



# THE HEACHAM NEWSLETTER

December 2022 / January 2023

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



**Deadline for the next edition is 12 noon, Tuesday 17th January 2023**

## The Heacham Newsletter Team Note

Here we are at the end of another year and Christmas is upon us once more! A big THANK YOU to all our readers, our valued contributors and advertisers.

*We wish you a happy Christmas and a happy and healthy New Year*

The Newsletter team will now take a short well earned break, but will be back in **February 2023**. So please do keep sending in your stories, letters, photos, village information, regular events, diary dates etc., by email to [theheachamnewsletter@gmail.com](mailto:theheachamnewsletter@gmail.com) or by posting the information into our box at the Parish Office.

Thank you for your continued support and to the many distribution points for their help in making the Newsletter available to Heacham residents and visitors etc.

*The Heacham Newsletter Team*

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

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

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

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

A voluntary non-profit publication

**Coffee Morning & More**

Join us at our community coffee morning held in a safe, warm and friendly environment at the Old Friends Hall, Sunnyside (off Caley Street) between 10 am and noon on the last Wednesday each month, although in December we are meeting earlier on Wednesday the 14th.

The small entry fee of £2.00 covers a choice of hot drinks and sweet and savoury treats (including seconds!) and a free quiz – if you win you don't pay next time! There is always a raffle and usually a book/sales table too.

We have really enjoyed being able to restart this event again, after the long Covid shut-down, and would like to thank everybody for their support; in particular, Tesco Express, Heacham for kindly donating essential groceries and The Heacham Newsletter for featuring our monthly ads.

With our very best wishes to everybody for a Happy Christmas and a Joyous New Year. Stay healthy and we look forward to seeing you – old friends and new - in 2023.

**From your *Coffee Morning & More* team:  
Graham, Karen, Margaret, Rodney & Sarah**



**Community Coffee  
Tea Morning & More**

Real Coffee      Cakes

Raffle      Quiz

**Everyone Welcome**

**14th December 2022  
10am-12noon**

**Old Friends Hall  
Sunnyside (off Caley St)  
Heacham  
PE31 7DU**

In support of the Parish Library with thanks to Tesco Express, Heacham



Dear Newsletter,

**Art Exhibition by James Davies**

Thank you to all those who visited my late husband James' Art Exhibition over the weekend of November 5th/6th to see his work and to raise funds for Tapping House Hospice.

Thank you also to the people who helped us in so many ways to celebrate his art and make it the special event that he had asked for.....I won't mention people by name but it couldn't have happened with-out their help, guidance, fortitude and delicious cakes!

Our family are delighted to tell you that the exhibition raised over £2,000 for the charity.

**Wendy Davies**

**SANTA'S TOUR OF HEACHAM**

**FRIDAY 23<sup>rd</sup> DECEMBER 2022**

*Starting 5pm*

*Exact Tour Route and times will be published  
nearer the date*

*If you would like Santa to call in your street  
contact the Charity Shop*

**HEACHAM YOUTH & COMMUNITY TRUST LTD**

01485 **A.E.WALLIS** 01485  
570303 571683

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

**\*Dealership of Quality\***

<b>Electrical Goods</b>	<b>Cycle Sales</b>
<b>Washing Machines</b>	<b>Cycle Spares</b>
<b>Dishwashers</b>	<b>Cycle Repairs</b>
<b>Tumble Dryers</b>	<b>Cycle Hire</b>
<b>Cookers, Built in models</b>	
<b>And so much more</b>	

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

**euronics** 34-40 High St  
Heacham



## Heacham in Bloom

Well, another year has flown by and what a year it has been, with the celebration of the Queen's Platinum Jubilee and then three months later her sad passing and the installation of our first King for 70 years, King Charles III.

As we approach the end of the year, we are finalising our plans for 2023 and we will share more details with you in the New Year.

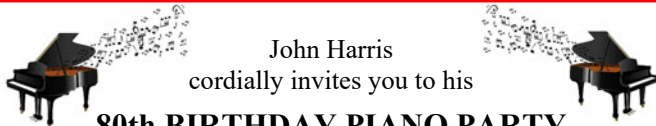
As mentioned last month we have once again planted autumn/winter bedding in our main feature beds and that should keep them looking good until the spring. In the High Street, Wallis' new 'cooker' feature has also been planted up for the autumn/winter as are the bikes and Henry's.

Our monthly meetings are now held at the Parish Council Office, Pound Lane and take place on the 3rd Monday of the month at 7pm (no meeting in December) with our next meeting due on Monday 16th January 2023. We thank Heacham Parish Council for its continued support.

From all of us the very best wishes for a very Merry Christmas and a Happy New Year and we will see you in 2023!

Take care, keep safe and well.

Heacham in Bloom Committee  
heachaminbloom@btinternet.com



John Harris  
cordially invites you to his  
**80th BIRTHDAY PIANO PARTY**

on Friday 16th December 2022  
between 10am and 3pm in the daytime  
and 7pm and 9pm in the evening  
at the Methodist Church Hall, Heacham  
(opposite Boots).

Musical games and competitions (with prizes),  
singalongs and Christmas carols,  
with fish and chips lunch (plus cold desserts) at 1pm!

No charge for anything, but kind donations invited,  
to be shared equally between  
Diabetes UK and Crisis at Christmas

Please ring 01485 579136 with numbers for lunch.



## English Lessons for Refugees

A small group of Ukrainian refugees are 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



## Station Road Garage

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

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



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

**For a hassle free sale phone  
Graham on 01485 570259  
[www.stationroadgarageheacham.co.uk](http://www.stationroadgarageheacham.co.uk)**

## Station Road Garage

**33 Station Road, Heacham**

**Norfolk PE31 7EX**

**☎: 01485 570259**

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

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



Vehicle Testing  
Station

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

## Heacham Girl Guides



We have been busy at Girl Guides this term, completing badges, joining in Halloween fun and attending the Service of Remembrance.

We all went to Jimmy's Field and the Guides completed their Backwoods Cooking badge! The food tasted delicious. Who



would have thought you could bake a pineapple upside down cake in a baked beans tin on a BBQ!

We have lots more activities planned between now and the end of the Christmas term – many of our activities go towards Badges, but we are also holding a Bingo

evening to raise funds on the 13th December.

Guides are encouraged to plan their own meetings, and at the end of every term we plan what activities everyone would like to do for the following term, creating exciting activities and



adventures. Please come and join us.

If you are aged 10 to 14 and would like to find out more, please contact us – you can always come and join us on a Tuesday evening at the Scout Hut in Heacham. 07833 747059.

Alternatively you can visit [www.girlguiding.org.uk/guides](http://www.girlguiding.org.uk/guides) to see how exciting it would be to become a Girl Guide and join 'a worldwide community of girls who have fun, learn new skills and make their voices heard.'



## GARY RUSHMORE FLOORING

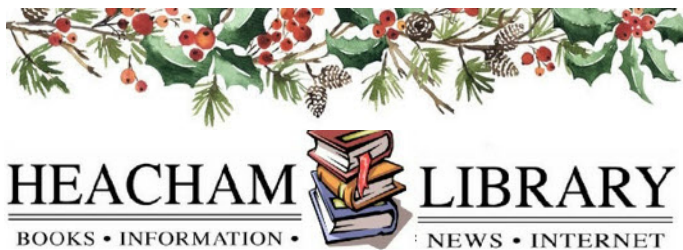
- free measuring and estimates with no obligation
- superb range of carpet, vinyl and laminate samples
- exceptional service, including uplifting and disposing of old flooring and moving furniture
- a family-run business, with over 30 years of experience
- home selection service available

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

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

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

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



### SEASON'S GREETINGS

Christmas has already started at the library with a wonderful donation from crime writer, Jason Dalglish, who lives locally in West Norfolk with his young family.

Jason has sold over two million books worldwide across two successful series of crime mysteries: the first known as 'Dark Yorkshire' followed by 'Hidden Norfolk', and it is the second series of books that Jason has very kindly donated to us. These crime novels, beginning with 'One Lost Soul', feature DI Tom Janssen and his crime solving team and are based in and around places we will all recognise here in West Norfolk. We cannot thank Jason enough for his generosity.



As a complete contrast we are also offering a range of Christmas-themed literature on our special display section.

Whatever type of book or author you enjoy reading, we

are sure you will be able to find something on our shelves, so please do come and visit us. You might also find a bargain for only 20 pence on our book sales table - always worth a look.



#### Displays:

We will be continuing the small display on Heacham at War throughout December and then in January-February we will be marking the 70th anniversary of the 1953 Floods.

#### Christmas closure:

December opening hours remain as usual: 10.00am - 4.00pm Mon, Wed and Fri and 10.00am - noon on Saturday, until Friday 23rd December when we will close at 1.00pm and will reopen at 10.00am on Wednesday 4th January 2023.

**Happy Christmas, Happy New Year and Happy Reading!**

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

## J Kendall Window Cleaning Services

Using The Pure Water Pole System  
or Traditional Cleaning

**CONSERVATORIES • FASCIAS • GUTTERS • SOFFITTS**  
 Cleaned & Cleared  
 Patios Pressure Washed

**Tel: 01485 572145**  
**Mobile: 07704 517774**




## SNETTISHAM GARDENING CLUB



We send all our Members Seasons Greetings and wish you all a Happy and Healthy 2023.

Our next meeting will be our AGM on Wednesday 25th January when our 2023 Programme will be available. We look forward to seeing you then.

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



**Rural Broadband**  
broadband anywhere

Based in Heacham

**Unlimited 4G Mobile Broadband, Home and Business Fibre**

Local Company

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

sales@ruralbroadband.co.uk  
 01485 572253  
 ruralbroadband.co.uk | f o t y



## CHURCHES TOGETHER IN HEACHAM



Christmas greetings from the Ministry Team at Heacham Parish Church.

By now most of us have bought our Christmas cards and I am sure many have been written and posted.

As I look around the shops there are cards saying: "Happy Christmas", "Joyeuse Noel", "Christ is born" but many use the much blander "Seasons Greetings" - not even naming the festival. Some wish you a "Merry Xmas" thus taking Christ out of Christmas and apparently celebrating X - the unknown quantity. I have not yet seen one wishing me a "Happy 4th Sunday in December" but that could yet appear! As we stick stamps on to the envelopes, they at least have a Christian theme. The Christmas stamps this year feature nativity scenes and angels. Notably they are the last stamps to be issued with the head of the late Queen Elizabeth. How utterly appropriate for a lady who was never afraid to own the faith which guided her life.

Regrettably, in other years, those stamps often reflect the mythical and commercial characters of the season. This is one more example of the way in which officialdom, in pursuit of political correctness, is obscuring the Christian culture of our country. We have heard in the news how Christian crosses have been removed from hospital chapels and crematoriums. How can we expect others, be they politicians or fundamentalist

**HEACHAM VILLAGE CAROL SERVICE**

Thursday 22<sup>nd</sup> December at 6.30pm  
With Hunstanton Concert Band



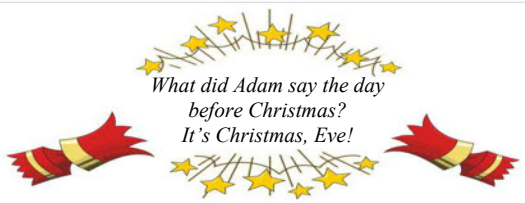
This year our annual village carol service will be outside again at  
**Heacham Club on the Bowling Green.**  
Come and sing carols celebrating Christmas as a village community.

Everyone welcome, dress warmly!



Followed by festive refreshments

Donations to:  



Islamic suicide bombers, to respect a faith and culture we do not choose to own? Our new Prime Minister unashamedly owns his faith. John Sentamu, the previous Archbishop of York, has spoken out on these issues trying to stir us from our apathy. Having escaped the death squads of Idi Amin in Uganda he knows both the importance, and potential cost, of standing up for one's Christian beliefs and encourages us to claim our right to 'freedom of speech'.

What are those who do not profess Christian beliefs celebrating?

I'm afraid they are being exploited by commercial enterprise. Many will be persuaded to spend vast amounts of money on excess food and presents which, this year, some will be unable to afford. They will be coerced by advertisement and peer pressure to provide the "must have" toys and 'designer' items for younger members of the family, when the rising cost of living has reduced disposable income significantly. There is already a mounting debt crisis in our country. What a tragedy if nominal celebration of Christmas results in an increase in that debt when the Saviour's birth offers all humanity freedom.

In our Churches we are celebrating the birth of Jesus Christ. Remembering the time when Almighty God humbled himself to be born as a human child to bring light and love and peace into this world. Do join us, if you can, to hear again the wonderful story of Christmas. Wherever and however you choose to celebrate, may the light, love, and peace of Jesus be with you this Christmas.

### Church Opening Times

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



### Church 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.

### December 2022

- 4th December:** Morning Prayer
- 11th December:** Holy Communion
- 18th December:** Holy Communion (Reflective said service)
- 25th December:** Holy Communion

### January 2023

- 1st January:** Morning Prayer
- 8th January:** Holy Communion
- 15th January:** Morning Prayer
- 22nd January:** Holy Communion
- 29th January:** Morning Prayer

**HEACHAM PARISH CHURCH online**  
on Heacham Parish Church You Tube channel

**HEACHAM PARISH CHURCH in church**  
At 10am every Sunday morning

### Church Star and Festive Lights

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

We do have festive lights up along the path up to the front door of the church for everyone to enjoy.

### 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: [richiembcube@gmail.com](mailto:richiembcube@gmail.com)

## CHRISTMAS SERVICES

Sunday 18th Dec 6pm – Heacham Parish Church -  
Candlelit Carol Service

Thursday 22nd Dec 6.30pm – Heacham Village Carol  
Service at Heacham Club on the Bowling Green followed  
by festive refreshments in the Public Hall. (See poster for details.)

Saturday 24th Dec Christmas Eve  
4pm – Christingle,

11.30pm - Midnight Holy Communion

Sunday 25th Dec Christmas Day  
10am – Holy Communion

Sunday 8th January - Epiphany  
10am – Holy Communion



## HEACHAM METHODIST CHURCH

Minister: Rev. Dr Richman Ncube



December 2022

We extend a warm welcome to all.

### Sunday Morning Services: 10.30am

4th December 2022	Rev Dr R Ncube - Holy Communion
11th December 2022	Terry Martin
18th December 2022	Irene Garrar - Carol Service
25th December 2022	Rev Dr R Ncube - Christmas Day Service

### Midweek Communion

10.30am - Wednesday, 14th December led by Rev Dr R Ncube.

### Coffee Morning

10am-12 Noon - Saturday 10th December. Coffee, Cake and Chat.

### Other important dates

We are hoping to open the Church on Tuesday mornings – 10am–12 noon. The ‘Church Open’ sign shall be placed outside.

3.00pm - Saturday, 3rd December - Advent Carol Service for those not wishing or unable to go out after dark.

1.00pm - Tuesday, 13th December – Toddlers’ Carol Service. Carols and more. (See poster for details).

7.15pm - Wednesday, 14th December – West Norfolk Singers entertain. All welcome. Refreshments to follow. Donations welcome.

10.00am–3.00pm - Friday, 16th December - party hosted by John Harris to celebrate his birthday, including West Norfolk Singers – 7.00-9.00pm.

Other dates proposed for carol singing around Heacham - tbc.

January 2023

### Sunday Morning Services: 10.30 am

1st January 2023	LA
8th January 2023	Sheila Johnson
15th January 2023	LA
22nd January 2023	Rev Dr Richman Ncube
29th January 2023	Heather Brown

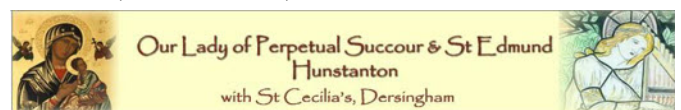
### Midweek Communion

10.30am - 11th January led by Rev Rich.

### Bible Study

10.30am – 26th January 2023.

Again – ALL are welcome to join us. Please contact Mike Careless (Senior Steward) 570363 for further information.



## Hunstanton Catholic Parish

### 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

### Bereavement Support Group

Meetings are on the first Thursday of each month. The next meetings are on 1st December and 5th January 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 cannot get to church and would like a name added, let Rev'd Veronica Wilson ([heacham.vicar@gmail.com](mailto:heacham.vicar@gmail.com)) know.

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

### Daily Prayer

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

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

## HEACHAM METHODIST CHURCH

### TODDLERS CHRISTMAS CAROLS AND CHAOS

PLEASE COME AND JOIN US TO SHARE IN OUR  
TODDLERS' CAROL SERVICE ON TUESDAY  
13th DECEMBER AT 1.00pm  
FOR

SINGING  
STORY TELLING  
REFRESHMENTS



ALL ARE WELCOME  
BABIES, TODDLERS AND NON TODDLERS'

FOR FURTHER INFORMATION PLEASE CALL VAL  
ON 01485 298316

Hopes is retiring after 9 years of dedicated service as our Bishop. You can listen to the announcement and find out more about Rev Canon Collins 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 fair-trade stall at St Cecilia's on the first Sunday of each month, which will also now be at OLSE from next month.

The Pope's prayer intention for **December 2022: Volunteer Not-for-Profit Organisations**. We pray that volunteer non-profit organisations committed to human development find people dedicated to the common good and ceaselessly seek out new paths to international co-operation.

Prayer intention for **January 2023: For Educators**. We pray that educators may be credible witnesses, teaching fraternity rather than competition and helping the youngest and most vulnerable above all.

A few members of the parish have formed the Parish Co-ordination Group to get 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, offer 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 OLSE 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)

**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)



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

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

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



## Another Recipe from The Prudent Pensioner

I have been asked for ideas for budget friendly ways of using up leftover cooked chicken. As there are some nice leeks to be had at present, I thought a Leek and Celery soup would be ideal; it could be made in advance and frozen.

Some of this soup together with cooked chicken pieces could be made into:

### Chicken and Pasta in Leek & Celery Sauce

(Using cooked Chicken)

Makes 2 generous portions

#### Ingredients:

Approx. 150g cooked Chicken cut into small pieces

100g/4oz dried Pasta (I used penne)

1 or 2 rasher of rindless bacon (or cooked 'Pigs in Blankets') cut into small pieces

Approx. 300ml Leek and Celery soup

#### Method:

Cook Pasta as per instructions on packet.

Meanwhile fry bacon pieces until nicely cooked, keep warm. Pour soup into saucepan, stir in chicken pieces and bacon and gently heat until starting to bubble, stirring occasionally.

When pasta is cooked strain off most of the water and stir into soup. Mix well, serve and enjoy. You might like to make a few croutons and sprinkle them on just before serving



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)



## Leek and Celery Soup

Makes approx. 900ml



### Ingredients:

Approx. 230g/8oz Leek  
A rounded tablespoon Rolled Oats  
2 sticks of celery  
1 medium size onion or shallot  
Chicken or vegetable stock cube.  
A knob of butter  
Salt and Pepper

### Method:

Dissolve stock cube in 500ml hot water.  
Trim and clean celery and slice fairly thinly.  
Trim and wash leek, slice thinly and chop a little to break it up.  
Peel shallot/onion and slice thinly.  
In a medium size saucepan and over a low heat, soften butter then add onion/shallot stir well and cook for a minute stirring constantly.  
Carefully add leek, celery, oats and stock to saucepan, bring to the boil, reduce heat, cover and leave simmering gently, stirring occasionally, for 15-20 minutes or until leek and celery are soft.  
Strain off most of the liquid into a jug; leave this to one side while you either put vegetables into a liquidiser or use a hand blender and whizz until pureed.  
Return pureed vegetables to saucepan, gently stir in stock, mix well, reheat, serve and enjoy.  
Pieces of cooked chicken could be added to make a sort of Cock a Leekie soup.  
You might like to make a few croutons and sprinkle them on just before serving.  
I used a chicken breast weighing 225g costing £3.20p. I cut it into small pieces and stir fried it and it was ample for both soup and pasta for 2 adult portions.

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, 'By the Book' in Hunstanton and Folgate Farm shop, Waddington, Lincolnshire.

Copies are available to borrow from Heacham Library and Hinckley Library.

See more recipes on **The Prudent Pensioner**  
Facebook page  
Email: [pru.pensioner@btinternet.com](mailto:pru.pensioner@btinternet.com)

**For all your Painting & Decorating**

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



## G BRADLEY JOINERY LTD



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



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



**07717 820 357  
01485 534914**



## A. Roberts Plumbing

**Based in Heacham**

**38 years experience**

**No job too small,  
no call out charge  
Very competitive rates**

**Call 07521 687642**

See door for more deals

**Exclusive FITNESS**  
Believe & achieve  
Est.2012

THE LOCAL PLACE TO  
**GET FIT, STAY FIT & ACHIEVE!**

**NO JOINING FEE!**  
plus  
**FREE 1 DAY PASS**  
with this leaflet - call in to book your time!!!  
EXCLUSIVE 1 DAY PASS INCLUDES:

- FULL USE OF ALL EQUIPMENT
- FREE PERSONAL TRAINING!!!

**07476 448400**  
29 High Street, Heacham PE31 7EP  
[bellagate@aol.com](mailto:bellagate@aol.com)





# CHRISTMAS ANAGRAMS



These anagrams are the first lines of well-known carols. See if you can unscramble them to find the appropriate carol.

Good Luck.

- One shirt left. 3,5,4.
- A winery anagram. 4,2,1,6.
- Me, flout a loyal chief. 1,4,3,2,8.
- Jet to holy world. 3,2,3,5.
- No devil, no scary acidity. 4,2,5,6,4.
- The 'Denim Kilt Wine Bar.' 2,3,5,9.
- My green lemon tree gets dry. 3,4,2,5,9.
- Morning gold dinghy hire. 4,4,7,2,4.
- Thrash large skinhead, Glen! 4,3,6,6,4.
- Golden cook due soaking towels. 4,4,9,6,3.

Answers on page 35

**Angelina's**  
CURTAINS AND BLINDS

Professionally measured and fitted

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

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

**Sanderson**

www.angelinascurtainsandblinds.co.uk

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

**25 YEARS**  
EXPERIENCE

Locally  
Based

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

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

**gary@garykitecomputerservices.com**

## HY&CT - Charity Shop Volunteers Required

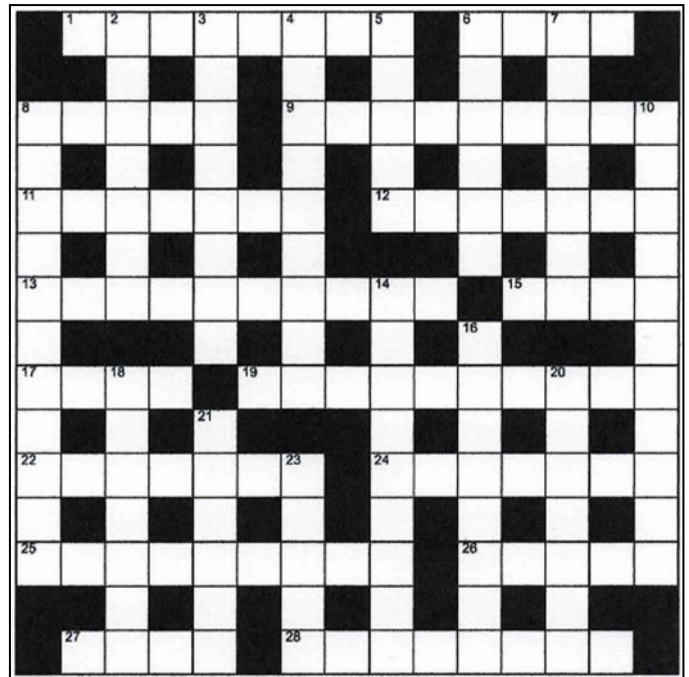
We are looking for Volunteers to help out in the shop. This will include assisting customers and sorting donations.

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.

**Peter Sutton**  
Director/Trustee  
Heacham Youth & Community Trust Ltd  
07867 572189

# DECEMBER CROSSWORD



## CLUES:

### Across:

- Nutty supplement to Christmas meal? (8)
- Briefly sets down trifles (4)
- Leaves for after-dinner relaxation, perhaps ... (5)
- ... putting on coat and right away taking off (9)
- Picking up last sack with small ingredients for Christmas cake (7)
- Sermon is about strength of spirit (7)
- Greatly amuse on the radio with spin of festive song (6,4)
- Presents to wrap are all around house (4)
- To get pine you need chit – it needs to be shown up front ... (4)
- ... halt OAP – him struggling with eye problem (10)
- Young woman bringing in cheese is an angel (7)
- Tea – and a bloomer with it! (7)
- Typical EU reforms affecting evergreens (9)
- Spirit heard when one present at nativity made a proclamation (5)
- Rudolph for one has to check time to leave (4)
- Garnish for the most part and add seasoning, showing up competition (8)

### Down:

- Charity event – this can be done to music (7)
- Delivery of port (8)
- Tot sits below where Santa's sleigh might land, to listen in ... (9)
- ... sound system is really charged up (5)
- He kind of hopes to follow Jesus's lead (6)
- Stop working and partake of 13, perhaps (4,3)
- Nicer lights are arrayed at this seasonal service (11)
- Offer is enclosed in its present form (4-7)
- Decide at beginning of December to sort out tree to dig up (9)
- Fruit is a must says doctor not known for holding back (8)
- Youngster, one frozen, hanging around outside middle bedroom (7)
- Snow stops amateur turning up to golf and another game, involving dragons (3-4)
- Stocking item needed to make stuffing ... (6)
- ... along with sauce I would add fat (5)

Solution on page 35



## GRAND CHRISTMAS QUIZ

1. In 1992 Sir Michael Caine starred in a popular adaptation of Charles Dickens 'Christmas Carol'. He played Ebenezer Scrooge alongside which popular children's characters?
2. What is the name of NASA's space telescope which was launched on Christmas Day last year?
3. In the well-known carol 'The Twelve Days of Christmas', how many maids were milking?
4. Alderman Fitzwarren is one of the characters in which traditional pantomime?
5. From where in 1957 did the late Queen Elizabeth broadcast her first televised Christmas speech?
6. What type of icing is traditionally used to decorate a Christmas cake?
7. Which South African Anglican bishop passed away on Boxing Day in Cape Town in 2021?
8. Who teamed up with Ed Sheeran for the 2021 single 'Merry Christmas'?
9. For which club did Jimmy Greaves score 4 goals in a match against Portsmouth on Christmas Day 1957?
10. On Christmas Day in 1911, King George V was in which country on a tiger hunt?
11. Which is the only one of the 4 Gospels to mention the Magi's visit to the cradle of Jesus?
12. Which 1992 Batman film, directed by Tim Burton was set at Christmas?
13. Which Hungarian composer wrote the 12 piece 'Christmas Tree Suite' in the late 1870s?
14. The aromatic resin from Boswellia plants has a connection with the nativity. How is it more commonly known?
15. Which savoury favourite was LadBaby encouraging everyone to enjoy last Christmas?
16. Which Scottish crime writer compiled the chilling short story collection entitled 'Christmas is Murder' in 2020?
17. In the 2021 film 'The Last Train to Christmas', written and directed by Julian Kemp and starring Michael Sheen, leaves London on its journey to which East Midlands city?
18. Sir Walter Raleigh is credited with introducing which foodstuff traditionally part of a main course of Christmas dinners to Britain?
19. In which language in the British Isles is 'Merry Christmas' called Nadelik Lowen?
20. Which pantomime will be performed at the Princess Theatre, Hunstanton, this Christmas?
21. The poem 'The Oxen' which opens with the line "Christmas Eve and 12 of the Clock" and first published in the Times in 1915, was written by which novelist and poet?
22. Who sang the opening line of the original 1984 'Band Aid' song "Do they know it's Christmas"?
23. The village of Bethlehem is in which Welsh county?
24. Raymond Briggs creation 'The Snowman' wore 2 items of clothing – a hat and a scarf, both the same colour. Which colour?
25. The modern image of Santa Claus was created by commercial artist Haddon Sundblom in 1931 for which company?



Answers on page 35



**'20% discount off of 1st appointment'**

## Healthy Feet Footcare

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

### Clinic Locations

The Therapy Shed - Heacham  
Kings Lynn Town Centre

### Home Visits Also Available

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

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

07891 638812

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

## Choosing the right funeral service

### Our Personal Service

*Available 24 hours a day*  
Serving Heacham and surrounding areas

#### A complete funeral home offering:

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

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

**Eric W Witton**

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

**01485 570 475**

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

*Under the personal supervision of Mrs Samantha Pratt*



## Heacham FC



### THE TEAMS:

At the time of writing this article the first team are still sitting proudly at the top of the Thurlow Nunn Division 1 North League.

Framlingham Town our main rival do have games in hand but Heacham have really cemented their position at the half way point in the season: 18 league games played out of 36 with 12 wins, 2 draws and 4 losses.

Recent results have been as follows:-

Leiston Res won 5-2 home

FC Parson Drove lost 0-3 home

AFC Sudbury Res won 4-3 away

(this was after being 3 nil.down - brilliant come back)

Gt Yarmouth Town won 1-0 away

In the 3rd round of the League Cup the 1st team travelled to Premier league side Mulbarton Wanderers when the game was played on Saturday 19th November.

In the Norfolk Senior Cup the team were been drawn away to Norwich United, with the game played on Tuesday 15th November.

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

Sat 3rd Dec v FC Parson Drove away

Sat 10th Dec v Haverhill B. home

Sat 17th Dec v Whittlesey Ath. away

Mon 2nd Jan v Norwich CBS home

Sat 7th Jan v Needham Market U23s away

Sat 14th Jan v Leiston Res away

Sat 28th Jan v Diss Town away

Sat 11th Feb v Huntingdon Town away

Note: All Saturday k.o. 3pm

All evening k.o. 7.45pm

The Reserves have had a mixed bag of results recently but are still well placed in the North West Norfolk Div 1 league and still have games in hand on all the teams above them. Recent results have been as follows:-

Dersingham Rovers Res won 2-0 away

Ingoldisthorpe lost 1-5 home

Reffley Youth won 4-3 home

(coming back from 1-3 down)

The Reserves have also progressed in the Norfolk Junior Cup after they were awarded the away tie at Caister Res, when the home side were unable to fulfil the fixture. They played Gayton United (from the Anglian Combination Division 2) at home on Saturday 26th November.

### Mann Made Developments Ltd

Specialists in Property Maintenance

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

No Job Too Big or Too Small

Call anytime for your **Free Quote** 07798723287 or 01485540008

or email: [info@mannmadedevelopments.co.uk](mailto:info@mannmadedevelopments.co.uk)

### Up and coming Reserve league fixtures:-

Sat 3rd Dec v Dersingham Rovers FC Res home

Sat 10th Dec v Castle Rising away

Sat 17th Dec v West Wiinch William Burt home

Sat 7th Jan v Clenchwarton home

Sat 14th Jan v Terrington Tigers Youth home

Sat 21st Jan v Watlington Res away

Sat 28th Jan v Marshland Saints home

Sat 4th Feb v Castle Rising 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.

### Floodlights:

Planning permission has finally been approved and installation of floodlights at Heacham Sports Field should commence very soon. A full update will appear in the next issue of the Newsletter.

### Sponsorship/Advertising:

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

Cost is £60 and includes your name/business or company name on the front of the programme, free entry and programme. Refreshments will also be included in the package.



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

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

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

### all plumbing and heating work undertaken

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

water - gas - oil - air source



“all work fully guaranteed”

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

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:

The Supporters Club have recently been featured in the November issue of Town & Around (many thanks to Tim Keogh for the brilliant write up). Also thanks goes to Steve Penny who did another fantastic write up in "Your Local Paper" (the free Friday paper), which was featured in the issue published on Friday 4th November.

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.

Also the Supporters Club official pin badge has nearly sold out, with very few now available. Once the final few have been sold this badge will not be repeated.

Currently, membership for the new season continues to grow steadily and is currently at 195 members and the Facebook page now has grown to 477 followers.

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

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

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

**FABRICS CURTAINS BLINDS**  
**Christyana**  
OPEN  
Tuesday to Friday  
10am - 4pm  
Saturday  
10am - 2pm

**BESPOKE CURTAINS, BLINDS AND ACCESSORIES**

Local, family run, friendly service

FREE NO OBLIGATION QUOTATIONS

Showroom at | Poppyfields Retail Park, Snettisham  
Contact Paula or Marcus  
T: 01485 541111 • E: [info@christyana.co.uk](mailto:info@christyana.co.uk) • [www.christyana.co.uk](http://www.christyana.co.uk)

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 November's '100 Club' was Sally Bailey (No.23) - congratulations Sally who wins £50.

The December draw will take place in the Heacham Social Club after the home 1st team game v Haverhill Borough on 10th December.

The latest winners of the 'free raffle' for members only were:-  
1st prize - £15 - Clive White (No.20)

2nd prize - Pair Ladies/Mens wrist watches - Debbie Knight (No.23)

3rd prize - Bottle Sherry - Gareth Adams (No.52)

4th prize - Tub Chocolates - Rachel Griggs (No.169)

5th prize - 4 Cans Old Speckled Hen - Ali Taylor (No.146)

6th prize - Box Lindt Chocolates - Nigel Waldick No.138)

We would like to thank Gareth Adams for kindly donating back his prize for a future raffle.

The Christmas raffle will take place during half time on 10th December at the 1st team game v Haverhill Borough.

### '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 (i.e. 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.

**HEACHAM AND DISTRICT  
COMMUNITY CAR SCHEME**  
Charity No: 1108568

**REQUIRE VOLUNTEER  
DRIVERS**  
To provide transport for medical  
Appointments  
PE31 & PE35 — PE36 AREAS  
Government maximum (Non Taxable)  
car allowance of 45p - 50p per mile given:  
(this does not affect any benefits)  
Day / time / weeks flexible to suit you  
For more information or to enquire about our services  
Please contact: 01485 534777  
MON- FRI 9.00am -1.00pm  
Email: [communitycarservices@btconnect.com](mailto:communitycarservices@btconnect.com)

Supported by Norfolk County Council

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.

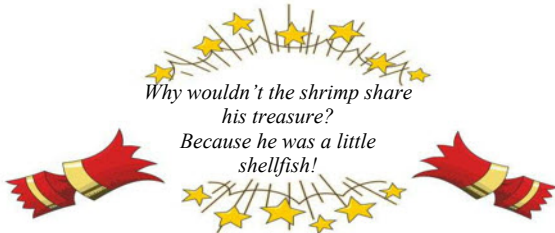
Many people have already renewed their numbers from the '100 Club' and we also have many new members joining and at this early stage we hope to reach at least the 120 mark.

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.

I would like to take this opportunity, on behalf of Heacham FC Supporters Club and Heacham Football Club, to wish everyone a very Merry Christmas and a Prosperous and Happy New Year.



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



**Presents**

**JILL and the BEANSTALKS**

The Drama group feels so lucky to take advantage of their rehearsal space in this fabulous building - HEACHAM PUBLIC HALL, making use of the space. We see Marmalade the cow strutting herself on the stage, with Jill and Dame Tilly. Also a few members trying to get to grips with the Time Warp, on the floor!



See The Poster for ticket details - Please jot the contact numbers down as there is no January Newsletter.

**DATES - Thurs 12th/Fri 13th/Sat 14th January, all 7.30 pm.**

**Plus Sat 14th 2.00pm Matinee.**



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

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

**01485 571366**

[wardgethinarcher.co.uk/heacham](http://wardgethinarcher.co.uk/heacham)

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



**Ward Gethin Archer**  
 SOLICITORS AND NOTARIES

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

**The Pocahontas Players**  
 presents  
**JILL**  
 AND THE  
**BEANSTALKS**

Written by Sharon Yates

**Heacham Public Hall**  
**PE31 7HG**

**Thurs. 12th Fri 13th 7.30pm**  
**Sat. 14th 2.00pm & 7.30pm**  
**January 2023**

**GET YOUR TICKETS**  
**Janice 01485 570402**  
**Jim 01485 571267**

**Stalls £8.00 (£6.00 12 years and under)**  
**Tiered seating £10.00**

## Heacham Cubs

On Sunday 13th November, Heacham Cubs with Beavers and other groups laid a wreath on Remembrance Sunday. The pack paraded to and from the service and the weather was good to us.

'Well Done' to all the Cubs who were able to attend.

Lest We Forget.

Hathi  
Heacham Cubs





# Extra Hands

Providers of Home Care in Norfolk

Established  
1993

Multi-award winning providers of Home Care in your community

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

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

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

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

We offer: • Good rates of pay • Various hours available  
• Enhanced holiday entitlement • Paid mileage  
• Free DBS check & uniforms • Mobile Phone

Tel: 01485 570611

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

www.extrahandshomecarenorfolk.co.uk

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




# Hear **CLEARLY** again...

Never miss out on the sounds you love  
with the latest comfortable and invisible hearing aids

**FREE  
HEARING  
TESTS**

**INVISIBLE  
RECHARGEABLE  
& SPECTACLE  
HEARING  
AIDS**

**WAX  
REMOVAL  
SERVICE**

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




Hearing aids don't have to be seen!

101 High Street, Kings Lynn, PE30 1BW

t: 01553 760250

Day Centres also at Hunstanton Eyecare, Hunstanton

Sound Advice Hearing Centres

www.soundadvicehearing.co.uk

TROUBLE HEARING?  
CONTACT US  
TODAY

\*on selected products



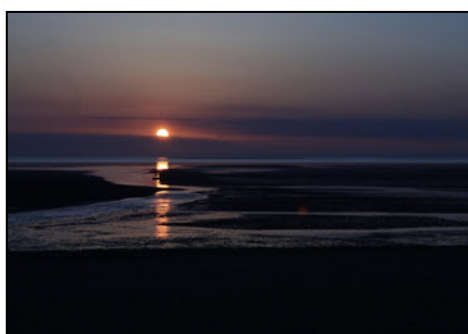
Time marches on never ending and a New Year beckons but before that we have Christmas. May it be a happy one.

**December:**

The planets continue their aeons long path around the Sun. In recent years I have asked you to look out for the Christmas 'star' and it will appear again. It is the planet Venus which becomes the Evening Star once again from the beginning of December. By Christmas Day it will be blazing low in the SW sky with a magnitude of -3.9.

You need to look out for it before tea time as it sets, sinks below the horizon, by 5.30pm.

Venus will be unmistakable and your eyes are all you need. However, use binoculars to scan just above and to the left of the love goddess to find her messenger, the planet Mercury. It will look like a very bright spark with a magnitude of -0.5. On the



Go somewhere like Heacham Beaches to catch Mercury. Parish

21st Dec its separation from the Sun will be m a x i m u m . Remember that the Sun will be in a similar direction so don't use binoculars until it has gone down.

**Sherlock Holmes and the Music Hall Mystery**  
 Winter Comedy Theatre  
 Sedgeford Village Hall  
 Hunstanton, Norfolk. PE36 5NG What 3 Words - //closed.examiner.tightrope  
 Saturday 10<sup>th</sup> December at 7:30pm  
 Tickets: £14 adults, £8 children (under 15)  
 \* Ticket includes mince pies and mulled wine \*  
 Online: 0330 6600541 - bit.ly/sherlock\_sedgeford  
 General Enquiries - 01485 570097 / 07968 596949  
 Doors open 7:00pm \* www.rainorshine.co.uk \*  
 www.rainorshine.co.uk - theatre@rainorshine.co.uk

On the 25th, at 4.45pm and before you put the crackers out again, find the Crescent Moon in the SSW. Look to the right, the SW, and close to the horizon. Venus will be shining bright and above and to the left will be Mercury. On the 29th Mercury is just above and to the right of Venus.

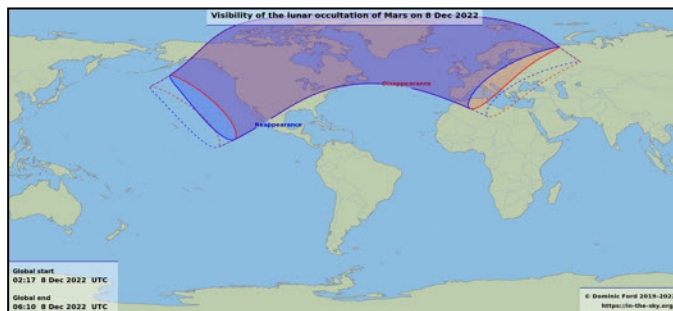
I hope you have noticed Mars growing brighter from the SE through last month. It has been the second brightest object in the sky, Jupiter still outshining it.



The traffic light which was Mars in 2018. Parish

Mars has also been very red because it is relatively close and is closest on the 1st Dec when it will be 81 million km distant. The point when Mars, Earth and Sun fall on a single straight line, opposition, is on the 8th. This is when Mars presents a full face to the Earth and reflects the most light. So, between the 1st and 8th, Mars will be the red nose of Rudolph soaring past the Earth. On the 7th, Rudolph will be close to the Moon which provides good grazing for ethereal Cervidae

The Mars opposition occurs at 4.24am. At almost the same time the Moon is full, presenting a full face to the Earth and the Sun. The Moon is on the straight line mentioned above. The Moon moves across the field of view comparatively quickly and at 4.55am it passes in front of Mars; the planet is occulted. About an hour later, Mars will emerge again from behind the Moon. This event was last seen, from Britain, in 1952. If you miss it then your next chance is in 2052.



Where the Mars occultation can be seen. Compare it to the Uranus occultation on Jan 1st shown on page 18. Internet

Jupiter has dominated the sky for several months. It is dimming a little now but still has a magnitude of about -2.5 and will be visible all evening, setting just after midnight. Just look SE to SW from sunset onwards. On the 1st the Moon is just below the gas giant; on the 28/29th it is close to the quarter Moon.

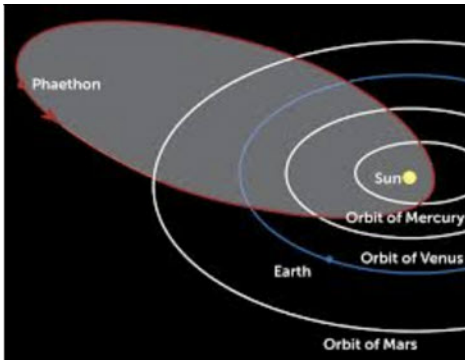
Saturn is still visible from when the sky darkens until it sets at 8.30pm. Look for the rings this month. On the 25th Dec it will be due SSW and, on Boxing Day, just above the crescent Moon.

Uranus remains relatively 'bright' after its opposition last month though, at a magnitude of +5.7, all but the keenest sighted will need steady binoculars. It lies between Mars and Jupiter. On the 5th Dec at around 4.50 pm, Uranus is occulted by the Moon, reappearing around 5.20pm. This is the second occultation of Uranus this year. Clouds stopped me seeing the first in September.

Neptune is well within view of a small telescope with a magnitude of +7.9. It sets by 11.30pm.

Meteors! Before midnight on the 14th and into the early hours of the 15th, Phaethon makes his seasonal visit showering meteors down. They are debris from his asteroid so not bits of a comet's tail. They create the shower known as the Geminids which can be bold and bright. The Moon rises about 9pm to spoil his fun but hope for a clear night and look anywhere but at the face of Artemis.



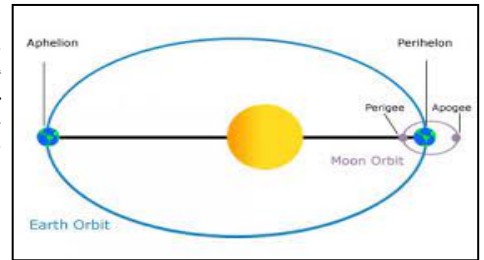


Phaethon's journey around the Sun. he was the son Of Helios, the Sun, in Greek mythology. Internet

**January:** Happy New Year to you all.

On the 4th at 4.17pm, the Earth is at its closest point to the Sun in its orbit, or perihelion. A tad more warmth is received than at aphelion, the furthest point, which the Earth reaches on the 6th July. The difference is just 3.1 million miles.

The ellipse, egg shape, of the Earth's orbit is greatly exaggerated. It is almost circular otherwise the climate would be far less stable. Internet



Venus is prominent in the dusk, very bright in the WSW and setting by 6.30pm. On the 22nd, the Evening Star is very close to Saturn, the ringed planet being 1/75th as bright. This demonstrates how the scale of brightness, magnitude, is not linear. The magnitude of Venus is -3.9, that of Saturn +0.8.

On the 23rd, Venus and Saturn have separated a tad but are joined by the Crescent Moon. A celestial masterpiece.

Mercury is a morning object in the second half of the month. It will be low in the SE which is a difficult horizon to achieve here. It is relatively bright at magnitude -0.1 and is well separated from the Sun in the last days of January.

Mars is well up in the sky but fades through the month from magnitude -1.2 to -0.3. As it dims so the red is lost. Mars is comparatively close so the motion of the Earth quickly leaves it behind whilst planets much further off, the gas and ice giants, take much longer to change.

You still have all night to view Mars. On the 3rd, at about 10pm, the Moon is just below the red planet. It is close again on the 30th.

The Ursid meteor shower occurs between the 17th and 26th peaking on the 22/23rd.

The Winter Solstice. At 9.48pm on the 21st December, the Sun is as low as it gets, the day length is shortest and the night longest. The start of Yuletide, fires, food and festivity.



Father Christmas starts work on the Solstice. Internet



HOTEL · RESTAURANT · GOLF

# HEACHAM MANOR



**TRIAL MEMBERSHIP AVAILABLE - 1ST JANUARY - 30TH APRIL 2023**  
**FOUR MONTHS GOLF ONLY £149.00 INCLUDING £24.00 AFFILIATION FEE\***  
 18 HOLE GOLF COURSE | BEAUTIFUL COASTAL SETTING

**JOIN IN FULL IN MAY AND RECEIVE £125.00 OFF**  
**THE COST OF A FULL YEAR SUBSCRIPTION!**



**PLEASE CALL: 01485 579 825 | [www.heacham-manor.co.uk/golf](http://www.heacham-manor.co.uk/golf)**

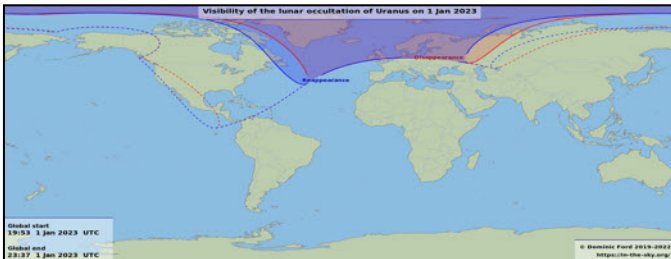
\*All memberships must pay affiliation fees on top of their membership rates to Golf England Membership & Norfolk Golf Union.

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

Whilst looking up at Mars use binoculars to scan the two-star clusters discussed last month. The Pleiades to the right and the Hyades below it. Amongst this open cluster you will see another, fainter 'Mars'. This is Aldebaran a red giant star. It forms part of the constellation Taurus and Aldebaran is the eye of the bull. Left of Taurus is Gemini and below and between The Twins and The Bull, is the Hunter, Orion.

Back to the planets. Jupiter is prominent until it sets at 10.30pm so early evening is a good time to turn a telescope on it to see its Galilean Moons and the bands of colour on its gaseous surface.

Saturn, I have mentioned. Catch it in a telescope whilst you can.

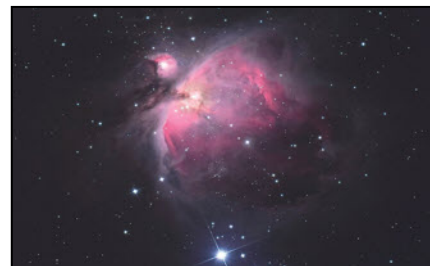


Observation of the Uranus's third occultation is restricted. Heacham is just about on the lower limit. Hunstanton, further North, may see it and Heacham not. Internet

Uranus is up to tricks as, on the 1st, it is playing hide and seek with the Moon again. Look from around 9.15pm with binoculars. Uranus should get occulted, for the third time, sometime after that and re-appear several hours later. I am a little vague as much further north than here Uranus just 'skims' the Moon. I have looked at Stellarium, set at Heacham's latitude, and it seems we will see an occultation but the times are difficult to establish precisely.

Meteors. On the night of the 3rd/4th, look out for the Quadrantids which are remnants of Comet 2003EH. The Moon will spoil things but patchy cloud might help.

Take a good look at Orion in the dark of January. The names of the principal stars are magical, Betelgeuse and Bellatrix, Rigel and Saiph, with the belt stars Alnitak, Alnilam and Mintaka. All are very much brighter than our Sun which means they are prominent despite being far away. Alnitak is a triple star system with a blue supergiant as the principal star. Rigel, Alnilam and Saiph are blue supergiants, Bellatrix a blue giant and Betelgeuse a red supergiant. Mintaka is a multiple star system.



The Orion Nebula. This image is brighter than mine. Internet

Use binoculars or a small telescope to look at the misty patch below the belt. This is the Orion Nebulae, a

cloud of gas and dust 24 light years across where new stars are still forming due to gravity coalescing and heating matter. It glows a nice pink from the light of the stars within it.

May the New Year be dark and clear at night, not too much heat in the day, have sufficient but not excess rain, and can the wind not blow too hard too often.

The next article will be in February.

Best Wishes.

Terry Parish

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

## Service your Boiler this Summer.

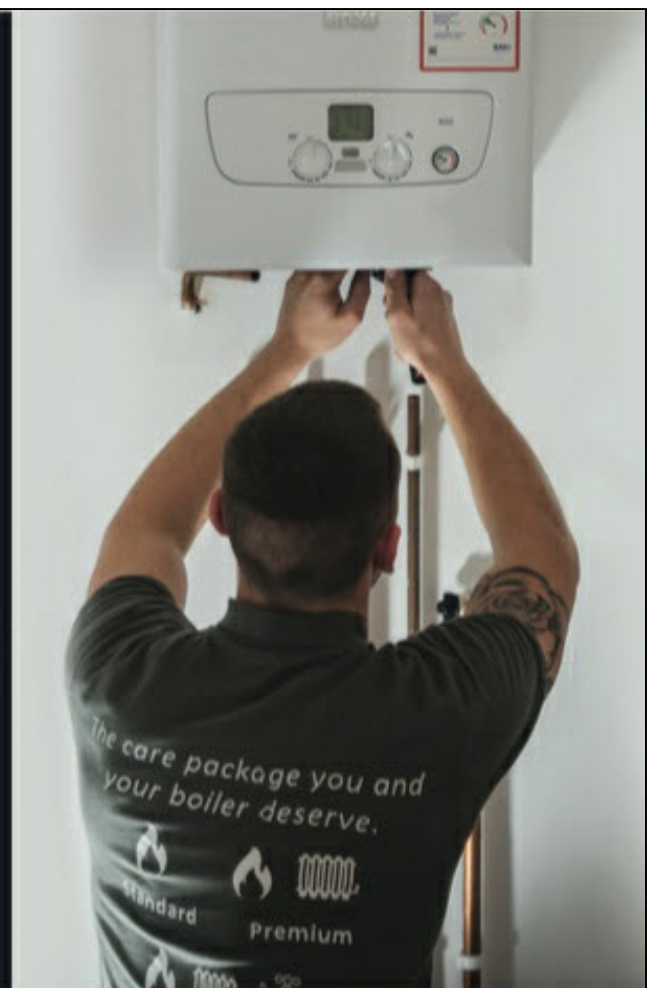
It's easy to forget about your Boiler when the weather is nice. Minimize your costs for Autumn / Winter by maintaining an efficient boiler today.

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

Starting from as little As 0.69p per day.

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

01465 570578 | foremanandsonltd.co.uk | info@foremanandsonltd.co.uk






Our Sallywags wall at the hut is full of creations left behind over the years - I'm secretly pleased that some are because I love nothing more than seeing all the many individual uses of materials left out on the table and our little ones' gorgeous art works made just as they like them! Below are some snaps of a few of Autumn's left behinds at Sallywags! Junk modelling's out next week - one way to make use of **all** that packaging that heads into our green bins! I still have my son's junk brachiosaurus sat on my wardrobe - it must be heading for its 10th birthday I should think!! I have tonnes of my kids' early drawings as well, filed away in big folder books (probably the only time in my life that I've ever been organised). They are actually my most favourite things!



Wishing all Heacham Newsletter readers and our fabulous Sallywags families a Christmas full of love and fun with bright days for 2023 XXX.

Sallywags Parent, Baby & Toddler Group meets term time Wednesdays. Lots for you and your little ones to explore - from paint to puzzles - books to bricks - swings and slides on garden days and lots more! Find us at **The Scout Hut, Sunnyside, Heacham from 9.30 – 11am!** Pop along for a play! Looking forward to meeting you and your little ones! Windows will be open for ventilation, in addition to our cleaning routine there are hand sanitiser points and cleaning products available should you wish to use them. We ask £2.50 a family, if that feels okay, if that doesn't feel okay right now then please just come along anyway!

Jo  
07395 077622  
jow116987@gmail.com



THE LEGACY CONTINUES

**DOWNTON ABBEY**  
A NEW ERA

**ANMER SOCIAL CLUB**  
**FRIDAY 6th JANUARY 2023**  
Film starts at 7.30 p.m.  
Doors open 7.00 p.m. Admission - £4 on the night

For further details email: [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk)  
or telephone 01485 579465  
or visit our website on:- [www.anmerclub.co.uk](http://www.anmerclub.co.uk)




**Chris Palmer**  
Plumbing And Heating Services Ltd



**Chris Palmer**  
Plumbing And Heating Services Ltd

01485 571363  
07798 635860  
[chrispalmer333@gmail.com](mailto:chrispalmer333@gmail.com)

New boilers-repairs-servicing  
Bathroom-shower room installs  
Renewables



## 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** 4.40pm 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 Astro turf 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.trebbick@btinternet.com](mailto:lesley.trebbick@btinternet.com) or ring 07802 879976.

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

**Heacham Wives Group** – 2nd Monday of most months 7.30pm at Cuninghams 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

## COVERING MOST OF NORFOLK WITH 30 YEARS EXPERIENCE

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

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

**We specialise in UPVC Window and Door Repairs**



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

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

## THE WINDOW REPAIR MAN

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

[www.thewindowrepairman.com](http://www.thewindowrepairman.com) E: [jcthewindowrepairman@gmail.com](mailto:jcthewindowrepairman@gmail.com)



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

**Friendship Lunches** 1st Tuesday of each month. 12.30 pm Two-course meal £7. To book call Shirley on 01485 540644 at Dersingham Village Centre

**Heacham Carers Support Group** meets 1st & 3rd Tuesday monthly 1-3pm at A Piece of Mind, 4 Poplar Avenue. Tea Coffee & a chat For more info Tel: 572707

**Cafe for the Bereaved** 2pm Fortnightly – starts February 15th Hunstanton Library. 01485 532280 or email [hunstanton.lib@norfolk.gov.uk](mailto:hunstanton.lib@norfolk.gov.uk)

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

**Social 50/50 Dance** 2-4pm at Reffley Community Centre PE30 3EQ. Tickets £4 each. 07787966000

**The Fellowship** 2.45pm Every other Tuesday (MC)

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

**Weight Watchers** 5.30pm (OFH)

**Slimming World** 5.30pm & 7.30pm at Hunstanton Community Centre Avenue Road Tel: Jo 07942 818059

**Football** Girls 6-13 YO 6-7pm, Boys U11's 7-8pm Nathan 07811 629910 £1 (HSC)Playing Fields

**Norsemans Boxing Gym** Jnr 6-7pm £2 and Snr 7-8pm £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

**Scallywags Parent, Baby & Toddler Group** 9.30 – 11 am (from 20th April) £2.50 Tel: Jo 07395 077622 (SG)

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

**Community Coffee Morning & More** 10am - 12noon All ages welcome £2 (OFH)

**Scrabble 10am Hunstanton Conservative Club.**

**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

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

**Yoga** 10.30 - 11.30am Hunstanton Conservative Club

**Just a cuppa** 11am Hunstanton Library -1485 532280

**Trefoil Guild** 1st Wednesday of the month 2-4pm. For info please ring Judith on 01485 571311 (NC)

**Carvery Lunch** from 12noon - 2pm at United Services Club. One course for £7.95, two for £9.95. To book 07901524778.

**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)



— GREEN MAN —  
**WOODLANDS**

Established in 2011

W- [www.greenmanwoodlands.co.uk](http://www.greenmanwoodlands.co.uk)

T - 07879614092/01760755760

E - [info@greenmanwoodlands.co.uk](mailto:info@greenmanwoodlands.co.uk)

Fully insured and NPTC qualified, family run arborist company. All aspects of tree surgery & hedging work undertaken including-

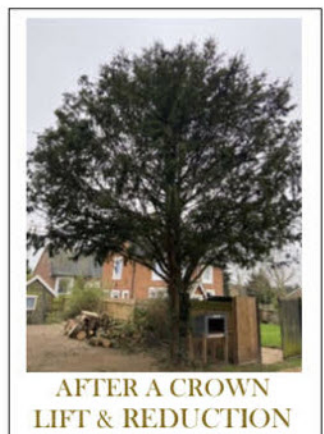
- Hedge cutting, reduction & removal
- Crown reductions/cleaning/lifting
- Pollarding
- Controlled dismantles

We also take care of borough or district council permissions, so you don't have to

Get in touch with Matt and Jo to arrange a quote.....



BEFORE



AFTER A CROWN LIFT & REDUCTION

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

**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 (SG)

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

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

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

#### **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 (2nd & 4th Thursdays) at The Salvation Army, Alma Road, Snettisham

**Bereavement Support In Heacham** 10 am till 12 noon on the

first Thursday in the month. Contact the church office 01485 572539 / email: [heacham.church@gmail.com](mailto:heacham.church@gmail.com) (PRH)

**Norfolk & Waveney Mind - Rest in the Community Hub** 10:00 – 15:00 Older Persons Group and 14:00- 15:30 Men's Recovery Group at 4 Poplar Ave. tel 01485 572707

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

**Move It or Lose It** (fitness classes for older adults). 10 -11am at Heacham Practice. The first class is free and thereafter £5 per class. For more info contact Karen on 07785 280027 or Facebook @MIOLINorfolk <https://www.facebook.com/MIOLNorfolk>



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

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

**Yoga** 11am -12 noon Hunstanton Conservative Club

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

**Ringstead Art Club** meets weekly 2am – 4pm Ringstead Village Hall. Monthly workshops Contact: Pauline Atkinson [atk\\_hornbeams@yahoo.co.uk](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



**FULL SERVICE** available for **CARAVANS & MOBILE HOMES**  
...The Store to your Door

**GUARANTEED TO BEAT ANY GENUINE LIKE FOR LIKE QUOTE**

**THE BEST DEALS FOR ALL YOUR FLOORING NEEDS**

- **FREE** Estimates and planning
- **Full service** from measuring to fitting
- **Competitive pricing** to suit all tastes & budgets
- **Overwhelming** choice of carpet, Vinyl, Karndean, safety flooring, LVT's, Real Wood & Laminate samples brought directly to you
- **15 years** experience, expert advice & knowledge
- **Additional Services** available, including moving furniture, uplift & disposal of previous flooring and door trimming
- **Domestic** or **Commercial** work carried out

**NOW SUPPLIERS OF **

**Tel: 01485 601360 Mob: 07872 558163**

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

I Perrin Flooring Ltd, Registered Office 38 Low Road, Congham, Kings Lynn, PE32 1AE  
Registered No: 8956560. Vat No: 171416230

**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** 7.30pm (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** Jr 6-7pm £2 Snr 7-8pm £3 Unit 12 Heacham Hall Ind Est. geezersales@btinternet.com

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

**Cash Bingo** 7pm (PH)

**Bingo** 7pm Hunstanton Conservative Club

**Wildfowlers Club** 1st Friday monthly 7.30pm (HSC Top Room)

**Poker In The Club** 1st Friday each month 7.30pm (PH)

**Stepping Out Tea Dance** last Friday monthly. £6 inc refreshments at Dersingham Village Centre call Peg Hunter 07930 556675

#### **SATURDAYS**

**Hunstanton Promenade Parkrun** 8.55 for 9am. 5km run, jog or walk. Meet at The Salad Bowl Cafe, Cliff Parade, Hunstanton

**Football U13'S** 10-11.30am Contact Mike 07804927764 (HSC Sports Field)

**Christian Youth Group** 3rd Sat monthly 10am-12 noon ages 10-14 Cost £1 at Dersingham Church Hall More info from Karen Creedy 07717231096

**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.



**Come and enjoy an evening meal in the Mulberry Restaurant**

OPEN TO EVERYONE DAILY FROM 6PM - 8.45PM

To book scan the QR code or visit: [www.heacham-manor.co.uk/book-a-table](http://www.heacham-manor.co.uk/book-a-table)  
or Simply Call: 01485 536030



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

## OTHER EVENTS.



### December

#### **December Events at Anmer Social Club -**

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

Club opens 30 minutes before event start time.

- Friday 2nd** 8-10pm Musical night with Mike Terry
- Monday 5th** 7.30pm Christmas Bingo. £6.60/book of 10 cards, £1.75 a flyer card.
- Friday 9th** 7.30pm Film Night 'The Railway Children Return' £4.
- Friday 16th** 7.30pm Christmas Quiz and Raffle £2.
- Wednesday 21st** 4.30pm Carol Service at St Mary the Virgin, Anmer, followed by refreshments at the Social Club. Advance booking only. Contact Nick Coleman at [njcolema@aol.com](mailto:njcolema@aol.com) or on 01485 601217.

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

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

- Saturday 3rd** Alex & Leon Mallet.X-Factor House Finalists. All eras.
- Tuesday 6th** 7.30pm Hunstanton Concert Band. Carols & Christmas songs.
- Friday 9th** Christmas Quiz. £4 with supper.
- Saturday 10th** Closer to Home, Harmony duo. All eras.
- Tuesday 13th** 8pm Christmas Prize Bingo.
- Friday 16th** Christmas Prize Draw, followed by dancing to Steve Moylse.
- Saturday 17th** The Caverners. Beatles & 60's.
- Friday 23rd** Christmas Celebration. Songs and dancing with Jammin' Joe.
- Saturday 24th** See in Christmas with Travis. All eras.
- Friday 30th** Cecil Farayi, Soul & Motown.
- Saturday 31st** New Year's Eve Celebrations with Simon Lee in the Lounge Bar. All eras. Bring your own party food. Also Mark Royal Disco in the Public Bar. Tickets only. Members £10, non-members £22, 12-17 years £5, under 12's free.

#### **December Events at Hunstanton Conservative Club**

Club opens Monday - Saturday 10am-11pm and Sunday 11am-10.30pm. 01485 532462.

- Friday 16th** 1pm Xmas Draw.
- Sunday 25th** 10.30am-1.30pm club open. Free nibbles.
- Monday 26th** 10am-6pm club open. Food as normal 12noon-2pm.
- Saturday 31st** 8.30pm-12.30am, music with Barry Francis Disco. Members free. Guests £5 per head. Free Buffet.

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

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

- Friday 2nd** 10am Christmas Tree Festival starts and runs throughout December.
- Saturday 3rd** 6.30pm Bilston Silver Band £15.
- Sunday 4th** 4pm Christingle Service.
- Friday 9th** 6-9pm Trees by candlelight.
- Sunday 11th** 4pm Tea and carols.
- Saturday 17th** 10am-4pm 'Santa Stop Here'
- Sunday 18th** 6.30pm Dersingham Lessons & Carols.

**Thursday 1st December** 2pm The Reading Room, Stanhoe. Joan Hocking, classical singer with "Something Wonderful." Songs from film, musical, popular opera and classical crossover. Visitors are most welcome - £3. Please contact Valerie for further details 01485 576261.

**Saturday 10th December** 7.30pm Sedgeford Village Hall, Christmas mystery drama by the Rain or Shine Theatre Company

- 'Sherlock Holmes & the Music Hall Mystery'. £14 adults, £8 children (under 15). Tickets include mince pies & mulled wine. Book via [bit.ly/sherlock\\_sedgeford](http://bit.ly/sherlock_sedgeford). For general enquiries 01485 570097 / 07968 596949

**Monday 12th December** 2pm Sedgeford Village Hall, The Arts Society Lecture: 'A Very Ceremonial Christmas' by Graham Jones. [www.theartsocietyynwfolk.org.uk](http://www.theartsocietyynwfolk.org.uk)

**Wednesday 14th December** 10am - noon Community Coffee Morning and More, Old Friends Hall.

**Saturday 17th December** 10am - 4pm Christmas Fair at Hunstanton Town Hall in aid of Children With Cancer. Raffle drawn at 3pm, tickets are on sale at 'Copper Kettle', 'The Honeystone' and 'By the Book'

**Saturday 17th December** 7pm at St Nicholas Chapel, Kings Lynn, The Kings Lynn Festival Chorus will perform Handel's Messiah. Tickets £15 (under 16s free) from 01553 764864, or [kingslynncornexchange.co.uk](http://kingslynncornexchange.co.uk)

**Saturday 17th December** 7.30pm Village Screen Cinema, Amy Robsart Hall, Syderstone . 'The Railway Children Return' £4.00. To book 01485 578171 or [syderstonecinema\\_ARVH@outlook.com](mailto:syderstonecinema_ARVH@outlook.com)

**Friday 23rd December** Starting at 5pm Santa will tour Heacham! (Route available nearer the time.)

### January 2023

**Friday 6th** 7.30pm Club open 7pm) Film Night 'Downton Abbey - A New Era' £4, at Anmer Social Club.

**Pocahontas Players at the Public Hall** - Jill and the Beanstalk  
**Thursday 12th** 7.30pm. **Friday 13th** 7.30pm. **Saturday 14th** 2pm & 7.30pm. £8 for adults, £6 for 12's and under, £10 for tiered seating. For tickets phone Janice 01485 570402 or Jim 01485 571267.

**Monday 16th January** 2pm Community Hall, Hunstanton. u3a. Talk by Samantha Doughty, Development Officer Adult Services, to tell us how to Stop a Crisis. Please go to the u3a website at [www.u3asites.org.uk/hunstanton](http://www.u3asites.org.uk/hunstanton) for further information.

**Wednesday 18th** 7.30pm (with interval) at King's Lynn Town Hall, Concert promoted by Kings Lynn Music Society & Classical Music Rocks. A Duo Recital for violin and piano. Kamila Bydlowska ~ Violin & Siobhain O'Higgins ~ Piano  
Tickets: donations £10 on the door. Free for the Under 18s.

**Sunday 22nd** 3pm at St Nicholas's Chapel, Kings Lynn. Johan Lofving on classical guitar with the Norfolk Symphony Orchestra. Programme including Rodrigo's Guitar Concerto  
Tickets: £15.00 from the Corn Exchange Box Office. Free to children with an adult.

**Wednesday 25th** 7.30pm, Memorial Hall, Snettisham. Snettisham Gardening Club, AGM when the 2023 programme will be available. Further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.

**Friday 27th** 7.30pm (club open 7pm) Quiz Night £2, at Anmer Social Club.



**Thursday 1st December** 2pm The Reading Room, Stanhoe. Joan Hocking, classical singer with "Something Wonderful." Songs from film, musical, popular opera and classical crossover. Visitors are most welcome - £3. Please contact Valerie for further details 01485 576261.

**Saturday 10th December** 7.30pm Sedgeford Village Hall, Christmas mystery drama by the Rain or Shine Theatre Company



**Simply Cookit**

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

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

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



**Free local delivery**  
**Tel: 07767753413**  
**Email: [simplycookit.kat@gmail.com](mailto:simplycookit.kat@gmail.com)**





## The Great War Memorial Board 1914-1918



A HUGE thank you goes to Heacham Social Club committee for organising the restoration of The Great War Memorial Board. It was removed several months ago whilst The Hall was being refurbished.

We thank Mr Chris Ward of King's Lynn, who spent many an hour restoring it to its former glory. The main damage was a deep crack down

the centre of the right hand side of names caused by age and modern day central heating. Also the removal of the large amount of paint that had been splashed over it, over the years.

The Memorial Board was hung back in its rightful place, on the wall in HEACHAM PUBLIC HALL on the the day before a very Poignant Date - The 11th Day of the 11th Month 2022 .



WE SHALL REMEMBER THEM.

### Heacham Foot Health Clinic

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

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

Parking Disabled Access

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

## T.M. electrical

I don't charge the earth

Small Jobs a Speciality

**Tony Morgan**

**07884 454480**

Fuseboards Replaced, Electrical Inspection Certificates, Rewires

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



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

Mob 07884454480



CAROLS FOR CHRISTMAS

FREE TO ATTEND

FRIDAY 9<sup>TH</sup> DECEMBER 4.00pm

The Way Christian Fellowship Church  
Downs Close, Hunstanton



Refreshments provided

A collection will be taken to support the Church's mission overseas.



# Sandringham Windows

Norfolk

UPVC Windows

Garage Doors

UPVC Doors

Porches

Composite Doors

Conservatories

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

Tel: 01553 611631

## Wild Ken Hill

Season's Greetings! It feels only yesterday when I last wrote for The Heacham Newsletter, but looking back at my calendar, it was back in February! They say time flies when you're having fun – it also seems to hurry by when you're busy, and that is exactly how things have been at Wild Ken Hill. With that in mind, it's my pleasure to give you a festive update on all that is going on here.

An unfortunate highlight of the year was the fire that took place in the area we call the Coastal Park – the finger of land between the two sea walls to the south of Heacham South Beach. It was shocking and scary to watch – we witnessed wildlife perish in the flames, and at one point I was concerned that the blaze could reach the properties at Heacham South Beach. Thanks to tireless and brave work by our Fire Services, that eventuality was averted, and the blaze was put out. It took with it around 80 acres of good habitat, and much wildlife. It will take time to regenerate, but it is encouraging to see that this process has already started, with green shoots and leaves appearing across the area.

It is poignant therefore we recently had a carbon assessment of the entirety of Wild Ken Hill. The results have been encouraging; we have gone beyond 'net zero' and are 'carbon positive' as a business. Thanks to dedicating space for nature as well as improving soil health in the farm, we are sequestering around 3,000 tonnes more carbon than we emit. That's equivalent to about 1,600 return flights to New York!

Elsewhere on the site, we are starting to collect encouraging data on the progress of our rewilding and farming projects, which both began in 2019. In the rewilding area, survey work performed this summer shows that this nature-led approach is already positively impacting wildlife. For example, we have doubled the diversity of plants and wildflowers in plots that we

surveyed this summer. This is a fantastic result in just three years - congratulations to the Exmoor ponies and Red Poll cattle that have made this possible with their gentle grazing!

We also had some fantastic wildlife sightings, including Nightjar, and an exceptionally rare White-tailed Lapwing and Golden Oriole, perhaps suggesting that the landscape-scale nature recovery we are aiming for is starting to work! We've also put considerable work into further improving the freshwater marsh to the east of the inner sea wall, as well as restoring several ponds that were extremely silted-up. And finally, we are shortly due to start work on creating a new wildflower meadow with ponds close to Heacham South Beach.

All of this work has the aim of restoring our ecosystems, and it is of course the growing wildlife here that the BBC continue to come to Wild Ken Hill to film. I hope readers managed to catch some of this year's Autumnwatch which featured some great footage of the beavers reintroduced in 2020, as well as a rare Goshawk bathing in the wet areas created by the beavers themselves. We look forward to welcoming back the BBC in late January for the next edition – Winterwatch!

Turning to our programme of education and engagement, our volunteering programme has reached its first anniversary and we continue to host a range of opportunities for local children on site. At the time of writing, I am also looking forward to an open day for Heacham residents on 26th November, where there'll be the chance to get to know each other better and get a closer look at what we are up to. These open days continue to be oversubscribed so we will be looking to run further days in the New Year.

To come together and celebrate nature, we ran a new nature festival called 'Gathering' for the first time. We felt it was a great success, and it was good to see a number of folks from Heacham there. Alongside 'Gathering', we were humbled that around 1,300 visitors also joined us on guided tours this year,

LOCAL CHARTERED INDEPENDENT  
FINANCIAL & MORTGAGE ADVISERS

**Allen Tomas &<sup>co</sup>**  
FINANCIAL MANAGEMENT



## New Office

1 King Street, King's Lynn  
01553 767516

Also find us at:

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

Savings & Investments  
Pensions  
Mortgages & Protection  
Inheritance Tax  
Care Fees Planning

[info@allentomasfinancial.co.uk](mailto:info@allentomasfinancial.co.uk)

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

walking or driving through the nature restoration areas with a guide. I think these are a wonderful example of best practice tourism – sustainable, year-round, educational, and providing income to local guides – and a blueprint for anything else we are able to do in the future.

Finally, I have had some positive discussions with Cllr Terry Parish recently, including beginning discussions on identifying any areas within Heacham that Wild Ken Hill may be able to help improve for nature. I hope this all goes to show our unwavering commitment to people, climate, and wildlife, and I hope our project is allowed to do more and more on this front.

Wishing you all a very merry Christmas, and a Happy New Year!

**Dominic Buscall**  
Project Manager at Wild Ken Hill



**ASPIRE**

SKIN • HEALTH • BEAUTY

<p>Permanent Hair Reduction Red Thread Vein Removal Skin Rejuvenation Treatments</p>	<p>Bespoke Facials Manicures / Pedicures Waxing Brows &amp; Lashes</p>
--	--

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

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

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

# P.G. PLUMBING & BUILDING

## 24 Hour Emergency Service

---

### Plumbing - Heating - Tiling Bathroom Installations

---

### Disabled Adaptation Specialists

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

## A SMITH CONTRACTORS

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

**BLOCK PAVING  
FENCING, SLABBING  
DRAINAGE**

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



## The Art of Christmas

Christmas is an ancient custom, started probably around the 1st century BC, during the European Iron Age. Midwinter festivities by the Germanic Pagans to mark the winter solstice became known as 'Yuletide'.

Celebrations in December have continued for centuries in many countries and religions, and somewhere amongst all the modern celebrations with friends and family, of presents, extravagant food and drink, some take the time to remember the birth of Jesus.

The Christmas tradition depicting the birth of Jesus Christ has been frequently painted throughout the history of art. The predominance of the Roman Catholic faith in the 14th century, particularly in southern Europe, resulted in many paintings of the Nativity scene. Church murals and altarpieces were favoured places. The altarpiece in the Sassetti Chapel in Florence, painted in 1485 by Domenico Ghirlandaio, depicting *The Nativity and Adoration of the Shepherds*, is a famous example and recognised as one of the artist's masterpieces. The donors of the portrait are also depicted in the altarpiece, kneeling to one side.

The painting of Nativity scenes developed with speed during the Renaissance period, from earlier depictions of the subject showing choirs of angels and an array of richly dressed characters, to a much darker theme. Much of the change can be attributed to artists such as Caravaggio and the use of light and dark in his compositions. His *Adoration of the Shepherds*, 1609, portrays a more realistic scene of a very tired looking Mary, cradling her baby child, with haggard looking men transfixed by the ecstasy of the scene before them. The lighting is dim and whilst the manger is a simple, lowly setting, somehow the painting has a feeling of love and humility.

By the 17th century artists throughout Europe continued generally to paint realistic Nativity scenes in classical settings with humanlike characters. However, social and cultural changes were emerging that would see a move towards separating religious or spiritual concerns from the traditional Christmas themes. During the 19th century, celebrating Christmas with family became important and paintings were more likely to depict domestic scenes. People no longer just wanted to look at Old Masters' paintings. Paintings depicting snow-filled landscapes (Caspar David Friedrich, *Winter Landscape with Church*, 1811) and families dancing merrily around a candlelit Christmas tree (Viggo Johansen, *Glade Jul*, 1819) were favoured. Charles Dickens' famous literary work, *A Christmas Carol*, resulted in the joyous family-oriented scene by John Leech's *Mr Fezziwig's Ball*, 1843. On the other hand, some artists have depicted the sadness and loneliness of Christmas. Edvard Munch's *Christmas in the Brothel*, 1903-1904, is thought to convey the sadness of those with no one to turn to who seek paid company.

Christmas is a time to celebrate traditions and ceremonies. The Arts Society Northwest Norfolk December lecture is light-hearted and explores some well-known ones such as carol services, concerts, and changing the guard at Buckingham Palace and Windsor. How do the Chelsea Pensioners prepare and celebrate their festive season? All will be revealed, so come along and feel wrapped in a blanket of Christmas loveliness and share a mince pie with us. Monday 12th December 2022 at 2pm at Sedgeford Village Hall. If you are not yet a member and would like to come, contact our Membership Secretary on 07825 216009.

Lesley Nadel



THE ARTS SOCIETY - ENRICHING LIVES THROUGH THE ARTS

Next lecture: Monday 12th December  
Sedgeford Village Hall at 2pm

**A Very Ceremonial Christmas**  
Lecturer: Graham Jones

Find out about the various ceremonial events that take place around Christmas time in this light-hearted lecture. Carol services, concerts and even Changing the Guard at Buckingham Palace and Windsor all play their part. How do the Chelsea Pensioners prepare and celebrate the festive season? All will be revealed. So, come along and feel wrapped in a blanket of Christmas loveliness.



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

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

Graham started his professional life as a musician in the British Army and over a glittering career spanning nearly forty years he retired as the Senior Director of Music, Household Division, and Director of Music, Coldstream Guards.

Registered Charity No. 1105490



## Pointz of Interest Health & Wellbeing

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

Contact Pointz of Interest

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

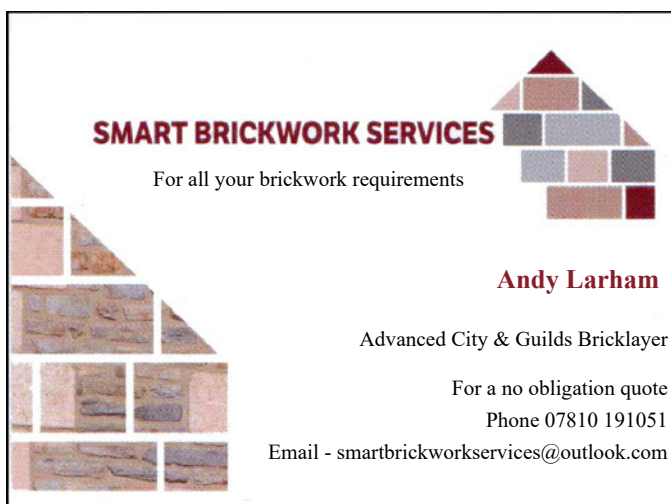
for more info call:

**07892942148**

[PointzofInterest.co.uk](http://PointzofInterest.co.uk)

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

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



**SMART BRICKWORK SERVICES**

For all your brickwork requirements

**Andy Larham**

Advanced City & Guilds Bricklayer

For a no obligation quote  
Phone 07810 191051  
Email - [smartbrickworkservices@outlook.com](mailto:smartbrickworkservices@outlook.com)

# KING'S LYNN FESTIVAL CHORUS

## Handel's 'Messiah' at St Nicholas' Chapel, King's Lynn

Saturday 17th December 2022, at 7pm

The King's Lynn Festival Chorus teams up with period performance ensemble Noxwode Baroque for Handel's most celebrated oratorio; in the awe-inspiring setting of St. Nicholas' Chapel.

The Chorus will also be joined by a wonderful line-up of soloists: Bethany Seymour, Luthien Brackett, Jonathan Hanley, and Geoff Clapham. Ben Horden will be the Conductor.

Handel's dramatic oratorio portrays Jesus Christ as 'Messiah', from the Biblical prophecies of Isaiah through Incarnation, Passion, Resurrection, and thus to His ultimate glory-seat in Heaven.

A fond favourite of audiences and musicians alike, no Christmas season is complete without it. Tickets £15. Under 16s free.

Available from the King's Lynn Corn Exchange Box Office. tel. 01553 764864 or go to [www.kingslynncornexchange.co.uk](http://www.kingslynncornexchange.co.uk)



  
**King's Lynn  
Festival Chorus**  
 Noxwode Baroque  
 Ben Horden  
*conductor*  
 with soloists  
 Bethany Seymour  
 Luthien Brackett  
 Jonathan Hanley  
 Geoff Clapham

**GEORGE FRIDERIC HÄNDEL**  
**messiah**  
 Tickets £15  
 Under 16s free  
[kingslynnfestivalchorus.co.uk](http://kingslynnfestivalchorus.co.uk)  
Registered charity no. 292455

BOX OFFICE  
 01553 764864  
[kingslynncornexchange.co.uk](http://kingslynncornexchange.co.uk)

**7pm, SATURDAY 17 DECEMBER 2022**  
**S. NICHOLAS CHAPEL, KING'S LYNN**




**Searles Golf Club**

**Practice your golf skills  
undercover at Searles**  
**Open 7 days a week, 8am to dusk**

1 BUCKET, 50 BALLS: **£4.00**  
 5 BUCKET CREDIT, 250 BALLS: **£16.00**  
 10 BUCKET CREDIT, 500 BALLS: **£25.00**

call: **01485 536010** [www.searles.co.uk](http://www.searles.co.uk)  
 Searles Golf & Country Park, South Beach, Hunstanton PE36 5BB

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

**AJD auto repairs**

*Motor Vehicle Engineers*

MOT  CENTRE

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

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

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




## ‘Save our QEH’ Campaign Group AND STILL WE WAIT

For those of you who can remember last year, the Government promised to make a decision on funding for a new hospital in King’s Lynn last November. Yet here we are, 12 months on, and we are still waiting for something to happen. Repeated delays, with no explanation, reason, or even an excuse. Just constant delays.

This time last year, there were a few hundred props holding up the roof of the Queen Elizabeth Hospital, now there are around three thousand. By the time Christmas comes, it is estimated there will be three and a half thousand steel and wooden props in place. It must be worrying, both for the staff who work there, and for the patients - those who have to work or be cared for in the conditions that currently exist. And things will not, in the short term, get any better. In order to keep the building safe, more areas of the hospital will have to have the roof supported by wood and steel.

Since writing my previous article, two Health Secretaries, (and two Prime Ministers) have been and gone. And now we have the same one as we did before. And yet we are not any further forward. Steve Barclay came, he saw, and left again, with no decision made. Therese Coffey promised to come and see the roof, but was given a different job before she had a chance to see how bad the situation is with the roof. They all want to visit and have a photo opportunity, but none of them will make a decision on a new hospital.

The only way forward is with a new hospital, but is there the political will, or even the money available to make this happen? Recent budget decisions have had an adverse effect on the country’s finances, thus reducing the likelihood of money being available for a new build. The current figure stands at £862 million, and that is only likely to increase in the coming months. The initial list of 40 hospitals is way behind schedule, and they haven’t even decided on funding for the proposed eight new buildings. So where does that leave the QEH?

In a state of limbo it would appear. Our campaign group visited Westminster on the 2nd November, and as well as meeting James Wild MP, we protested outside the Department of Health. Later that day, the Government spoke to the media, insisting that a decision would be made by the end of the year. Having been met with constant delays, more than one person I spoke to responded with the question ‘What year?’ Having failed to make a decision for a year now, there is little confidence that this latest promise will be fulfilled.

We certainly hope that it will. The Trust has made it clear that a decision is needed sooner rather than later. By 2030, the current hospital will have to close parts of the building, which will mean a loss of services due to the dire state of the roof. This in turn will mean a loss of services, and patients having to travel to Norwich or Peterborough if a new hospital has not been completed. So we must continue to keep the hospital in the

public eye, because it’s only by shaming the government that we can hope to get what we need, a brand new hospital that is fit for the needs of the people that it provides for.



**Gordon Taylor**  
‘Save our QEH’ campaign group

**Please copy or cut out, sign and send the letter to the Secretary of State for Health, without delay.**

**Secretary of State for Health**  
**House of Commons, London SW1A 0AA**

**Save the QEH, King’s Lynn**

Dear Secretary of State for Health,

I am writing to ask that as a matter of urgency you include the Queen Elizabeth Hospital, King’s Lynn, on the list of hospitals to go forward for full funding for a new building.

I am urging you to make the announcement immediately so that our hospital can meet its projected timescales and not risk closing some services due to the estate reaching the end of its life.

The current situation is untenable; staff are working in a challenging environment and the poor physical estate is having a detrimental impact on the confidence that patients have in the QEH, as well as impacting on staff morale and well-being.

**No more delays - Fully Fund a New Build NOW.**

Regards



**f Tim’s Tree Services**

PRUNING · TOPPING  
FELLING · CLEARING  
ALL ASPECTS OF TREE  
& HEDGE WORK UNDERTAKEN

OVER 30 YEARS EXPERIENCE  
QUALIFIED - INSURED

CALL 07884 263897 or 01485 541560  
FOR YOUR FREE QUOTE!

[www.timstreeservices.com](http://www.timstreeservices.com)  
LOCAL MAN - LOCAL RATES

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

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

State Registered Hairdressers  
Level 3 Stylists and Assessors

20 Austin Street  
Hunstanton  
01485 532001  
[www.goldi-locks.co.uk](http://www.goldi-locks.co.uk)

# ◆ Poets' Corner ◆

## Good Queen Bess II Jubilee

You'd think you could have retired at 96,  
It was a good long stint to fix,  
But life had chosen you forever,  
You knew when you started  
We went to the end, together.

You had a dream to try,  
To be the best we know,  
And you met them all  
The good, the bad, the short, the tall.

You could never please them all,  
But yes, you had a damn good go,  
A mother, a Queen, there to be seen,  
And you were, a world best we know.

Perhaps no one else will follow through,  
How could they? No one else, was you.

But now you are gone, a nation cried today,  
As good Queen Bess, has passed away,  
The world has come to say goodbye,  
Millions watched her coffin on its way,  
God bless Elizabeth, you answered the call,  
You kept your promise, to serve us all.



**John Windibank**

19.09.22

## Santa Woke



Santa donned his trousers;  
Santa donned his hat.  
Hay was in the reindeer;  
Fish was in the cat.  
Santa, he was ready;  
Waved Mrs. Claus goodbye;  
Cracked the whip just lightly;  
Reindeer in the sky.

Kiddies would be waiting  
To see what Santa brought.  
Dollies for the girlies?  
For little boys a fort?  
Santa's getting nervous;  
These days it's not so clear.  
Give some girls a dolly,  
They might clip him round the ear!

Lately, he has noted,  
Boys are wearing bling.  
Would they be contented  
With a yo-yo on a string?  
Somehow he rather doubted  
He was going to get it right.  
Sadly, he considered,  
This might be his final flight.

Then he had a brainwave;  
Threw the toys up in the air.  
Let the magic work its wonder,  
Like it has done every year.

If they want a dolly,  
Then a dolly they would get.  
Skateboards, he had plenty;  
Squeaky toys for every pet.

He watched as all the parcels  
Zoomed off through dale and shire.  
Then turned the reindeer home  
To put his feet up by the fire.  
As the sleigh was lit by moonlight,  
"Ho! Ho! Ho!" was loud and clear.  
"Happy Christmas, everybody, and  
To one and all, good cheer!"

**Nancy E. Robinson**

12.11.2022

# Kathryn Gigg

CHARTERED ACCOUNTANTS | BUSINESS ADVISERS | TAX CONSULTANTS

“Wishing all our  
clients and contacts  
a Happy & Peaceful  
Christmas  
& a Healthy &  
Prosperous New  
Year”

THE OFFICE, 20 KING'S LYNN ROAD, HUNSTANTON, NORFOLK PE36 5HP

T: 01485 534800 e: kate@kathryngigg.co.uk; nic.tarry@kathryngigg.co.uk

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

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



Hooch Pooch Parlour



**City and Guilds Qualified Dog Groomer**

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

Call Sarah based in Snettisham

Mobile: 07950 888 449

Season's Greetings to all our Members and a Happy and Healthy 2023.

We will meet at the Community Hall, Avenue Road, Hunstanton for our first Meeting of 2023 at 2.00pm on Monday 16th January when the Speaker will be Samantha Doughty, Development Officer Adult Services, to tell us how to Stop a Crisis.

You will be most welcome to join us and for further information see our website [www.hunstantonu3a.org](http://www.hunstantonu3a.org)



**Leisure Club** **SEARLES**  
LEISURE RESORT  
HUNSTANTON

*Get Winter fit at Searles!*

Monthly Memberships:  
ADULT: £25.00  
ADD A CHILD: £10.00  
Pools & Gym Open Daily!  
Now taking bookings for Splash Pool Parties

- > Members bring up to 6 guests for additional fee
- > Winter opening: Pool: Mon - Fri 7am - 7pm  
Gym: Mon - Fri 7am - 7.30pm,  
Sat 7am - 6pm, Sun 9am - 4pm
- > Easy to Join! no joining fees and no contract!

*Give the gift of health this Christmas*  
**10% OFF** Memberships purchased in December for January when you present this voucher

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

**QUALIFIED ELECTRICIAN**

Available for Extra Sockets,  
Lighting & BT Points  
No Job too small  
Free Estimates  
No call out charges  
Tel: 01485 572726 or 07813 173 446

**US SC** **Hunstanton United Services Club**

**December Entertainment**

**Saturday 3rd – Alex & Leon Mallet**  
X-Factor House Finalists. All eras. 8.30pm

**Tuesday 6th – Hunstanton Concert Band**  
Come and sing along to your favourite Carols & Christmas songs. Light refreshments will be served. 7.30pm.

**Friday 9th – Christmas Quiz**  
£4pp with supper. 8pm.

**Saturday 10th – Closer to Home**  
(Simon Lee & Graham James.) Harmony duo, all eras. 8.30pm.

**Tuesday 13th – Christmas Prize Bingo.** Eyes down 8pm.

**Friday 16th – Christmas Prize Draw**  
Followed by dancing to Steve Moyse. 8pm.

**Saturday 17th – The Caverners, Beatles & 60s**  
Tribute Duo. 8.30pm.

**Friday 23rd – Christmas Celebration**  
With songs & Dancing to Jammin' Joe. 8pm.

**Saturday 24th – See in Christmas with Travis**  
All eras. 8.30pm.

**Friday 30th – Cecil Farayi Soul & Motown – 8pm.**

**Saturday 31st – New Year's Eve Celebrations**  
With Simon Lee in the Lounge Bar. All eras. 8.30pm. Bring your own party food.

**Mark Royal Disco in the Public Bar**  
Tickets only - available from the bar. On sale 1st December. Members £10; Non-members; £22  
12 to 17 years £5; Under 12s free.

**MEMBERSHIP per annum £12.00. OAPs £8.00**

**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.

**SNOOKER ROOM with match size tables.**

**POOL TABLE.**

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

**Sandringham**  
**IRONCRAFT**  
HIGH QUALITY ORNAMENTAL IRONWORK  
AND STEEL FABRICATION

Unit 4, Cheney Crescent, Heacham  
Tel: 571129

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS





Well, that's it for 2022.

Over 30 of us enjoyed a delicious lunch at the Pavilion Restaurant, Heacham Manor, where President Simon Carter presented trophies to this season's winners. Thank you to the staff for looking after us so well and to Pat Dawson for organising this and our other social events.

At the AGM, a majority voted to agree a rise in subscriptions for 2023. No organisation wants to make fees more expensive for its members but in the light of rising costs it was deemed necessary. Full membership will be £95 - an increase of 50p per week; still great value.

Thank you to Derek Cole for running the extra sessions for the 'Indefatigables' on Wednesday mornings - they have been thoroughly enjoyed.

The clubhouse and lawns have been put to bed for winter. A huge thank you to the small band of volunteers who work so hard to keep our facilities in good condition - in particular David Thirtle-Watts, Pete Brown, David Boxell and Chris Ward - cleaning, repairing and painting, and for setting hoops so that we can run tournaments. Your input and expertise has been invaluable and we cannot thank you enough.

If you are thinking of trying a new activity in 2023, why not consider croquet? All you need to start is a pair of flat shoes - the club will lend you a mallet for your first season. At just £95 for 30 weeks, that is cheaper than a coffee a week at Costa! And once you have demonstrated competence, you can book a lawn from dawn to dusk anytime at no extra cost. (Except when tournaments are being held).

Thank you, too, to the local publications who have allowed us space to publish our news.

Go to our website for more information. [www.hunstantoncroquetclub.co.uk](http://www.hunstantoncroquetclub.co.uk) and watch this space next year for information on our 'Come and Try' day.

In the meantime, Merry Christmas everyone.

Caroline Harper

## The Salvation Army



It's only been a couple of months since moving to the village, but already I've enjoyed seeing the signs of the seasons changing. From the flocks of migrating geese returning for the winter months to the crisp, frosty mornings, it's impossible not to see them. And people weren't exaggerating when they advised I'd need a torch for the evening dog walks – it really gets dark!

As the nights draw in, I'm reminded of the popular Christmas carol that we'll no doubt all hear or sing in the coming month. It talks about the little town of Bethlehem whose 'dark streets shine the everlasting light; the hopes and fears of all the years are met in thee tonight'.

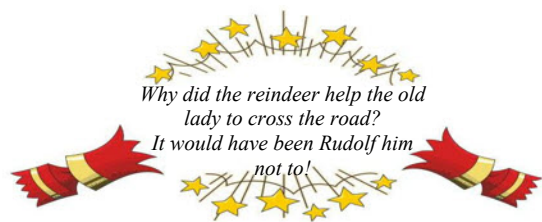
Jesus says in John 8:12, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." In Jesus, all our hopes and fears, **all** of them, are met, and through him we have access to eternal life. Which requires letting him in. The carol continues to say that 'in this world of sin where meek souls will receive him, still the dear Christ enters in'. It's a promise; let the Saviour of the world into your heart, the one who loves you more than you'll ever know, and you will receive eternal life with him. It's my prayer that through our season of darkness, whatever that looks like, the light of Jesus shines forth and with courage we let him in.

This Christmas season the band will be out playing carols. You can follow us on Facebook at <https://www.facebook.com/profile.php?id=100064556865110> or <https://www.salvationarmy.org.uk/snettisham> to find out where, along with our usual events and activities.

If you'd like to join us, you'd be most welcome, especially at our annual Carol Service at the Village Hall on 11th December at 2pm!

The Salvation Army wish you a joyful, light-filled Christmas and a blessed New Year for 2023.

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



### AJA Domestic Services

Local Cleaner

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

\*\*\*Christmas and New Year Deep Cleans\*\*\*

If you would like help cleaning your home

Please call or text Aleta Harrison  
on 07889699533

To discuss your requirements

Wishing everyone a Happy Christmas and New Year



## A Warm Welcome at Hunstanton Parkrun

Parkrun is such a simple concept: turn up any Saturday at 9am and walk, jog or run 5k. You can also volunteer, taking on the role of a marshal, a timekeeper or even a bar code scanner! It doesn't matter how fast you go. It doesn't matter what you're wearing. What matters is taking part.

There are now parkrun events each Saturday at more than 2000 locations in 23 countries all around the world. There are currently eight million registered park runners across six continents. All events are organised by a group of wonderful, dedicated, local volunteers – our hi-vis heroes!

Parkrun is all about inclusiveness and wellbeing. We want as many people as possible to feel part of a real local community brought together by our events, as well as our global parkrun family.

The format of parkrun is simple: register once, print your barcode, then turn up and take part wherever you want, whenever you want.

The parkrun at Hunstanton is not one of the biggest, but certainly has some of the best coastal views of any in the country. And as anyone who lives in the area can testify, you can expect the occasional gust of wind! This all adds to the fun of running and walking in Hunstanton, particularly when it is high tide on the prom!

The Hunstanton event takes place on the North Promenade, meeting by the Sailing Club, between November and March. Between April and October the event takes place on the cliff tops, starting by the Salad Bowl Café, and the route heads off to the lighthouse.

Whether you are a serious runner, an occasional jogger, or someone who wants to walk 5K to help maintain or improve your fitness, then come along and join us. Find out more at

[www.parkrun.org.uk/hunstantonpromenade/](http://www.parkrun.org.uk/hunstantonpromenade/)



## Hunstanton Ski Cafe and Bar



### Hunstanton Promenade's Jewel

**Join us at our Dog Friendly Café!**

**First Cafe on the right from Heacham.**

**Last Cafe on the left from Hunstanton.**

**Tables available every day, inside and out.**

**Sunday Roasts from November till February, booking strongly advised.**

**Traditional home-made favourites and specials board every day**

**All day breakfast**

**Vegan and GF options always available.**

**Join us with live music Wednesday, Saturday and Sunday.**

**Constantly great reviews.**

**Car parking available from November till February.**

**Bookings: 01485 524475 or [contact@hunstantonskicafe.co.uk](mailto:contact@hunstantonskicafe.co.uk)**

**South Beach Road, Hunstanton PE31 5BA**

### SENIOR SPECIAL EVERY WEDNESDAY 12-3PM

**Cottage Pie & Veg**

**Jacket Potato with Cheese & Beans or Tuna Mayo**

**Bangers and Mash with Peas**

**Lasagne, Salad & Garlic Bread**

**Scampi, Chips & Peas**

**Tuna, Cheese or Ham Sandwich with Crisps, Garnish & Cakes (Lemon or Cherry Almond)**

**Tea or Instant Coffee**

**Included**

**Live Music 12-3pm**

**ONLY  
£7.50pp**

**We shall be closed on Christmas Day only.**

**OPEN TO ALL 7 DAYS**

**9am – 4pm (Winter) 9am – 5pm (Summer)**

**01485 524475**

**Follow us**





## Grand Christmas Quiz

### ANSWERS



1. The Muppets
2. The James Webb space telescope
3. 8.
4. Dick Whittington
5. Sandringham
6. Royal
7. Desmond Tutu
8. Elton John
9. Chelsea
10. Nepal
11. Matthew
12. Batman Returns
13. Franz Liszt
14. Frankincense
15. Sausage rolls
16. Val McDermid
17. Nottingham
18. Potato
19. Cornish
20. Cinderella
21. Thomas Hardy
22. Paul Young
23. Carmarthenshire
24. Green
25. Coca-Cola Company



## CHRISTINA THAIN

(Non-practising Solicitor)

### WILLS & POWERS OF ATTORNEY

Home appointments at no additional charge.

Telephone: 07776 102 498

Email:

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

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

### CROSSWORD SOLUTION

#### Across:

1. Crackers
6. Jots
8. Cigar
9. Vanishing
11. Raisins
12. Reproof
13. Sleigh Ride
15. Stow
17. Itch
19. Ophthalmia
22. Gabriel
24. Rosehip
25. Eucalypti
26. Mooded
27. Deer
28. Dressage

#### Down:

2. Ragtime
3. Carriage
4. Eavesdrop
5. Sonar
6. Joseph
7. Trip out
8. Christingle
10. Gift-wrapped
14. Determine
16. Satsumas
18. Cubicle
20. Mah-jong
21. Filler
23. Lipid

### CHRISTMAS ANAGRAMS

#### ANSWERS

1. The First Noel.
2. Away in a Manger.
3. O, Come all ye Faithful.
4. Joy to the World.
5. Once in Royal David's City.
6. In the Bleak Midwinter.
7. God Rest Ye Merry Gentlemen.
8. Ding Dong Merrily on High.
9. Hark the Herald Angels Sing.
10. Good King Wenceslas Looked Out



PRE-PAID FUNERAL PLANS  
CHAPELS OF REST | MEMORIALS



# Thornalley

FUNERAL SERVICES

Behind every independent business  
is a family that cares

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



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

## Borough Council News Heacham, Sedgeford and Fring

First, Happy Christmas and Best Wishes for the New Year, may it be more settled than the last.

The last month has been a mixed bag. Many planning applications have apparently stalled awaiting more information or an officer free to make a recommendation. Recruitment of planners remains a problem.

The theme of the most significant plans is tourism. There are applications to convert agricultural buildings to holiday accommodation in Heacham and in Fring. There is an appeal against refusal of an extended caravan site in Heacham. And, applications for a touring caravan site, glamping pods and a campsite either side of Lamsey Lane near the junction with the A149. The latter two are associated with Wild Ken Hill.

Such applications can cause a dilemma. The residents of Heacham said, quite clearly, that there was quite enough tourist accommodation and they wanted no more. The Neighbourhood Plan thus places restrictions on where and how development can take place. Around half of the residents of Fring don't want any more either – 'It is becoming something like Centre Parcs'.

The Borough Council likes tourism – it brings in money. However, there is a little concern and a working party is being set up, though this will likely investigate ways of encouraging tourists to visit throughout the year (correct me if I am wrong but I think most residents like a rest). This group of councillors and officers will also consider a Tourist Tax, a sum of money for each night spent in accommodation.

It should be noted that many busy tourism areas in the country are considering ways to restrict visitors rather than encourage more. The impact of numbers on local services, infrastructure and assets such as buildings and footpaths is, apparently, becoming detrimental to residents. (Discuss).

Nothing more has emerged about the poor sea water quality in the Wash, specifically off Heacham beaches. Promised meetings were cancelled and I await confirmation of new dates.

A meeting dedicated to things along the East Coast and The Wash talked a lot about groynes; those things that stick out into the sea to hinder sand being moved along the coast by waves and tides. Apparently, some of those in Hunstanton and Heacham are of unusual construction. The conclusion, by technical officers, was that the groynes did very little as evidenced by the lack of sand piling up on one side of them. Consequently, replacement would, overall, be a waste of resources.

There was another meeting about the Wash called by an organisation called Portevo. They have resurrected the idea of

creating a barrier across the Wash from West Norfolk to Lincolnshire and putting a road on it. The material would come from dredging the Wash at the location for a new port. I don't mind saying that I think it daft. Pollution, storm surges, and ecology could be listed as a few of the reasons against it.

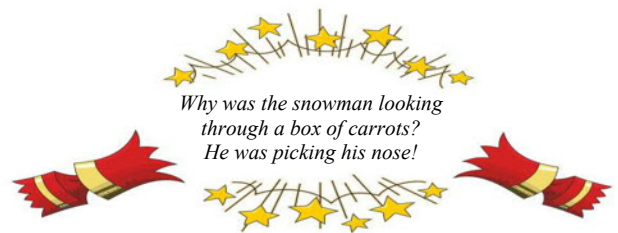
The solar farm application at Sedgeford got refused principally due to the loss of agricultural land. Such applications are being met with resistance across the country as people have realised vast swathes of farmland and countryside could be covered with panels. Food supply for our expanding population will be a worry in a few years. And solar panels are most effective in the summer when we export electricity, they do little for winter shortages. France has a different idea, all carparks there have got to have roofs with solar panels on top from next year. They have more farmland than us but they don't want to lose any.

Standards in public life are, too frequently, parliamentary news items. Such matters also occur at Borough, Town and Parish level too. The Borough has a monitoring officer whose job includes investigation of complaints and has a standards committee to consider those councillors referred to it. There is a list of sanctions which can be applied or recommended. The whole process can be very slow. I made a complaint in March 2021 which is still active. However, things will improve with the appointment of additional legal support to the Borough rather than relying on sub-contracting the work out. A very significant standards complaint about a town councillor was resolved and made public in November and you may have read about it by now.

I use local suppliers and shops whenever I can and have never been let down by the goods or the service provided. Prices are competitive and there are no travel costs. As we enter yet another 'crisis' remember the old adage, 'use it or lose it'. Have a break from internet shopping and delivery vans and see what is available close to home.

And Last. Merry Christmas and a Happy New Year again. May all developers be beneficent and not pursue matters which distress neighbours.

Terry Parish



## Fullers Body Repair Centre



Established 1973  
E: beautifulbodies@hotmail.co.uk

Unit 10  
Cheney Crescent  
Heacham  
Norfolk  
PE31 7BT  
T: 01485 570799  
M: 07799 118503

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



**HUNSTANTON  
TOWN COUNCIL**

**Hunstanton  
Christmas Festival**

**Sunday 27th November 2022, Town Centre**

If you want to experience a fun day to start your Christmas Season, come along to Hunstanton on Sunday 27th November for the town's Christmas Festival – there's something for everyone!

Enjoy live music by local bands and schools hosted by Richard Dix of KL1 Radio in the High Street and see Simon Rowe of Radio West Norfolk outside the Princess Theatre, with this year's Panto Characters appearing near to 5pm for the Christmas Light Switch On. Children's fairground rides and stalls will also be outside Princess Theatre.

As you walk around, look out for the Fearsome Dragon Walkers and RNLI Stormy Sam. Follow the trail of Candy Canes, Stars and Teddy Bears made by the local Men's Shed and take part in the Treasure Hunt as you search out all the 'Reindeers' located around the town centre.

A number of local businesses are opening longer for the day and putting on extras for you to enjoy. There's a variety of stalls around the town as well as children's rides. More stalls will be found at the Food & Gift Fair in the Town Hall.

If you've ever imagined yourself inside a snow globe, then try out the Human Snow Globe outside the Town Hall, where it might be snowing! While there, inspect the Christmas-decorated VW Campervans, Minis and Goldwings parked in front of the Town Hall.

Of course, Father Christmas will be present in his grotto in the Princess Theatre, and there will also be the opportunity to meet the cast of this year's Panto, Cinderella.

Hunstanton is ready to welcome you to Christmas!

10am - 5pm - Food & Gift Fayre in the Town Hall  
1 - 6pm- Live Music, Stalls, Rides and more  
1 - 6pm - Snow Globe in Town Hall Car Park  
5pm - Christmas Lights Switch On

If you are a vendor and would like to join us for the fun or would just like more information on the day's events, please email [clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk) or call 01485 532402.

(The Hunstanton Christmas Festival has been organised by the Hunstanton Events Group comprising of the Town Council, Roundtable, Rotary, Lions, Festival of Arts and the Princess Theatre.)



**BUY YOUR NEW AND USED MOBILITY PRODUCTS WITH CONFIDENCE**

Our Quality Used Scooters come with a minimum of 6 month warranty (12 months for 8mph)

**GREAT PRICES - EXCELLENT SERVICE AND SUPPORT**

Can't get to the shop we can come to you with our Mobile Mobility Shop - friendly staff, no pressure selling and great range of products to suit your needs.

**Winter is coming -  
Let us make sure you are safe**

Winter Service you mobility scooter to ensure you are safe during the cold dark days of Winter - just £50 - we can do this at your home to save you hassle (small fee applies)

Service includes: Battery testing - tyre checks - wire connections checked - lights and indicator bulb checks

**East Anglian Mobility Solutions Ltd**  
T: 0800 688 9511  
E: [swaffham@eams.online](mailto:swaffham@eams.online)  
W: [www.eams.online](http://www.eams.online)

**35 Turbine Way, Swaffham PE37 7XD**

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

Visit our **NEW** website

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

t: 01553 772737  
e: [info@clanpress.co.uk](mailto:info@clanpress.co.uk)  
w: [www.clanpress.co.uk](http://www.clanpress.co.uk)

1 Dundee Court Hamburg Way  
King's Lynn, Norfolk PE30 2ND

**R'N'R FENCING**  
& Landscapes

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

**ALL ASPECTS OF LANDSCAPING**  
FREE QUOTES • PUBLIC LIABILITY INSURED

**07881 947506 / 01485 572107**

*Prided on Quality & Reliability*

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

*Summer Social Club*

**CHRISTMAS QUIZ & RAFFLE**

**FRIDAY 16th DECEMBER**

**7:30 p.m.**



Club opens 7.00 p.m.

Entry for Quiz £2 per person

**FULLY LICENSED BAR**

**"Hannahs Roses"  
supporting  
"Children with Cancer"**

Promoter: Monica Burton, 38 Park Road, Hunstanton, PE36 5BY (01485 535095)

**Christmas  
Fair**



Saturday 17th December 2022  
at Hunstanton Town Hall  
10:00am - 4:00pm

Raffle drawn at 3:00pm  
Lots of prizes.  
Including  
Toys, Wine Racks, Books  
Days Out, Meal for Two  
*Plus many more exciting prizes*

Registered with West Norfolk Borough Council

**Hunstanton  
Conservative Club**

**Entertainment  
for December**

**24 High Street, Hunstanton PE36 5AF  
Tel: 01485 532462**

The Club is open Monday-Saturday 10am-11pm and  
Sunday 11am-10.30pm.

- Fri 16th Dec Xmas Draw at 1.00pm.
- Sun 25th Dec Club open from 10.30am to 1.30pm. Free Nibbles.
- Mon 26th Dec Club open 10.00am until 6.00pm. Food as normal 12.00noon-2.00pm.
- Sat 31st Dec Music with Barry Francis Disco from 8.30pm until 12.30am. Members FREE. Guests £5 per head. FREE buffet.

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

- Mondays: Strength and Balance Class – 4.40pm
- Wednesdays: Scrabble 10.00am. Whilst Drive 7.00pm.
- Fridays: Lunchtime Raffle drawn at 1.00pm.  
Cash Bingo start at 7.30pm.
- Saturdays: 'Open the Box' draw at 1.00pm.

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



**G's  
Decorating Services**

Professional, Friendly & Reliable  
All Work Guranteed

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



**Stephen Gibson**

Heating and Plumbing  
Engineer



**Gas Safe Registered  
Natural Gas and LPG**

**Central Heating Service, Repair & Installation  
General Plumbing**

**Bathroom Installation**

**Residential Park Homes & Caravans**

**Landlord Gas Safety Certificates**

**Tel: 07786 365139**

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

THE CHURCH OF ENGLAND  
Diocese of Norwich

# Annual Christmas Tree Festival

**RUNNING THROUGHOUT DECEMBER!**

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

**ALL EVENTS\* FREE TO ENTER!**  
\*EXCEPT BILTON SILVER BAND CONCERT

**St. Nicholas Church**  
Manor Road, Dersingham, PE31 6LN  
<http://www.stnicholasdersingham.org.uk>

## Heacham Parish Council Notice Board

### PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting will be held on Tuesday 13th December at 7.00pm at the Old Friends Hall, Sunnyside.

The Full Council Meeting for January will be held on Tuesday 24th 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 noticeboard in the lobby 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.

### !!WANTED PARISH COUNCILLOR!!

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.

### OLD DAIRY SITE

Heacham Parish Council would like to thank Luke Steadman of LPS Building and Groundworks for letting us have the use of two of his workers (pictured) and machinery to clear the old Dairy site as it was getting very overgrown. Thank you also to Mr Edd Hammond for sparing some of his very valuable time to help.



### 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 its 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.

### ALLOTMENTS

We currently have an empty waiting list for our allotments on Sedgeford Road with two vacant plots. 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 devised 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.

### REMEMBRANCE SUNDAY



Thank you to all who took the time to attend the Remembrance Day wreath laying at our War Memorial. First picture above of the War Memorial was taken by our Chairman Mr Graham Reader. The second picture is of Members of the Heacham Branch of the RBL, from L to R John Hussey (Vice Chairman and standard bearer), Marcus Liddington (Chairman) and Andy Rickett (Committee member), the photo was taken by Gareth Liddington.

The Council apply for a road closure every year for the half an hour it takes to complete the service and the wreath laying, so thank you to those who were patient enough to wait or detour and hopefully **all** will respect this next year. Thank you to staff and volunteers who tried their best!

### OLD FRIENDS HALL COFFEE MORNING

The December coffee morning will be held on 14th December which is a week earlier than usual. Hot drinks, selection of cakes - £2 per person; there will also be a quiz. All welcome.

### CHRISTMAS CLOSURES

The Parish Office closes Friday 23rd December, opening again on the 5th January. The Library closes on Friday 23rd December and reopens on January 4th.

### HEACHAM PARISH COUNCIL OFFICE

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

Any queries should be addressed to:

**Heacham Parish Council Office**  
Jubilee Clinic Pound Lane Heacham  
Norfolk PE31 7ET  
Tel 01485 572142

Email: [heachampc@btinternet.com](mailto:heachampc@btinternet.com)

Website: [heachamparishcouncil.norfolkparishes.gov.uk](http://heachamparishcouncil.norfolkparishes.gov.uk)

## HELP LINES

### HEACHAM GROUP PRACTICE 01485 572769

**Heacham Surgery** MON TO FRI 08.30 TO 18.30  
**Snettisham Surgery** MON TO WED 8.30 TO 12.30 14.30 TO 18.30  
 THURS/FRIDAY 8.30 TO 12.30 Closed p.m.

### OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

### HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

### HEACHAM CHEMIST (Boots) 570297

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

### HEACHAM PARISH COUNCIL OFFICE 572142

OPEN MON, TUES, THUR 10:00 - 12:00  
 STREET LIGHT FAULT REPORT 572142  
 BOROUGH COUNCIL OFFICE 01553 616200

### BOROUGH COUNCILLORS

TERRY PARISH 07885 258428  
 STUART DARK 01485 544339  
NORFOLK C C MICHAEL CHENERY 07920 286638

### PARISH LIBRARY (in Church Hall, High Street) 07398647119

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

### HEACHAM POST OFFICE 570330

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

### EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613  
 NHS Helpline 111  
 DENTIST Emergency only for patients not registered with a dentist 01553 769264  
 COMMUNITY MIDWIFE (Ask for Hunstanton M/W) 01553 613613  
 POLICE 101  
 SAMARITANS Freephone **116123** or (local charge) 0330 094 5717  
 CHILD LINE 0800 1111  
 SILVER LINE 0800 4708090  
 ELECTRICITY (UK Power Networks) 0800 3163105  
 ANGLIAN WATER 0800 771881  
 GAS ESCAPE 0800 111999  
 24hrs VETERINARY CLINIC (Medivet Heacham) 01485 570065

### HUNSTANTON LIBRARY 01485 532280

OPEN TUES WED FRI - 9am-7pm  
 SAT 9am-4pm MON & THURS - Closed

### HEACHAM CHALK PIT RECYCLING CENTRE

**0344 800 8020**

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

### HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org  
 www.heachamnewsletter.org.uk

### HEACHAM HALLS

PUBLIC HALL 570776  
 PINE RESIDENTS HALL, Wilton Road Pat Toppin 779208  
 METHODIST CHURCH HALL, Station Road Mike Careless 570363  
 ST MARY'S CHURCH HALL, High Street Mon - Fri 10 - 12 572539  
 OLD FRIENDS HALL Sunnyside 572142  
 HEACHAM SCOUT HUT Sunnyside 592041

### MAIN PICK-UP POINTS FOR HEACHAM NEWSLETTER

**First Saturday of each month except January.**

Jennings Store, Tesco Express, Lidl, Heacham Fish Bar, Post Office, Norfolk Lavender, Ridouts Bakery, Parish Library, Artworks at Hunstanton Town Hall

\*\*\*\*\*

### MOBILE LIBRARY

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

09:50 HANOVER GARDENS	12:55 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

Service  
**34** **35** **36**  
 via QE Hospital via Sandringham Coastliner

### **Mon - Sat**

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

### **Sun**

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

\*\*\*\*\*

### **Smithdon High School Bus Service 36**

1515 Smithdon School to Hunstanton

\*\*\*\*\*

### **WNCT Dial-a-Bus Service**

Heacham to King's Lynn via Snettisham, Ingoldisthorpe, Dersingham, Babingley Every Tuesday, Wednesday & Friday  
 For more information, cost of fares, a membership form or to book  
[www.wnct.co.uk](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 DECEMBER 2022 & JANUARY 2023

HIGH WATER AT HUNSTANTON Heights above chart datum Time Zone UT (GMT)									
Dec 2022					Jan 2023				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TH			12 33	5.9	1 SU	00 52	6.2	13 54	5.8
2 F	00 26	6.1	13 42	5.9	2 M	01 59	6.1	14 54	5.8
3 SA	01 36	6.2	14 47	6.1	3 TU	03 04	6.1	15 49	6.0
4 SU	02 41	6.4	15 43	6.4	4 W	04 04	6.2	16 37	6.3
5 M	03 38	6.6	16 28	6.6	5 TH	04 57	6.3	17 20	6.5
6 TU	04 28	6.8	17 08	6.7	6 F	05 44	6.4	17 59	6.7
7 W	05 14	6.9	17 45	6.9	7 SA	06 27	6.5	18 37	6.9
8 TH	05 58	6.9	18 20	6.9	8 SU	07 05	6.5	19 12	6.9
9 F	06 39	6.8	18 55	7.0	9 M	07 40	6.5	19 45	6.9
10 SA	07 18	6.7	19 26	6.9	10 TU	08 13	6.4	20 15	6.8
11 SU	07 53	6.5	19 56	6.8	11 W	08 46	6.3	20 45	6.7
12 M	08 27	6.3	20 27	6.6	12 TH	09 20	6.2	21 16	6.5
13 TU	09 03	6.1	20 59	6.4	13 F	09 56	6.0	21 52	6.3
14 W	09 42	5.8	21 37	6.1	14 SA	10 38	5.8	22 36	6.2
15 TH	10 30	5.6	22 24	5.8	15 SU	11 27	5.6	23 30	6.0
16 F	11 30	5.4	23 25	5.7	16 M			12 31	5.5
17 SA			12 37	5.4	17 TU	00 35	5.9	13 45	5.6
18 SU	00 35	5.7	13 41	5.6	18 W	01 56	5.9	14 57	5.8
19 M	01 42	5.9	14 42	6.2	19 TH	03 16	6.2	16 01	6.2
20 TU	02 45	6.2	15 36	6.2	20 F	04 26	6.5	16 58	6.7
21 W	03 43	6.5	16 27	6.6	21 SA	05 30	6.9	17 49	7.1
22 TH	04 38	6.9	17 14	6.9	22 SU	06 28	7.2	18 38	7.4
23 F	05 33	7.1	18 00	7.2	23 M	07 22	7.4	19 25	7.7
24 SA	06 27	7.3	18 48	7.4	24 TU	08 09	7.4	20 08	7.8
25 SU	07 20	7.3	19 32	7.5	25 W	08 54	7.3	20 50	7.7
26 M	08 11	7.3	20 16	7.4	26 TH	09 37	7.0	21 33	7.4
27 TU	09 03	7.0	21 02	7.3	27 F	10 20	6.6	22 17	7.0
28 W	09 56	6.7	21 51	7.0	28 SA	11 07	6.1	23 08	6.5
29 TH	10 54	6.4	22 47	6.7	29 SU	11 59	5.7		
30 F	11 55	6.1	23 48	6.4	30 M	00 07	6.0	12 57	5.4
31 SA			12 54	5.8	31 TU	01 16	5.6	14 03	5.3

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