



# THE HEACHAM NEWSLETTER

November 2022

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



Photo by Kerry Long

**Deadline for the next edition is 12 noon, Tuesday 15th November 2022**



## Walking Football

Walking football has started up for the over 50s on Mondays at 17.00hrs for one hour. Meet us on the Astro turf pitch at Heacham Social Club. Walking football is a good way to keep fit both physically and mentally.

If you think you would like to join us, please just come along with your Astro turf boots and subs for the hire of the pitch. Open to both men and women.

For more information contact Heacham Walking Football on Facebook or Steve Watson on 07931 383401.

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)

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Kerry Long - David Rogers - Mary Sheldrick - Helen Vickerstaff

**THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH**

# Readers' LETTERS

Dear Newsletter,

## Brays Pit - Thank you to Volunteers

Recently, a Brays Pit working party was very successful. Three councillors and six volunteers did an excellent job of clearing the dry ponds of debris. I would like to extend a big thank you to you all and hope everyone had a great time.

Well done.

Robert Pritchard



\*\*\*\*\*

Dear Newsletter,

## Litter

With reference to Peter's letter re the litter bug, there are several of us, having been on the receiving end of this, who know exactly who he is, it's his trademark. Sadly, it is not only litter he has affected people's lives with.

A Heacham Resident  
(Name & address supplied)

\*\*\*\*\*

Dear Newsletter,

## Obituary - Jane Neville-Rolfe - died 26 August 1987

Jane (also known as Margery Norreys) Neville-Rolfe, was my aunt, and I am working on her biography. I already have some material, but accounts of her life from different sources can add depth and diversity to her story.

I gather that The Heacham Newsletter started some years after she had died, but was there a Heacham Parish magazine that might have included an obituary to her?

Do you have anyone who could find a copy of the relevant issue? If so, I should be most grateful for a photocopy sent to me by e-mail - [in.context@blueyonder.co.uk](mailto:in.context@blueyonder.co.uk)

Thank you.

D. Brian Beckett Powell

Dear Newsletter,

## South Beach Toilets

These are the before and after photos of the new and improved Heacham south beach toilets.

This has been a local community-based project that has benefited from the Community Infrastructure Levy (CIL) funding. Good to see funds going towards local amenities as promised.



Photos taken from @WestNorfolkBC on Twitter.

Michelle L Carter

**COME AND MEET US**  
your safer neighbourhood team

Come and meet us at **Heacham Church Hall** on **Tuesday 15<sup>th</sup> November 2022** at 10am – 12 noon to speak to local officers.

If you have any questions then why not contact your local **Beat Manager** or **Engagement Officer**. They are always on hand to help.

Call us on **101** or use the yellow box phone outside your station, for less-urgent matters. Always dial **999** in an **emergency**.

**need assistance?**  
why not visit our website for advice.

visit [norfolk.police.uk](http://norfolk.police.uk) to access these services online

- report a crime
- report lost and found
- report a collision
- advice and guidance

**KINGS LYNN** **NORFOLK**

## English Lessons for Refugees



A small group of Ukrainian refugees is now meeting locally to study English. The lessons are free and are held on Thursdays during term time, from 10.30am to 12pm. There are more places available and they are open to all nationalities.

For further details, please contact Alison Pearson on 01485 541718.

Alison Pearson



Heacham

Dear Newsletter

### Piano Party

Following the success of the Platinum Jubilee Gala held at Hunstanton in June, I now look forward to holding a fundraising Piano Party at the hall behind the Methodist Chapel (opposite Boots) on my 80th Birthday, Friday 16th December 2022, between 10am and 3pm during the day, (with fish and chips lunch at 1pm!), and 7pm to 9pm in the evening. The programme will include musical and other games and competitions (with prizes!), together with singalongs and Christmas Carols.

There will be no charge for anything (including lunch), but I will ask my guests to make a donation of their choice, to be divided equally between Diabetes U.K. and Crisis at Christmas.

I will ask the Newsletter to publish full details in the December edition, but in the meantime if you would like to enjoy the fish and chips lunch on the day, perhaps you will kindly ring 579136 as soon as possible with numbers, to help with catering.

Hoping I may look forward to seeing many friends on 16th December. I send kindest regards to readers.

John Harris

P.S. I had thought that the Platinum Jubilee Gala would probably be my last show, but as things have turned out, I am now wondering about the possibility of a Coronation Gala next year. Watch this space!

\*\*\*\*\*

HEACHAM IN BLOOM



### Heacham in Bloom

The beds are all planted up for Autumn, Winter and Spring and hopefully, apart from a bit of weeding here and there, the team can ease up a bit. The AGM was held last month, and we reviewed all that had been done. Every year brings its challenges, but a lot was achieved with new landscaping at the Fire Station, new troughs on the A149, and the re-introduction of the Blooming Caravan competition. We would not of course do very much without the financial support from our lovely sponsors. We are looking forward to the 2023 season.

#### Heacham in Bloom Needs You!!

We are a dedicated team of seven, but we could do so much more with a few extra hands, so please think about joining the team. If you think you could help weed, plant and water, etc. please get in touch via [heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com)

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

### West Norfolk Petanque League

The West Norfolk Petanque League held its annual singles tournament on Sunday 9th October, with 17 members competing. Winner of the Men's cup was Neil Prew, with runner-up Bob Hindry. The Ladies' cup was won by Jane Hindry, with Jackie Lorking runner-up.



Pictured from left to right are Bob Hindry, Jane Hindry, John Stares (League Chairman), Jackie Lorking and Neil Prew

## Station Road Garage

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Heacham

Dear Newsletter,

### Litter

Re last month's letter about 'litter', whilst I sympathise with the Heacham resident for the unsightly mess, a few bits of the Racing newspaper is hardly the end of the world, and would biodegrade anyway.

Just for perspective, when I lived in a corner house in East London, I constantly had old takeaway wrappings and kebab cartons, tin cans, plastic bottles etc, all chucked over my back wall, and even 2 x 1 litre spirits bottles, and a rusty old wheel brace and car jack (just imagine the damage that could do, with a direct hit to the skull).

Locally, I feel the litter problem really isn't too bad, though several times I have cleared bags full of old cider cans from the public parking area of Snettisham Woods. Also, many times in the summer, I had to stop the car on Beach Road, and pick up several discarded beer / cider / spirits bottles, which the local alcoholic morons had chucked onto the tinder dry verge, during a heatwave, barely 500m from the already cremated Ken Hill Coastal Park!

As a very active local beach cleaner, I also regularly encounter bagged up dog mess, which lazy owners think acceptable to bury in the sand / dunes, until the highest tides wash them back up! (Guess this is preferable to the idiots who throw them up into the nearest bushes, or leave them by the footpath, to accidentally on purpose, forget to collect later!)

Locally, I have found our beaches much cleaner this year, maybe as more people are cleaning them more regularly(?), or maybe, as I believe, because the Inshore fishing fleet has been banned from trawling the Wash this year! Certainly, I am finding far less old rope offcuts, discarded rubber gloves, broken shellfish / onion sacks and energy drinks cans washed up on the tideline.

Probably the worst thing I am still finding on our local beaches, are broken / deflated helium balloons which really represent a danger to wildlife. Near Snettisham RSPB, I have found several dead birds tangled up in their ribbons, and even on one occasion I had to call out a local farmer, when I spotted one of his cows with a half-eaten balloon hanging out of its mouth, complete with glittery ribbons.

Does anybody know how we could ban the sale / release of these balloons? Surely from the moment they are released they constitute littering, as the owner is never going to pick them up and dispose of appropriately!

MW

'Sunny Hunny'

(Name & address supplied)

### PS: Blatant Profiteering!

Did any other readers notice how, during the recent 2 week closure of the Tesco filling station in October, our only other local petrol outlet within a 10 mile radius, the BP at Lavender Hill, Heacham, increased its fuel prices by 2p per unleaded litre? (From £169.9p up to £171.9p) then surprise, surprise, once Tesco's petrol station reopened on Friday 7th October, then overnight the Heacham outlet had miraculously reduced its price back down! What a rip off! Aren't we all suffering enough financial pressures already, whilst petrol giants record increasingly obscene profits! Boycott if at all possible.

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**HEACHAM GROUP PRACTICE**  
**2022 FLU CAMPAIGN.**



**Flu Appointments**  
 Booking throughout October 2022

**Our Saturday Flu Clinic will be on**  
**5th November 2022**

**PLEASE CALL**  
 tel 01485 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.

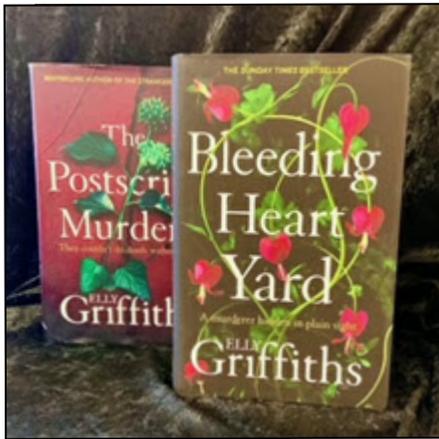
**Invitation is also open to patients who are pregnant**

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

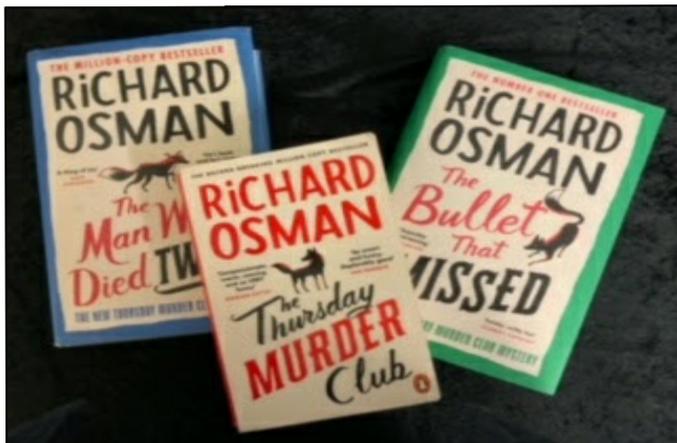
For children who qualify for flu jab and as a reminder to parents if you are unable to bring your child on the day, but another family member attends on your behalf, we will require written consent from you to enable our staff to proceed with the flu jab.  
 Thank You.

**FEATURE OF THE MONTH**

We have a brilliant double bill this November. Firstly *'Bleeding Heart Yard'* by much loved Elly Griffiths. Although this is not a book in the popular Dr Ruth Galloway series, it features a character - DS Harbinder Kaur - who we have met previously in the successful 'Postscript Murders' published in 2020.



Also, we are now stocking *'The Bullet That Missed'* by Richard Osman. This is the third book in his highly acclaimed Thursday Murder Club book series. What does the delightful gang of four get up to next?



We expect both of these new publications to be very popular and so we have introduced a waiting list for the two books. If you are interested, please don't hesitate to pop in and put your name down - the earlier the better.

**NEWS**

November is the time for Remembrance. In honour of the occasion and those who sacrificed so much, the Library is hosting a small display focussing on the war graves in St Mary's Churchyard and Heacham's war memorial which was funded by public donation.

**Diary Date:** The next POLICE SURGERY is being held at the Library on TUESDAY 15th NOVEMBER from 10am-12 noon. This is an ideal opportunity for you to meet our local officers and/or to raise any concerns with regard to policing in Heacham.

**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**

**+THE CORNER CHOIR+**

*Supporting worship in the N.W. corner of Norfolk:  
 ♪'Let all the world in every corner sing,  
 My God and King!'.♪*

Join us in singing an **Advent Choral Service**  
 in two churches:

**Brancaster Parish Church, 4pm, Saturday 26th November**  
*and*  
**Heacham Parish Church, 4pm, Sunday 27th November.**

**Rehearsal dates and times (Tea available from 3.30 pm.)**

**Thursdays:**  
 October 27th, St Edmund's Church Hall (3.59pm - 5pm);  
 November 3rd, Heacham Church (3.59pm - 5pm);  
 November 10th, St Edmund's Church Hall (3.59pm - 5pm);  
 November 17th Heacham Church (3.59pm - 5.30pm);  
 November 24th Brancaster Church (3.59pm - 5.30pm);

**RSVP:** Heather Wells, **telling me your voice type** (soprano, alto, tenor, bass): [heatherm.wells1@btopenworld.com](mailto:heatherm.wells1@btopenworld.com) ♪

The choir will be led and conducted by Heather Wells, who has been increasing her proficiency as a church organist under the tutelage of Julian Haggett (organist, St Peter Mancroft). Prior to that, she gained the Dip.ABRSM in Singing Performance. Heather is training in choral conducting (or arm-waving!) with ABCD (the Association of British Choral Directors). She has given song recitals and a recorder recital in the local area.

The accompanist will mostly be Adrian Flower, supported by other local organists.

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## CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church

### The African November

‘However, when the Son of Man comes, will he find faith on the earth?’ Luke 18:8.

It’s November again and Christmas is very close. Very soon Christmas lights will be up and shopping in full swing. Already there is so much busyness, preparation going on around us, signs that the season has begun pointing towards Christmas. Not sure how this year will fare with rising energy costs and the economic recession, the war in Ukraine and the threat of climate change. COVID is still with us, and there is a need for caution. It can be too busy, so that there is little time for self, other, and things spiritual.

November signals the end of Harvest and introduces winter. Times change, from clocks to our evenings, days become shorter and nights longer. From Halloween to Black Friday, it’s a business boom. Liturgically we begin to anticipate eschatological realities, from all souls, all saints to Christ the King and Advent. Our church calendars are already filled with Advent Bible study plans, Carols and Christmas services. It is also in November that we pause and remember our fallen heroes. What I like about this service is how it brings community together.

In Zimbabwe, the country of my birth, and much of Southern Africa, November is a deeply spiritual and sacred month. A month of reverent expectation. The month is known as the month of the Goat, ‘*mwedzi wembudzi*’ (Shona) ‘*inyanga yembuzi*’

(IsiNdebele/Zulu). The concept follows that of a holy day ‘chisi’ ‘izilo,’ a day each week when no work must be carried out. The African month follows the moon and as such begins in mid-October and ends mid-November, according to the moon cycle. Coincidentally, it falls just when the first rains start falling heralding the farming season. Africa relies on rain-fed agriculture. The flora and fauna have a chance to breed and begin a new life. Wildlife authorities do not allow professional hunting activities in Game parks; to allow animals to breed and this is often extended until March, allowing the young animals to grow. Goats also breed during this month taking advantage of the rains and fresh flora. No traditional rites or marriage ceremonies can be held, no payment of bride prize is allowed, it is a month considered to be sacred because the spirit mediums are all focused on God. It is a month of pause before the business of the seasons ahead. It is a season of rebirth and revival.

The advent of colonialism and Christianity did not destroy this worldview, it deepened its meaning and importance. December being the Christmas season, it is also the summer holiday, the longest of all holidays. It is the end of the economic, and educational year, and a door to the New Year. Schools close, and so does industry. Industries used to have their annual shutdowns in December. This allows workers to have their annual leave, and often with their bonus payments. Migrant workers also come back home and family reunions, weddings, parties were held. This is in addition to Christmas and New Year’s services and festivities. November is that time of great pause and preparation, loaded with expectation and hope for a better future.

**Rev Rich Ncube**  
(Methodist Church, Heacham)

### St Mary’s Church Opening Times

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

### November 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.

- 6th November:** Holy Communion  
3pm Service of Light and Remembrance
- 13th November:** Remembrance Service
- 20th November:** Morning Prayer
- 27th November:** Holy Communion  
4pm Advent Choral Service

We 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 3rd November 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, please 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.

### 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.



**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)

If you would like us to pray for you specifically, or someone or a situation on your heart, please ring or email Veronica (details below).

**Church Star**

The lighted star on top of the church tower has broken. We are so sorry it's not shining over Heacham at the moment. We are working on getting it mended as soon as we can.

**SERVICE OF LIGHT AND REMEMBRANCE - 6th November - 3pm**

You are invited to the special service during which we remember those who have died, in a quiet reflective service, with candles lit in their memory.

If you need a lift, please contact Julie in the church office on 572539.



**Remembrance Sunday – 13th November**



10am: Remembrance Service in Heacham Parish Church  
Followed by - 10.50am: Act of Remembrance at the War Memorial

Everyone welcome to either or both of these village events.

**Family Event**

**CHRISTMAS 2022** more details to follow next month.

**Christmas Decoration Theme** in Church and Village



For the past 4 years Heacham Parish Church has had a theme for its Christmas decorations and invited the village to join in. There have been cribs, angels, stars, and bells. This year our theme is CANDLES; real ones, decorated cardboard tubes, bunting, knitted ones, fabric ones.... or in whatever other form you can think of. If you want yours displayed in Church, they can be brought to church from Monday 14th November, so please do start creating. THANK YOU

**VILLAGE OUTDOOR CAROL SERVICE**

with Hunstanton Concert Band at Heacham Club on the bowling green 6.30pm Thursday 22nd December.



**Christmas Eve:**

4pm Christingle

11.30pm Midnight Holy Communion

**Christmas Day:**

10am Holy Communion

**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: [richiemnbcube@gmail.com](mailto:richiemnbcube@gmail.com)

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**HEACHAM METHODIST CHURCH**

**Minister: Rev. Dr Richman Ncube**

**November 2022**

**SUNDAY MORNING SERVICES – 10.30am. All Welcome**

**6th November:** Mary Cumbers

**13th November:** Remembrance Service 10am at St Mary's Church

**20th November:** Elizabeth MacLeod

**27th November:** Philip Batstone

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

**Remembrance Sunday - 13th November**

As usual the Methodist Church will be closed on Remembrance Sunday as we share in united worship with and at, St Mary's Church. Note the earlier time of 10am. The service will be followed by the laying of wreaths at the Memorial.

**The Fellowship**

The Fellowship is a series of talks by invited interesting speakers. November's guest is Christine Dean who will speak on Pocahontas and the relevance to the village. If this interests you, come and join us on Tuesday, 22nd November at 2.30pm. All welcome.

**Midweek Communion**

The November midweek Communion will be on Wednesday, 9th at 10.30am conducted by our Minister Rev R Ncube. All who love the Lord are welcome.

**Bible Study**

This month we will have the third in our study of the Holy Spirit. Why not come and join in a small but lively discussion group led by our Minister Richman on Thursday 24th at 10.30am.

**Coffee Morning**

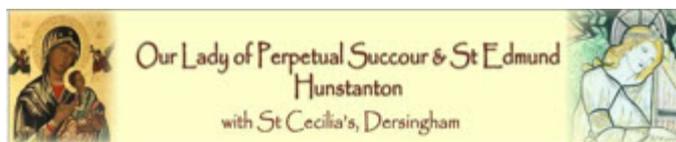
The coffee morning season normally runs from March to October but we are trying an experiment this month to see whether it is wanted in the winter. November date is Saturday 19th from 10am - 12 noon. John Harris will play your favourite tunes from 11am. There will be a book and jigsaw puzzle stall. Come for coffee, cake and a chat.

**Bowls Club**

Have you ever played short mat bowls? Heacham Methodist Church bowls club is looking for new members. Why not come and give it a try whether you have played before or not. We plan to have a competitive yet fun afternoon on the third Friday of each month. The November meeting is on 18th at 2.30pm - you will be most welcome.

**Midweek calendar for November**

Wednesday	9th at 10.30am	Midweek communion
Friday	18th at 2.30pm	Bowls club
Saturday	19th at 10am-12 noon	Coffee morning
Tuesday	22nd at 2.30pm	The Fellowship



**We Have a new Bishop**

The Holy Father, Pope Francis has appointed Rev Canon Peter Collins, a priest of the Archdiocese of Cardiff, as the fifth Bishop of East Anglia. The Episcopal Ordination of Bishop-Elect Peter Collins will take place at the Cathedral church of St John the Baptist in Norwich on December 14th 2022 at 11.30am. Bishop Alan Hopes is retiring after 9 years of dedicated service as our Bishop. You can listen to the announcement on the Cathedral's website or through YouTube.

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 fairtrade stall at St Cecilia's on the first Sunday of each month.

The Pope's prayer intention for *November: Children Who Suffer*. We pray for children who are suffering, especially those who are homeless, orphans, and victims of war; may they be guaranteed access to education and the opportunity to experience family affection.

A few members of the parish have been getting together to discuss ways to enliven the life of the parish. 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)



## Another Recipe from The Prudent Pensioner

With cold weather and shorter daylight hours, I thought I would share a nice easy recipe for an inexpensive, winter warmer that is nutritious and tasty.

### Vegetable Soup

#### Ingredients:

Approx. 230g / 8oz. Cabbage

1 medium size Carrot

1 medium size Parsnip

1 medium size Potato

1 Vegetable stock cube

Salt and pepper

Knob of butter

1 medium size Onion or Shallot

#### Method:

Dissolve stock cube in 500ml / 1pint hot water. Remove and discard outside leaves of cabbage, trim off and discard discoloured area of base of stalk. Cut away stalk and place in a bowl of cold lightly salted water, slice leaves thinly and leave in the bowl with the stalk.

Peel and trim carrot and parsnip and cut them into small pieces. Peel potato and cut into small pieces.

Rinse cabbage stalk and cut into small pieces.

Peel and slice shallot. Put butter into a saucepan and over a low to medium heat soften butter, then add shallot/onion and mix well. Cook for 1 minute stirring continuously.

Add carrot, potato, cabbage stalk and parsnip to saucepan, pour in stock, stir and mix well. Bring to the boil, reduce heat, cover and leave simmering gently.

Rinse cabbage leaves and add to saucepan, stir well, bring back to boil, reduce heat, cover and leave simmering for 15 - 20 minutes or until vegetables are fairly soft.

Season to taste.

Strain off liquid into a jug. Put vegetables into a suitable jug or bowl and whizz with blender until soft.

Carefully return liquid to pureed vegetables in a saucepan, stirring gently to mix well. Reheat, 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.

A copy is available to borrow from Heacham Library.

**See more recipes on The Prudent Pensioner Facebook page**

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



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## General Knowledge Quiz

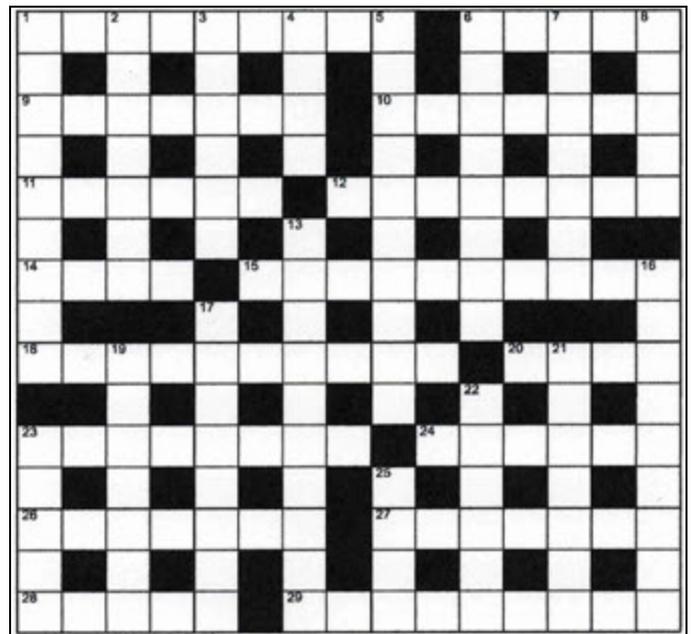
### ENGLISH COUNTY TOWNS.

All the correct answers will contain the name of an English county town.

1. Which west country county town has a cathedral with 3 spires?
2. The American state of Nebraska has which city as its state capital?
3. Which football team play their home games at Portman Road?
4. The National Railway Museum is to be found in which city?
5. On the London Underground which station on the Northern Line is located between Charing Cross and Tottenham Court Road?
6. John Crome and John Sell Cotman, were leading members of a school of British Art named after which city where it was formed?
7. Rod Stewart's wife is usually known by which name?
8. With a time of 27 mins 30.8 seconds, which Briton held the world record for the 10,000 metres in 1973?
9. In January 1953, which American vocalist became the first female singer to have a number 1 in the UK charts with her song "You Belong to Me"?
10. In the American TV western series "Gunsmoke", what was the name of the deputy to sheriff Matt Dillon, whose character was played by Dennis Weaver?
11. Which cathedral city stands on the River Wear?
12. Which aviator and sailor was knighted in 1967 for becoming the first person to sail single-handed around the world in his yacht "Gypsy Moth"?

Answers on page 35

## NOVEMBER CROSSWORD



### CLUES:

#### Across:

1. They might go off in a fit of rage (9)
6. At right angles, maybe off-centre, with a screw (5)
9. Bloom in U.S. city with its many attractions (7)
10. Roman historian understood we should make contact (7)
11. Economist one can wind up by introducing new European sanctions (6)
12. Cordial article is dry with some entertaining points (8)
14. They could be long old days leading up to start of spring (4)
15. Sale ever likely to have one of these (10)
18. Mark has to run off after Tom (10)
20. Find out what's remaining on CD (4)
23. Signal right, then left and just keep going (4,4)
24. Worthless individual shows poor example to gullible beginner (3,3)
26. Disconnect a line to divers (7)
27. Focus nips in front of small Ford – I see it as a game (7)
28. Having listeners, was afraid to ignore introduction (5)
29. Strike police officer? Small chap let fly (9)

#### Down:

1. Dress ring queen adopts for formal wear (5-4)
2. Read aloud, describing song being broadcast (7)
3. Swan off with a magician? (6)
4. Sell a pup and get a bird (4)
5. Pip is determined to be popular before being made permanent (3,2,5)
6. One has gone before ten – Oscar is furious! (8)
7. Allow nurse to call (7)
8. Swerve to avoid ball in pool – crowd cheer heartily (5)
13. Court French woman after bishop stepped in and had words (10)
16. See, after scoring first, scoring again will be tricky (9)
17. Sailor at tiller, going about, runs aground finally (couldn't stand) (8)
19. Show a French film (7)
21. Cool rower is a smasher at sea (7)
22. To one accompanying Lioness it sounds like good, topping food ... (6)
23. ... fancy a mouthful? (5)
25. Contracted players here will join other players looking to gain contracts (4)

Solution on page 35

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## Borough Council News Heacham, Sedgeford and Fring

Winter is approaching and the combined effects of rising prices across the board is a worry to many residents.

To this end, a motion was proposed at full Council at the Borough on the 13th October. It was proposed by Independent Councillor Chris Morley. In essence, it asked the Council to set up a hardship fund for householders in need over the next two years. The money, some £2 million, to come from general reserves which are more than sufficient.

Cogent arguments in support of the motion were made by many Independent and Labour members with the inclination to provide such support as soon as practicable. The Deputy Leader of the Council, in the absence of the Leader, responded with the announcement that the Council was going to extend the low summer rates for families at leisure centres into the autumn and some money was available for communities to heat 'hot spots' so vulnerable people could leave their homes sometimes to sit in halls.

All the Tory members voted against the motion to improve the lot of vulnerable people this winter, all the Independents and Labour voted for it. As the Tories have a small majority, the motion was lost. The expressions on the faces of some of Tory members underlined the fact that their decision had been whipped – they had no individual choice in the matter.

The next motion, by Independent, Cllr Sandra Squire, was more successful and received unanimous support. It confirmed the Council's continued commitment to the improvement, preservation and protection of the environment, habitat and biodiversity of West Norfolk. Good you might say, and it is, but read on.

The third motion was a follow on from the last and was proposed by me. It asked for the Council to deplore recent announcements

by the Truss Government which, if carried through, will severely damage the environment and measures to protect and enhance biodiversity. After giving details, the motion asked for the Council to raise its concerns known to the Prime Minister. The result was, all the Tory Councillors voted against, all the others for. The Cabinet spokesperson stated that "I couldn't expect Tory councillors to vote against their national leader". Party before doing the right thing. That's why I am an Independent.

The intention of the Truss government proposals is to remove laws and environmental regulations covering sewage pollution, water quality and clean air and also include the habitats regulations which have attempted to protect wild life for the last 30 years. The Borough Council will be powerless to meet their promises in the earlier motion, (paragraph 4).

The RSPB, Wildlife Trusts, Angling Trust, National Trust, Campaign to Protect Rural England, and a raft of other organisations are all against the recent proposals 'of environmental vandalism'. And so are many Tory MPs. Michael Gove warned of the dangers of renegeing on promises made to protect our rivers and environment. Lord William Hague, a former Tory Leader, wrote "that the idea that we can choose faster growth at the expense of our environment shows an inadequate understanding – we are biological creatures that need a thriving ecosystem around us."

Motion 4 was proposed by Independent Cllr Morley. It recognised that the grand project of the Guildhall in Lynn had had a lottery fund application rejected. This left a shortfall of some millions. He asked that government requirements for some funding to be found from local businesses, likely benefitting from the project, was sought and no additional funding was provided by the Borough Council. The Tory response was no, the missing £3million or so funding could be found (somewhere) in a couple of years. This is counter to an argument made against the hardship fund proposal, motion one, which said the £2 million could not be used now in case it was needed in four years time. All other councillors, bar two abstentions, voted for the motion.



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This Council meeting was the first meeting attended by me in three weeks. I had been firing on one eye after an operation and, at the time of writing, will likely be so for several more. This has hindered local work too.

There are a number of local matters but I will bring several significant planning applications to your attention.

The following two are applications related to Wild Ken Hill:

22/01650/FM Mount Pleasant Farm, Lamsey Lane.

22/01648/FM Heacham Bottom Farm, off A149

These applications have the potential to influence all of Heacham and it is important that public comments are received. They can be made up to the Thursday before committee. Date to be advised.

The one below relates to a replacement dwelling on Heacham Park:

22/01644/F

To be consistent in my approach, I will call all three in and, depending upon public responses, all three will go to planning committee.

There is a plethora of other applications in Heacham, Sedgeford and Fring. Please look on the planning portal and/or scan newspapers.

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## HEACHAM GROUP PRACTICE

### Patient Participation Group (PPG)

The first Public Meeting of the Heacham Group Practice was held on Wednesday 28th September 2022 at the British Legion Hall in Snettisham. Between 90 and 100 patients attended which was gratifying and way above expectations.

The Chairman outlined the purposes of the meeting which were three-fold:-

- To let patients know the aims and ambitions of the PPG
- For the practice to give an update on the Care Quality Commission Report
- For the GPs to update patients on the methods of accessing medical services at both Practices.

#### The PPG:

The chairman informed the meeting that every practice must have a PPG whose prime aims are as follows:-

- To enhance communications between the patients and the Practice
- To promote health education and topics of interest
- To encourage the Practice to involve patients in their own care
- To provide practical support to the Practice to implement change.

#### The Care Quality Commission (CQC) report update:

The CQC had inspected the Practice in March 2022 and published a report in April 2022 which rated the Practice as inadequate in 4 of the 6 areas examined.

As a result of the report, the Practice has undertaken a substantial quality improvement programme. The action plan was developed not only to address the concerns raised by the CQC but also to undertake a holistic review of the Practice as a whole. Expert assistance has been brought in where necessary.

The CQC has recently revisited the Practice and were happy with the progress being made. A further re-inspection is expected in the coming weeks and the Practice is hopeful of a significantly improved rating.

The team at the Practice has been working incredibly hard to make the required improvements and hope to build further on this for the longer term. Patients remain at the heart of the business and the Practice is grateful for the feedback (both negative and positive) it receives.

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#### Access and appointments:

The number of GPs and other health professionals employed at the Practice was reported and the fact that the national GP patient survey scores, published in the summer, had demonstrated that patients at the Practice are unhappy with the appointments system and processes.

A detailed report was given about the actions being taken by the Practice in the following areas:-

- **Telephone access:** A new telephone system has been purchased.
- **Reception staff:** More reception staff are being recruited.
- **Types of appointment:** The number of professional staff available is being increased to enable more face-to-face appointments. Also, patients are encouraged to utilise the footfall system which can be accessed on the Practice website during surgery hours to make it easier to access the surgery.

#### Conclusions and the next steps:

In conclusion, the Chairman thanked everyone for coming and summed up the meeting by saying that the main priorities were clearly concerned with communication and access. The PPG committee will work closely with the Practice to update and inform the patients in both areas.

The next public meeting will be in January 2023 and the location and time will be in the next Newsletter.

A full copy of the notes can be obtained by emailing the chairman: [brb.carrick@gmail.com](mailto:brb.carrick@gmail.com)



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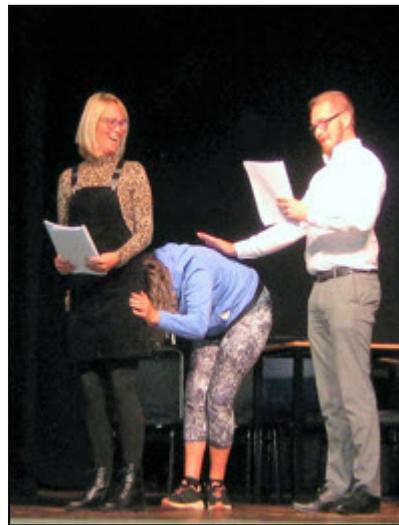
## Jill and the Beanstalks Pantomime



Here we are again. Panto Season has begun! The Pocahontas Players had a very good turn-out for the first meeting back to read the script, after the huge success of The War Show, back in May.

Then came lots of 'head scratching' for the casting panel. With many cast member auditioning for the same character, it is always a headache. After lots of deliberation, we finally got on with rehearsals.

**The Pocahontas Players**  
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AND THE  
**BEANSTALKS**  
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Here we see 'Jack' (Joshy Chilvers) having fun with the Pantomime Cow 'Marmalade'. Front End (Jemma Greef) Back End (Leesa Espley).

Jill and the Beanstalks - written by Sharon Yates. Directed by Sharon and co-Director Peter Everingham.

Panto Dates for your Calendar/Diary/Phone:- (Please note, one week earlier than the usual dates of the Players' Pantomimes):

**THURS 12th January 2023 - 7.30 pm**  
**FRIDAY 13th January 2023 - 7.30 pm**  
**SATURDAY 14th January 2023 - 2pm matinee & 7.30pm**

There is tiered seating. All cast members wear personal head microphones. The audience can see and hear all of the action on the stage.

Tickets will be available from November. Phone 01485 570402 - or - 01485 571267.

**Janice Curtis**  
(Admin)



The Casting Panel - Sharon Yates, Lauren Matthews, Ben Parr, Gary Pearce, & Peter Everingham.

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## Fabulous Creative Experience

In September I was invited to take part in an Art Symposium in Neukirchen, Bavarian Forest, Germany.

The theme was **Cosmos**.

When thinking of **Cosmos** – the first impulse is to think of the universe. So when I took a look at my huge book by Alexander von Humboldt called '**Cosmos**', I was surprised to find it more to do with natural science and geology than planets and stars – and that **Cosmos** can also mean order and harmony. Humboldt's work had to do with the earth as an interconnected whole.

My concept for the Symposium took aspects of all. Based on my installation of 2019 in Norwich where I built pillar-like objects using armatures (wire structures) covered in plaster – I imagined these objects as a sequence growing out of the ground. The first of eleven was about 15 cms, the last over 2 metres. Symbolically, I was taking Humboldt's earth and having it grow into the heavens.

The other aspect of my concept had to do with using natural elements and experimenting to see what would happen if I mixed them with cement instead of plaster.

At the Symposium, I met seven artists each with their own concept of **Cosmos**. We were able to choose to work in a former butcher's/pub with rooms up above, post office or café (a sad sign of the times that villages are losing such services). For us, an amazing opportunity to develop our ideas and create.

The discovery of a neglected garden on site was the perfect spot for me to create. The Symposium and experimental nature of it, gave me the freedom to fail. It didn't matter if the projects were complete or if your exact proposal was realised. It was the exchange and development of ideas that was important. For me, some of the 'failures' were the most exciting parts of my experience. One of them was mixing elderberries into the cement. All previous experiments worked wonderfully – so it was quite surprising when the cement didn't set and crumbled when pressure was put on it. Also, my hope of colouring the cement purple turned to grey!



Above: A section of the installation showing the height increasing.

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In the garden while clearing the long grass, I discovered several ant hills. Not wanting to disturb them, I used rubble found on site to ring each one, forming an ant hill constellation. It became part of my installation. My object placement therefore naturally included these mounds so that everything in the garden became its own system – **Cosmos**. I started creating the elements of my sculpture using chicken wire stuffed with crumpled newspaper for my sequence of evolving objects. I was going to use cement. Other artists suggested that it looked good as it was. So, this part of my work was complete.



Above: The objects are growing from the ground around an ant hill.

In the time I had left, I devoted myself to two further objects using my original idea of oxide coloured cement mixed with natural materials. Rain set in. The rods for the pillar-like sculptures couldn't hold the weight of the wet cement. With the help of a couple of the other artists, we constructed a support system. It didn't end up looking as I had planned – the cement set with the addition of rose hips, bindweed roots, stinging nettle stalks, seed heads, berries (not elderberry) that I added to it. In the context of the Symposium I wasn't able to see what would happen over time but it was a wonderful basis for new experiments.



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Above: Rosehips, bindweed roots and seed pods embedded in cement.

What this Symposium showed me was that embracing mistakes made it much more fun. They weren't 'mistakes' they were just an observation of the state of things – the magical part of learning. So often we restrict what we do because we are so intent on getting it right the first time. We can get it right in the end but why not have fun on the way?

My studio is open on Saturdays and Sundays from 10am-1pm. Visitors always welcome. (Do call first if you are coming from further away.) We could talk about projects to get you started be it lino-cut, clay, plaster and a whole lot more.

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## Heacham at Night

by Terry Parish

Remember, remember the 5th of November, gunpowder, treason and plot. I like fireworks rockets shooting up towards the stars. However, the treason of 1605 effectively stopped experimentation in rocket propulsion, in the UK, right up to the 1950s and beyond. This was due to laws about using explosives. I used to make and launch recoverable model rockets and it wasn't until about the 1980s that solid fuel engines were available in this country. Americans had then been building very substantial devices in their basements for decades.

The Germans and Americans had many privately funded people, later scientists, dabbling with explosives and rockets which led to the V2 and then Apollo. The Russians independently followed a fast track through the work of legend Sergei Korolev. Since

then, France (and the EU), China, India, Japan, and the UAE have all launched extensive missions into space.



*Left: American Robert Goddard 1926. The rocket engine is at the top. The bottom is the fuel tank. Internet*

The UK hasn't; it made the error of giving up in the early 1970s. However, this year should see multiple satellite launches from Spaceport Cornwall, Space Hub Sutherland (Scotland) and SaxaVord Spaceport (Shetlands). The UK space and satellite industry now employs 47,000 people and generates over £16 billion through its activities, including over £5 billion from exports. A career worth getting into.



*Above: Spaceport Cornwall. Rockets carrying satellites are launched from beneath the 'plane which carries them to a high altitude first. Internet*

Q. What is in the skies this month? A. Planets, Meteors and Stars. Very similar to last month with some subtle differences. At the time

of writing, early October, I haven't yet seen all the things in my last article but I have managed to see 5 planets, Mars, Uranus, Jupiter, Neptune, Saturn (in the order they appear from SE to SW). Uranus and Neptune did require my telescope and the latter was not as clear as I have seen it before. Uranus will be brightening this month.

By luck, I caught the Galilean Moon closest to Jupiter, Io, appearing sat on the edge of Jupiter so that it vanished, passed behind the planet, as I observed. The rapid motion of these satellites makes observations over an evening or several nights interesting. Large binoculars or bird scopes will do the job.

I saw the spark of Titan, Saturn's largest moon, well off to the side of the planet. This is worth looking for if you can keep your eyes off the rings.

There was a 'clear' night at the time of the Gibbous Moon. The clarity was diminished by a thin, high veil of water vapour well lit up by the Moon. I didn't see any meteors which I had hoped for but Jupiter was shining brightly close to our nearest neighbour, Saturn was still easily visible to the naked eye low in the SW, and Mars was showing its red colouration quite high in the SE. So that's three planets without the use of any instruments, at the time of a bright Moon with a haze which blocked out all but a few bright stars.

It really is worth looking up to see what is in the night sky. If you can spare 15 minutes to let your eyes adjust to the dark, so much the better.

If you are interested in looking through telescopes then you may be interested in the observatory being constructed in Hunstanton, close to the Cliff Top car park. A planning application for it should have been decided by the time you read this. I have only been involved in a very minor way, attending two meetings. The Borough and County are paying for it on the back of the Visit West Norfolk badge, encouraging tourists out of season.



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Above: A 'virtual' impression of the Hunstanton Observatory site at the early design stage. BC

The design is of the roll off roof type – a 'shed' with a roof on rollers so it can be removed to allow telescopes inside to see the sky. There will be pads outside where telescopes can also be stood. There are currently no plans to house telescopes on site, which is a pity as observation nights will rely on amateurs bringing kit with them. The King's Lynn Astronomy Society is likely to be involved from time to time and I am a member of that. As I live in Heacham, I will do my best to help out.

I hope locals will take advantage of the facility as it develops.

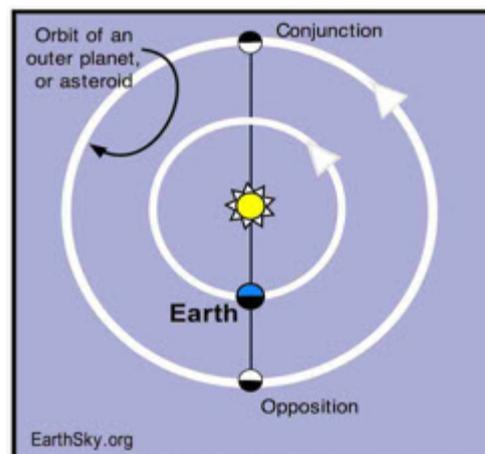
Before we take a look at what you can see in November, there is one thing that you won't see on the 8th Nov, a total eclipse of the Moon. This is heralded in a number of publications but the small print reveals that it is only visible from the Pacific.

Planets continue to put on a good show, rising earlier into darker skies. On the 1st, Saturn is just above the waxing Gibbous Moon. Jupiter will be off to the left shining brightly still and, on the 4th, it is close to and above the Moon. Saturn sets by 10.30pm in November so you need to get out earlier – the advantage of the nights drawing in. At 5pm, yes pm, on the 29th look due south to see Saturn close to a fat Crescent Moon. Look a little right and a tad above.

Jupiter will set about 2am so you can watch the late-night news.

I have mentioned Uranus several times in the last few months; theoretically a naked eye planet but it took telescopes to discover it – William Herschel in 1781. On the 9th, this blue planet is at opposition,

A straight line could be drawn from the Sun, through Earth to Uranus, consequently it is both at its closest to the Earth this year and presents a full face to the Sun so is at its brightest. This is the time to look for it.



Above: Not to any scale. The opposition position is where Uranus will be, the conjunction position where Mercury will be hiding. Internet

Closest means it's just 2,796 million km (1 billion 737 million miles) away from us so will still be faint at magnitude 5.6 which is bright enough to be discernible to sharp, young eyes. Binoculars will pick it up. It will always be some way to the left of Jupiter, between it and Mars.

Mars rises from teatime and is getting brighter all month. Remember that you will see it coming up in the SE and will likely have to wait until about 10pm for it to clear buildings. It will have a distinct red hue. Draw a line from it to Jupiter and about half way along it use binoculars to search for the blue dot of Uranus.



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I mentioned the Andromeda Galaxy last month. Whilst looking at the planets mentioned earlier, I tapped on 'view Andromeda Galaxy', the telescope rotated vertically, I selected a wide field lens and there it was, the misty swirls of that galaxy, far, far away. (I have been watching reruns of Star Wars). It was as good a view as I have had, still an amorphous cloud but a clear one. The fact that it was overhead meant there was less of the atmosphere in the way.

To see the classic lens shape of Andromeda needs an imaging device, a camera, I must get back to playing around with that.

Look out for the Pleiades and Hyades high in the NE looking north or SE looking south. These two star clusters will be above Mars. On the 9th the Moon is between the two, on the 10th it is between Mars and them both. On the 11th, Mars will be just to the right of the Moon, the Hyades rather further to the right of Mars; the Pleiades above the Hyades.

Binoculars are all that is needed to see some detail in the clusters. The Pleiades, Seven Sisters, Messier 45, look particularly fine as there are many blue-white stars in an open cluster. They are young, just about 100 million years old. You only have another 250 million years to see them like this as they will then get pulled in different directions due to gravitational forces. They are about 444 light years distant.

The Hyades, Caldwell 41, Collinder 50, Melotte 25, are just 153 light years away and a ball shaped collection of hundreds of stars with similar characteristics. It is about 625 million years old.



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Above: Use good binoculars to scan for these clusters. Internet

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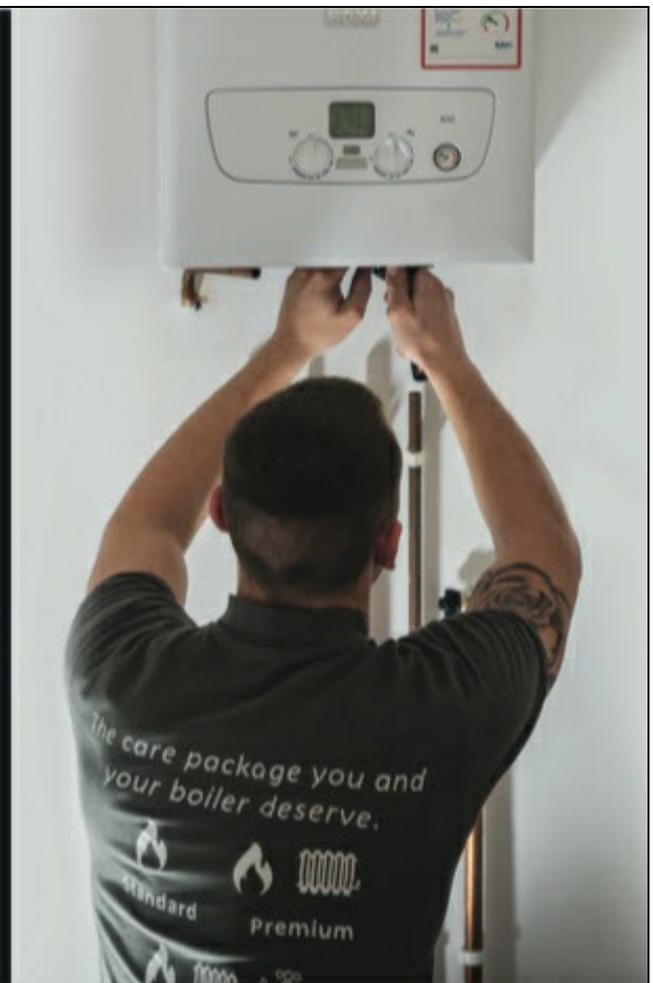
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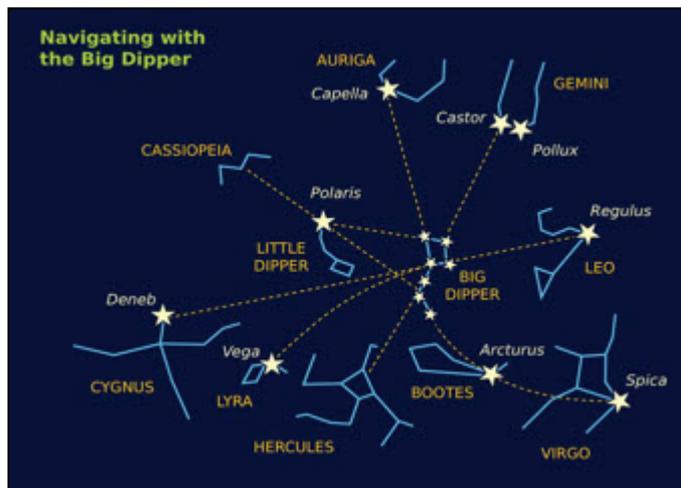
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The alternative names followed by numbers are how they appear in different catalogues. The age of the Sun, for comparison, is 4.6 billion years.

A few bright stars: Face south and towards the west. High up you will find Vega. Below it and to the right Deneb. These are two stars of the Summer Triangle. The third, Altair, will be down on the westerly horizon and may be lost to view. The *Summer* says it all.

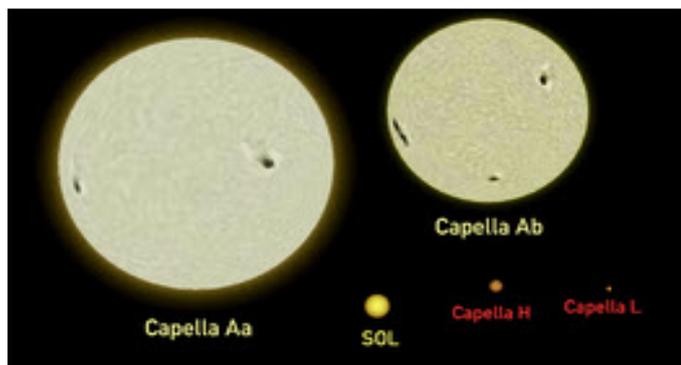


Above: A few more stars. Internet

Face south and towards the SE. Orion will be rising. With Rigel at the bottom right corner, Betelgeuse the top left. Close to the easterly horizon, if you have one, is Procyon. This a binary star with a white star, about twice the size of the Sun, in a dance with a white dwarf. The principal star has almost used its hydrogen. The system is 11.5 light years away.

Go up from Orion towards the zenith (overhead) by the Hyades you will find Aldebaran. It is not part of the cluster being much closer to us. Mars will likely be around here too. The orange light of Aldebaran and the subdued red of Mars can confuse identification of both.

Above Aldebaran but well to the left of the zenith is the yellow giant Capella. This the third brightest star in the sky. It is a four-star system with two binary pairs. The two yellow stars are classed as giants and are now using up their helium having exhausted hydrogen. The other pair are cool red dwarfs and are a long way from their companions. The system is just 43 light years away.



Above: Sol is our Sun for comparison with stars in the Capella system. Internet

Sirius, the dog star, is the brightest star in the sky and will appear low in the SE, around midnight, at the end of the month. More of that in December.

Enjoy November, Catherine wheels and conkers, Orion rising overhead and the first frosts to put sparkle on the grass. Keep fattening up any hedgehogs.

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## Heacham FC



### THE TEAMS:

At the time of writing this article the first team sit proudly at the top of the Thurlow Nunn Division 1 North League. The chasing pack do have games in hand but having points already "on the board" leaves the Magpies in a strong position.

Recent results have been as follows:-

Norwich CBS away - won 1-0  
Diss Town home - drew 1-1  
AFC Sudbury Res home - won 4-1  
Holbeach United away - drew 1-1  
Cornard United away - won 4-1  
Huntingdon Town home - won 4-1  
Downham Town away - lost 1-2  
Harwich & Parkeston away - won 3-1

The first team have also progressed into the 3rd round of the League Cup after a very convincing 3-0 win away at Swaffham Town. They now travel to Premier league side Mulbarton Wanderers in the next round, with the game being played on Saturday 19th November - k.o. 3pm.

In the Norfolk Senior Cup the team have been drawn away to Norwich United, with the game to be played on Tuesday 15th November - k.o. 7.45pm.

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

Sat 5th Nov v AFC Sudbury Res away  
Sat 12th Nov v Whittlesey Ath. home  
Sat 26th Nov v Framlingham T away  
Sat 3rd Dec v FC Parson Drove away  
Sat 10th Dec v Haverhill B. home  
Sat 17th Dec v Whittlesey Ath. away  
Note: All Saturday k.o. 3pm  
All evening k.o. 7.45pm

The Reserves season is now fully up and running after a slow start with regard to fixtures. They currently sit in 5th place in the North West Norfolk Div 1 league but have games in hand on the teams above them. Recent results have been as follows:-

Watlington Res home - won 2-1  
Refley Youth away - lost 3-6  
Marshland Saints away - won 2-1

The Reserves have also progressed in the Norfolk Junior Cup with an excellent home win (played in King's Lynn) against Scrublands 5-2. They now go to play Caister Res in the next round on Saturday 22nd October - k.o.2.30.

### Up and coming Reserve league fixtures:-

Sat 5th Nov v Ingoldisthorpe FC 1st home  
Sat 19th Nov v KLSC Res home  
Sat 26th Nov v Docking away  
Sat 3rd Dec v Dersingham Rovers FC Res home  
Sat 10th Dec v Castle Rising away  
Sat 17th Dec v West Winch William Burt home  
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.

### Sponsorship/Advertising

The Football Club are pleased to announce the opportunity to sponsor the 1st team match day programme.

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For further information/details, please contact Duane Gowen by email:- [commercial.heachamfc@gmail.com](mailto: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

I would like to remind everyone 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 continues to grow and is currently at 190 members and the Facebook page now has 457 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 October's "100 Club" was Ady Day (No.98) - congratulations Ady who wins £50.

The November draw will take place in the Heacham Social Club after the home 1st team game v Whittlesey Athletic on 12th November.

The "free raffle" for members took place at half time during the 1st team match v Leiston Res on Saturday 22nd October and the list of winners and prizes will be in the Dec/Jan issue of the Newsletter.

### '100 CLUB' Relaunch for 2023

The '100 CLUB' is going to change its name to 'The 50/50 Draw' for next year. This will give the opportunity to increase the number of participants (ie no limit on the numbers sold). The cost will remain the same at £12 per number for the year (equates to only £1/month) and full payment for the year is required and can be paid by cash or by bank transfer. The number of prizes per month will be increased to 2 per month.

The size of the "prize pot" will depend on how many numbers are sold e.g. 100 numbers sold will give a £35 and £15 prize each month. If 80 numbers sold then prizes would be £30 and £10 month etc etc. All numbers are entered into every monthly draw.

If you require any further information on any of the matters mentioned, 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, away travel news 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](mailto:deniscooper06@aol.com)

# Volunteers!



### HY&CT - Charity Shop Volunteers Required

We are looking for Volunteers to help out in the shop. This will include assisting customers and sorting donations.

The Charity shop has been open since June 2015 and pride ourselves that, with the help of our volunteers, it has raised in excess of £150,000 for Charity use over that time.

If you would like to volunteer to assist in a friendly and interesting environment, then please contact me for further details.

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## WHAT'S ON REGULAR EVENTS

PC=Parish Council Office, Pound Lane  
MC = Methodist Church Hall, Station Road  
SM = St Mary's Church Hall, High Street

OFH = Old Friends Hall, Sunnyside  
PRH = Pine Residents Hall, Wilton Rd  
SG = Scout & Guide Hut, Sunnyside

HSC = Heacham Social Club  
PH = Public Hall  
NC = Neville Court

### MONDAYS

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

**Walking Football for the over 50s** 7pm Astroturf pitch at Heacham Social club. For more information contact Heacham Walking Football on Facebook or Steve Watson on 07931 383401.

**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.trebick@btinternet.com](mailto:lesley.trebick@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 [activelhealthpam@gmail.com](mailto:activelhealthpam@gmail.com)

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



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**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 [kvracruise7@gmail.com](mailto:kvracruise7@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

**Norseman's Boxing Gym** Jnr 6-7pm £2 and Snr 7-8pm £3at 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)

**Seated Tai Chi** 10.30 – 11.30 (fortnightly). £5. Contact Allan or Maggi on 07960229726 or 07951402717 to register your interest. Wheelchair accessible. (MC)

**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

**Just a cuppa** 11am Hunstanton Library 01485 532280

**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

**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



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

**Carpet Bowls** 10.15 for a 10.30 start £2.50 Tel 570460 (PH)  
**Stretch and Relax Classes** 10.30 – 11.15am Sedgford 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

**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 Buffaloes** 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  
**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](mailto: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)

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**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  
**Storytime** 11am Hunstanton Library 01485 532280  
**Games Session** 11.30am Hunstanton Library 01485 532280  
**Raffle** with 'Open The Box' 1pm Hunstanton Conservative Club.  
**Indie Arts Club** 2nd Sat monthly 1-4pm at Hunstanton Town Hall Basement Entry & Membership free. Book in advance via email: bookings@wattsington.com  
**West Norfolk Tai Chi Chuan** –weekly local Tai Chi classes www.west-norfolk-tai-chi.com for information.

**SUNDAYS**

**Sunday Masses** 9am Mountbatten Rd, Dersingham and 11am Sandringham Rd, Hunstanton. Catholic Parish 01485 534675  
**Sunday Lunch Carvery** from 12noon - 2pm at United Services Club. One course for £9.95, two for £12.95, To book - 07901 524778  
**Sunday Lunch** from 12noon – 2pm at Hunstanton Conservative club. Two courses £8.95, please book.  
**Karaoke** with Mick 8pm United Services Club



**OTHER EVENTS.**

**NOVEMBER**

**November Events at Anmer Social Club**

For info see w www.anmerclub.co.uk facebook.com/AnmerSocialClub or email events@anmerclub.co.uk.  
 To book contact Dorothy at anmerchair44@gmail.com or 01533 631349.

- Monday 7th** 7.30pm (club open 7pm) Bingo. £6/book of 10 cards, £1.75 a flyer card.
- Friday 11th** 7.30pm (club open 7pm) Film Night 'Elvis' £4 each.
- Friday 18th** 7pm Fun Race Night (with pig racing) £10 to include fish and chip supper. Book by Monday 14th.
- Sunday 26th** 1-4pm Christmas Bazaar. Stalls £5 must be booked by Monday 21st.

**November Events at Hunstanton United Services Club**

Saturday Events start at 8.30pm, Fridays at 8pm.

- Friday 4th** Mike's Birthday Bash. Light refreshments and dancing to Kay D.
- Saturday 5th** Cecil Farayi Soul & Motown.
- Saturday 12th** DNA Rock and Pop.
- Saturday 19th** A.M.I duo (A musical interlude). Rock & Pop.
- Friday 25th** Race Night. All profits for Air Ambulance.
- Saturday 26th** Steve Moyses. All eras.

**Thursday 3rd November** 2pm The Reading Room, Stanhoe. Stanhoe & Barwick W.I. Talk by Candi Robertson: Candi's Chutney: 'How non-mango mango chutney became a local success story'. Visitors are most welcome - £3. Please contact Valerie for further details 01485 576261.

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**Saturday 5th November** Hot food will be served at the Hunstanton Conservative Club in the evening.

**Monday 14th November** 2pm Sedgeford Village Hall, The Arts Society Lecture: 'Reubens and the Roman Cameo: The strange story of Peter Paul Reubens, a magnificent late roman cameo and the wreck of the Dutch East Indiaman 'Batavia' in 1629 off the west coast of Australia' by Guy de la Bedoyere. [www.theartsocietynwnorfolk.org.uk](http://www.theartsocietynwnorfolk.org.uk)

**Monday 21st November** 2pm Community Hall, Hunstanton. u3a. A performance by 'Three's Company'. Please go to the u3a Hunstanton website [www.u3asites.org.uk/hunstanton](http://www.u3asites.org.uk/hunstanton) for further information.

**Tuesday 15th November** 10am - 12noon Heacham Church Hall, Police Surgery.

**Saturday 19th November** 7.30pm Village Screen Cinema, Amy Robsart Hall, Syderstone. 'Operation Mince meat' £4. To book 01485 578171 or syderstonecinema\_ARVH@outlook.com

**Wednesday 30th November** 10am -noon Community Coffee Morning and More. Old Friends Hall.

**Sunday 13th November** Food Fayre Hunstanton Town Hall. For stall information call 01485 532402

### DECEMBER

#### Events at St.Nicholas Church, Dersingham

**Friday 2nd December** 10am Christmas Tree Festival starts and runs throughout December.

**Saturday 3rd December** 6.30pm Bilston Silver Band

**Sunday 4th December** 4pm Christingle Service.

**Friday 9th** 6-9pm Trees by candlelight.

**Sunday 18th** 6.30pm Dersingham Lessons & Carols.

**Thursday 15th (lunch) and Saturday 17th December** (dinner) - Christmas meal at Hunstanton Conservative Club.

### Saturday 5th and Sunday 6th November

10am – 4pm Exhibition of Art by the late James Davies at The Old Friend's Hall. Proceeds from sales of the works will go to Tapping House Hospice.

Community Coffee  
Tea Morning & More  
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Fun Quiz  
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## Some things you probably didn't know

Volumes have been written about Sir Peter Paul Rubens (1577-1640) a Flemish painter, designer and diplomat and probably the greatest and most influential figure in religious and mythological Baroque art in Northern Europe. There are some things you probably didn't know:

He was an apprentice at age fourteen and he learned much about art from painting copies. In 1621 he wrote 'my talents are such that I have never lacked courage to undertake any design.'

He spoke Flemish, Italian, French, German, Latin and Spanish. Such prodigious linguistic skills and polished manners earned him quite a reputation as a skilled diplomat, making him a trusted advisor to the Crown.

He habitually rose at 4.00am, which probably partly explains how he came to produce such an enormous volume of work from the art studio he designed. So huge was his output that it is difficult to put a figure on it, but nearly 400 completed works are authentically attributed to him. He was much in demand from royalty and the aristocracy. And whilst he was a man who seemed to have an inexhaustible supply of intellectual and physical stamina, he could not possibly have carried out all the work involved in his massive output without many pupils and assistants at his efficient studio.

The first attempt at a complete scholarly catalogue of his work, *Corpus Rubenianum*, began publication in 1968 and thirty full volumes are expected.

He married his second wife when he was fifty-three years old and she was sixteen. Some things were different then and his second marriage was as happy as his first.

He developed a passion for painting landscapes in his final years. These 'marvellously ripe works' led Constable to declare, 'In no branch of the art is Rubens greater than in landscape.'

He was a collector who amassed a large art collection including ancient cameos and particularly one magnificent late Roman cameo, dating from the 4th century AD and destined to be sold to the Moghul of India. The cameo was involved in one of the most notorious shipwreck stories of all time.

If you would like to find out more about **Rubens and the Roman Cameo: The Strange Story of Peter Paul Rubens, a Magnificent Late Roman Cameo and the Wreck of the Dutch East Indiaman Batavia in 1629 off the West Coast of Australia**, The Arts Society Northwest Norfolk will be hosting this lecture on November 14th, 2022, at Sedgeford Village Hall at 2pm. The lecture is presented by Guy de la Bédoyère, a historian, well-known for his frequent appearances on Channel 4's Time Team. New members are welcome to join our friendly society and you can find further details 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 14 November 2022  
 Sedgeford Village Hall at 2pm

**Rubens and the Roman Cameo: The strange story of Peter Paul Rubens, a magnificent late Roman Cameo, and the wreck of the Dutch East Indiaman Batavia in 1629 off the west coast of Australia.**  
 Lecturer: Guy de la Bédoyère

The wreck of the *Batavia* is one of the most notorious shipwreck stories of all time. The catastrophe involved a vicious mutiny that resulted in over one hundred survivors being systematically massacred while waiting for rescue. The ship was carrying treasure, including a magnificent late Roman cameo, dating from the fourth century AD, and originally destined to be sold to the Mogul of India. Amazingly, the cameo was to survive the ghastly disaster and is today in Holland, while the wreck of the ship is now in the Shipwrecks Museum at Fremantle. This lecture tells the ship's story and traces the cameo's journey through these epic events, looking at why it was there, who took it, why it survived and the events it witnessed.



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)  
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# HUNSTANTON TOWN COUNCIL

## The Friday Friendship Group

The Mayor of Hunstanton had the pleasure of joining the Friday Friendship Group in Hunstanton Town Hall recently to show her support for the World's Biggest Coffee Morning in aid of Macmillan Cancer Support.

Mayor Councillor Maureen Howard reported: *"I was honoured to be invited to join the Macmillan Coffee Morning and had a difficult decision in choosing which of the tasty cakes, made by members of the Friendship Group, I would have with my cup of coffee. It was a wonderful event, and my grateful thanks go to the group for organising the event and to the local residents and visitors who came along to help raise money to fund Macmillan's services".*



Councillor Howard added: *"Macmillan is such a wonderful organisation. It's heart-warming to witness everyone getting involved with the charity, helping to raise money and awareness for a very worthy cause. Nobody should have to face cancer alone and we should all be extremely grateful to the amazing people who fundraise for Macmillan. Every penny raised will provide vital support."*

*Nobody should have to face cancer alone and we should all be extremely grateful to the amazing people who fundraise for Macmillan. Every penny raised will provide vital support."*



The Friday Friendship Group raised a total of £278.60 for the Charity.

If you would like information on the Friday Friendship Group, run on behalf of Hunstanton Town Council by a group of lovely volunteers, please call Hilary on 01485 533631 or Dawn on 01485 779746.

The Mayor commented *"The Friday Friendship meet each Friday morning at the Community Centre, Avenue Road. On behalf of Hunstanton Town Council I would like to thank the volunteers for all the hard work they do to offer friendship, support and advice to those in the local community".*



*On behalf of Hunstanton Town Council I would like to thank the volunteers for all the hard work they do to offer friendship, support and advice to those in the local community".*

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**HUNSTANTON**  
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### Food Donation Appeal

The Mayor of Hunstanton, Cllr Maureen Howard opened her “Mayor’s Christmas Food Appeal 2022” on 1st October 2022; it will run until 18th December.

The Mayor reported “This year’s Mayor’s Christmas Appeal aims to help those in food poverty. I am appealing to the community and local businesses to donate whatever you can to help put food on tables for those struggling at this moment in time.”

This Christmas Food Appeal will be conducted by Hunstanton Town Council and, through their efforts as well as the public’s contributions, they hope to assist those living in poverty. The aim of the project is to ensure that underprivileged families in the community have food available to them during the holiday period.

The Mayor continued, “Sadly, while so many look forward to Christmas, we also know the period brings with it extra challenges for many families. While there is food poverty all year round, Christmas is particularly tough. We want everyone to have food this Christmas and donations from the community will help make this a reality.

We hope this year’s appeal will be the biggest yet, with donation boxes in Hunstanton Town Hall and Community Centre (Avenue Rd). The donations will be distributed by the Helping Hands Café Management Committee in the week leading up to Christmas”.

The Helping Hands Café is the next step up from the Community Fridge scheme that has been running in the Community Centre for the past 18 months. This opened on 3rd October in the Community Hub, lower floor, Town Hall and is open each Monday 10am – 1pm; the food destined for landfill, still perfectly edible and in date, will help to provide warm lunches to those in need.

The most needed items for the Mayor’s Christmas Food Appeal include, pasta and rice, flour, eggs, personal care, tinned fruit & vegetables, baby food, nappies, canned goods, pet food and Christmas treats.

“If you would like to work with us and be a donation point for food collections or a donator of food supplies, please contact 01485 532402”.

**The Mayor of Hunstanton - Cllr Maureen Howard**



**The Norfolk Hospice launches their new Festive Fundraiser – the Rudolph Run**

**The Norfolk Hospice Tapping House has officially launched their brand new festive fundraiser, the Rudolph Run, geared toward schoolchildren in West Norfolk.**

The independent charity, which is based in the village of Hillington, are asking primary schools and nurseries to sign up and take part in the fundraiser.

The schools and nurseries are free to choose any venue and any date between November and January for their challenge.

Whether they choose a brisk walk or gentle jog, all children will be asked to collect sponsorship and to wear their antlers when they take part, which will be supplied free of charge for each participant.

Rudolph will be stopping by each school to deliver the antlers and a certificate for each child that takes part.

All sponsorship raised will go directly to The Norfolk Hospice, who provide end of life care at their in-patient unit and through their hospice at home service. They also provide day therapy classes and family and bereavement support services. All of their services are delivered completely free of charge.

Victoria Rush, Community Fundraiser at The Norfolk Hospice, said: “This is our very first Rudolph Run fundraiser and we are hoping to engage with a whole new audience.

“It is very important to us that the challenge is as accessible as possible, which is why the schools and nurseries have full control over what their Rudolph Run will look like.



“We are excited to work with the wonderful schools and nurseries in our area and this is a great opportunity for them to support a local charity and to learn about hospice care – all whilst having some festive fun!”

To register your school or nursery and to find out more about the Rudolph Run, please visit:

[www.norfolkhospice.org.uk/rudolph-run](http://www.norfolkhospice.org.uk/rudolph-run)

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After 2020 and 2021 were disrupted by Covid, it has been lovely to have had a season of normal play - club afternoons, external and internal tournaments and many visitors enjoying our facilities. It has come to an end all too soon.

We finished the playing season with the final of the summer-long Veterans' Tournament, the postponed Club Doubles and our finale, The Kendal Cup. Congratulations to all the participants and especially to the winners - Gary Lewis won the Veterans'; Terrey Sparks and Marion Pile just beat David Thirtle-Watts and Wendy Davis with the golden hoop in an incredibly close, hard fought match, and David Boxell won the Kendal Cup.

Johnny has been hard at work on lawns one and two, scarifying, feeding and seeding so that they will be in tip top condition for the beginning of next season. The pigeons have been enjoying the free food, but thanks to the rain and autumn sun, the grass is already showing through.

Thanks to everyone who has supported us throughout the season.

As always, head to our website [www.hunstantoncroquetclub.co.uk](http://www.hunstantoncroquetclub.co.uk) for more information and follow us on Facebook and Instagram.



Left; Terrey Sparks and Marion Pile receiving the Club Doubles trophy.



Right; Gary Lewis receiving the Veterans' trophy



**Caroline Harper**

Left; Johnny on lawn one.



Right; David Boxell receiving the Kendal Cup from Janet Kendal.



**Christmas Food Fayre**

Sunday 27<sup>th</sup> November 2022

**Hunstanton Town Hall**

For stall information please contact:  
Email: [clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk)  
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## CAPITAL GAINS TAX AND RESIDENTIAL PROPERTY – FIVE WAYS TO TRIP UP.

By Kathryn Gigg Chartered Accountants, Hunstanton

There is a common assumption that Capital Gains Tax (CGT) does not apply to your house. Whilst this is NORMALLY the case, there are a number of scenarios where the transaction is reportable and tax payable. Consider the following:

Alan has a flat in London and Ann has a house in Norfolk. They meet while he is on holiday and marry after a whirlwind courtship. Neither really wants to move and they adopt a comfortable lifestyle of spending the weekend in her house together, with him spending the week in London. After several years he is offered a job in Norfolk, and they decide to sell both properties and buy one together. Since each has always occupied their own main residence, they assume that there is no CGT to worry about.

Bob is a builder. He is quite good at property renovation and in addition to his work for customers he has for many years purchased run down properties, lived in them for a year or so whilst restoring them and then sold them on. He has been told by a chap in the pub that CGT is not payable once you have lived in a house for a year so has assumed that the gains he has made are tax free.

Charles has a house of his own. About ten years ago his mother, Daphne, gave him her house to save a possible Inheritance Tax charge, but continued to live there rent free until her death last year. Charles sells the house but since it is her main residence, doesn't think CGT applies.

Edward owns a large house with about two acres of garden and an old barn which had been let for storage on the other side of the road. He obtains planning permission for two houses in the garden and to convert the barn to residential use, sells the barn, sells his house with about an acre of land, and then sells the plots. He assumes there is no CGT to pay.

Frank has his own house and a buy to let which he bought ten years ago. When clearing the let property for sale, he discovers a 2017 tax guide with a section on CGT. This enables him to compute the tax due and he plans to declare it when he submits his 2022/23 Tax Return next year.

All these people will have a CGT problem (and possibly others too!)

a) A married couple can only have one residential exemption. They can elect which property it applies to, but from the date of marriage one property will become subject to CGT with the charge being time apportioned between the exempt and chargeable periods.

b) CGT may not even apply if the main reason for property purchase is to make a profit. In Bob's case his occupation as a builder, combined with the rapidity of his house moves might mean that HMRC decide that the property transactions are part of his building trade and subject to Income Tax rather than CGT. If there is no capital gain, there will be no residence relief.

c) Charles will not be eligible for relief because the house is not his main residence. Since Daphne continued to live there rent free after she gave it away, it is treated as a "Gift with reservation of benefit" and is still chargeable to Inheritance Tax on her death. Charles will not even receive the uplift to probate value in the base cost since this is a situation where the two taxes overlap to the considerable disadvantage of the taxpayer.

d) Main residence relief is only given for a property and land up to 0.5 hectares (about 1.25 acres), or a greater amount if it is appropriate to the house. However, since Edward sold the house before he sold the plots, he was no longer in occupation

at the time of sale so no relief will be due. Even if the barn would have fallen within the 0.5 Ha that would also fail to qualify because he was not occupying it his main residence. Making the sales in a different sequence might have helped.

e) There is always a risk in relying on old reference books. The rules for CGT disclosure changed in 2020 and from 6 April of that year it has been a requirement to submit an online CGT Return and pay the tax liability within 60 days (30 days until 27 October 2021).

All these taxpayers will have fallen foul of the 60-day rule and will be liable for an initial penalty of £100 and further penalties after 6 months and 12 months together with interest on the unpaid tax. Bob the builder may have an even larger problem!

**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.  
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## Hunstanton United Services Club

### November Entertainment

- Fri 4th: Mick's Birthday Bash – 8pm. There will be light refreshments & dancing to KAY D so bring your cowboy hats & boots!
- Sat 5th: CECIL FARAYI SOUL & MOTOWN. 8.30pm.
- Sat 12th: DNA ROCK & POP. 8.30pm.
- Sat 19th: A.M.I. DUO (A musical interlude). Rock & Pop.
- Fri 25th: RACE NIGHT. All profit for AIR AMBULANCE. 8pm. Come & join the fun in aid of a good cause.
- Sat 26th: STEVE MOYSE. All eras.

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

KARAOKE - every Sunday night with Mick. 8pm.

POKER NIGHTS – Friendly on Tuesday – 7.30pm. League on Thursday – 7.30pm.

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DEWEY'S CARVERY EVERY SUNDAY & WEDNESDAY LUNCHTIME.

STEAK NIGHT every Wednesday from 5.30pm.

Phone 07901 524778 to book.

### Stanhoe & Barwick WI

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

The Reading Room, Stanhoe: 2pm.

Visitors are most welcome; please contact Valerie (01485 576261) for further details.

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**OPENING WEEKEND**

2 <sup>ND</sup> DEC	10AM-4PM	TREES, STALLS
3 <sup>RD</sup> DEC	10AM-4PM	& REFRESHMENTS
	6.30PM	BILTON SILVER BAND
4 <sup>TH</sup> DEC	2-4PM	VIEW THE TREES
	4PM	CHRISTINGLE SERVICE

**MIDDLE WEEKEND**

9 <sup>TH</sup> DEC	6-9PM	TREES BY CANDLELIGHT (FRIDAY!)
11 <sup>TH</sup> DEC	2-4PM	VIEW THE TREES
	4PM	TEA & CAROLS

**FINAL WEEKEND**

17 <sup>TH</sup> DEC	10AM-4PM	'SANTA STOP HERE' - TREES, STALLS, REFRESHMENTS & FATHER CHRISTMAS!
18 <sup>TH</sup> DEC	2-4PM	VIEW THE TREES
	6.30PM	DERSINGHAM LESSONS & CAROLS

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## Hunstanton Rotary Club



At our meeting on 14th September, we had a special speaker Briony Bax who gave the members a presentation on her charity 'Saidia Children's Home in Gilgil, Kenya'. For the last 11 years Briony has been travelling each year to Kenya to visit Gilgil and taking volunteers to see and work at The Saidia Children's Home. Over those years she has seen many changes, their 'family' of 60 children have grown, some have graduated, some have gone off to high school, some have completed vocational courses. All the members were impressed by what had been achieved and committed to donate to this very worthy cause.

Hunstanton Rotary Club celebrated its Charter Night on 28th September, celebrating its 46 year anniversary of becoming a member of Rotary International. It was a black-tie event held at Heacham Manor and was thoroughly enjoyed by all those attending. Amongst the attendees were representatives of three Charities who participated in our Norton Hill Railway event at the end of July. Each of these representatives were presented, by the Club President John Greyson, with a cheque for £1,600.

During September, we donated to the Disaster Response Fund for Ukraine to provide people affected by the war with essential items such as water, food, shelter, medicine, and clothing. We also donated a ShelterBox and Aquabox to provide those impacted by the Pakistan flood disaster with shelter and clean water.

At home we provided Dictionaries For Life to local primary school children.

If you are interested in finding out about Hunstanton Rotary Club and would like to come to any of our weekly meetings, you would be very welcome. Or if you would just like a booklet to find out more about us and what we do then we would be happy to post one to you. Please contact Mick Harpley (01485 570460) or send an email to: [auden384@hotmail.co.uk](mailto:auden384@hotmail.co.uk)

The photos are of Hunstanton Rotary Club President John Greyson presenting cheques to:



Left:: Aynsley Calvert representing Magpie Centre, West Norfolk Group Riding for the Disabled Association



Right: Karan McKerrow representing 'The National Autistic Society West Norfolk Branch'



Left: Tammy Green representing 'The Norfolk Hospice, Tapping House'

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### Cheers as Norfolk park's loco resumes its Seaside Specials

The future of an iconic land train serving the North West Norfolk seaside town of Hunstanton is now secure, thanks to a local holiday park.

Searles Leisure Resort, just outside the town, has now managed to find a replacement train after its former loco was retired this summer after thirty years of service. The hop-on, hop-off train is an easy and convenient way for guests to travel around the park, stopping at its many different leisure, entertainment and dining facilities. It also heads out of the resort and into Hunstanton town centre, allowing passengers to disembark at attractions such as Old Hunstanton Beach and the lighthouse.

The search for a new land train began earlier this year, and was headed up by Andrew Searle, a director of the 60-year-old family business which welcomes many thousands of visitors each year. The quest was threatening to hit the buffers until, by chance, Andrew received news of a land train that had been discovered in the remote north Cumbrian village of Lazonby.

On journeying up to take a closer look, he was delighted to find that the train had three passenger carriages – exactly the number sported by its predecessor. And the icing on the cake was its striking blue-and-white livery, the colours which Searles has used for decades on its signage and advertising. The deal was struck, and the train was transported from Cumbria to bespoke vehicle specialists Electromec Services in Exeter for a thorough check-up and servicing.

Finally, in July this year, the now gleaming engine and carriages arrived in Norfolk to begin their new life beside the seaside – and a fond farewell was made to the old train.

But just one issue remained, explained Andrew – just what should the new train be called? The question was posed to Searles' many followers on social media, and a lively debate followed which resulted in scores of suggestions.

Eventually a winner emerged, and the train has now been called 'Richard' in remembrance of Richard Searle MBE, the father of Andrew, Paul and Joanna who today manage the park.



It was Richard who pioneered not just the concept of a land train, but also introduced many of the much-loved features of Searles which helped transform it into a major holiday resort.

"Our train has brought many happy memories and enjoyment to the tens of thousands of people who have used it over the years," said Andrew. "It's more than just a fantastic way to get around our resort and visit local landmarks, but also one of the reasons why visitors return time after time to Searles. My brother and sister and I are delighted that it now bears the name of our father, and celebrates the amazing work he did in popularising tourism in this part of Norfolk."

"His tireless enthusiasm and enterprise was also the reason that Richard was made an MBE by Queen Elizabeth in 2001, and the train is a great way to remember him!"

There is more information about Searles Leisure Resort at [www.searles.co.uk](http://www.searles.co.uk)

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## General Knowledge Quiz

### ANSWERS

1. Truro.
2. Lincoln.
3. Ipswich Town.
4. York.
5. Leicester Square.
6. The Norwich School.
7. Penny Lancaster.
8. Dave Bedford.
9. Jo Stafford.
10. Chester (635 episodes).
11. Durham.
12. Sir Francis Chichester.

### CROSSWORD SOLUTION

#### Across:

1. Fireworks
6. Abeam
9. Orlando
10. Tacitus
11. Keynes
12. Anisette
14. Odds
15. Auctioneer
18. Thumbprint
20. Disc
23. Tick over
24. Bad egg
26. Several
27. Kalooki
28. Eared
29. Dismantle

#### Down:

1. Frock-coat
2. Relayed
3. Wander
4. Rook
5. Set in stone
6. Ancestor
7. Entitle
8. Massé
13. Quarrelled
16. Recognise
17. Abhorred
19. Uncover
21. Iceboat
22. Paella
23. Taste
25. Ukes

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**HUNSTANTON  
TOWN COUNCIL**

## Hunstanton Helping Hands Café

Hunstanton's Helping Hands Cafe opened its doors to the public recently and is already proving a huge success.

Based in the Community Hub, lower floor, it is currently open on Mondays only from 10am – 1pm. Anyone and everyone is welcome to come along to our warm and friendly community cafe to enjoy good food and a hot drink on a pay what you can afford basis.

Clr Adrian Eden who is overseeing the project commented "The Council's first aim is to prevent hunger amongst the most disadvantaged in our town. Our secondary aim is to prevent food waste. With the support of local businesses we are starting to meet those aims.

"We soon discovered that a lot of elderly disadvantaged folk in the town are very lonely so we have welcomed them too. We make no set charge for food and drinks though some folks do like to leave a small donation".

"For those who are in need, there are a team of volunteers present each week who can offer time to listen or chat or even play a board game. We also have trained support workers should you need any advice or support regarding benefits or financial difficulties, housing or homelessness issues, addictions, domestic abuse or any other issues. If we are unable to help, we will try to suggest an alternative organisation that may be able to".

Moving forward, Hunstanton Town Council's Community Fridge scheme will be relocating to the Hub to run alongside the HH project. Members had hoped the current Community Fridge volunteers would relocate with the fridge but sadly they have decided not to at the present time. Hunstanton Town Council would like to say 'thank you to them all for their hard work over the past 18 months and to help to promote awareness of food wastage in the local community'.

Clr Howard, the Mayor of Hunstanton and Chair of Hunstanton Town Council commented "we have been overwhelmed by the support of local residents coming forward to offer their services on a voluntary basis to help get this project up and running. We have a lovely team already beavering away in the kitchen and working with us to build this project up."

Also working with us is the 'Wells Community Shop' which brings a large selection of fresh food items, dried goods and household supplies all offered for sale at a greatly reduced price.

We also welcome Citizens Advice to join us in offering their services which we have found in the past to be in great demand.

Adult Services will also be in attendance offering one to one chats for those seeking advice. No appointment required.

The Helping Hands Hub

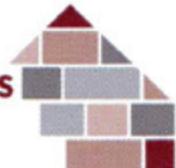


team also hope to incorporate healthy eating cookery courses as well as 'art therapy' sessions which we are planning to offer in the New Year.



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**The Mayor of Hunstanton Cllr Maureen Howard says a huge ‘Thank You’ to Hughes Electrical Hunstanton.**

The Mayor Cllr Maureen Howard couldn’t thank the Manager and staff at Hughes Hunstanton enough for their kind donations to help Hunstanton Town Council’s new project ‘The Helping Hands Café’ get up and running.

The Mayor stated “Hunstanton Town Council are determined to do its best for the community and when Neil Woodhouse, the Manager of Hughes in the High Street, heard we were looking to purchase a microwave and slow cooker, he wasted no time in bringing over a large multi microwave, a slow cooker and a 2nd microwave to help get the kitchen fitted out”.

Neil, relatively new to the Manager’s role with Hughes, told Cllr Howard “This new initiative of Hunstanton Town Council will be welcomed by a large number of residents in the community. I am very keen to see the project grow and ‘Hughes Hunstanton’ will support them in any way they can”.



The Café, which opened on Monday 3rd October, will be open each Monday from 10am – 1pm in the Community Hub (lower floor) Town Hall with representatives

each week from Citizens Advice, Adult Services, Voluntary Norfolk and a new Community Shop in place from 10th October offering food supplies at greatly reduced prices.

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



**Heacham Judo Club**

On October 9th, Heacham Judo Club hosted the South Eastern Area Grading. Children and adults from the area took part including 10 members from Heacham. Everyone passed their grades and did amazingly well.

Congratulations to all who took part and to Lillie Edenborough who gained the highest junior grade of Brown belt.

Anyone looking to come along to the club, please contact us on 01485 571614.

Emmy Saintierney	Red + 2
Zachary Barker	Red + 2
Harry Rolph	White
Lily Francis	White + 2
Dante Saintierney	Yellow
William Mitchell	Yellow
Erin Richardson	Yellow + 1
Lewis Richardson	Green + 2
Zaniah Fox	Blue + 1
Lillie Edenborough	Brown

**Shirley Tucker**

Pictured Right:  
 Lillie  
 Edenborough



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# Poets' Corner

## Who is it?

I thought it him  
 But it was not,  
 Hands had cast  
 A different lot.  
 If not him  
 Then who else?  
 Taken from Olympus shelf,  
 Placed on earth  
 By Gods of old  
 To walk a pathway  
 As foretold.  
 I craned my neck  
 So I could see,  
 Upon reflection  
 It was me.

Dean Rawnsley

## Hunstanton Conservative Club

Entertainment  
 for November

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 League – 7.30-11pm  
 Friday: Raffle 1.00pm  
 “ Bingo 7.00pm  
 Saturday: Raffle with ‘Open the Box’ 1.00pm  
 Sunday: Roast Dinner served 12.00-2.00pm  
 2 courses £8.95.

Meals served everyday between 12.00 and 2.00pm

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

General Snooker is available every day during open hours.

### Bonfire Night - Saturday 5th November:

We will be serving hot food.

### December – Christmas meals:

Two extra Christmas meals have been added:-  
 Thursday 15th December – lunch and  
 Saturday 17th December - evening.



## FUN RACE NIGHT

With PIG RACING  
**FRIDAY 18TH NOVEMBER**  
**7:00 P.M.**



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## Heacham Parish Council Notice Board

### PARISH COUNCIL MEETINGS IN BRIEF

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

The Full Council Meeting for December will be held on Tuesday 13th Dec 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.

### 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 onsite. You only have to be willing to work the whole of a plot and be a resident of Heacham. Our new allotment year began on 1st October so get on the list now, before the year progresses further.

### **!!WANTED!! PARISH COUNCILLOR(S)**

Would you like the opportunity to put something back into your community? Heacham Parish Council's sixteen Councillors need one Parishioner 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.

### 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!

### 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.

### STREET LIGHTING

If you notice any lights off or ones that come on and off (intermittent) please report them to the Parish Office. We will need to know it's address – this could be the address of the property it is outside of, or if it sits directly on the boundary between 2 properties, then it is usually the address of the property it is opposite to. If you telephone and leave a message then please leave a contact telephone number and name so that we can contact you if we have a query.

### PUMPKINS

Please remember that after Halloween you can leave your pumpkin out for the birds. But don't leave it on the ground as it will encourage vermin and it will be accessible to Hedgehogs - pumpkins make them ill.

### REMEMBRANCE SUNDAY

This year's Service of Remembrance will take place at Heacham Parish Church on Sunday 13 November. Traffic is advised to avoid Hunstanton Road while tributes are laid at the War Memorial between 10.45am and 11.20am on that day.

It would be lovely to see as many of you as possible at the memorial for the wreath laying.

### 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

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### MOBILE LIBRARY

**Route DER201 TUESDAY Every Four Weeks  
 From 20th July 2022**

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

## LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

**Bus Enquiries:-** [www.lynxbus.co.uk](http://www.lynxbus.co.uk) 01553 611955

	<b>Service</b>	
	<b>34</b>	<b>35</b>
	<b>via QE Hospital via Sandringham Coastliner</b>	

<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	1/hr	1/hr

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**Smithdon High School Bus Service 36**  
 1515 Smithdon School to Hunstanton

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### 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](http://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 NOVEMBER & DECEMBER 2022

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT)									
Nov 2022					Dec 2022				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TU	11 10	5.7	23 21	5.7	1 TH			12 33	5.9
2 W			12 55	5.6	2 F	00 26	6.1	13 42	5.9
3 TH	00 56	5.7	14 19	5.9	3 SA	01 36	6.2	14 47	6.1
4 F	02 15	6.1	15 28	6.3	4 SU	02 41	6.4	15 43	6.4
5 SA	03 18	6.6	16 21	6.7	5 M	03 38	6.6	16 28	6.6
6 SU	04 09	7.0	17 04	7.0	6 TU	04 28	6.8	17 08	6.7
7 M	04 55	7.3	17 41	7.1	7 W	05 14	6.9	17 45	6.9
8 TU	05 38	7.4	18 15	7.2	8 TH	05 58	6.9	18 20	6.9
9 W	06 20	7.4	18 49	7.2	9 F	06 39	6.8	18 55	7.0
10 TH	06 59	7.3	19 20	7.1	10 SA	07 18	6.7	19 28	6.9
11 F	07 35	7.1	19 47	7.0	11 SU	07 53	6.5	19 56	6.8
12 SA	08 08	6.8	20 13	6.8	12 M	08 27	6.3	20 27	6.6
13 SU	08 41	6.4	20 41	6.5	13 TU	09 03	6.1	20 59	6.4
14 M	09 17	6.0	21 13	6.1	14 W	09 42	5.8	21 37	6.1
15 TU	10 02	5.5	21 57	5.7	15 TH	10 30	5.6	22 24	5.8
16 W	11 07	5.2	23 06	5.3	16 F	11 30	5.4	23 25	5.7
17 TH			12 33	5.1	17 SA			12 37	5.4
18 F	00 41	5.3	13 45	5.3	18 SU	00 35	5.7	13 41	5.6
19 SA	01 52	5.6	14 45	5.7	19 M	01 42	5.9	14 42	5.9
20 SU	02 48	6.0	15 35	6.2	20 TU	02 45	6.2	15 36	6.2
21 M	03 35	6.4	16 19	6.5	21 W	03 43	6.5	16 27	6.6
22 TU	04 21	6.8	17 00	6.9	22 TH	04 38	6.9	17 14	6.9
23 W	05 05	7.1	17 40	7.1	23 F	05 33	7.1	18 00	7.2
24 TH	05 50	7.4	18 20	7.3	24 SA	06 27	7.3	18 48	7.4
25 F	06 36	7.5	19 01	7.4	25 SU	07 20	7.3	19 32	7.5
26 SA	07 24	7.4	19 41	7.3	26 M	08 11	7.3	20 16	7.4
27 SU	08 11	7.2	20 23	7.2	27 TU	09 03	7.0	21 02	7.3
28 M	09 01	6.9	21 07	6.9	28 W	09 56	6.7	21 51	7.0
29 TU	09 59	6.4	22 01	6.5	29 TH	10 54	6.4	22 47	6.7
30 W	11 13	6.0	23 01	6.2	30 F	11 55	6.1	23 48	6.4
					31 SA			12 54	5.8

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