the North and West Norfolk coastal area.

If you can offer your time or your business can support us with donations of products or sponsorship, please get in touch.

Call or email: [helen.roythorne@wellshospital.uk](mailto:helen.roythorne@wellshospital.uk)  
01382 713173



## GARY RUSHMORE FLOORING

- free measuring and estimates with no obligation
- superb range of carpet, vinyl and laminate samples
- exceptional service, including uplifting and disposing of old flooring and moving furniture
- a family-run business, with over 30 years of experience
- home selection service available

Unit 6, Heacham Hall Industrial Units, Hall Close, Hunstanton Road,  
Heacham, King's Lynn, Norfolk PE31 7JT

OPEN: Monday, Tuesday, Wednesday, Friday 9.30am-4pm  
**Closed all day Saturday and Thursday**

t: 01485 572202 email: [rushmoreflooring@btconnect.com](mailto:rushmoreflooring@btconnect.com)

[www.garyrushmoreflooring.co.uk](http://www.garyrushmoreflooring.co.uk)



## Hunstanton Catholic Parish

The retreat day of recollection in July with Fr Bob Eccles was very well attended. We hope to run some others during the year. Details will be on the parish website and weekly bulletins.

**Fifty people from the parish, including volunteers attended the parish BBQ on Saturday 20th August.** It was lovely to be able to get together for a social event, with good weather and lots of delicious food and refreshments.

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. There is a fair-trade stall at St Cecilia's on the first Sunday of each month.

The Pope's prayer intention for **October: A Church Open to Everyone.** We pray for the Church, ever faithful to, and courageous in preaching the Gospel. May the church be a community of solidarity, fraternity and welcome, always living in an atmosphere of synodality.

A few members of the parish have been getting together 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 are 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.

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](http://www.hunstantoncatholicparish.org)

**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](http://www.hunstantoncatholicparish.org)

**Email:** [hunstantonparish@rcdea.org.uk](mailto: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](mailto:parishpriest763@gmail.com)



**K&D Cleaning Services Ltd**

**Carpet cleaning services from £40**

**07825278088**

**[Info@kanddcleaning.co.uk](mailto:Info@kanddcleaning.co.uk)**

## Choosing the right funeral service

### Our Personal Service

*Available 24 hours a day*

**Serving Heacham and surrounding areas**

#### A complete funeral home offering:

- All facilities, including Chapel of Rest
- Supply of Floral Tributes and Memorials
- We always provide a written estimate
- Pre-Paid Funeral Plans available

*For a complete and helpful brochure, contact us:*

**Eric W Witton**

26 Station Road, Heacham, Kings Lynn, Norfolk PE31 7EX

**01485 570 475**

[ericwitton@dignifyfunerals.co.uk](mailto:ericwitton@dignifyfunerals.co.uk)

*Under the personal supervision of Mrs Samantha Pratt*



### S & J Partyka Ltd (plumbing & heating)

a family owned local business  
with over 30 years experience  
"you can count on us for a  
professional service"

**01485 570688 - 07831 776881**  
**[partyka.plumbing@gmail.com](mailto:partyka.plumbing@gmail.com)**

#### all plumbing and heating work undertaken

- from a new tap washer to a full bathroom installation
- from a new radiator valve to a full heating system
- new gas boilers fitted
- boiler servicing
- central heating power flushing

**water - gas - oil - air source**



**"all work fully guaranteed"**



## General Knowledge Quiz

### MONEY MATTERS

1. Lois Maxwell has played which character in no less than 14 Bond movies?
2. Who is the current Governor of the Bank of England?
3. What is the name of the currency used in Vietnam?
4. In 1976 Abba had 3 hit singles. Two number 1s and one which only made it to number 3. What was the title of that single?
5. What is the name of the French Stock Exchange?
6. Which female designer and milliner became famous for her bizarre head-wear creations, especially at Ascot in the 60s and 70s ?
7. Portugal was using which currency prior to its complete conversion to the Euro?
8. How many pennies were there in an old Pound?
9. British banknotes-- The portrait of the head of which Monarch, was the first to appear on a British banknote?
10. On which old British coin would you have found a wren?
11. Which U K duo consisting of David Van Day and Thereza Bazar had top 10 singles in the 70s and 80s including "Love's got a hold on me?"
12. In which year did the UK go decimal?

Answers on page 30



**Angeline's**  
CURTAINS AND BLINDS

Professionally measured and fitted

Unit 1 Heacham Hall Ind. Units  
Hall Close, Heacham Norfolk PE31 7JT  
t: 01485 571000  
e: angelinasinteriors@gmail.com

Opening times:  
Mon-Fri 10am-4pm, Sat by appointment

 Sanderson

[www.angelinascurtainsandblinds.co.uk](http://www.angelinascurtainsandblinds.co.uk)






**Gary Kite**  
**Computer**  
**Services**

**25 YEARS**  
EXPERIENCE

Locally  
Based

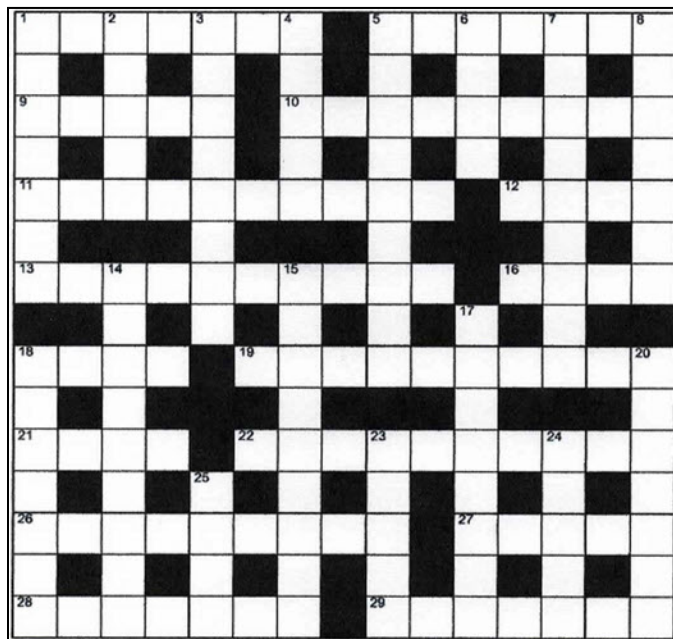


**Sales, Upgrades, Repairs, Home Calls for Tuition,  
Broadband Installations & General PC Maintenance**

**Tel: Gary on 07444759653 or 01485 544606**

**[gary@garykitecomputerservices.com](mailto:gary@garykitecomputerservices.com)**

## OCTOBER CROSSWORD



### CLUES:

#### Across:

1. A fine face, slight (7)
5. Producer of road movie? (7)
9. Startle deer we are feeding (5)
10. Two fellows of a certain age (9)
11. They can secure seats for those standing (10)
12. Third man to retire from ukulele band (4)
13. Police officers at show cause alarm (10)
16. South-facing, with beach (4)
18. Huge game needs this person up front (4)
19. Holds up things with arms all over the place (10)
21. Finish room for students to occupy (4)
22. "Fats" ooze through plant (10)
26. Nearly everything found is dished out (9)
27. Poison can be seen in beef (5)
28. House extended over workshop (7)
29. Letters written to church have soul (7)

#### Down:

1. Sounds like Cesarewitch tip is a donkey (7)
2. Loud instrument gives way to another ... (5)
3. ... passed across to Roger (8)
4. Their banks, small inside, are more quaint (5)
5. Dips and twists under sink (9)
6. Small nose? Be quick! (4)
7. One itches to revise bill in some measure (9)
8. Hard-pressed and severely damaged (7)
14. Endearment is sweet (9)
15. Type a letter (9)
17. Priest gets on well with senior clergy (8)
18. Hotheads with bats get awards (7)
20. Caulterize your small cut with medical instrument (7)
23. Have digs at press (5)
24. Easily impressed with knight carrying weapon (5)
25. Cash one has to raise in order to get picture (4)

Solution on page 30





Order your freshly  
cooked Christmas  
dinner for delivery  
on Christmas Eve!  
Order by 12th December

**HOME COOKED, HIGH QUALITY MEALS  
DELIVERED TO YOUR DOOR**

**Made by local chef Kat Asker  
in a 5\* hygiene rated kitchen**



**Free local delivery**

**Tel: 07767753413**

**Email: simplycookit.kat@gmail.com**



## QUALIFIED ELECTRICIAN

**Available for Extra Sockets,**

**Lighting & BT Points**

**No Job too small**

**Free Estimates**

**No call out charges**

**Tel: 01485 572726 or 07813 173 446**



## Hunstanton & District Community Voices

The re-branding of our choir was effective as we began our autumn meetings: we are now singing again, including of course our Christmas repertoire, which will naturally cover many seasonal pieces familiar to many.

Our autumn term began on 5th September, but we are very flexible, so if you are interested, don't worry that you may have missed too much – you won't have – and our Musical Director, Liz, will be keeping us in order and encouraging us, as always!

All lyrics are provided, the weekly subscriptions are modest, your first week will be a free 'taster' evening, and no auditions are required. We also arranged a "Singalong with us" evening on 26th September, at which visitors could either just listen, or join in with the singing. However, we will still continue to welcome and involve visitors and new members at any of our meetings, so if you think you'd like to get a flavour of our choir just come along on any Monday!



We meet in the Christian Way Fellowship Hall, Downs Close, Hunstanton PE36 5HU 7.00pm on Monday evenings - Parking is available.

For more information please contact;  
[lesley.trebbick@btinternet.com](mailto:lesley.trebbick@btinternet.com) or ring on 07802 879976.

# Hear **CLEARLY** again...

Never miss out on the sounds you love

with the latest comfortable and invisible hearing aids

**FREE  
HEARING  
AID TRIALS\***

**FREE  
HEARING  
TESTS**

**INVISIBLE  
RECHARGEABLE  
& SPECTACLE  
HEARING  
AIDS**

**WAX  
REMOVAL  
SERVICE**

- ✓ **EASY** parking
- ✓ **HOME** visits available
- ✓ **FREE** aftercare
- ✓ 5 YEAR warranty\*
- ✓ 5 YEAR **FREE** batteries\*
- ✓ **INDEPENDENT** family business



Hearing aids don't have to be seen!

**TROUBLE HEARING?  
CONTACT US  
TODAY**

101 High Street, Kings Lynn, PE30 1BW

**t: 01553 760250**

Day Centres also at Hunstanton Eyecare, Hunstanton



**Sound Advice Hearing Centres**

[www.soundadvicehearing.co.uk](http://www.soundadvicehearing.co.uk)

\*on selected products





## Heacham in Bloom

September is always a difficult month for the team as we remove the plants that we have worked so hard to keep looking good over the summer.

We are sure you will agree with us that summer 2022 has been a season of contrasts, periods of extreme heat, which have been a challenge, the joy and pleasure of the Queen's Platinum Jubilee celebrations in June and the sadness of H.M. The Queen's loss last month: even though Her Majesty achieved a great age, her passing was still a shock to us all.

As a group, we decided for the period of mourning to alter the Lavender Bed display to a simple wreath as a small mark of respect. As our new king, King Charles III, is proclaimed we wish him and his family all good wishes for the challenging task ahead.



We are in the process of planting out our autumn/winter bedding which will take us through to next spring, and discussions on plans for next year are underway; more information to come in a future article. Our next meeting will take place on 17 October. Venue to be agreed.

**Heacham in Bloom Committee**  
[heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com)

# Searles Golf Club



## There's something for everyone at Searles Golf Club

### Winter Green Fees

1ST NOVEMBER - 31ST MARCH

PLAY 9 HOLES FROM ONLY: £13.50

JUNIORS FROM ONLY: £9.00

WEEKEND PASSES ONLY: £28.00

4 DAY PASSES ONLY: £37.50

7 DAY PASSES ONLY: £52.00

CLUB, BUGGY & TROLLEY HIRE AVAILABLE



call: **01485 536023** [www.searles.co.uk](http://www.searles.co.uk)

Searles Golf & Country Park, South Beach, Hunstanton PE36 5BB part of SEARLES LEISURE GROUP



HOTEL · RESTAURANT · GOLF

## HEACHAM MANOR





## New Vegan Menu

Available in the Mulberry Restaurant & Pavilion.

BOOK ONLINE:  
[www.heacham-manor.co.uk/eat/mulberry-restaurant](http://www.heacham-manor.co.uk/eat/mulberry-restaurant)  
 PLEASE SCAN QR CODE TO VIEW MENU



## New Autumn Menu

New Autumn Menu available in the Pavilion.

BOOK ONLINE:  
[www.heacham-manor.co.uk/eat/the-pavilion](http://www.heacham-manor.co.uk/eat/the-pavilion)  
 PLEASE SCAN QR CODE TO VIEW MENU



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



## Heacham at Night

by Terry Parish

(If you read no further, look at the penultimate paragraph).

October and, on the 30th, we will be on Greenwich Mean Time, GMT – the clocks go back

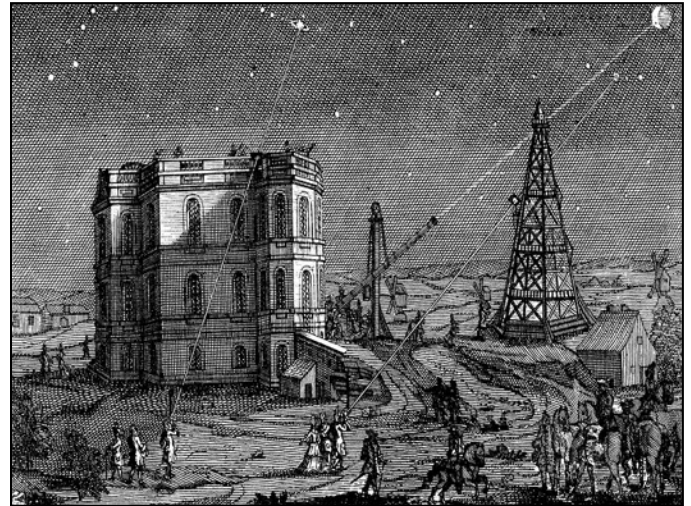
Some might wonder why 0° longitude runs through Greenwich and that time is measured from it. Every 15 degrees west loses an hour, every 15 east gains an hour which is why New Year in Australia is well before ours. The answer is that we were the favourites at the International



Meridian Conference of 1884 which decided on Greenwich rather than Paris.

The conference was held in Washington DC and initially came about in order to regularise train times across the North American continent which had, in fact, been done the year before. The reason for Greenwich was that that longitude line is closer to the mean circumference of the Earth than is the one going through Paris. France hung on to the Paris meridian until about 1914.

France abstained on the vote for the prime meridian as Greenwich was seen as an acceptable bribe to the British to ensure we accepted the new Metre convention agreed at the International Bureau of Weights and Measures in 1875. The Paris Observatory, built around 1667, was pre-eminent in work on measurement. Members of the Cassini family ran it for 100 years. Giovanni Cassini discovered, in 1675, the gap in Saturn's rings now known as the Cassini Division. The Cassini – Huygens space mission reached Saturn in 2017.



*The Paris Observatory in 1740. Note the very long telescopes supported by pylons used by Cassini. Internet*

Early astronomy is riddled with the politics of the day but what of now, what to look for this October?

Meteors first, those transient objects I wax lyrical about but few see. There are a number of showers about this month:

The Draconids. A minor shower which starts on the 6th and peaks on the 9th. The Southern Taurids. Peak on the 10th, some bright fireballs but its only one day after Full Moon. The Orionids. Your best chance, occurring between the 18th and 24th with just a waxing Crescent Moon to interfere; these are due to Earth's second pass through the debris from Halley's Comet. The Northern Taurids. Start on the 20th and peak early November. Both Taurids originate from Comet 2P/Encke.

So many possibilities, you may as well get the sun lounger out and lie on it all night. The best show is typically late and often not long before dawn but there are always some meteors before bed time. If the weather is not obliging you may want to listen to meteors passing through the atmosphere. Google 'sounds of meteors', or similar, and

**The complete printing solution**  
**clanpress**  
[www.clanpress.co.uk](http://www.clanpress.co.uk)

Visit our  
**NEW website**

- Digital Asset Management
- Web to Print
- Bespoke Online Ordering
- Long Run Litho Printing
- Short Run Digital Printing
- Large Format Poster Printing
- Roller Banners and X Banners
- Outdoor & Indoor Signage
- Exhibition Displays
- Flyers & Postcards
- Brochures, Leaflets and Folders
- Business Stationery
- Parish Newsletters
- In-House Binding & Finishing

t: 01553 772737  
e: [info@clanpress.co.uk](mailto:info@clanpress.co.uk)  
w: [www.clanpress.co.uk](http://www.clanpress.co.uk)  
1 Dundee Court Hamburg Way  
King's Lynn, Norfolk PE30 2ND

**ASPIRE**  
SKIN • HEALTH • BEAUTY

Permanent Hair Reduction  
Red Thread Vein Removal  
Skin Rejuvenation Treatments

Bespoke Facials  
Manicures / Pedicures  
Waxing  
Brows & Lashes

**Hayley Watson**  
Advanced Skincare Specialist  
CIDESCO, ITEC, CIBTAC  
IPL & Laser Hair Removal

**Lynton Approved Clinic**  
5 Lamsey Lane, Heacham,  
King's Lynn, PE31 7LA

[www.aspirenorfolk.co.uk](http://www.aspirenorfolk.co.uk) Call: 07568 566 400



there are several U tube presentations. The best one comes from an official source – US Airforce Space Surveillance Radar.

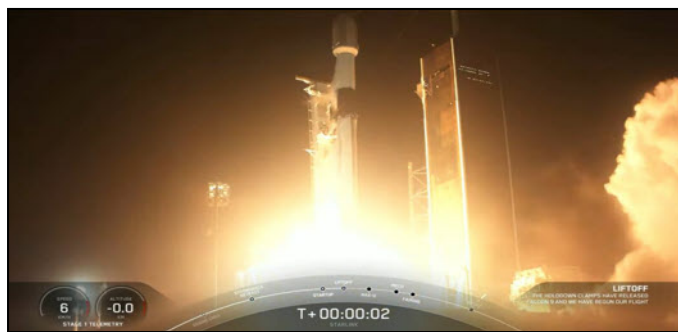
The planets. I hope you have all noticed Jupiter shining bright in the SE/SW from 9pm with a good horizon, a little later otherwise? I looked at it last night, 9th September, and it was much clearer than in the drought days as all the dust had been washed out of the air. The characteristic bands of the Jovian world were visible and the four Galilean satellites were nicely strung out like pearls. (See last month for more details).

Despite it being one day before Full Moon, Saturn was also very clear to the naked eye. My telescope showed the rings, including the Cassini Division, clearly. However, as I stepped up the magnification the image blurred. There was cloud about and magnification enhances problems more than the object you want to see. I couldn't see Neptune which I managed several weeks earlier so the 'invisible' thin cloud, illuminated by the Moon, must have washed it out.

Uranus was a tad low and behind thicker cloud. Mars had not risen (this was 11pm). October is three weeks away so what can you expect to see when you read this?

The middle of the month is the best time to see Mercury but you need a very good easterly horizon and to catch it before sunrise. It is at its greatest separation (elongation) from the Sun on the 8th and is brightest, magnitude -1, a week later. On the 24th, at 7am, the Crescent Moon is just above Mercury.

If you can make it, Cromer cliffs should be good site for viewing. I went there to see a transit of Venus, it rained.



The launch of Blue Walker 3 by SpaceX. Set to ruin the night sky? Internet

Jupiter will be shining brightly with a magnitude of -2.9. In the absence of Venus, it is described as the brightest object other than the Moon. However, a very large communication satellite was launched on September 10th and this might overtake it. Such satellites, for Internet connection, are becoming more than a nuisance. Jupiter doesn't set until 5.30am so you can still be looking at it whilst enjoying the meteors. On the 8th, at 8pm, Jupiter will be just above a nearly Full Moon low in the ESE.

## Heacham Foot Health Clinic

- Foot care treatments, nail cutting, reduction of corns and calluses
- addressing foot, knee, hip and back pain with prescription orthotics
- Heacham clinic
- HOME VISITS AVAILABLE

Tel: 01485 570512  
Mobile: 07767 733838  
JANET PITKIN DipCFHP, MPSpract  
West Norfolk Mind, Poplar Avenue, Heacham

Parking Disabled Access

Saturn is clear to see with a magnitude of 0.6. it rises earlier than Jupiter so is always further west and sets around 1.30am.

Neptune is between the two gas giants, very faint at magnitude +7.8. A telescope is needed.

Uranus is in the range of good binoculars with a magnitude of +5.7. It rises in the NE at around 7pm so leave it until around 10pm to start looking for it. Stellarium or similar software, also available as a phone app, will find it for you.

Mars rises even later, at around 8.30pm. It will brighten as the month advances from magnitude -0.6 to -1.2. In the middle of the month, early morning will find it reasonably high in the SE. On the 15th, the Red Planet will be just below a Half Moon.

If you want to try and see five planets in the night sky then try around the 17th at midnight. Bright Jupiter will be high in the south. Saturn will be low in the SW and, if your horizon is poor you will need to look for it earlier. Uranus will be high in the SE on a level with Jupiter. Mars will be in the east a little lower than Jupiter. An hour earlier and you will likely not have a good enough easterly horizon so, 11pm to certainly see Saturn, midnight for Mars. You are looking along a long arc of the ecliptic, the path that the planets describe across the sky. Remember that it is Earth's rotation that makes the planets rise and set in succession.

Mercury will be on the same line, right in the east as the sun rises. Venus is there too but too close to the Sun to see.

As well as the Earth rotating, it also orbits the Sun. This movement does change the positions of the other planets as seen in our sky. Their own orbits do the same. These changes are significant for Mercury and Venus, comparatively close and moving faster, and for Mars which is comparatively close and moving slower.

The orbit of the Earth also changes the constellations we see in the night sky. As the seasons change, the area of space we see is different

## Leisure Club

SEARLES LEISURE RESORT HUNSTANTON

### Treat Yourself This October

#### SWIM & GYM MEMBERSHIPS AVAILABLE

- > Direct debits available
- > FREE parking
- > No joining fees and no contracts
- > Members can bring up to 6 guests for an additional fee

\*Terms & Conditions apply.

#### Monthly Memberships

FROM ONLY **£25** MONTH

Please scan QR Code to view details

#### Pool Parties

- > 1 hour in our Indoor Splash Pool
- > 2-course meal
- > Birthday cake (Chocolate or Victoria Sponge)

**£9.95/CHILD**

9th Birthday child **FREE!**

**£79.60 DEPOSIT** (Ts & Cs apply)

For more information please call: **01485 536029**  
Or visit: [www.searles.co.uk/facilities/indoor](http://www.searles.co.uk/facilities/indoor)

and the constellations move slowly to the west. Late in the month, look for Orion rising in the east heralding winter.



*The Great Square of Pegasus with Andromeda located. It won't look like that! Internet*

Look due south at 11pm to see the asterism of The Great Square of Pegasus. Just above, right overhead, will be the W of Cassiopeia. Either side of this stretches the band of the Milky Way, terminating at the east and west horizons.

Find the upper left star, Alpheratz, of the Great Square and track up and to the left at about 45 degrees. A misty patch is the Andromeda Galaxy. This is the furthest object that the eye can see unaided (2.5 million light years). If you can't see it, neither can I but steady binoculars might do it for you.



*The partial eclipse of 2015 seen from Heacham, Parish*

**Mann Made Developments Ltd**  
Specialists in Property Maintenance

**Extensions, New Build, Renovation, Roofing (RubberBond)  
plus All Other Tasks including groundwork, drainage, etc.**

**No Job Too Big or Too Small**

Call anytime for your **Free Quote** 07798723287 or 01485540008  
or email: [info@mannmadedevelopments.co.uk](mailto:info@mannmadedevelopments.co.uk)

I nearly forgot. Assuming no annoying clouds, there is something all of you can see between 10am and noon on October 25th. It is a partial solar eclipse – the Sun will have a small bite taken from it by the celestial dragon, otherwise known as the Moon. The New Moon has lined up between the Sun and Earth but not quite good enough for all the Sun to vanish. The maximum coverage is at around 11am. Don't stare at it, use eclipse glasses if you have them, project the Sun onto a piece of card through a lens, or just take care. Very thin cloud can be a help.

Dark, clear skies await.

**FOREMAN & SON LTD**  
PLUMBING & HEATING ENGINEERS

**Service your Boiler this Summer.**

It's easy to forget about your Boiler when the weather is nice. Minimize your costs for Autumn / Winter by maintaining an efficient boiler today.

**OUR BOILER CARE PACKAGES**  
Guarantee A Same-Day Emergency Appointment.

Starting from as little As 0.66p per day.

<b>01</b> Standard £14.99 Per Month (Inc VAT)	<b>02</b> Premium £19.99 Per Month (Inc VAT)	<b>03</b> Premium + £29.99 Per Month (Inc VAT)
--	---	---

01485 570578 | [foremanandsonltd.co.uk](http://foremanandsonltd.co.uk) | [info@foremanandsonltd.co.uk](mailto:info@foremanandsonltd.co.uk)





## The Ringed Plover Day



RSPB

On 2nd September the second big litter pick went ahead. This time it was restricted to the beach and dune area between Snettisham and Heacham South Beach. There were more people and more litter than illustrated above.

It was a joint venture between me and the RSPB. Their principal representative was Wynona Legg, the Ringed Plover Project Officer. The area cleared was the nesting area of the Ringed Plover. This had to be left undisturbed during the more extensive litter pick in July.

The juxtaposition of shingle and dune is the key breeding and nesting habitat and it is fortunate that the grass fires in the heatwave swept past this line and the birds escaped injury. One pair had to leave as the flames licked at them but returned afterwards and reared their chicks. These were seen at this litter pick, very much active.



RSPB. The burnt area in the foreground is slowly recovering though trees out of the picture are unlikely to.

Later in the evening, Wynona gave an excellent talk about the life and habits of the Ringed Plover. This was at the Old Friends Hall, Heacham, kindly provided by Heacham Parish Council.

It was revealed that this beach is a principal location for this bird though increasing disturbance could lead to a falling population. That disturbance is from natural predators (birds and mammals), people, and uncontrolled dogs.



Common Ringed Plover. Internet

Special nest cages have been trialled to reduce predator attacks. Light fencing and constant work by volunteers attempt to steer people and dogs away during the breeding and nesting season.

I have asked Wynona to repeat her talk prior to start of the new season in Spring. There will also be a pre nesting litter pick.

My thanks to the many RSPB volunteers who work to preserve this and other species for no reward other than that of doing something worthwhile; the members of the public who step up when asked to, and officers at the Borough Council depot who maintain and loan out all the litter picking kits and arrange for the removal of the collected rubbish.

Terry Parish



**Expert legal help and advice  
on your doorstep in Heacham**

Talk face to face with your local lawyer, at  
our High Street office, who is here to help by  
giving you clear and practical legal advice.

**01485 571366**  
wardgethinarcher.co.uk/heacham

Moving Home • Family Matters • Wills and Probate  
Personal Injury • Dispute Resolution • Employment Issues  
Commercial Services • Notary Services



**Ward Gethin Archer**  
SOLICITORS AND NOTARIES

Chatteris • Dereham • Downham Market • Ely  
Heacham • King's Lynn • Swaffham • Watton

**G&M Fencing & Landscaping**  
gmfencinglandscaping.co.uk

Fencing • Decking • Timber-work  
Paths • Patios • Driveways  
Drainage & Guttering  
Hedge, Tree & Grass Cutting  
Rubbish Clearance

**30 Years in Construction Industry**  
Call for a Free No Obligation Quote  
**01485 570 143 / 07917 725 015**





## Heacham FC

### The Teams

The first team have had a good start to their debut season in the Thurlow Nunn Division 1 North.

After 6 league games they are currently in the playoffs, having won 4 and lost 2 games. Recent results as follows:-

Haverhill Borough away - won 5-1

Swaffham Town away - won 3-0

Needham Market U23s home - won 2-0

Holland home - lost 1-2

The away game at Debenham due to be played 10th September was postponed.

The first team also had a very tough looking away game at Diss Town, in the League Cup, but came away with a very convincing 2-0 victory. Their opponents in the next round will mean another visit to Swaffham Town on Tuesday 4th October k.o. 7.45pm.

### Up and coming 1st team fixtures (all league):-

Sat 1st Oct v Cornard Utd away

Sat 8th Oct v Huntingdon Town home

Wed 12th Oct v Downham Town away

Sat 15th Oct v Harwich & Parkeston away

Sat 22nd Oct v Leiston Res home

Sat 29th Oct v FC Parson Drove home

Sat 5th Nov v AFC Sudbury Res away

Sat 12th Nov v Whittlesey Athletic home

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 a 5-3 away win at Clenchwarton F.C. The home match scheduled v Reffley Youth F.C. First on Saturday 10th Sept was postponed.

### Up and coming Reserve fixtures:-

Sat 1st Oct v Watlington Res home

Sat 8th Oct v AKLCF away

Sat 15th Oct v Marshland Saints FC 1st away

Sat 22nd Oct v West Winch William Burt FC away

Sat 29th Oct v Dersingham Rovers FC Res away

Sat 5th Nov v Ingoldisthorpe FC 1st home

Sat 12th Nov v Reffley Youth FC 1st away

Note: All k.o. 2.30pm

### Admission Prices - Season 2022/23

(for 1st team matches)

Adults £5

Concessions £3

Under 16s £1

(payment : Cash or Card)

Match day programme £2 (payment: cash only)

(only issued for 1st team games).

Please remember that entry to all Reserve matches is free.

### ATTENTION TO ALL YOU FOOTBALL PROGRAMME COLLECTORS

I have a limited availability of home programmes from this season:-

Peterborough Sports

Framlingham

Gt Yarmouth

Holland

(Needham Market U23s was sold out).

Cost : £2 each if collected or I can make arrangements to post (UK) at £3.50 inc p&p.

Also I do have a few programmes available from last season's

title winning Anglian Combination Championship season:-

Thorpe St Andrew

Sprowston (Senior Cup)

Mattishall

Beccles Town (League Champions edition).

## COVERING MOST OF NORFOLK WITH 30 YEARS EXPERIENCE

*Hi, I'm John 'The Window Repair Man'. I've been in the double glazing industry for over 30 years.*

*My son Jonny has worked with me for 13 years.*

### We specialise in UPVC Window and Door Repairs



**We repair or replace: MISTED OR BROKEN DOUBLE GLAZED UNITS | STICKING/JAMMED WINDOWS & DOORS | LOCKS | HANDLES | HINGES | LETTERBOXES | DOOR PANELS | CAT FLAPS | GASKETS**

*In fact with all our experience, there isn't much we can't do!*

## THE WINDOW REPAIR MAN

For a very competitive price, phone me on: 01485 501331 M: 07885 427021

www.thewindowrepairman.com E: jcthewindowrepairman@gmail.com





Cost: just £0.50 each or can post (UK) for £2.00 each.  
Please get in touch if you are interested in obtaining any of these programmes.

### **Sponsorship/Advertising**

It's still not too late if you wanted to sponsor the Club this season. An advert in the programme perhaps or an advertising board at the ground.

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**

We are pleased to announce that we now have back in stock the Official Heacham FC Club pin badge. Price only £3 each (collection) or can post (UK) for £5 Inc p&p.

Currently membership for the new season has already surpassed last season and is currently at 177 members and the Facebook page now has 437 followers.

I am also pleased to confirm that the Supporters Club are now on twitter.

Membership for the 2022/23 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 a 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' & 'Free Raffle' results:-**

The latest winner for September's '100 Club' was Sarah Askew (no.5) and on winning the £50 she immediately donated it back to the Supporters Club. Many thanks Sarah for that brilliant gesture.

The first 'free raffle' for members took place at half time during the 1st team match v Needham Market U23s on Saturday 27th August and the winners were:-

- 1st prize - £10 - John Cross
- 2nd prize - Bottle Wine - Eve White
- 3rd prize - Tub Chocolates - Joseph Gascoigne
- 4th prize - 4 Cans Old Speckled Hen - Christine Ashby (who kindly donated them back)
- 5th prize - Box Biscuits - Paul Flanagan

The next 'free raffle' for members will be during October.

If you require any further information then please contact me (email address below) or come and find me at any of the 1st team matches. You can also keep up to date with all the latest news, fixtures etc on our Facebook page: Heacham F C Supporters Club.

"COME ON HEACHAM"

**Denis Cooper**  
Chairman/Secretary  
Heacham F C Supporters Club  
Email - **deniscooper06@aol.com**

++++STOP PRESS++++

Heacham win 1-0 away at Norwich CBS

## **J Kendall Window Cleaning Services**

Using The Pure Water Pole System  
or Traditional Cleaning

**CONSERVATORIES • FASCIAS • GUTTERS • SOFFITS**

Cleaned & Cleared

Patios Pressure Washed

**Tel: 01485 572145**

**Mobile: 07704 517774**



## **HEACHAM AND DISTRICT COMMUNITY CAR SCHEME**

Charity No: 1108568

### **REQUIRE VOLUNTEER DRIVERS**

**To provide transport for medical  
Appointments**

**PE31 & PE35 — PE36 AREAS**

Government maximum (Non Taxable)  
car allowance of 45p - 50p per mile given:  
(this does not affect any benefits)

Day / time / weeks flexible to suit you

For more information or to enquire about our services  
Please contact: **01485 534777**

**MON- FRI 9.00am -1.00pm**

Email: **communitycarservices@btconnect.com**

Supported by **Norfolk** County Council

## 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](mailto:jaimefitsteps@gmail.com) (SG)

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

**Hunstanton Community Cafe** 10am – 1pm Community Hub, Hunstanton Town Hall

**Norfolk & Waveney Mind - Rest in the Community Hub** 10:00 - 2:30 Mental health drop in support at 4 Poplar Ave. tel :01485 572707

**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](mailto:jaimefitsteps@gmail.com)

**Hunstanton Bridge Club** 6.45pm for 7pm Online Pairs with RealBridge. See [bridgeweb.com/hunstanton](http://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](mailto:lesley.trebbick@btinternet.com) or ring 07802 879976.

**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 - Rest in the Community Hub** 10:00 - 2:30 Mental Health Drop In Support and 10:30 - 2:30 Recovery Support 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 [activehealthpam@gmail.com](mailto:activehealthpam@gmail.com)

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



FULL SERVICE available  
for CARAVANS &  
MOBILE HOMES

...The Store to your Door

GUARANTEED  
TO BEAT  
ANY  
GENUINE  
LIKE FOR  
LIKE QUOTE

THE BEST DEALS FOR  
ALL YOUR FLOORING NEEDS

- FREE Estimates and planning
- Full service from measuring to fitting
- Competitive pricing to suit all tastes & budgets
- Overwhelming choice of carpet, Vinyl, Karndean, safety flooring, LVT's, Real Wood & Laminate samples brought directly to you

- 15 years experience, expert advice & knowledge
- Additional Services available, including moving furniture, uplift & disposal of previous flooring and door trimming
- Domestic or Commercial work carried out

Tel: 01485 601360    Mob: 07872 558163

Email: [ian@iperrinfooring.co.uk](mailto:ian@iperrinfooring.co.uk)    Web: [www.iperrinfooring.co.uk](http://www.iperrinfooring.co.uk)

I Perrin Flooring Ltd, Registered Office    38 Low Road, Congham, Kings Lynn, PE32 1AE

Registered No: 8956560. Vat No: 171416230



**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](mailto: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](mailto: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 £3 at Unit 12 Heacham Hall Ind Est. [geezersales@btinternet.com](mailto: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

**Docking Market** 9am-1pm in The Ripper Hall Local Produce, Craft and Gift Stalls Tel: 576233

**Sallywags 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](mailto:apearson@adap.co.uk)

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



# Extra Hands

Established 1993

Providers of Home Care in Norfolk

**Multi-award winning providers of Home Care in your community**

We are a local multi award winning independent Home Care Specialist, providing carers trained to the highest standards including Dementia Care. We offer a wide range of services within the home setting which are tailored to suit individual needs from personal care to shopping and companionship.

Our services can be arranged on either a short term or long term basis, we offer flexibility when organising care packages and can assure our customers that we will meet their requirements every step of the way.

If you or anyone you know may be interested in our services please do not hesitate to contact us on the number below or call in to our office at Heacham for further advice and information.

**Thinking of a career in Social Care? Why not join our award winning team**

We offer:

- Good rates of pay
- Various hours available
- Enhanced holiday entitlement
- Paid mileage
- Free DBS check & uniforms
- Mobile Phone

**Tel: 01485 570611**

Extra Hands, Unit 13,  
Heacham Hall Ind Est, Hunstanton Road,  
Heacham, Norfolk. PE31 7DP

[www.extrahandshomecarenorfolk.co.uk](http://www.extrahandshomecarenorfolk.co.uk)

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



# A SMITH CONTRACTORS

[www.asmithcontractors.net](http://www.asmithcontractors.net)

**BLOCK PAVING  
FENCING, SLABBING  
DRAINAGE**

**VINCE SMITH | [decpave@mail.com](mailto:decpave@mail.com)**  
**01485 572269 / 07940 153614**  
**PRINTED CONCRETE DRIVEWAYS**  
**22 Benstead Close, Heacham, PE31 7FB**



**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

**Hatha Yoga 6.30 - 7.30pm. Ring Bridget on 07477 335155 or just come along with your own yoga mat.** (OFH)

**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). **Contact** [heacham.boxercise@gmail.com](mailto:heacham.boxercise@gmail.com) (SG)

**West Norfolk Singers** 7.15 - 9.15pm For info Tel: 571315 Anne Davis [www.westnorfolksingers.org.uk/](http://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

#### **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](mailto:heacham.church@gmail.com) (PRH)

**Norfolk & Waveney Mind - Rest in the Community Hub** 10:00 - 15:00 Older Persons Group and 14:00- 15:30 Men's Recovery 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.

**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 [www.facebook.com/MIOLINorfolkCarpetBowls](http://www.facebook.com/MIOLINorfolkCarpetBowls) 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](mailto:atk_hornbeams@yahoo.co.uk) or Lois Carrick [loiscarrick21@hotmail.co.uk](mailto: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

TO BOOK CALL  
**01485 536010**

The Fountain  
Sports Bar

**Open to all!**

FOOD SERVICE: Sunday to Thursday - 10am to 7.45pm, Friday & Saturday - 10am to 8pm  
BAR OPENING: Sunday to Thursday - 9am to 8pm, Friday & Saturday - 9am to late.

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

New Winter Menu  
**NOW AVAILABLE**  
VIEW OUR MENU ONLINE



**SUNDAY**  
Carveries

Served: 12pm to 2.30pm

ONE OR TWO COURSES  
AVAILABLE PLUS  
A CHOICE OF DESSERTS!

TO BOOK CALL  
**01485 536010**



EAT • DRINK • WATCH

The Fountain Sports Bar & Restaurant,  
Searles Country Park, South Beach Road, Hunstanton, Norfolk PE36 6BB T: 01485 536010



**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

**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** Jnr 6-7pm £2 Snr 7-8pm £3 Unit 12 Heacham Hall Ind Est. geezersales@btinternet.com

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

**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



HOTEL · RESTAURANT · GOLF

**HEACHAM  
MANOR**



## WINTER GREEN FEES (1st NOV - 31st MAR)

PLAY 18 HOLES OF GOLF - MON-FRI **£30.00** | SAT/SUN - **£35.00**  
TWILIGHT RATES FROM 1PM - MON-FRI **£24.00** | SAT/SUN - **£28.00**

10% DISCOUNT OFF STANDARD GREEN FEES FOR BLUE LIGHT CARD  
HOLDERS. VALID CARD MUST BE SHOWN.

PLEASE CALL: 01485 579 825 OR 01485 536 023  
PLEASE SCAN QR CODE OR VISIT [www.heacham-manor.co.uk/golf](http://www.heacham-manor.co.uk/golf)



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

## OTHER EVENTS.

### **October**

#### **October Events at Anmer Social Club**

For info see [www.anmerclub.co.uk](http://www.anmerclub.co.uk), [facebook.com/AnmerSocialClub](https://facebook.com/AnmerSocialClub) or email [events@anmerclub.co.uk](mailto:events@anmerclub.co.uk)

**Monday 3rd** 7.30pm (club open 7pm) Bingo. £6.60 / book of 10 cards, £1.75 a flyer card

**Friday 14th** 7.30pm (club open 7pm) Bingo, in aid of Anmer W.I.

**Friday 21st** 7.30pm (club open 7pm) Quiz Night £2 pp

**Saturday 29th** 7pm Halloween Party Entertainment with Roger Williams £5, to include jacket potato. Please book by Wednesday 26th with Dorothy at [anmerchair44@gmail.com](mailto:anmerchair44@gmail.com)

#### **October Events at Hunstanton United Services Club**

Saturday events start at 8.30pm, Fridays at 8.00pm

**Saturday 1st:** Travis. All eras.

**Friday 7th:** Macmillan Coffee Morning. 10am.

**Friday 7th:** Mike Shelby. Rock 'n Roll Elvis. 60s.

**Saturday 8th:** Just Us Duo. All eras.

**Sunday 9th:** Macmillan Prize Bingo. 5pm.

**Friday 14th:** Band Age Bands. Fee donated to the Norfolk Tapping House.

**Saturday 15th:** Deano Singer, personality vocalist. Swing to Pop.

**Friday 21st:** Quiz Night £50 First Prize. £4pp including supper.

**Saturday 22nd:** Splash Duo. All eras.

**Friday 28th:** Cabaret Night featuring a drag artist & comedian. Tickets £15pp from the bar.

**Saturday 29th:** Toni G. All your Elvis favourites & requests

**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.

**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.

**Saturday 8th October** Flu Clinic. To book call 01485 572769 between 2pm and 5pm Monday to Friday

**Monday 10th October** 2pm Sedgeford Village Hall, The Arts Society Lecture : The History and Mystery of Cryptoportraits in European Art by Sophie Oosterwijk [www.theartsocietynwnorfolk.org.uk](http://www.theartsocietynwnorfolk.org.uk)

**Monday 17th October** 2pm Community Hall, Hunstanton. U3a. AGM followed by quiz.. Please go to the u3a Hunstanton site at [www.u3asites.org.uk/hunstanton](http://www.u3asites.org.uk/hunstanton) for further information.

**Saturday 22nd October** 7.30pm Village Screen Cinema, Amy Robsart Hall, Syderstone . 'Elvis' £4.00. To book 01485 578171 or [syderstonecinema\\_ARVH@outlook.com](mailto:syderstonecinema_ARVH@outlook.com)

**Wednesday 26th October** 7.30pm, Memorial Hall, Snettisham. Snettisham Gardening Club, talk by Barry Gayton - 'Painful and Poisonous plants'. Further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.

**Wednesday 26th October** 10am – noon Community Coffee Morning and More, Old Friends Hall.

**Saturday 29th October** 7pm Barn Dance and Hot Supper with Whirligig ceilidh band. Tickets £15 from Dersingham Post Office or 01485 540271. No on the door admission. Dersingham Village Centre

**Sunday 30th October** Open Day at RAF Bircham Newton Heritage Centre [www.rafbnmp.org.uk](http://www.rafbnmp.org.uk)

**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.



# HALLOWEEN PARTY

## SATURDAY 29th OCTOBER

### 7:00 p.m.



### Entertainment with Roger Williams

**ADMISSION £5**

To include  
**JACKET POTATOES** (variety of fillings)

**PRIZE FOR THE BEST COSTUME**

To book please contact Dorothy on 01553 631349 or email [anmerchair44@gmail.com](mailto:anmerchair44@gmail.com) by Wednesday 26th October

FULLY LICENSED BAR RAFFLE





**Chris Palmer**  
Plumbing And Heating Services Ltd



**Chris Palmer**  
Plumbing And Heating Services Ltd

☎ 01485 571363

☎ 07798 635860

✉ [chrispalmer333@gmail.com](mailto:chrispalmer333@gmail.com)

New boilers-repairs-servicing

Bathroom-shower room installs

Renewables





## Hunstanton & District Rotary Club

After our very successful Norton Hill Railway Weekend event at the end of July which, thanks to the generosity of Mike & Angie Schumann, raised £10,000, the club had a quiet start to August.

Our weekly Business and Fellowship meetings during August consisted of a mixture of club business and friendly banter amongst members, together with planning future events consisting of both social and fundraising activities.

Throughout August, members of the Club helped Tapping House by stewarding on several days at the Butterfly Meadow in the grounds of Sandringham House.

At the end of August, we had both a fundraising and social event, Bra Day, on Monday 29th August, Bank Holiday weekend, and a club visit to the Thursford Museum on the final day of the month 31st August.

Bra Day was held to raise funds for Breast Cancer Research and, despite the weather being a mixture of sun and rain, we managed to raise over £800 with our bucket collection on the high street in Hunstanton. We had adorned the High Street with bras strung out from the lamp posts, and even hung some bras on our Rotary members both male and female. They were worn outside of their clothes to preserve some dignity! We owe a debt of gratitude to all the commercial organisations that supported us including Legges, The Copper Kettle, Berni Beans Tea Room, Mr Bun the Baker, The Tapping House Hospice Shop, The Community Shop Heacham and Moss Bakery.

Our visit to Thursford was very enjoyable, and thanks go to the Heacham Social Club for allowing us to use their Minibus to transport 11 club members. We were treated to

a half hour performance of music on the 'Mighty Wurlitzer', mostly from hit musicals from stage and screen. We then rode on the 'Venetian Gondola Switchback Ride' which was a lot more fun than the roller coaster at Alton Towers with a lot less screaming. The day was completed with a pleasant meal on the way home.

**Adrian Evans**  
**Hunstanton & District Rotary Club**



Left; Rotarians  
Peter Atterbury and  
Roger Raven



Right; Rotarians Janet  
Eastwood and Mary  
Harpley

## Hunstanton Conservative Club

### Entertainment for October

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

<b>Yoga:</b>	Wed: 10.30 - 11.30am
	Thurs: 11.00 - 12 noon
	Fri: 10.30 - 11.30am



## Point'z of Interest Health & Wellbeing

**Are you in Pain? Having Health Issues?  
Want Relaxation?**

Contact Point'z of Interest

**ACUPUNCTURE,  
Massage & Reflexology  
Holistic Therapie'z**

for more info call:

**07892942148**

PointzofInterest.co.uk  
PointzofInterest@gmail.com

**WE TREAT YOU AS A PERSON,  
NOT YOUR ILLNESS.**

## A. Roberts Plumbing

**Based in Heacham**

**38 years experience**

**No job too small,  
no call out charge**

**Very competitive rates**

**Call 07521 687642**



## Local Communities give vulnerable Beach Nesting Birds a Helping Hand

The support of local communities has given a vital boost to vulnerable beach nesting birds breeding on a stretch of coast from Snettisham to Heacham. With the help of mindful locals and visitors, 36 vulnerable ringed plover chicks have taken flight from these shores this year – almost double the number that fledged last year.

The RSPB led project 'Plovers in Peril', delivered in partnership with Wild Ken Hill, aims to halt the worrying declines in breeding numbers of ringed plover and oystercatcher on these two beaches by giving them much needed protection and raising awareness of their plight to visitors. The team of staff and volunteers working on the project want to extend a heartfelt thank you to the local community for supporting these birds by keeping dogs on leads and keeping a safe distance from fenced-off nesting areas during their most vulnerable time of year.

Generous funding from the Borough Council of King's Lynn & West Norfolk as part of the Habitats Monitoring and Mitigation fund, has enabled the project to continue protecting the vulnerable birds on these two busy beaches for another five years; and with local communities, mindful beach goers and a team of dedicated volunteers and staff all watching over them, 36 chicks have taken to the skies this season – that's almost double last year's total of 19! A fantastic result for the project after only its second season and a timely boost for a bird in Global decline.

These two beaches are well loved by both local people and visitors from further afield who come to enjoy the wild open spaces, stunning scenery, and unique wildlife. For perhaps the most iconic feature of this coast – the birds who make their nests on the sand during our great British summer - the challenges appear to be endless (and with a changing climate, this list is set to grow further still).

Despite the challenges facing them, these charismatic birds are remarkably tenacious - trying again and again when their eggs or chicks are lost too soon but these birds need the help of their communities if they are to thrive alongside us; and in this case, the support shown by the communities of Snettisham and Heacham has thrown these birds a real lifeline.

Project Officer Wynona shared her thoughts about the support offered by the community: "We have received so many offers of help from people within our communities, moved by the plight of these birds living on their doorstep, that our volunteer team is always growing! These people are showing up for these birds every day of the week, rain or shine to chat with visitors, explain restrictions and build support for these birds in hope of securing them a brighter future. It is truly inspiring."

It's not just volunteers though, local organisations have been pledging their support for the project too and amongst others, the project team have enjoyed working alongside Snettisham Beach Sailing Club to raise awareness of beach nesting birds amongst sailors young and old.

Snettisham Beach Sailing Club shared their support for the project, saying "SBSC are passionate about working closely with the RSPB to help protect the nesting birds here. Our Junior sailors and families have enjoyed a tour of the nesting sites, seeing first-hand the impact we have on their survival and with this knowledge they have helped to design thank you signs to be displayed outside the sailing club. Building links through educating our next generation is paramount and we look forward to continue working with the RSPB!"

Project Officer Wynona echoes her heartfelt thanks to the community. "It has been moving to see so many people within the local community taking pride in the wildlife that makes this coast so special, taking action to help it thrive and actively

01485  
570303

**A.E.WALLIS**

01485  
571683

[www.aewallis.co.uk](http://www.aewallis.co.uk)

\*Dealership of Quality\*

TV's Video's  
And DVD's  
Washing Machines  
And Tumble Dryers  
Cookers, Built in models  
And so much more

Cycle Sales  
Cycle Spares  
Cycle Repairs  
Cycle Hire

Buy on-line at [euronics.co.uk](http://euronics.co.uk)

 **euronics**

34-40 High St  
Heacham

Hooch Pooch Parlour



**City and Guilds Qualified Dog Groomer**

We offer: Hand Stripping, Full Dog Groom, Wash and Blow Dry, Nail Clipping, Puppy Sessions.

Call Sarah based in Snettisham

Mobile: 07950 888 449

[www.ajdautorepairs.com](http://www.ajdautorepairs.com)

**AJD auto repairs**

*Motor Vehicle Engineers*

MOT  CENTRE

- CARS ● LIGHT COMMERCIALS ●
- MOTOR CYCLES ●
- AIR CON SERVICE & REPAIR ●

**5 BANK ROAD, DERSINGHAM  
KING'S LYNN,  
NORFOLK PE31 6HW**

TELEPHONE  
**(01485) 540039**  
email: [info@ajdautorepairs.com](mailto:info@ajdautorepairs.com)

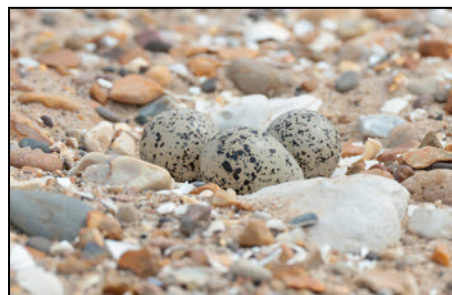
 



inspiring others to do the same. It shows us just how much can be achieved when people pull together to be custodians for nature; and for beach nesting birds- it may just be the key to their success.”

Whilst there is still a lot to do to ensure beach nesting birds have a future here, the success of this season brings hope for these iconic birds who love Snettisham and Heacham just as much as we do!

For more information about the Plovers in Peril project or to register your interest for volunteering in the 2023 season please contact [snettisham@rspb.org.uk](mailto:snettisham@rspb.org.uk)

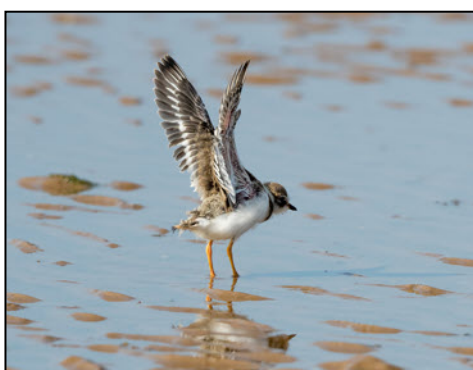


Left; A ringed plover nest. Photo by Les Bunyan



Left; Ringed plover with chick. Photo by Phill Gwilliam

Right; Almost there! A chick stretching its wings. Photo by Phill Gwilliam



Right; Thank you sign made by Snettisham Beach Sailing Club's junior members. Photo by Wynona Legg



## BINGO NIGHT

PROCEEDS IN AID OF ANMER W.I.

FRIDAY 14<sup>th</sup> OCTOBER

Club opens 7.00 p.m. Eyes down 7.30 p.m.

Entry £6.60 per book of 10 cards & £1.75 for a flyer card

For further information & to book visit  
[www.anmerclub.co.uk](http://www.anmerclub.co.uk) or [facebook.com/AnmerSocialClub](https://facebook.com/AnmerSocialClub)  
or email: [events@anmerclub.co.uk](mailto:events@anmerclub.co.uk)

Fully Licensed bar
Raffle

New Members Welcome

FRIDAY

21st OCTOBER

7.30 p.m. start  
Club opens 7.00 p.m.

Entry £2 per person

For further information on this and other events visit  
[www.anmerclub.co.uk](http://www.anmerclub.co.uk) or [facebook.com/AnmerSocialClub](https://facebook.com/AnmerSocialClub)  
or email: [events@anmerclub.co.uk](mailto:events@anmerclub.co.uk)

Fully Licensed bar
Raffle

New Members Welcome

DONATIONS OF RAFFLE PRIZES WELCOME

## ATFM King's Lynn

**Open Day 22nd September 2022**

Allen Tomas & Co Financial Management Ltd are excited to announce the grand opening of their third Norfolk based office in Kings Lynn was held on Thursday 22nd September 2022. The Mayor of King's Lynn & West Norfolk, Councillor Lesley Bambridge commenced the proceedings at 11.00am at No. 1 King Street with the event running until 3 p.m. Refreshments were available throughout the day provided by the newly established Purfleet Brasserie. Visitors were able to find out what services they offer or just see their beautiful Grade II Listed office and were warmly invited to drop in.

Allen Tomas & Co are Independent Financial Advisers and Mortgage Advisers serving Norfolk and beyond. They are proud to call themselves Chartered Financial Planners with three members of staff achieving fellowship with the Chartered Insurance Institute. They specialise in Investments, Pensions, Taxation (including Inheritance Tax Planning), Mortgages, Protection and Care Fees Planning whilst working closely with local professionals such as Accountants and Solicitors. The company has Later Life Adviser accreditation with the Society of Later Life Advisers (SOLLA), which means their advisers are authorised to specialise in the financial needs of older people and can advise families, lawyers and deputies on planning for care fees. On the mortgage side, Senior Mortgage Adviser Rachael Smith heads up their mortgage team and they

are currently offering fee free mortgage advice on any UK property until the end of the year.

Directors Ben Allen and Michael Crisp acquired the Grade II listed building earlier this year when Sowerbys Estate Agents vacated the premises. "We're extremely proud and honoured to become the new owners of this fabulous building because it embodies so much history," says MD Ben Allen. The building was constructed around 1670 for Sir John Turner, who was mayor of King's Lynn and who went on to commission a new Custom House for the town in 1683. Allen Tomas & Co have completed a 3 month renovation process which included new modern partitioning to create meeting spaces, complete redecoration over the four floors and new carpets throughout, all whilst keeping the traditional feel of the old building. All their advisers will be able to make use of the office to see clients Face-to-Face thanks to the fantastic meeting rooms on the ground floor.

With the decision in 2019 to incorporate a mortgage arm into the firm the team rapidly expanded and Head Office in Dersingham was unable to accommodate a largely growing team. Following the end of the pandemic Ben and Michael looked to King's Lynn for a third office. Michael explains "In the heart of Fakenham our office is a hub for the North of Norfolk and we wanted to replicate a similar setup to serve our South and West Norfolk clients. King's Lynn is busy market town with a vibrant centre. It is a place I call home and to have an office on the prestigious King Street is a fantastic opportunity'.

**Allen Tomas & Co Financial Management Ltd**  
**1 King Street, King's Lynn, Norfolk, PE30 1ET**

**01553 767516**

**info@allentomasfinancial.co.uk**

**www.allentomasfinancial.co.uk**

LOCAL CHARTERED INDEPENDENT  
FINANCIAL & MORTGAGE ADVISERS

## New Office

1 King Street, King's Lynn  
01553 767516

Also find us at:

6 St Nicholas Court, Dersingham 01485 541998  
2 Oak Street, Fakenham 01328 854706

**Allen Tomas & co**  
FINANCIAL MANAGEMENT



Savings & Investments

Pensions

Mortgages & Protection

Inheritance Tax

Care Fees Planning

info@allentomasfinancial.co.uk

www.allentomasfinancial.co.uk





## BIG BROTHER REALLY WILL BE WATCHING YOU

By Kathryn Gigg Chartered  
Accountants, Hunstanton

One of the consequences of the increasing digitisation of practically everything, is that it is becoming easier for governments to keep tabs on who owns what – and as time goes on (and the threat of money laundering grows) there is a move to make that knowledge even more comprehensive.

This is becoming apparent in Income Tax with the “Making Tax Digital” initiative, which will require most businesses and many landlords to file electronic accounts on a quarterly basis from April 2024. For trustees, the problem is slightly more pressing. The Trust Registration Service, which was launched in 2017 after a troubled start and a couple of deferrals, required registration of both taxable and non-taxable existing trusts by 1 September this year. By such date, all trusts should have registered with the service, giving details of assets, settlors, beneficiaries and trustees. Any new trusts established since 4 June 2022 are required to register within 90 days.

It would appear likely that there will be a fair degree of non-compliance. No one knows how many trusts exist within the UK but estimates range between 1-2 million. Less than 200,000 trusts were registered with HMRC under previous rules. The new registration regime catches all trusts except a few small exceptions such as pensions, charities, will trusts wound up within two years and some insurance policy trusts, but includes, for example, trusts with a life interest, property trusts where the trustees and beneficiaries are not identical and even most bare trusts (typically where investments are held on behalf of a minor). The number of trusts currently on the register is not disclosed, but almost certainly there will be huge numbers of trustees who hold assets producing no income and who have simply not heard of the new rules.

Potentially such trustees will be liable for fines, starting at £100 and ranging up to £5,000. However, HMRC have indicated that they will initially adopt a “soft landing” approach starting with a “nudge letter” encouraging trustees to register, before raising a fine. Given the degree of information available to HMRC from their many databases, such nudges will probably emerge at some scale.

There are without a doubt hundreds of cases locally where registration will be required. Our existing trust clients were mostly registered by the deadline and a handful more have come forward in recent months, but this is probably the tip of the iceberg. Anyone who is holding property, investments, land or other assets on behalf of others, should act as soon as possible to bring matters up to date.

**Please contact either myself or my partner Nicola Tarry FCA on 01485 534800 or email [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk) if you require advice regarding the tax implications of the Sponsorship payments.**

**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.

© Kathryn Gigg 2022



# Kathryn Gigg

CHARTERED ACCOUNTANTS | BUSINESS ADVISERS | TAX CONSULTANTS

Offering a comprehensive range of services for both business and personal clients

- annual accounts, business and company taxation
- business start up advice and incorporation
- SAGE, Quickbooks & Xero installation and training
- payroll & auto enrolment administration
- VAT and bookkeeping services
- small business specialists
- personal tax returns and self assessment advice
- capital gains tax advice and inheritance tax planning
- tax planning and accounting services for private property investors

**For an appointment please contact: Mrs K H Gigg FCA**

THE OFFICE, 20 KING'S LYNN ROAD, HUNSTANTON, NORFOLK PE36 5HP  
T: 01485 534800 e: [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk)

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

## General Knowledge Quiz

### ANSWERS

1. Miss Moneypenny.
2. Andrew Bailey.
3. Dong.
4. Money, Money, Money!
5. La Bourse.
6. Gertrude Shilling.
7. Escudo.
8. 240.
9. Queen Elizabeth 2nd in 1960.
10. Farthing.
11. Dollar.
12. 15th February 1971.

### CROSSWORD SOLUTION

#### Across:

1. Affront
5. Dashcam
9. Rouse
10. Edwardian
11. Electorate
12. Abel
13. Disconcert
16. Sand
18. Mega
19. Hamstrings
21. Dorm
22. Wallflower
26. Allocated
27. Toxin
28. Seminar
29. Essence

#### Down:

1. Airhead
2. Flute
3. Overtook
4. Tweer
5. Downturns
6. Spry
7. Chilblain
8. Mangled
14. Sugarplum
15. Character
17. Prelates
18. Madcaps
20. Syringe
23. Lodge
24. Waxen
25. Icon

## SNETTISHAM GARDENING CLUB

We won a Silver medal with our exhibit at Sandringham Flower show this year with our garden 'An Elizabethan Garden'.

Our next meeting will be on Wednesday 26th October when Barry Gayton will be talking to us about Painful and Poisonous plants - 7.30 pm in the Memorial Hall, Old Church Road, Snettisham.

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



## Hunstanton United Services Club

### October Entertainment

- Sat 1st: TRAVIS. All eras. 8.30pm
- Fri 7th: MACMILLAN COFFEE MORNING. 10am.
- Fri 7th: MIKE SHELBY. Rock 'n Roll Elvis. 60s. 8.30pm.
- Sat 8th: JUST US DUO. All eras. 8.30pm.
- Sun 9th: MACMILLAN PRIZE BINGO. 5pm.
- Fri 14th: BAND AGE BANDS. Fee donated to the Norfolk Tapping House. 8pm.
- Sat 15th: DEANO SINGER, personality vocalist. S Swing to Pop. 8.30pm.
- Fri 21st: QUIZ NIGHT. £50 First Prize. £4pp including supper. 8pm.
- Sat 22nd: SPLASH DUO. All eras. 8.30pm.
- Fri 28th: CABARET NIGHT featuring a DRAG ARTIST & COMEDIAN. 8pm. Tickets £15pp from the bar.
- Sat 29th: TONI G. All your Elvis favourites & requests 8pm.

CASH PRIZE BINGO – every Monday and Thursday.  
Eyes down 8pm.

KARAOKE - every Sunday night with Mick. 8pm

POKER NIGHTS – Friendly on Tuesday – 7pm.  
League on Thursday – 7pm.

SNOOKER ROOM with match size tables.  
POOL TABLE.

DEWEY'S CARVERY EVERY SUNDAY &  
WEDNESDAY LUNCHTIME.

STEAK NIGHT every Wednesday from 5.30pm

Phone 07901 524778 to book.

### Stanhoe & Barwick WI

Thursday 6th October: Andrew Tatham, "I shall not be away long". The First World War letters from an officer to his family.

Thursday 3rd November: Candi Robertson. How non-mango mango chutney became a local success story.

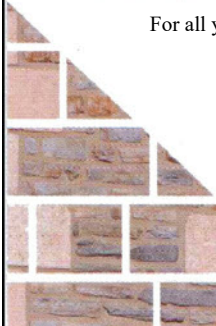

Visitors and potential new members always welcome, £3.

Please contact Valerie for further details 01485 576261.


**Tim's Tree Services**  
 PRUNING • TOPPING  
 FELLING • CLEARING  
 ALL ASPECTS OF TREE  
 & HEDGE WORK UNDERTAKEN  

 OVER 30 YEARS EXPERIENCE  
 QUALIFIED - INSURED  
 CALL 07884 263897 or 01485 541560  
 FOR YOUR FREE QUOTE!  
[www.timstreeservices.com](http://www.timstreeservices.com)  
 LOCAL MAN - LOCAL RATES




**SMART BRICKWORK SERVICES**  
 For all your brickwork requirements  

**Andy Larham**  
 Advanced City & Guilds Bricklayer  
 For a no obligation quote  
 Phone 07810 191051  
 Email - smartbrickworkservices@outlook.com



## ◆ Poets' Corner ◆

### The Vanishing Act

What has become of us,  
 We Band Of Brothers....unknown, unwanted?  
 Why did they turn against us-  
 What wrongs did we commit?  
 The strangers from away, from other places.  
 Were our ways alien to their sensitive ears,  
 their way of life, their unknowing,  
 Their ideals set in other places?  
 Towns and cities?  
 Did we underestimate the creeping footfalls in  
 the night and the fog?  
 Do you think we underestimated them,  
 Did our natural ways annoy them,  
 Was this all?  
 Was that it?  
 Our 'crime'.  
 Did these rich interlopers hate our normality  
 our daily ritual?  
 Our lives.  
 Just two of us, we, the elders remain constantly  
 in fear,  
 Where are our brethren?  
 Where did they go?  
 Will they be remembered?  
 Will transportation be our punishment,  
 Imprisonment and death,  
 or is there something more odious for us,  
 lurking in the shadows?  
 Some hideous treatment?  
 Screaming torture and abuse?  
 Will we become a number within numbers-  
 forgotten, and thrown to the wolves?  
 Our only crime was to be normal-  
 much to the chagrin of the fun seekers.  
 The invaders,  
 'They' will continue to invade this once  
 tranquil place, 'they' will continue to want  
 things to be their way.  
 Unlike this peaceful life.  
 How can we continue to live as  
 We once lived?  
 Tell us, what harm have we caused,  
 What else could we have done?  
 We are normal,  
 We have behaved NORMAL and they,  
 the destroyers of life-  
 have not.  
 God bless us two remaining Cheney Hill Cockerels,  
 long may we flourish.

PJS

**u3a**

**HUNSTANTON**

*Learn, Laugh, Live*

Will be holding their AGM at The Community Hall, Avenue Road, at 2.00pm on Monday 17th October followed by a Quiz.

You will be most welcome to join us.

Further information can be found at:  
[www.u3asites.org.uk/hunstanton](http://www.u3asites.org.uk/hunstanton)

PRE-PAID FUNERAL PLANS  
 CHAPELS OF REST | MEMORIALS



**Thornalley**  
 FUNERAL SERVICES

Behind every independent business  
 is a family that cares

[www.tfs.co.uk](http://www.tfs.co.uk)



King's Lynn 01553 771399 | Dersingham 01485 598598  
 Swaffham 01760 721305

**Goldilocks**  
*Your friendly and Professional Salon*

Stylists specialising in all aspects  
 of hairdressing  
 Corrective & Creative Colour Work  
 Fashion Cuts, Bridal Hair,  
 Perming, Up-do's  
 Individual Consultation & Advice  
 Gift Vouchers

State Registered Hairdressers  
 Level 3 Stylists and Assessors

20 Austin Street  
 Hunstanton  
 01485 532001

[www.goldi-locks.co.uk](http://www.goldi-locks.co.uk)



### AJA Domestic Services

**Local Cleaner**

Providing cleaning & housekeeping services  
 for 11 years  
 Weekly/Fortnightly Cleans  
 Deep Cleans  
 Spring Cleans  
 Ironing

If you would like help cleaning your home  
 Please call or text Aleta Harrison  
 on 07889699533

To discuss your requirements

Email: [ajadomesticservices@icloud.com](mailto:ajadomesticservices@icloud.com)



## The Eye of the Beholder

Most artists will paint to give the viewer an understanding of the painting and the context in which it is created. But sometimes all is not as it seems. The art of concealment of hidden messages that only a few may understand is a centuries-old artistic pursuit. And clever 'trick-niques' which fool the eye, such as the 'squashed' image (anamorphic) of a drawing that's been made to appear normal when looked at from one point, or with a mirror or lens, and is something completely different from another. The familiar art of trompe l'oeil is created to form an illusion, a deception.

Wrangling with reality has been the experimental domain of artists from the frescoes of Pompei (150BC - 79AD) through to the visual experimenters like Salvador Dali and Magritte. Contemporary visual artists like Frenchman Bernard Pras work to deceive and fascinate. A perfect example would be his portrait of a man morphing into a humdrum pile of 'stuff', depending on whichever way the viewer is looking at it. Sometimes the artist just wants to be playful, seeking to trick the viewer by challenging their sense of reality – when is a wall not a wall? The risk is, will the viewer 'get it'? If the viewer doesn't 'get it' the whole thing can be a less than satisfactory experience.

Artistic devices of illusion were perfected by European artists in the 17th century Baroque period. It is believed that the desire to deceive the eye came about as a result of cultural anxieties, possibly because of a revolutionary period of scientific discoveries, religious upheaval and a need for a visual display of having high moral standards. Illusion was created by the art of trompe l'oeil, where the artist represents the object as true or real, but the aim is to deceive the eye. False frames would be painted, out of which the contents of a still life or portrait appeared to spill over, or a windowlike image that appeared to be a real opening in a wall and ceiling. This technique was favoured by the ancient Greeks, Roman muralists and using Intarsia inlay work on choir stalls and in sacristies in 15th century Italy. The viewer would see an illusion of cupboards with different articles seen upon shelves through half-open doors. In the late 20th century, muralist Richard Haas painted the exteriors of entire buildings in trompe l'oeil in Chicago and New York City. The technique continues in the 21st century.

Illusion and deception developed when the sense of self-importance arose for the artist in Renaissance times and with it came the desire to camouflage themselves within their own paintings by creating special signatures and symbols on their canvas, a hidden self-portrait. They were usually found in reflective surfaces, such as mirrors or something else from the house. Useful as a way of sharing complex narratives and often the views of the commissioners of the artworks, particularly if they differed from the ideologies of, for example, the Church. Renaissance artists loved to play hide-and-seek in their artworks. Three of the most famous hidden Renaissance self-portrait artists were Michelangelo, Caravaggio and Raphael.

If you would like to learn more about concealed portraits and deception throughout western art, The Arts Society North West Norfolk will be hosting the first lecture of our 2022/2023 season - *Face Games: The History and Mystery of Cryptoportraits in European Art* - on Monday 10th October 2022 at 2.00pm in Sedgeford Village Hall. New members are welcome to join our friendly Society and details are on our website;

[www.theartssocietynwnorfolk.org.uk](http://www.theartssocietynwnorfolk.org.uk)

Lesley Nadel



THE ARTS SOCIETY - ENRICHING LIVES THROUGH THE ARTS

Next lecture: Monday 10 October 2022  
Sedgeford Village Hall at 2pm

**Face Games: The History and Mystery of Cryptoportraits in European Art**  
Lecturer: Sophie Oosterwijk

A portrait can be much more than a straightforward likeness of a person. A 'cryptoportrait' may at first sight not look like a portrait at all, because it can be 'disguised': for example, as an Adoration of the Magi with real people playing the parts of the Magi, or as a statue of a prophet or saint with the features of a patron, or the artist's self-portrait may be hidden amongst a host of other faces.

Throughout Western art we may discover such concealed portraits if we look carefully and are prepared to recognise these games that artists and patrons chose to play with the beholder.



For more info and how to join, visit our website:  
[www.theartssocietynwnorfolk.org.uk](http://www.theartssocietynwnorfolk.org.uk)

or email:  
[info@theartssocietynwnorfolk.org.uk](mailto:info@theartssocietynwnorfolk.org.uk)

Registered Charity No. 1105490

Extra Lights, Sockets, Showers, Storage Heaters, TV & BT, Cookers Connected

**T.M.** electrical

I don't charge the earth

Small Jobs a Speciality

Tony Morgan

**07884 454480**

Fuseboards Replaced, Electrical Inspection Certificates, Rewires

17th Edition • Qualified to Test and Inspect C&G 2391 • Part P Registered



Email: [tm.electrical@hotmail.com](mailto:tm.electrical@hotmail.com)

Mob 07884454480

**Sandringham**  
**Windows**  
**Norfolk**



**UPVC Windows**  
**UPVC Doors**  
**Composite Doors**

**Garage Doors**  
**Porches**  
**Conservatories**

**Free, no obligation quotations**  
**Over 60 years Industry experience**  
**10 year guarantee**

**Tel: 01553 611631**



# CHRISTINA THAIN

(Non-practising Solicitor)

## WILLS & POWERS OF ATTORNEY

Home appointments at no additional charge.

Telephone: 07776 102 498

Email:

[christina2018thain@gmail.com](mailto:christina2018thain@gmail.com)

Address: 56 Peddars Way North,  
Ringstead,  
Norfolk PE36 5JP



## Stephen Gibson

Heating and Plumbing  
Engineer



Gas Safe Registered  
Natural Gas and LPG  
Central Heating Service, Repair & Installation  
General Plumbing  
Bathroom Installation  
Residential Park Homes & Caravans  
Landlord Gas Safety Certificates

Tel: 07786 365139

Email: [gib.son@hotmail.co.uk](mailto:gib.son@hotmail.co.uk)

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

## Sandringham IRONCRAFT

HIGH QUALITY ORNAMENTAL IRONWORK  
AND STEEL FABRICATION

Unit 4, Cheney Crescent, Heacham  
Tel: 571129

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS



## Hunstanton Croquet Club

As I write this at the beginning of September, we have hosted a four day AC (Association Croquet) over the Bank Holiday weekend and the two day GC 'B' level finals. Lovely to welcome competitors from far and wide to both tournaments and Patricia Duke-Cox, President Elect of the CA, who presented the trophy to Mark Buckley, winner of the GC B level final.

We also enjoyed welcoming twenty ladies from Hunstanton golf club. They showed that golfing skills transfer very easily to the Croquet lawn and it was great fun working with them. If your club or organisation would like some basic tuition and a couple of hours on the lawns, please get in touch, I am sure we could provide you with a lovely afternoon/evening, although, by the time this goes to print it might be something to consider for next season - I can't believe how quickly time is passing!

Owing to the lag between writing and printing, when you read this we shall have completed another busy month. In just four weeks there will have been seven days of tournaments - three internal and four external, plus a visit from Bodham CC - in addition to our regular club days. All only possible with the help of the volunteers who turn up week after week. If, next season, you might feel you can give the odd half hour or so to keep the urn topped up and the milk jug full... watch this space!

As always, head to our website [-hunstantoncroquetclub.co.uk](http://hunstantoncroquetclub.co.uk) - for more information.

Caroline Harper



GC B level finals winner: Mark Buckley of Leicester with Patricia Duke-Cox



AC Winners: Neil Adams, Betty Bates, Tony Hicks, David Houstun, Martin Russell

## THE MOBILE MOBILITY SHOP

The One-Stop Mobility Shop

### CAN'T GET TO THE SHOP?

Let us come to you

### HAVE YOU BEEN FITTED TO YOUR MOBILITY PRODUCT?

One size DOES NOT fit all.  
WE OFFER A FITTING SERVICE.

Mobility Scooters - Wheelchairs  
Rollators/Walkers  
Daily Living Aids

WE ALSO OFFER: Stairlifts, Bathroom Adaptations,  
In-House Lifts Care Support, Advice, Guidance and Support  
+ Lasting Power of Attorney + Benefit Advice + Form Filling

We are 2 independent mobility shops all wanting to work together to help our local communities live an independent life where possible!

5 Market Place, Long Sutton PE12 9JA 0800 644 6144  
35 Turbine Way, Swaffham PE37 7XD 0800 688 9511

## **Borough Council News Heacham, Sedgeford and Fring**

At the time of writing, the late Queen Elizabeth's coffin lies in state at Edinburgh. Councillor work at the Borough Council has effectively ceased. I joined other councillors for the inauguration ceremony of King Charles III at King's Lynn Town Hall followed by a service at the Minster. Such civic observances are very well managed by the Council's Civic Officers.

**Fring:** The application for new holiday accommodation proceeds. I note that there are 13 fulsome objections from local residents, both permanent and occasional. This is a lot from such a small community. Comments can be received up to the Thursday before the application is due at planning committee. Two people can then speak against and two for the proposal.

**Sedgeford:** The Parish Council, as usual, has all matters in hand. Congratulations to them for two more successful Community Infrastructure Levy bids which will benefit all users of the excellent hall.

The application for a solar farm is still in the system. I have called this in for public debate. My own belief is that such farms benefit both the land owner and installer most. To benefit energy users, the public, then solar panels should be installed on house roofs – as part of new builds or retrofitted where homes have the correct alignment. Solar farms, if then desired, should go on land which cannot be farmed. The food 'war' will be coming soon.

Instead of overturning the ban on fracking, perhaps the government should support solar panel manufacturing in the UK. Most are imported and supply will be a problem.

**Heacham.** Planning applications abound. There are now 7 in the system for extensions and new builds along North and South Beach. These properties used to be modest but owners, old and new, are intent on making them higher and/or wider with outbuildings to frame them. To my mind this activity in the recent past and now accelerating causes, in their entirety, a very detrimental impact on the Heacham sea front. Instead of sea, shore and dunes it is increasingly becoming a street scene with a tide. (I do, of course, consider each application on its own merits).

A well overdeveloped property at South Beach which expanded more than it should have done, was sold for well over a million pounds last year so you can see the incentive to owners. Pity about impact. There is one application for a completely new property on land where building has been refused twice. A, presumably, new owner has made a fresh application to build holiday accommodation but included with it plans for a 'coast guard tower'. Perhaps hoping this beneficence will drive a tank through planning regulations? I wish Heacham residents would take more notice of the goings on at the beaches. It is a case of 'out of sight, out of mind'.

This is not the case at Hunstanton Road, Heacham. An application for 2 homes on land adjacent to the Park is still hot and has received 57 public objections. A newer application just opposite, for 3 houses adjacent to the woodland and Blackthorn Close, only one. This may be because the planning notice is pinned up adjacent to the site where there is no footpath and the road has to be crossed. It is important to be aware of what is going on and make your comments, for or against.

Both development proposals are described as 'self-build'. Those of you who visualise owners working through the night sawing, hammering and laying bricks need to be disabused of this fairy tale. The owners will likely choose the colour of the bathroom tiles and that will be the end of their involvement, they can contract builders to do the rest. Self-build is a fiddle to get around paying the Community Infrastructure Levy which was designed, by government, to offset negative responses to development. A bribe to communities to accept house building. 'Self-Build' avoids that so you don't even pick up the official brown envelope.

**Sewage:** There was a meeting with the Environment Agency and Anglian Water. Due to illness, I was not present but was filled in about it. In essence, the cause of poor sea water quality at Heacham beaches is not known and nothing has changed. Another meeting is planned. To be fair to the EA, they do lack resources with only 3 or so officers to manage a vast length of coastline

The blame for very inadequate resources to tackle pollution can be laid on Liz Truss. She was Environment Secretary between 2014 and 2016 and reduced Environment Agency spending by £235million. This included a £24million cut for environmental protection involving surveillance of water companies to prevent the dumping of raw sewage.

Since 2016, raw sewage discharge in England and Wales has doubled; 24% of sewage overflows at seaside resorts are faulty or non-existent. Greenpeace says. 'Truss has sewage on her hands'. So glad I am an Independent and, I wonder, if marketing of the expensive developments on the beaches will state, 'Wonderful view of the sea but don't go in it'.

**Prescriptions:** Problems appear to persist compounded by staffing problems due to illness. No word about any national initiative to address shortages of pharmacists. I discovered that prescriptions given by a doctor, during a consultation, get 'wired' to Boots which may, or may not be open. If you ask for a paper prescription then it can be taken to any chemists. I suggest, if you are in that position, ask your doctor for a paper one. It can be provided by the pharmacy at the doctors, the paper, not, unfortunately, the drug (unless you live in Sedgeford).

The Heacham Group Patient Participation Group has re-formed and I wish organisers and participants well.

**Terry Parish  
Borough Councillor Heacham Ward  
which includes Sedgeford and Fring**

# **Fullers Body Repair Centre**



**Unit 10  
Cheney Crescent  
Heacham  
Norfolk  
PE31 7BT**

**T: 01485 570799  
M: 07799 118503**

**Established 1973  
E: beautifulbodies@hotmail.co.uk**

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



## Heacham Parish Council Notice Board

### PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting will be held on Tuesday 18 October at 7.00pm at the Old Friends Hall, Sunnyside.

The Full Council Meeting for November will be held on Tuesday 15 Nov 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.

### NEW COUNCILLOR

We are pleased to welcome Mr Paul Rawlinson as a Parish Councillor.

### ALLOTMENTS

We currently have an empty waiting list for our allotments on Sedgeford Road with one vacant plot. Anyone who doesn't have quite enough garden to grow the things they want, could 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 on site. You only have to be willing to work the whole of a plot and be a resident of Heacham. Our new allotment year begins on 1st October so get on the list now, before the year progresses further.

### PARISH MAINTENANCE OFFICER

Many of you will be aware that Rodney took semi-retirement a few years back but has continued with his reduced workload since. He has always gone above and beyond for the village and after 17 years of service has decided to completely retire. Having shown 3 subsequent PMOs the ropes he continued to assist them when needed. He continued to help look after our Library and was an excellent caretaker for the Old Friends Hall, plus 'extras'.

All the staff and Parish Councillors will miss him greatly but wish him all the happiness he deserves in his retirement.

## !!WANTED!! PARISH COUNCILLOR's

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.

### CLEANER NEEDED!

We are looking for a cleaner to clean the Old Friends Hall 2 hours per week. The days and times to be agreed. Contact the Parish Office if you are interested, the contact details are below.

### LITTER BINS

The Parish Council are in the process of replacing some of the older litter bins in the village with larger ones. Please remember these bins are for the villagers' and visitors' litter not HOUSEHOLD waste or large bags of dog waste. For example, the litter bin on Cheney Hill has been broken due to the amount of carrier bags of dog waste that have been crammed into it. The Borough Council will not now empty it until we replace the whole bin!

### CARNIVAL

Last month we included a great photo taken by Ray Sparvell of the band and forgot to acknowledge the fact. Thank you Ray.

### PARKING ISSUES

The Parish office regularly receives calls from disgruntled residents who are unable to access their property due to inconsiderate parking. Please consider where you park and give thought to those who have to walk in the road to get past cars parked on the pavement or have problems getting into their own driveways or streets due to obstructions. **REMEMBER** emergency vehicles may need to get to you or a neighbour and inconsiderate parking can hinder their access in an emergency situation. There has been a particular issue with people parking over the entrance to Kenwood Road off the High Street next to 'Stay Pressed'. Although the path runs through the entrance it is a junction, there are double yellow lines there which are being ignored.

### LIBRARY

Our village Library is located in the Church Hall on the High Street; come along and have a look. It is well stocked and membership is free. There is also a tourist information point along with supplies of The Heacham Newsletter and Town & Around. There is also a display of old photographs of the village which will change so that the whole of the village can be shown at different times.

### 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](mailto:heachampc@btinternet.com)

Website: [heachamparishcouncil.norfolkparishes.gov.uk](http://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  
 THURS/FRIDAY 8.30 TO 12.30 Closed p.m.

### OUT OF HOURS DOCTOR

111

For out of hours service, please call the NHS Helpline

### HEACHAM & DISTRICT COMMUNITY CAR SCHEME

534777

### HEACHAM CHEMIST (Boots)

570297

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

### HEACHAM PARISH COUNCIL OFFICE

572142

OPEN MON, TUES, THUR 10:00 - 12:00

STREET LIGHT FAULT REPORT

572142

BOROUGH COUNCIL OFFICE

01553 616200

### BOROUGH COUNCILLORS

TERRY PARISH

07885 258428

STUART DARK

01485 544339

### NORFOLK C.C

MICHAEL CHENERY

07920 286638

### PARISH LIBRARY (in Church Hall, High Street)

07398647119

OPEN MON, WED, FRI 10.00 - 16.00 SAT 10.00 - 12.00

### HEACHAM POST OFFICE

570330

OPEN MON - FRI 09.00 - 13.00, 14.00 - 17.30 SAT 09.00 - 12.00

### EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL

01553 613613

NHS Helpline

111

DENTIST Emergency only for patients not registered with a dentist

01553 769264

COMMUNITY MIDWIFE (Ask for Hunstanton M/W)

01553 613613

POLICE

101

SAMARITANS Freephone 116123 or (local charge)

0330 094 5717

CHILD LINE

0800 1111

SILVER LINE

0800 4708090

ELECTRICITY (UK Power Networks)

0800 3163105

ANGLIAN WATER

0800 771881

GAS ESCAPE

0800 111999

24hrs VETERINARY CLINIC (Medivet Heacham)

01485 570065

### HUNSTANTON LIBRARY

01485 532280

OPEN TUES WED FRI - 9am-7pm

SAT 9am-4pm MON & THURS - Closed

### HEACHAM CHALK PIT RECYCLING CENTRE

0344 800 8020

1st April to 30th Sept 9am - 5pm

1st Oct to 31st March 9am - 4pm

### HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

### HEACHAM HALLS

PUBLIC HALL

570776

PINE RESIDENTS HALL, Wilton Road Pat Toppin

779208

METHODIST CHURCH HALL, Station Road Mike Careless

570363

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

572539

OLD FRIENDS HALL Sunnyside

572142

HEACHAM SCOUT HUT Sunnyside

592041

### 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 GYM KHANA 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	36
	via QE Hospital via Sandringham Coastliner		
<b>Mon - Sat</b>			
1st bus from Fox & Hounds	0659	0745	0729
Last bus from King's Lynn	2010	1600	1630
frequency	2/hr	1/hr	1/hr
<b>Sun</b>			
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 OCTOBER & NOVEMBER 2022

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr for BST ends 30th Oct									
Oct 2022					Nov 2022				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SA	09 10	6.9	21 31	6.5	1 TU	11 10	5.7	23 21	5.7
2 SU	09 57	6.4	22 19	6.0	2 W			12 55	5.6
3 M	11 03	5.8	23 31	5.5	3 TH	00 56	5.7	14 19	5.9
4 TU			12 49	5.4	4 F	02 15	6.1	15 28	6.3
5 W	01 15	5.5	14 36	5.7	5 SA	03 18	6.6	16 21	6.7
6 TH	02 43	5.9	15 51	6.3	6 SU	04 09	7.0	17 04	7.0
7 F	03 47	6.5	16 47	6.8	7 M	04 55	7.3	17 41	7.1
8 SA	04 37	7.1	17 33	7.2	8 TU	05 38	7.4	18 15	7.2
9 SU	05 22	7.5	18 13	7.4	9 W	06 20	7.4	18 49	7.2
10 M	06 04	7.7	18 48	7.4	10 TH	06 59	7.3	19 20	7.1
11 TU	06 46	7.7	19 21	7.3	11 F	07 35	7.1	19 47	7.0
12 W	07 24	7.6	19 51	7.2	12 SA	08 08	6.8	20 13	6.8
13 TH	07 59	7.4	20 18	7.0	13 SU	08 41	6.4	20 41	6.5
14 F	08 31	7.0	20 42	6.7	14 M	09 17	6.0	21 13	6.1
15 SA	09 04	6.6	21 07	6.3	15 TU	10 02	5.5	21 57	5.7
16 SU	09 39	6.0	21 40	5.9	16 W	11 07	5.2	23 06	5.3
17 M	10 26	5.4	22 29	5.4	17 TH			12 33	5.1
18 TU	11 50	5.0			18 F	00 41	5.3	13 45	5.3
19 W	00 11	5.1	13 28	5.0	19 SA	01 52	5.6	14 45	5.7
20 TH	01 47	5.2	14 42	5.4	20 SU	02 48	6.0	15 35	6.2
21 F	02 52	5.7	15 39	5.9	21 M	03 35	6.4	16 19	6.5
22 SA	03 41	6.2	16 22	6.3	22 TU	04 21	6.8	17 00	6.9
23 SU	04 22	6.6	17 00	6.7	23 W	05 05	7.1	17 40	7.1
24 M	05 00	6.9	17 36	7.0	24 TH	05 50	7.4	18 20	7.3
25 TU	05 38	7.2	18 12	7.2	25 F	06 36	7.5	19 01	7.4
26 W	06 17	7.4	18 48	7.3	26 SA	07 24	7.4	19 41	7.3
27 TH	06 57	7.6	19 22	7.3	27 SU	08 11	7.2	20 23	7.2
28 F	07 36	7.5	19 56	7.2	28 M	09 01	6.9	21 07	6.9
29 SA	08 17	7.3	20 33	7.0	29 TU	09 59	6.4	22 01	6.5
30 SU	09 02	6.9	21 15	6.6	30 W	11 13	6.0	23 08	6.2
31 M	09 55	6.3	22 07	6.1					

© Crown Copyright. Reproduced by permission of the Controller of Her Majesty's Stationery Office and the UK Hydrographic Office (www.ukho.gov.uk).