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Deadline for the next edition is 12 noon, Tuesday 14th February 2023



A voluntary non-profit publication



Heacham

Dear Newsletter,

Local Business

I wonder why some businesses, who bother to advertise in the Newsletter, do not respond to telephone messages left on their home answerphones / mobiles to contact me, allowing for a week's grace.

I was therefore pleasantly surprised when I actually rang G&M fencing and landscaping on a Friday afternoon at 4.00pm and was answered by the gentleman who introduced himself as Gary Driver.

He recorded my name, address and contact details and agreed to call next day between 10am and 12 noon on the Saturday to discuss my requirements. Saturday came and just before Midday, Gary rang, apologised to advise he had an urgent personal errand to attend to and could he visit a little later. Agreed.

Gary arrived just after 1pm to discuss my front garden revamp. He advised his terms and conditions with payment terms. First come, first served with quotations. G&M have been advertising in the Newsletter and Town & Around for many years with his website available online.

A quotation by email was received a few days later and I was pleased with the price for the work to be undertaken and immediately accepted, following which he advised he would contact me for a commencement date subject to weather constraints. Before returning with a date, I wanted some additional work done and sent photos to him and Gary called again and later issued an additional quote. Again, duly accepted.

On the commencement day, Gary arrived with his work grafter colleague Mark and work immediately started. I had some existing driveway grass hole blocks which had to be lifted and cleaned prior to shingling being installed. Grafter Mark set to work and this laborious task was quickly and efficiently undertaken. I acted as tea boy and supplied biscuits to keep the workforce happy! Existing grass was removed, membraned with hard-core and edging stones cemented in. Next day work was curtailed due to weather. Recommenced next day and completed with driveway blocks filled this time with shingle and all bedded down.

At this point I realised after viewing the revised garden, that I required further work with membranes and shingle and quotations were issued in due course and completed a week or two later to my complete satisfaction.

I could have attempted to undertake the work myself as I am a hands-on DIY'er. However, because of advancing years and with ongoing lower back problem, I decided it was about time for someone else to take the strain especially when the quotation was fair.

I found Gary to be straight forward, reliable and a likeable character and, with Mark, both were friendly and polite. Gary also because of his experience was able to offer constructive solution suggestions.

Would I use them again? Well yes, I did as described above.

Steve (Name & address supplied)

 \bowtie

Dear Newsletter,

Thank you re Festive Afternoon Tea

It seems a while since 19th November when we held our annual Festive Afternoon Tea. We were overwhelmed by the support we received from those who attended and also the help given to make it successful.

We were delighted to hand over a cheque for £381.80 to Tapping House Hospice, a very worthy local cause.

Thank you again.

Jan Andrew **Pine Residents Art Group**

 \bowtie

Heacham

Dear Newsletter,

Thank you re 80th Birthday Piano Party

My very sincere thanks to the many friends who so kindly contributed towards the success of my 80th Birthday Piano Party, enabling the amazing and magnificent total of £1,100 to be raised. I have sent cheques to the two nominated charities -Diabetes UK and Crisis at Christmas.

I now look forward to presenting a Coronation Gala in Hunsatnton on Saturday 13th May, in the afternoon, and await the King's decision as to which causes he wishes to be supported on this special occasion.

With grateful regards,

John Harris



MAY ELECTIONS

There are elections for Borough Councillors in May. If you prefer to cast your vote in person at a polling station



then, due to new government legislation, you will require proof of identity when you go to the relevant hall.

This proof has to bear your photograph. It can be your passport, photo driving licence, bus pass, or numerous other official documents/cards. The full list is on the Electoral Commission Website.

If you haven't got any of these, you can apply for a Voter Authority Certificate. However, postal votes are unaffected by the new legislation so, if you are registered for one, just vote using the form you will receive before the election date.

If you think you would now like a postal vote then you have to apply for one by using a form. This is available on-line (Borough website) though you will have to print and post it. I will provide some to Heacham and Sedgeford Parish Council offices to help anyone with printing difficulties. The address to post it to is on the top of the form.

All this only applies if you have registered to vote which might have slipped your mind if you have recently moved here. You can register on line. There are computers in Heacham Parish Library on the High Street.

I am a current Borough Councillor for Heacham Ward which includes Sedgeford and Fring. I will be standing for election again in May. Your vote matters whether it is for me or for another candidate.

Terry Parish



lynx New Bus Service -Route No. 33

On 3rd January 2023, our local bus company, lynx, launched a new route which runs Monday to Saturday (no service Sundays or Bank Holidays) between King's Lynn and Hunstanton. This route also serves: Queen Elizabeth Hospital, Hillington, Flitcham, Great Bircham, the National Construction College, Bircham Newton, Docking, Sedgeford and Heacham (A149/Ringstead Road).

More information and the bus timetable is available on their website: lynxbus.co.uk





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Barclays Bank, Hunstanton

The Newsletter understands that Barclays Bank will be closing their branch in Hunstanton in April. The intention is that this will be replaced by a Barclays Local – a cashless pop-up - at a site yet to be determined. This will come as a devastating blow to those who are currently customers of Barclays Hunstanton. Many will be local businesses/charities and people who may not have the facility or capability of benefiting from online banking (particularly some of our more 'senior' residents).

The Post Office provides an 'EveryDay Banking' service whereby cash can be withdrawn or deposited and cheques can be paid in. More information can be found at your local post office or on-line: https://www.postoffice.co.uk/banking-and-bills

The Barclays Bank web-site also provides information re banking via the post office: https://www.barclays.co.uk/waysto-bank/post-office-banking/

THN



Heacham Fete

Heacham Fete Committee are looking for more volunteers to help with organising the event and helping on the day.

If you are interested please call or text Carri 07889 726247. Thank you.

Carri Pishorn



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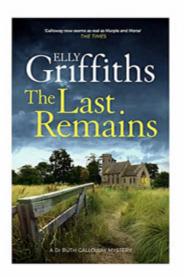
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A new year and a new improved space at the Library. We are delighted to be able to offer some more room for everybody, particularly around the reception and display area, and to reintroduce the comfy chairs in front of our desk. There is also a new colourful children's book shelf, bought at the clearance sale at Dersingham's former primary school, and a small extension to our existing shelving is also on order. Hopefully, you will like the changes that we have made so far but please do let us know – your feedback is always welcome.



(Photos by Ray Sparvell)



And, 'YES', before you ask, we do have the latest Elly Griffiths in stock for you. 'The Last Remains' is the 15th in the Dr Ruth Galloway series based here in West Norfolk and we are sure you will enjoy it every bit as much as all the other books. There is certain to be a large demand for this unmissable publication and we will be operating a waiting list to ensure fair play. So don't take a chance, please come in and put your name down.

The UK is known as a dog loving nation and nowhere

can that be more true than here in Norfolk. We are lucky to have a large selection of heartwarming doggy tales (or even tails!) so if you love our four-legged friends there is bound to be a book that you would enjoy.

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DISPLAYS

The 31st January saw the 70th anniversary of the 1953 floods that decimated much of the eastern seaboard of England, and which sadly resulted in the loss of nine lives here in Heacham. The Library is marking the occasion with a small display focussing on the terrible devastation in our own village. Thank you to everybody who has contributed to putting this together and especially Trish Hammond and the local history group and Philippa Sewell. The display is free and available to everybody during normal library hours; please drop in and see it.

Happy Reading!

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





CHURCHES TOGETHER IN HEACHAM

The Vicar told the congregation, "Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read Mark 17."

The following Sunday, as she stood up to preach, she asked for a show of hands of all who had read Mark chapter 17. Every hand went up.

The Vicar smiled and said, "Mark has only 16 chapters!"

How many of us tell 'white lies' that we think no one will ever know about? I know I do at times.

Maybe as this month sees the start of Lent, we could try to be more honest with ourselves and with others, and with God.

The word Lent comes from an old English word meaning lengthening. Lent occurs at the time of year when daylight increases and the days get longer. Lent should also be a time for extending ourselves to be more, a time for spurring us on to do better things.

So, whether you are someone who observes Lent or not, let us all try to use this month, this Lent, to strive to become better people, at home, at work and in our community.

Veronica

Revd Veronica Wilson – Heacham Vicar

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.

February 2023

Sunday 5th February:Holy CommunionSunday 12th February:Morning PrayerSunday 19th February:Morning PrayerWednesday 22nd February:Holy Communion
with Ashing - 7pm

Sunday 26th February: Holy Communion

Used Postage Stamps

For many years I have organised the collecting, trimming and sorting of used stamps for The Leprosy Mission and together we have raised several thousands of pounds doing so. I am sorry to have to inform you that The Leprosy Mission will no longer be dealing with used stamps after March.

Since I heard this, I have been researching other charities which might accept them. I was pleased to learn that the East Anglia Air Ambulance is one and contacted them. Their stamps are passed to an active stamp dealer who sells the common ones in bulk and then sorts anything more valuable to sell at collectors' fairs etc. on their behalf.

I know the EAAA has popular support locally and their work is much valued, as evidenced at our recent Village Carol Service.

I am going to suggest therefore that we continue to collect, trim and sort used stamps and I will get them to EAAA. Donations of albums, collections etc are also welcome. Please continue to leave them in church or at the library. Thank you for your continued support.

HEACHAM PARISH CHURCH online on Heacham Parish Church YouTube channel

on Heacham Parish Church YouTube channel

HEACHAM PARISH CHURCH in church At 10am every Sunday morning

At Ioani every Sunday morning

NEW COMPOST BIN in Churchyard

In an attempt to reduce waste, we now have a compost bin in the church car park, next to the big bin. Please put any flowers and greenery that is compostable in there rather than in the metal bin. THANK YOU

CHRISTMAS WREATHS IN THE CHURCHYARD

We are encouraging everyone to compost, reuse and recycle all you can from your Christmas wreaths. So please do use the compost bin as well as the bin in the car park and take home anything you can reuse.



If there are any wreaths left on graves after the 28th Feb, we will be removing them. We will compost, recycle and reuse all we can.

NEW: Chit Chat and Coffee

Everyone is welcome to this new monthly coffee morning at St Mary's Church Heacham.

STARTING on Tuesday 21st February 10-11.30am

If you are new to the village, we would love to meet you. If you like to read perhaps you could bring a book or magazine to swap or bring your knitting or another craft if you like. All ages welcome.



We will have hot water for coffee/tea/hot chocolate from 10 am until 11.30am.

Tuesdays @ 10–11.30am

21st February as it's Shrove Tuesday, we will be serving Scotch pancakes.

28th March cake will be served.

25th April will be Anzac Day so we will be sampling Anzac biscuits.

Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is on 2nd February from 10am till 12 noon, at the Pine Residents Hall. For more information contact the Church Office.

Used Postage Stamps

We are continuing to collect, sort and trim used postage stamps to pass onto the East Anglian Air Ambulance.

There will be a trimathon in church on 8th March to sort and trim the stamps and enjoy lunch together.

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 would like the church to pray for, by writing and hanging it on the tree. God hears your prayer, and we will pray for you. If you cannot get to church and would like a name added, let Rev'd Veronica Wilson (heacham.vicar@gmail.com) know.

Daily Prayer

Morning prayer takes place every weekday at 9am on Zoom. Everyone is welcome. We pray for all who live and work in our village community, for our shops and businesses, our schools, residential homes, surgery, amenities, etc.

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

CHURCH CONTACTS:

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



HEACHAM METHODIST CHURCH

Minister: Rev. Dr Richman Ncube

February 2023

We extend a warm welcome to all.

Sunday Morning Services: 10.30am

5th February:Philip Batstone**12th February:**Elizabeth Macleod**19th February:**Terry Martin**26th February:**Rev David Blacklock (Holy Communion)

Midweek Communion

10.30am Wednesday, 8 February led by Rev Dr R Ncube.

Bible Study

10.30am Thursday 23 February.

Fellowship Meeting

2.30pm Tuesday 21 February.

Coffee Morning

10am-12 Noon Saturday. Resumes in March.

Other important dates -

The Church is open on Tuesday mornings -10am - 12noon. The "Church Open sign" will be placed outside.

<u>Diary Date</u> - World Day of Prayer – Friday3rd March 2023.

"I have heard about your faith" – Prepared by WDP Committee Taiwan. Hunstanton Methodist Church. 10.30am. Refreshments from 10.00am.

We think of all our friends whose absence we notice on Sunday mornings – prayerfully- along with members of our community.

We also hope to be more supportive this year of charities and services that are under stress at this time.

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

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your paths straight." *Proverbs 3: 5-6*



We wish you all best wishes for a very good, healthy, and happy New Year.

Ash Wednesday this year falls on 22nd February, so although not yet confirmed at time of writing, we should be holding our usual Shrove Tuesday Pancake supper at St Cecilia's on the evening of 21st February. Details will be on the website and weekly bulletins. If you would like to be on the distribution list for the weekly bulletins straight to your inbox, please send your email address to **hunstantonparish@rcdea.org.uk**. Also, if you are a new parishioner, there is a form in both church porches to fill in your details to welcome you to the parish. Feel free to ask if you can't see them.

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 in the meeting room at St Cecilia's on the first Sunday of each month, which it is hoped will also come to OLSE from February.

The Pope's prayer intention for *February: For Parishes:* we pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

A few members of the parish have been getting together to discuss ways to enliven the life of the parish. One of the things under discussion is the setting up of an SVP Group in our 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 speak to someone and 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. Please contact the Convent direct about daily Masses - tel: 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

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 Email: hunstantonparish@rcdea.org.uk (Please add it to your email address list). The Parish telephone number is 01485 534675.

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



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Another Recipe from The Prudent Pensioner

My easy recipes for nutritious soups use only a few wholesome ingredients, I often experiment and add other ingredients. This recipe is similar to the one on page 70 of my book, but with the addition of Chicory.

Carrot, Red Pepper and Chicory Soup.

Ingredients: 1 onion Knob of Butter Potato approx. 115g/4oz Carrots approx. 230g/8oz I large or 2 medium sticks of celery 1 red pepper (capsicum) 6 Leaves of Chicory (I used red) Chicken stock cube dissolved in 500ml hot water. Salt and Pepper to taste.

Method:

Trim and peel carrots and cut into small pieces. Peel potato and cut into small pieces.

Peel onion and slice thinly

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

Clean pepper, discard seeds and stalk. Cut into chunky pieces. Wash chicory and cut into smaller pieces

Place butter in a saucepan over a low to medium heat, add onion slices stir and cook for I minute stirring continuously.

Carefully add potato, carrots, celery, chicory and pepper; stir and mix well. Carefully add stock, increase heat and bring to boiling point. Reduce heat and leave, covered, simmering gently, stirring occasionally, until vegetables are fairly soft (approximately 15 minutes). Strain off most of the liquid into a jug, put aside while you either put vegetables into a liquidiser or use a hand blender and whizz until pureed.

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

Season to taste. Reheat if necessary, stirring gently. Turn off heat, serve and enjoy.

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is now available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems and tales) It is also available from Ridouts Bakery in Heacham. Docking Farmers Market, '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



Tree Planting Volunteers Wanted

Volunteers are needed to help with the planting of 100 trees at the Millennium Wood, located at the Chalk Pit, Heacham, at 11am on Saturday, 11th February 2023, as part of the late Queen's Platinum Jubilee celebrations in 2022.

The Jubilee trees for Norfolk offer support to the Council's One Million Trees for Norfolk initiative and The Queen's Green Canopy. We were given tree packs of hawthorn, crabapple, hazel etc, which will be delivered to the Chalk Pit for planting on the morning of the 11th February. Anyone who would like to be involved in this unique opportunity of planting a tree for Norfolk, just come along with a garden spade, or fork and wellies, or stout pair of shoes.



Robert Pritchard

Wildfowlers Work Day at Millennium Wood

On 4th February at the Millennium Wood there will be a few wildfowlers and Council members, meeting as a working party, to tidy up and cut down some brambles in the wood. This will improve the visual appearance and access ready for the Clay Pigeon shooting season.



If you are interested and have some time to spare why not come and join us. You will be most welcome.

Robert Pritchard

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General Knowledge Quiz

IMP of LIFE (Apologies to Shakespeare)

All the correct answers contain the word 'IMP'.

- 742 Evergreen Terrace, Springfield, is the home address 1. for which U.S. animated family?
- The Buddhist kingdom of Bhutan on the eastern edge 2. of the Himalayas has which city as its capital?
- 3. "Fairground" in 1995, was the first U.K. No 1.single for which band? It was taken from their "Parent album"?
- "Daktari", the U.S. animal study centre drama series 4. of the 1960s starring Clarence the cross-eyed lion, also featured an animal called "Judy." What kind of animal was "Judy"?
- Which piece of music, written by William Walton was 5. specially commissioned for the coronation of King George VI in 1937?
- What derisive name, coined in the 1930s, was given to a 6. pompous, blustering and reactionary type of person? Aterm derived from the name of a gas-filled barrage balloon.
- Which large river rising in South Africa and flowing 7. into the Indian Ocean, was described in Kipling's "Just So Stories" as Great Grey-Green and Greasy?
- Art Monet, Renoir and Pissarro were all French 8. artists of which genre?
- What is the nickname of Lincoln City Football Club? 9.
- 10. In 1963, Rootes Group Cars manufactured the first British mass-produced car to have a rear engine and an engine block and cylinder-head in cast aluminium. What was it called?
- 11. To which genus of flower does the ever-popular busy lizzie belong?
- Which airline company founded in 1924 and 12. operating until 1939 became B.O.A.C., then B.E.A. in 1946 and B.A. since 1974?

Answers on page 31

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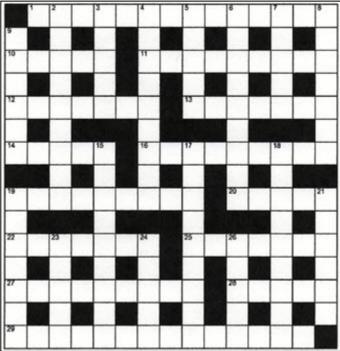
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FEBRUARY CROSSWORD



CLUES

Across:

- 1. Unscrupulous type gets bun off Billy Bunter (1,3,2,1,4,3)
- 10. Pocket money greatly reduced, being more based in reality (5)
- 11. A couple of different characters find a way to communicate (3.6)
- 12. Heather entertains an afterthought on the way out (7)
- 13. Noah's embarrassed about an outpouring of praise (7)
- 14. Dump dreary source of irritation (5)
- 16. One is loving loud (extremely loud) band (3,6)
- 19. Most tropical trips have injury cover (9)
- 20. Last old sovereign (5)
- 22. Fox is ready near outskirts of compound (7)
- 25. Sense that woman's a bit of a nag (7)
- 27. Finished with meeting boys and falling in love, puts on too much weight (9)
- 28. Start to remove mat and discover switch (5)
- 29. Me, 22 and Wilde performing one of his creations (4,10)

Down:

- 2. Flag down favourite not all are backing (4,5)
- 3. Jack is about to reveal parts of skeleton (5)
- 4. Fear bling could be easily broken (9)
- 5. How to retire claiming right benefit (5)
- 6. As a rule it dictates what gear you should be in (5,4)
- 7. Don't declare a possible charge (5)
- 8. Measure angle regularly at length (7)
- 9. Showing little or no interest in having to wear small cap (6)
- 15. With a real plan one is bound to succeed (4-2-3)
- 17. Reportedly, what might put on weight could be discarded (2,2,5)
- 18. American term for someone trying to cross border (9)
- 19. Stir slave working around ancient city to secure freedom at last (7)
- 21. Isn't A&E doctor to give an infusion? (6)
- 23. Shouted at the French, out to trap me: "Give up!" (5)
- 24. These games can be tense (5)
- 26. Cut off the odd loose thread (5)

Solution on page 31

SANTA RIDES AGAIN!



On Friday 23rd December 2022, Heacham Youth & Community Trust Ltd undertook their very popular "Santa's Tour of Heacham". Along with his band of 'Elves', Father Christmas made his way around the streets of Heacham leaving a gift to all those children who came out to meet him on his colourful sleigh full of Christmas cheer.

Many thanks to all those who turned out on a damp evening to enjoy the sights of Santa and his Elves wishing everyone a Merry Christmas. HYCT would like to thank the Pocahontas Players for one of their finest performances as the 'Elves.'







THE TEAMS:

It is good to report (at the time of going to press) that the first team are still sitting proudly at the top of the Thurlow Nunn Division 1 North League.



Framlingham Town still remain our main rivals and Downham Town, on a good run at the moment, must not be ignored. Certainly, building upto a nail biting few months and what could be a dramatic end to the season.

Recent results have been as follows:-

Framlingham Town won 2-1 away

F C Parson Drove won 4-2 away

Norwich CBS won 1-0 home

Needham Market U23s won 4-1 away.

The 1st teams interest in both Cup competitions ended in narrow defeats against Premier League opposition.

In the 3rd round of the League Cup the 1st team travelled to Premier league side Mulbarton Wanderers and lost 2-1 on penalties after drawing 0-0.

In the Norfolk Senior Cup the team travelled to Norwich United and narrowly lost 2-1.

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

Sat 11th Feb v Huntingdon Town away Sat 18th Feb v Debenham LC away Sat 25th Feb v Swaffham Town home Sat 4th March v Whittlesey Athletic home Sat 11th March v Downham Town home

Note: All Saturday k.o. 3pm All evening k.o. 7.45pm

Also, at the time of going to press it is great to report that the Reserves now sit proudly at the top of the North West Norfolk Division 1 league. Recent results have been as follows:-KLSC Res won 6-1 home Dersingham Rovers Res won 2-1 home Clenchwarton won 3-2 home Terrington Tigers won 8-0 home The Reserves progress in the Norfolk Junior Cup ended after a 3-0 home reverse v Gayton United (from the Anglian Combination Division 2). The scoreline flattering the visitors

after a gutsy display by the reserves, who were unlucky on the day not to have taken the game to penalties.

Up and coming Reserve league fixtures:-

Sat 18th Feb v Terrington Tigers away Sat 25th Feb v Ingoldisthorpe away Note: All above k.o. 2.00pm

Sat 4th March v Docking Rangers home k.o.2.30pm Sat 11th March v KLSC Res away 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.

Matchday Catering (1st team games only)

The Club are pleased to announce a new partnership with Best Bites Limited Catering Van, who will be located inside the pavilion and offering traditional hot football fare, in the form of burgers, bacon rolls etc. Cash and card payments accepted.

Ground Improvements 1. Floodlights

They have been installed and are up and working. Final paperwork being completed for submission to the league for approval. No date has yet been fixed for our first game under the floodlights but what a great night to look forward to - "Football under lights at Heacham".

2. Main Stand

The main stand has had a new roof fitted, the front wall removed and seating for 50 has been installed, in accordance with the requirements of the league.

Sponsorship/Advertising

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

Cost is £75 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.

For further information/details please contact Duane Gowen by email:- <u>Commercial.heachamfc@gmail.com</u>

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, old programmes 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."



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Supporters Club

I would like to remind everyone that we now have back in stock the Official Heacham FC Club pin badge. Price only £3 each (collection) or can post (UK) for £5 inc p&p.

With regard to the Supporters Club official pin badge, we now only have 1 available. We are currently accepting bids for this last badge (minimum bid of £8). Once this badge has been sold, the badge will not be reproduced ever again. So if you want to be the lucky owner of the very last Supporters Club pin badge, then please contact me on the email address below with your bid and good luck.

Currently membership for the new season continues to grow steadily and is currently at 196 members and the Facebook page now has grown to over 500 followers.

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

Membership for the 2022/23 season can be renewed and also new members welcome. The cost is £5 per season (for the 3rd season running), payment by either cash or bank transfer and you will receive a limited edition Anglian Combination Champions pin badge (worth £4), free entry into regular prize draws and discounts from the following local businesses:-

1. 10% discount from North Beach Fish Bar, Jubilee Road, Heacham.

2. 10% discount from Flames Kebab & Fish Bar, Station Road, Heacham (collection orders only).

3. 5% discount from Owen's DIY (Hunstanton) on colour mix paint.4. Claim a free tea or standard coffee at Halt Cafe, South Beach, Heacham, when ordering either a small, medium or large breakfast.

5. Jennings Stores, South Beach Road, Heacham: 10% discount on a full crate of beer, 5% discount on a half case of beer.

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

"100 Club" & "Free Raffle" results:-

The latest winners in December's "100 Club" draw were Bridget Cox (no.62) who won $\pounds 50$ and Sam Pishorn (no.22) who won $\pounds 25$. Congratulations to both our winners.

The winners of the "free Christmas raffle" for members only were:-

- 1st prize £25 Ross McNeil (no.34)
- 2nd prize Christmas Hamper Jacob Dennison (no.50)
- 3rd prize Bottle Sherry Shane Akers (no.196)
- 4th prize Bottle Port John Flanagan Snr. (no.213)
- 5th prize Bottle Red Wine John Flanagan (no.162)
- 6th prize Tub of Chocolates Ben Coe (no.168)
- 7th prize Bottle Mulled Wine Liam Mitchell (no.170)
- 8th prize Box Biscuits Anna Dear (no.172)
- 9th prize Box Jacob's Assortment Chris Dear (no.171)
- 10th prize 2023 Diary Nigel Waldock (no.138)

A big thank you to Sarah Askew for her kind contribution for the first two prizes.

"100 CLUB" Relaunch for 2023

The "100 CLUB" has now changed its name to "The 50/50 CLUB" for this year.

I am very pleased to say that the response has been brilliant and I can report that 134 numbers have been sold. This has resulted in 2 monthly cash prizes of £45 and £22 every month for the whole of the year. Good luck to all our participants. 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 FC Supporters Club.

Denis Cooper Chairman/Secretary ham F C Supporters Club



Contact Paula or Marcus



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Donna Marriott 07403 114245

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(Photo by Victoria Proctor)

December 2022 saw The Pocahontas Players 'on tour'! Our Rev Veronica Wilson asked if the Drama group could do 'a turn' for The Christmas Carol Service held in The Public Hall on Thursday 22nd December. We chose a rendition of 'Rocking around the Christmas Tree'.





(Santa/Elves photo by Michael Fysh)

The following evening from 5pm - 9pm, for the second year, Heacham Youth & Community Trust asked The Pocahontas Players to join Santa Claus for a tour of our village of Heacham to help him hand out goody bags to the children of the village. What a splendid time was enjoyed by all - the Elves, the children and their Mums, Dads and Grandparents! The joy on their faces, was a picture to behold. Thank you to the trustees of HY&CT for the work and organisation put in to create such a 'giving' village event and fabulous sleigh. (The Elves had a roof built over the sleigh this year but next year, they have put in a request for central heating to be installed! haha!). Thank you Mike Jennings, Richard Dix, Mark Pishorn, David Page, Dave Curtis and Peter Sutton.



(Group photo by Ray Sparvell)



Photo - Cloud View Care Home residents with Marmalade the Cow and Sarah the Carer in charge! (Photo by Ray Sparvell)



Photo - Rose - Jeannie Tooley and Vi - Janice Curtis

Then with a few days break for the Christmas/New Year festivities, it was back to rehearsals, scene building, props making, lighting plans, costume sewing etc. etc. in readiness for The Pocahontas Players annual Pantomime 'Jill and the Beanstalks' written by member Sharon Yates. What a joy it was to see Heacham Village Hall so full of happy faces and hearing

the loud Boos for those nasty baddies and the loud cheers for the goodies, for all four performances. I have added a photograph of the Cloud View Care Home scene which many of our audiences actually sat and cried with laughter!

We were thrilled to have seven new members join the group to add their talents to Jill and the Beanstalks. Thank you to Amanda Buckingham (KAREN who had the repeated lined 'Dun-noo'), Aleta Harrison (JEAN who added her elderly acting skills during the Care home scene), Mark Collins (BRIAN who enjoyed his Care home nuts), Sydney Collins (The scary GHOST with added dance moves), Claire-Marie Miles (GERALD the Brave little Giant), Zoey Reeve (GERTIE, the giant's strict mother) and Alice Reeve (The all important PROMPT).

Thank you to Ray Sparvell for giving up his Sunday to take the stage dress rehearsal photographs. (Memories are made of this, Ray). Thank you to Kate Day for the loan of her Cow Bell for our star, The Panto Cow Marmalade to wear around her neck and to Teri Thornton for the donation of the 'Push along Trolley' for Rose and Vi, the lost ol' ladies!

May we thank our audiences and supporters, because without you all I wouldn't be writing this and feeling so very proud of such a fantastic Drama Group.

Thank you.

Janice Curtis (ADMIN for the Pocahontas Players)

Please note that if you bought a programme.....

DATE CHANGE!! DATE CHANGE!!

The NEW dates for the Summer show are Friday June 2nd 7.30pm with 2pm and 7.30pm on Sat 3rd June more on that later.





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Heacham at Night

by Terry Parish

February fill dyke. Well, one hopes not given the amount of rain we have had since I last wrote this article (early Nov for Dec and Jan). The weather washed out much of the night sky observing opportunities too. We can but try. If the clouds roll in, look in the right direction at the right time and use your imagination.



Above; Virtual rain from the Internet.

This month there are numerous opportunities to see two planets, Venus and Jupiter, without need for any optical instruments and at the friendly times between 5pm at the start of the month and 6.30pm towards the end. Venus sets around 8pm and Jupiter 9pm so no late nights for this pair.

You will need a SW horizon or, at least, a position which gives you one between roofs or trees. I find the middle of an appropriate road is often useful (if care is taken). Heacham Beaches or Hunstanton cliffs are good alternatives and provide a walk before tea.

On the first, the evening is dark enough from 5pm to see brilliant Venus (magnitude -3.9) low in the SSW. Jupiter will be much higher in the sky and SW. With a very good, clear, horizon you might just catch a last glimpse of Saturn very low in the west. It will be very dim and competing with the last of the Sun's rays as sunset is around 4.45pm.

By the 7th Venus is higher in the SW, Jupiter higher, Saturn will have gone until it appears as a pre-dawn object in April.



Jupiter and the four Galilean Moons. Heacham Parish

The evenings will be lightening so, in the second week, leave observations until 6pm. Venus is moving closer to Jupiter which will be above and to the left. If you have a telescope, birding scope or large aperture binoculars, take the opportunity to study Jupiter and watch the Galilean Moons dance. Turn binoculars or a small 'scope to Venus to discern its phase which will be gibbous – not quite full.



Above; A fuzzy crescent phase Venus. Heacham Parish.

On the 15th, Neptune, the most distant planet, lies very close to Venus; they are in conjunction. This is best seen around 7pm when Neptune will be just below and to the right of Venus, the 5 0'clock position. Good eyes and a telescope should pick up a faint blueish dot. Venus will be 60,000 times brighter than Neptune!

On the 21st, the Crescent Moon pops up over the SW horizon and, on the 22nd, at 7pm, it lies between Venus and Jupiter. This will be a nice celestial grouping so let's hope the clouds respect it.

On the 28th, Venus and Jupiter are very close. On the 1st March they will be in 'touching' distance. A very close conjunction.

Mars is still very much in the sky and I have managed to follow its progress across the sky for several months. Its orange colour has been prominent due to its relative proximity. Observe from around 7pm. Look south and straight above Orion, on a vertical line drawn between Betelgeuse and Rigel (top left, bottom right).

On the 27th at 8pm, Mars is very close to the Quarter Moon. On the 28th it is closer but after midnight.

If you are looking at Mars then enjoy Orion and locate a few bright stars around it. Below and to the right of Mars but still above Orion is the orange giant Aldebaran. At a similar distance to the left of Orion is Procyon. Drop closer to the horizon and find a very bright star, the brightest in our sky, Sirius the dog star.





Above; The stars around Orion. Internet

Procyon is just 11.46 light years distant and is, like many stars, a multiple system. It consists of a white F type star, Procyon A, with a faint white dwarf, Procyon B, orbiting a common centre of gravity.

Sirius is closer at 8.6 light years. It, too, is a binary system. It has a visual magnitude of -1.46 and will get brighter for some thousands of years as it is approaching our solar system. It will then recede but remain the brightest star for about a quarter of a million years. Sirius was very important in many cultures over millennia.

It was a guide to navigation and farming; its appearance pre-empted, for example, flooding. This was in the days when weather had a regular pattern and could be predicted with a degree of certainty.

Returning to the planets: Uranus is visible until the early hours but you will need an optical aid. Draw a line between Jupiter and Venus. At the middle of it look for a faint blue dot. If you have a very good SE horizon at 7am during the first week of the month look for the bright spark which is Mercury. Always hard to find but nice when you do.

The UK's first ever space launch took place on the 9th January. It was from a Virgin 747 which took off from Newquay airport which has a very long runway, Space launches from aircraft are nothing new but the location is. The payload on the first rocket was 9 small satellites for different customers. Satellite construction is well developed in the UK where the apace industry is now worth over £15billion. (The rocket launched but failed to reach altitude. There will be more).



Above; The successful launch of the rocket on 9th January. Unfortunately, it never made it to orbit. Internet



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Vertical rocket launches will soon start at Saxavord spaceport in the Shetlands. The first of three concrete launch pads have been completed. It is planned that 30 rocket launches a year will take place. These aren't the huge rockets like NASA's Artemis Moon missions or the even bigger Starship of Space X which is designed to carry tens of people to Mars. They are carriers for payloads like CubeSats which are 10cm on a side and weigh no more than 2kg. Thousands of such satellites are being commissioned by governments, universities, and private companies. They are sent on deep space missions as well as near earth orbits to carry out observations, perform experiments and test kit.

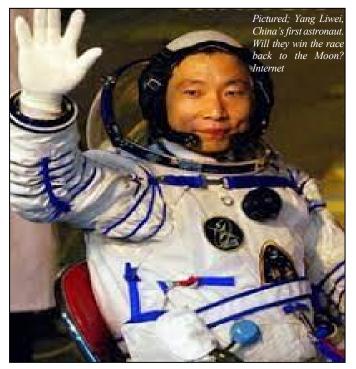
A company called Gravitilab wants to build a vertical launchpad on a floating barge 10km off the Norfolk coast. The company manufactures rockets and drones in Coltishall, works with Spaceport Cornwall, and wants to bring suborbital launches close to its manufacturing base.



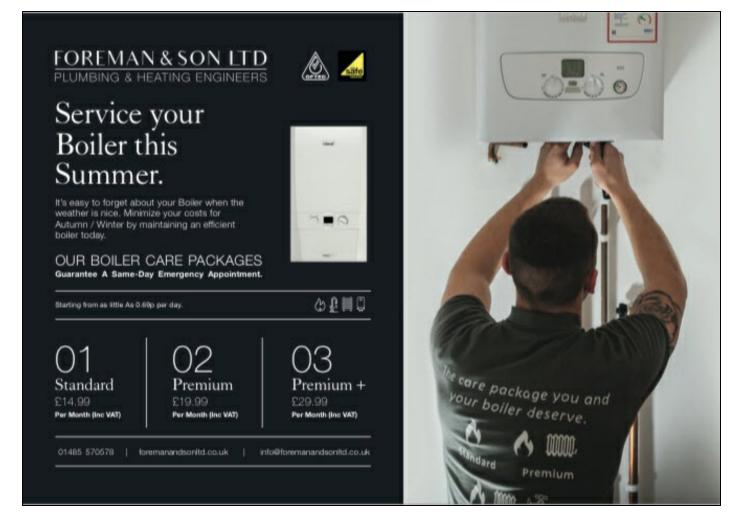
Above; Gravitilab Norfolk Internet

A successful local space industry might encourage youngsters to take science and engineering just as it does in France, the USA and many other countries who now have established deep space industries.

Artemis went to the Moon and back successfully so the next stage is to crew it. There will no doubt be delays as NASA is ultra-careful but there will be people on the Moon within a couple of years. They may be Chinese of course.



You might not get to the Moon and beyond but your grandchildren might. Meanwhile look up and wonder.





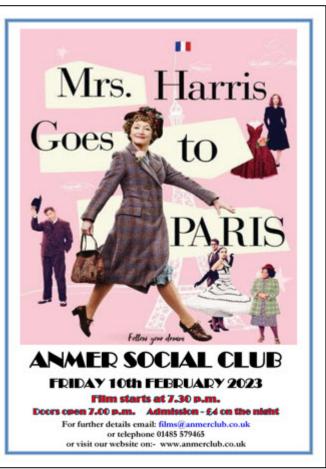


Wishing Heacham Newsletter staff and readers a Happy New Year. Scallywags has had a bright and busy start to the year with all our lovely families dropping by for a play on a Wednesday morning! Thanks to them for coming along and making it special. May I also thank two kind Heacham ladies for thinking of us with donations to support our group recently. 1 know who they are and one of whom I met as I was setting up one Wednesday morning in January. I noticed a lady bustling across our car park making for the Scout Hut (as I was racking my brains thinking who have I forgotten I'm meant to be meeting). She came in armed with a donation, to help towards running costs, particularly in case any of us were struggling with financial contributions presently. Nancy Robinson thank you so much for your thoughtful words and gesture that day, it meant a lot. (It was also good to hear how Nancy had enjoyed coming to the group with her son when he was a little boy!) I often notice our little ones at Scallywags being taught or learning about the value of sharing. Maybe the powers that be in this world could use a lump of play dough to remind themselves of the importance of that lesson. Here's to our Heacham community!

Scallywags 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 much more! Find us at The Scout Hut, Sunnyside, Heacham from 9.30-11 am! Snacks for the little ones, cuppas for the big ones. Pop along for a play! We ask £2.50 a family. If that feels okay, if that doesn't feel okay then please just come along anyway - we'd love to see you.

Jo 07395 077622 jow116987@gmail.com





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

MONDAYS

Fitsteps 9.45 am To book Tel:Jaime 571395 or 07765433100 or email 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. Walking Football for the over 50s 5pm Astroturf pitch at Heacham Social club. For more information contact Heacham Walking Football on Facebook or Steve Watson on 07931 383401. Football Under 14's 6-7pm Contact Jason 07867527706 (HSC) playing fields

Fitsteps 6pm or 6.45pm (times vary) and **Fitness Pilates** 6.50pm or 7.35pm (times vary)at Ingoldisthorpe Church Hall. To book: Jaime 07765433100 or **jaimefitsteps@gmail.com Hunstanton Bridge Club** 6.45pm for 7pm Online Pairs with RealBridge. See bridgeweb.com/hunstanton for details HSC = Heacham Social Club PH = Public Hall NC = Neville Court

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** or ring 07802 879976.

Heacham & Sandringham Camera Club meets 1st Monday of the month 7.30pm at Babingley Social Club **Heacham Wives Group** – 2nd Monday of most months 7.30pm at Cunningham Court Community Hall. Contact Joy Waldron Tel: 07594616597

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

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

TUESDAYS

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

Norfolk & Waveney Mind - Rest in the Community Hub 10:00 - 2:30 Mental Health Drop In Support and 10:30 - 2:30 Recovery Support Group at 4 Poplar Ave. tel 01485 572707 Snettisham Art Group 10am – 12noon at The British Legion Hall, Snettisham. Call Les on 01485 572370 for further details. Carpet Bowls 10.15 for a 10.30 start £2.50 Tel 570460(PH) Gentle Pilates and Exercise Class 10.15am Dersingham Methodist Church Hall. Contact Anne on 07717333234, or email activelhealthpam@gmail.com



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

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

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

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

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

Walk and Talk 2pm 2nd Tuesday of the month. Hunstanton Library Social 50/50 Dance 2-4pm at Reffley Community Centre PE30 3EQ. Tickets £4 each. 07787966000

The Fellowship 2.45pm Every other Tuesday (MC)

Stretch and Relax Classes 5.15-6.00pm Sedgeford Village Hall. £5 (proceeds to SVH and charity) to book contact Kyra on 07968354431 or <u>kyracruise7@gmail.com</u>

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. <u>geezersales@btinternet.com</u>

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 01485 532280

Carvery Lunch from 12noon - 2pm at United Services Club. One course for £7.95, two for £9.95, To book - 07901 524778 **Trefoil Guild** 1st Wednesday of the month 2 - 4pm For info please ring Judith on 01485 571311. (NC)

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



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

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

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

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 (PRH)

Norfolk & Waveney Mind - Rest in the Community Hub 10:00 - 15:00 Older Persons Group and 14:00- 15:30 Men's Recovery Group at 4 Poplar Ave. tel 01485 572707 Snettisham Art Group 10am – 12noon at The British Legion Hall, Snettisham. Call Les on 01485 572370 for further details.

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

Carpet Bowls 10.15 for a 10.30 start £2.50 Tel 570460 (PH) Stretch and Relax Classes 10.30-11.15am Sedgeford Village Hall. Details as on Tuesdays.

Yoga 11am -12 noon Hunstanton Conservative Club

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

Ringstead Art Club meets weekly 2am – 4pm Ringstead Village Hall. Monthly workshops Contact: Pauline Atkinson atk hornbeams@yahoo.co.uk or Lois Carrick loiscarrick21@hotmail.co.uk

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

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

Bingo 2pm at Sunnyside Close (Retirement Housing for 60+) Tel: 570492

50/50 Tea Dance 2 – 4pm at Hunstanton Community Centre, Avenue Rd. £4 inc refreshments. All Welcome



Tea Dance every week. Old time line dancing and sequence 2pm –4.30pm at the Public Hall. Call George 01775 670294

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

Football Under 7's, 8's, 9's, 10's 4.30 - 6pmU14's 6.30 - 7pm AdultsOpen Match 8-9pmContact Jason 07867527706(HSC) playing fieldsJudo 5 - 6pm 3-6 year olds; 6 - 7pm 6-11 year olds; 7pm-9pm 12years up (including adults). £2 per class (first onefree).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(MSC)Contact Jay 07711779415(HSC)Tai Chi & Kung Fu6 - 7pm Beginners Tai Chi7 - 8pm

Advanced Tai Chi 8 - 9.30pm Adult Kung Fu Tel: Derek 01553 674779 (PRH) **Norsemans Boxing Club** Jnr 6-7pm £2 Snr 7-8pm £3 Unit 12 Heacham Hall Ind Est. geezersales@btinternet.com **Hunstanton Tang Soo Do Club** Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon.

(PH)

Cash Bingo 7pm

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 <u>SATURDAYS</u>

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.

Leisure Club





*Only one free admission per member. Applies to current members only.

For info please call: **01485 536029** or Email :**leisurepools@searles.co.uk**



OTHER EVENTS

February

February Events at Anmer Social Club.

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

Club open 30 mins before event start time.

- Friday 10th 7.30pm Film Night "Mrs Harris goes to Paris" £4.
- Friday 17th
 7.30 Pudding Night A post-Valentine's Day celebration bring your own favourite dessert to share.
 Entertainment with The Dukes Ukulele Band and

Raffle. FREE!

Friday 24th 7.30pm Quiz Night, Raffle. £2

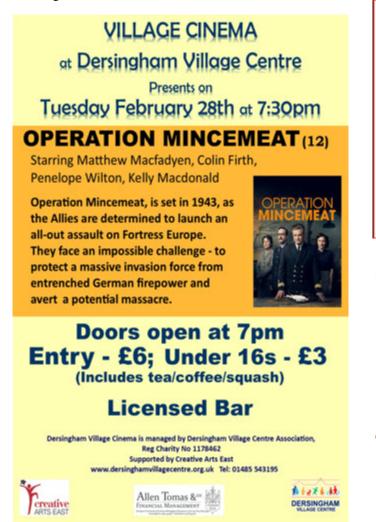
February Events at Hunstanton United Services Club

- Saturday events start at 8.30pm, Fridays at 8.00pm
- Saturday 4th Glitz Duo Songs from all eras.
- Saturday 11th The Tonics. Superb duo songs from all eras,
- Saturday 18th Charlotte Sayer. Huge variety of songs from across the decades.Saturday 25th D.N.A. Rock and Pop

Monday 13th February 2pm Sedgeford Village Hall, The Arts Society Lecture: 'Industrialism and Revival' by John Sherlock. www.theartssocietynwnorfolk.org.uk

Monday 20th February 2pm Community Hall, Hunstanton. u3a. Kindra Jones will be bringing The Bayeux Tapestry to life. Please go to the u3a website at **www.u3asites.org.uk/hunstanton** for further information.

Wednesday 22nd February 10am – noon Community Coffee Morning and More, Old Friends Hall.



Wednesday 22nd February 7.30pm, Memorial Hall, Snettisham. Snettisham Gardening Club, Mark and Suzanne Eves of Belmont Nurseries will be talking about the tulips they grow in our area. Further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.

Saturday 25th February 7.30pm Village Screen Cinema, Amy Robsart Hall, Syderstone. 'Mrs Harris Goes to Paris' £4.00. To book 01485 578171 or Syderstone cinema_ARVH@outlook.com **Tuesday 28th February** 7.30pm Dersingham Village Centre, film 'Operation Mincemeat'. £6, under 16s £3 (includes tea/coffee/squash).

Hunstanton & District Community Voices

After a busy Christmas season and a well-deserved break, the choir will resume weekly meetings and begin to focus on a summer repertoire to cover more public performances and celebrations for the Coronation of His Majesty, King Charles III.



New members are always welcome, whether or not they are already used to singing in a choir. So feel free to try, it is free of charge for your fist visit.

Meetings are at 7.00pm, 'The Way' Christian Fellowship Hall, Downs Close, Hunstanton PE36 5HU. Every Monday until we break for Easter.



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Newcomers honoured for best Christmas Shop Window Displays

Two new shops in Hunstanton and a well-established restaurant are winners in the Hunstanton Town Council's 2022 Christmas Best Shop Window Display competition.

'The Witches Cauldron' and 'Fenspirits Larder', who have only been trading for a few months, have been congratulated for helping brighten up the appearance of Hunstanton's town centre over the festive period, and so has the long-established Northgate Indian Restaurant for its magnificent display of coloured lights, which have created an amazing visual impact.

Highly Commended certificates have been awarded to 'By The Book', 'The Enchanted Garden', 'Lily's Pet Supplies', 'The Norfolk Deli', 'Norfolk Hospice Shop', 'Salvation Army Shop', and the 'YMCA Shop'.

A special feature of this year's competition was that the winners could select their own charities for their prize money. The £50 winners, The Witches Cauldron in Westgate, run by Mandy Beal and Melanie Friend, has chosen the Cancer Wellbeing Support Centre and the Pact Animal Sanctuary. The Northgate Indian Restaurant and Fenspirits Larder, have both asked Town Mayor Maureen Howard to choose a worthy cause for their £25 prizes.

The Witches Cauldron, which specialises in aromatherapy workshops, has been steadily adding to its window display as the days go by. Its owners who came to town last year from the Midlands, having fallen in love with Hunstanton and deciding to start their own business; Fenspirits Larder, which is run by Michelle Winterbourne in Greevegate, sells a wide variety of high quality exquisitely flavoured gins, spirits, cheeses and specialist foods. A few yards away, The Northgate Indian Restaurant is a popular venue with a strong following for group parties as well as families, couples and of course holidaymakers.

Hunstanton Mayor Cllr Maureen Howard commented: "The 2022 Christmas Shop Window competition has made a real impact in the town at this Festive Time. We are delighted so many shopkeepers have taken the trouble to make the town look lovely".



Left; Mandy Beal and Melanie Friend of The Witches Cauldron (1st).

Right; Northgate Indian Restaurant receiving their certificate (2nd)

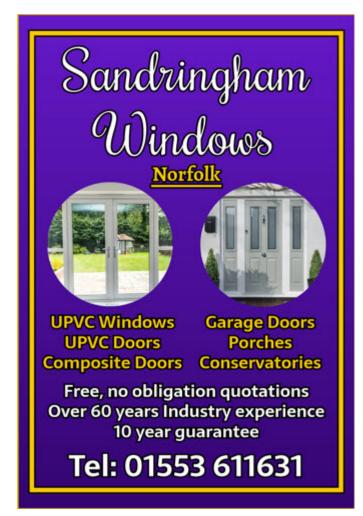




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'Save our QEH' Campaign Group WHY ARE WE WAITING

Another Christmas has come and gone, and still no news of a new hospital!

Those of you who read my article in December's Newsletter will recall that the Health Secretary, Steve Barclay, as well as the Department of Health, had promised an announcement on a new hospital before Christmas. Even our MP James Wild was telling everyone this through his columns in The Lynn News and Your Local Paper, as well as in his social media posts on Facebook and Twitter. Apparently a media announcement was booked in, only to be cancelled at the last minute.

It will come as no surprise to anyone who closely follows media articles around the Queen Elizabeth Hospital and its future, that this was, once again, a promise that was not going to be fulfilled. The week before Christmas, the Department of Health announced that a decision would be made in 'due course'. It also seemed to suggest that this was likely to happen in January, but based on the government's track record for the previous 15 months, there is not a great deal of optimism that this will actually happen.

One thing that we now know is that the final decision on any new hospital will be made by Lord Markham CBE, who is a Parliamentary Under Secretary in the Department of Health and Social Care, in the House of Lords. James Wild has said that Lord Markham is 'focused' and that he has said that sorting out the situation in our crumbling hospital is 'a priority'. Some may question how much of a priority a new building is, when the current one has a roof that is held up by 3500 props, and it leaks whenever there is any reasonable amount of rain. We have also been told that they are currently working on a plan for the QEH and other hospitals that have similar problems. Considering the fact that the hospital management itself drew up its initial proposals nearly 18 months ago, and since then have drawn up a detailed plan for the replacement of the current 43 year old building with a new purpose built one, it's unclear what the government is currently planning. In fact the hospital has this month begun planning for what it hopes will take place, by putting in place a replacement building for the Inspire Centre, which will be knocked down in a few weeks. The space created will then be filled with a multi storey car park, in preparation for a new hospital, which will hopefully be built on the site of the current car park.

Our 'Save the QEH' campaign group continues to highlight the case for the much needed, indeed essential, hospital. A number of us visited Swaffham before Christmas and protested outside Liz Truss MP's local Conservative Club. There was no sign of the former Prime Minister herself, and a couple of members leaving the building were not, to say the least, in the slightest bit supportive of our presence, but we continued to make ourselves heard. Another protest was held at Health Secretary Steve Barclay's office close to March, with campaigners looking to deliver letters and a Christmas card, signed by a large number of constituents. Despite being made aware of the visit, the MP himself didn't turn up, and the gates were locked.

So the waiting continues. As has already been stated by the hospital trust, time is running out for the QEH in King's Lynn. If a decision is not made, and soon, there will not be a viable, working hospital in this area by 2030. The hospital building as it is will be almost entirely held up by metal and wooden supports, and it would not be able to offer the services that it does at the moment. A new



hospital takes years to build, and if preparations don't start before long, there will not be a hospital in King's Lynn in 2030.

Everyone can play their part, even in a small way. You can contact Lord Markham himself, by sending an email to the following address **contactholmember@parliament.uk** You can also send an email to Steve Barclay MP by scanning the QR code that can be found below this article. It only takes a few seconds, but we need to let those who are making this decision know how important a new hospital is to this community.

> Gordon Taylor 'Save our QEH' campaign group







Photo - Queen Elizabeth Hospital protestors dress as Grinch and slam Health Secretary.



SNETTISHAM GARDENING CLUB

Our next meeting will be on Wednesday 22nd February when Mark and Suzanne Eves of Belmont Nurseries will be telling us about the tulips they grow in our area.

Our March meeting on the 29th will welcome Richard and Rosie Ernst who will be speaking about their work in Houghton Hall gardens.

We look forward to seeing you then.

We are also pleased to say that we are holding our Annual Open Show again this year in the Memorial Hall on Saturday 8th July.

Everyone in the village is invited to enter the competitions which include vegetables, fruit, flowers, arts and crafts. Very shortly it will be time to start planting for the summer, so perhaps consider what you could grow to enter?

Schedules will be available at our meetings and there are separate classes for those up to 12 years old with prize money to be won.

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





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Art and Architecture

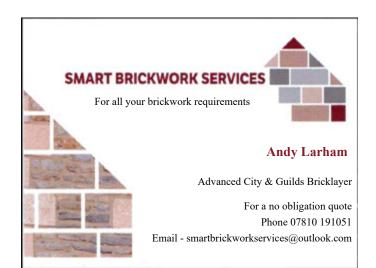
Art is recognized as creative activity but what is it about a painting, a sculpture, a piece of music that defines it as art? There is no definition of art that is universally accepted and forever the debate continues. We know

that painting, sculpture and architecture are the three traditional visual arts, and we may also know that "the arts" also include literature, music, drama, poetry, interactive media, decorative arts, etc. Definitions such as "fine art" or "low arts" may concern the art experts or the well-informed but for most of us it's a subjective exercise; do we, don't we, like it? To the creator, these terms have real meaning and particularly in the field of architecture.

The term fine arts has traditionally been attached to works of the highest artistic expression, unique, pleasing to the eye and ear. Low arts may also be pleasing to the eye, but the main purpose of their design is for practical purposes. Designing a beautiful structure and building it, is considered one of the classical forms of fine art known as architecture. Architectural works are often symbols in physical form of the meaning of a culture or ideology and encompass artistic elements of historic civilizations. Roman structures were often decorated with floral patterns, columns embellished with scrolls, and between 1890 and 1910 the Art Nouveau architectural style was characterised by organic features, intricate ornamental shapes, and the use of a diverse range of materials. The Victorian era saw the revival of the ornate aesthetic Gothic style of art which was used to characterize architectural elements of buildings and define our national landscape.

Architecture as fine art deviates in many ways from what is the standard, accepted criteria. Structures are designed to have a functional purpose, but by choosing the practice of architectural design, aesthetics, and not just function, are introduced. This architectural hybrid of art, technology and building is a form of human expression that is there to be shared and interpreted. Therein lie the similarities between art and architecture, with the added element that humans are part of the environment. We take part in it, experience it and make connection to the objects, buildings, etc. as we move about them. We experience the artistic element as well as the functional.

Frank Lloyd Wright is quoted as saying that architecture is 'The mother of all arts' with its combination of artistic and aesthetic beauty together with the scientific and mathematical precision used in building design. Without architecture there would be nowhere to display other works of art and many classical and historical buildings have been constructed with the aim to display the objects and the building as the whole experience.



Not everyone agrees that architecture is art. The critics believe that the least useful definition in circulation is that it is "art" - misleading to the public and damaging to society. But one issue that is universally agreed upon is that industrialism (1750–1900) had a massive influence on architecture. Civilizations experienced enormous changes with the mechanisation of manual labour, new building materials such as cast iron, steel and glass, and the development of technology.

You can learn more about how industrialisation changed the world of architecture at the next Arts Society lecture on Monday 13th February 2023, at 2.00pm in Sedgeford Village Hall. Non-members are welcomed to come along and join us for one free lecture.

Lesley Nadel

THE ARTS SOCIETY - ENRICHING LIVES THROUGH THE ARTS Next lecture: Monday 13th February 2023 Sedgeford Village Hall at 2pm Industrialism and Revival: Lecturer: John Sherlock The lecture looks at how industrialisation changed the world of architecture, and how the Victorian Gothic revival did so much to define our national landscape in Britain (1750-1900). John picks out Ruskin and Prince Albert as being the key catalysts for the revival Would you like to try out The Arts For more info and how to join, visit ou Society lectures? Why don't you come along and enjoy a free lecture this February? You will be made very w theartes ociatument of k oro ut velcome. legistered Charity No. 1105490



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HUNSTANTON TOWN COUNCIL

Hunstanton Helping Hands Café run by Hunstanton Town Council, held their first Christmas party in the hub at the Town Hall on Monday 19th December.

Mayor of Hunstanton, Cllr Maureen Howard, stated "the party was very well attended; our lovely volunteers were kept very busy making fresh turkey sandwiches to order, Christmas music was provided by Dinky David, Christmas crackers were handed out and everyone seemed to enjoy themselves with plenty of Christmas food being handed around".

A free raffle was also held with items donated by generous members in the community as prizes, ensuring almost everyone 'won' a little something. Those attending proceeded to give 3 cheers to the Mayor for holding a lovely event and for the good work the Helping Hands team are doing to address loneliness, provide a warm space, ensure no one goes hungry as well as saving surplus food from going to landfill and offering advice as needed.

The Mayor's Christmas Appeal this year was for food donations. The Mayor continued "It was wonderful to see so much food donated from the local community and supermarkets. In conjunction with the Helping Hands and Rev James Monro from the food bank, we will ensure that it all goes to those who are most in need this Christmas. It was heart-warming to see so many people helping others in the current unsettled times.

Our thanks go to Hughes Electrical in the High Street for filling the food donation basket they kindly offered to have in their store and to the local Women's Institute for their amazing collection of food donations that was presented to the Mayor at their recent Christmas Party.

Anyone wanting information on the Helping Hands Café, contact **clerk@hunstantontowncouncil.gov.uk** or call 01485 532402.







Left; Mayor Cllr Howard

SN HANDYMAN

*Painting & Decorating (Interior/Exterior) *Gutters Cleared & Repaired *Pressure Washing - Patios, etc *Tiling & Sealant Replacement *DIY & Improvements No job too small

References avavilable upon request. Please call Steven Newton 07713859712 or email: newton73@hotmail.com Sedgeford, Norfolk



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MAKING TAX DIGITAL FOR INCOME TAX SELF ASSESSMENT DEFERRED – YET AGAIN!

By Kathryn Gigg Chartered Accountants, Hunstanton

In an unexpected, but welcome, announcement, and despite repeated statements to the contrary since the last deferral in September 2021 HMRC, confirmed on 19 December 2022 that the implementation of **Making Tax Digital for Income Tax** (**MTDITSA**) will not now become mandatory until 5 April 2026, rather than 2024 as previously stated (or indeed the 2020 start as envisaged in 2015 when the process was first announced!).

Even better news is that the new regime of quarterly submissions will initially only apply to businesses and landlords with turnover in excess of £50,000. Those businesses turning over between £30,000 and £50,000 will have a further year, until April 2027, to prepare for the new rules. There will also be a "review into the needs of smaller businesses" – so whilst these are not entirely ruled out for the future, one can assume that implementation will not take place for at least three more years. No date has been given for the extension of the rules to general partnerships, other than that it will not now be 2025, as previously planned.

It is unclear exactly what has given rise to this change of heart, although likely causes might be:

- Continuing uncertaincies with the interaction between MTD and PAYE for those with multiple sources of income.
- Problems in the early trials of the system.
- Lack of public engagement, particularly among smaller businesses and landlords, and those with a limited range of IT skills.
- Lack of available free software and inability of some software packages to deal with more complex MTD scenarios.
- The fear that introducing a major change in a period of "challenging economic environment" might cause economic damage as some smaller businesses decide to close or accelerate retirement plans rather than comply.

It seems unlikely that the project will be abandoned, since too much cost and effort has already been expended, and the more likely course of events is that taxpayers will, over the next few years, be encouraged into early adoption, with the aim of ironing out all the problem areas before entry become mandatory. One might even guess that by 2026/27 the proportion of "aged and disengaged" taxpayers will be that much smaller so implementation and enforcement will be less difficult.

Whilst the issue will move into the background for the time being, **businesses now have a strictly defined and achievable**



date to introduce digital systems and ensure they are in good working order by the time MTD really does happen.

Please contact either myself or my partner Nicola Tarry FCA on 01485 534800 or email <u>kate@kathryngigg.co.uk</u> if you require any advice regarding digitising your accounting records and any concerns about MTDITSA.

Mrs K H Gigg FCA

N.B. Article written in January 2023

Caution: The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information. (© Kathryn Gigg 2023)

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HUNSTANTON

Our February meeting at The Community Hall, Avenue Road

Will be at 2.00pm on Monday 20th February, when Kindra Jones will be bringing The Bayeux Tapestry to life.

You will be most welcome to join us.

Further information can be found at: www.u3asites.org.uk/hunstanton



Wonderful World

I've been thinking a lot about the world, And what might possibly be. Will we be here in fifty years? Will I be here in three? If I manage three score and ten, Then the answer to **that** is yes, But fifty for the rest of you? That's anybody's guess. We've landed men upon the moon, Seen Jupiter at close quarters, But will our earth be habitable For future sons and daughters? There's folk in water to their knees, While some have none to drink. Plastic fills the oceans wide; Fish happy, do you think? I've long been fond of butterflies, Of hedgehogs, buzzing bees, But we're killing all the wildlife; Don't get me started on the trees. The great minds of our planet, And there are surely quite a lot, Need to focus their attention On preserving what we've got. We can see folk in Australia, Make holograms come alive, Get cars to drive themselves around (!) So, help the earth survive!! Not just those with brains to spare; We all can play a part; Re-purpose, re-use, recycle, You don't win a race unless you start. I like to think, in future, There'll still be tigers in the wild, To bring wonder to the faces Of every future child.

> Nancy E. Robinson (November 2022)

Hooch Pooch Parlour

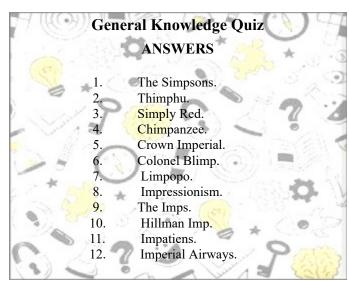


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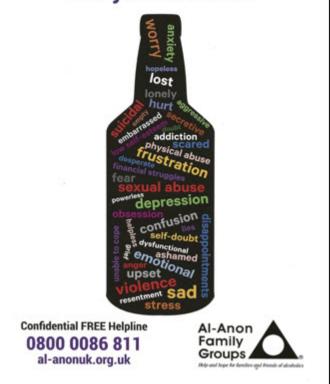
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- 27. Overloads
- 28. Ratan
- 29. Lady Windermere

- Down:
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- 3. Tarsi
- 4. Frangible
- 5. Worth
- 6. Dress code
- 7. Baton
- 8. Yardage
- 9. Stolid
- 15. Heir-at-law
- 17. Go to waste
- 18. Trimester
- 19. Turmoil
- 21. Tisane
- 23. Yield
- 24. Drawn
- 26. Thrum

#TheHiddenEffects – of alcoholism on family and friends Are you affected?





Children's Society Charity Donations 2022

Thank you, on behalf of the Children's Society, to everyone who gave, during 2022,

via the household collecting-boxes, other donations, and the church Christingle service.

The village total raised was £1,183.78. This sum is the highest raised for several years (even pre-Covid), so it is great to know that there will be many children helped by the generosity of people in Heacham village.

If you would like to know more about the work of the Children's Society charity, go to www.childrenssociety.org.uk or telephone 0300 303 7000.

If you would like to become a new donor (there are many ways to do this) or perhaps encourage a young person to have a coin collecting-box, please contact Alison or Bryan Hoyle - tel. 01485 570215.



Hunstanton United Services Club

February Entertainment

Sat 4th – GLITZ DUO Songs from all eras. 8.30pm.

Sat 11th - THE TONICS DUO Superb duo songs from all eras. 8.30pm.

Sat 18th - CHARLOTTE SAYER Huge variety of songs from across the decades. 8.30pm.

SAT 25th - D.N.A. Rock & Pop. 8.30pm.

EVERY MONDAY & THURSDAY Cash Prize Bingo. Eyes down 8pm.

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Hunstanton and District Rotary Club -**December Update**

It was a fairly busy time for the club on the run-up to Christmas.

On Saturday 26th November, the Club raised £250 in support of local Breast Cancer Charities. We decorated the outside of the Ski Cafe on Hunstanton promenade with donated bras, most of which will soon be sent to Africa. We would like to thank Peter Byrne and all his staff at the Ski Cafe for all their generous help in allowing us to use their premises.

On Sunday 27th November we had a stall at the Christmas light switch on, selling mulled wine, hot chocolate and mince pies. It was a successful evening raising £286 for local charities. A big thank you to Mr Bun the baker for their support.

On Thursday 1st December we had a trip on the Norfolk Lights Express. This involved a steam-hauled train illuminated by thousands of tiny lights on a return trip between Sheringham and Holt. The 12 Rotarians that went along had a carriage to themselves, which (unfortunately) encouraged some to sing along with the Christmas music being played on board. A great time was had by all.

On Friday 2nd and Saturday 3rd December we displayed a tree at the Hunstanton Christmas Tree festival, held at the Town Hall, where we were part of a colourful display representing local groups and charities. Part of our aim to support local good causes, our tree this year was in support of the Premature Baby Unit at our local hospital, and grateful thanks must go to our member Mary Harpley for the idea and presentation of the tree. As a result the club were able to raise and donate £100 to the unit.

Our local Rotary strives throughout the year to volunteer and hold events to support charities and good causes, and we are always looking for like-minded people to join us who wish to put something back into society. We are aware there are many of you out there, sometimes it is just making that first step, so for an informal chat or if you would like to have more information please feel free to contact me, Roger Raven - email: rogerraven9@hotmail.com or call me on 07989 668235.



Photo Left - Breast Cancer (Bra Day) Bucket Collection



Lights Turn On





Photo Above - Photo Norfolk Lights Express

Photo Right - Photo Hunstanton Tree Festival





HUNSTANTON It doesn't seem long since I was wishing our members and readers 'Merry Christmas' and 'Happy New Year' and yet here we are, already planning for the new season.

> We shall shortly (in March) have work parties to take the clubhouse out of its winter hibernation and get everything ready to play on our lovely lawns once more. Please check our website calendar and Facebook page for

dates and come along to lend a hand - there are jobs for all abilities!

For those readers new to us, our season runs from April to October. Existing members should download renewal forms and pay by 31st March to keep our Treasurer, Gwenda, happy. New members joining this year can pay when they start playing - usually shortly after the 'Come and Try' day in April. £95 for full membership which equates to just over £1 per organised session and dawn to dusk access once proficient at setting out a lawn. What a New Year bargain! So if your 2023 resolution was to take up a new hobby, get out in the fresh air more or make new friends, then come and join us and do all three!

If you have a mallet languishing, neglected in a cupboard that you know you will no longer use, please consider giving it an extra life by advertising it for sale. Some of our new members who borrowed club mallets for their first season are still looking to buy. Not garden croquet mallets, which are great fun in a garden, but insufficiently robust for proper play. Alternatively, you might consider donating it to the club so that we have enough mallets to loan to our future new members!

As always, more information is on our website at www.hunstantoncroquetclub.co.uk

Look forward to meeting you!

Caroline Harper

AJA Domestic Services Local Cleaner Providing cleaning & housekeeping services for 12 years Deep Cleans Tenancy Cleans AirBnB Cleans Ironing

Spring Cleans If you would like help cleaning your home Please call or text Aleta Harrison on 07889699533 To discuss your requirements



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 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



Borough Council News Heacham, Sedgeford and Fring

The year moves swiftly on. First item is something which may be positive, two more funds from government intending to improve life. These are the Shared Prosperity Fund and its supplement, the Rural England Prosperity Fund. I am assured that the money does not originate in China.

The aim of the Shared Fund is 'to build pride in place and increase life chances across the UK'. £1.856 million has been allocated to West Norfolk. I am still unsure of how anyone will know if the aim has been met and much of the fund appears to have been allocated to 'projects' though there may be capacity to do things people want, so look out for news releases. Much of it is linked to towns so of less direct interest to our communities.

However, the Rural England prosperity fund is meant to address, 'the extra needs and challenges facing rural areas.' We are such an area. I picked up on this fund in the autumn and asked that it was not cut and diced between existing initiatives but put into the public arena. The answer to my question at Council before Christmas seemed to confirm this would be done and a recent meeting of the Environment and Community (E&C) panel underlined it.

The indicative allocation is for £1.5million, 25% of which is available in 22/23 and 75% 24/25. It is for capital investment only, into lasting assets such as buildings and equipment to support rural communities and businesses. Do look out for announcements in the press, on the Council website, via Parish Councils, and from me if I know first.

The delayed meeting about sea water quality took place on Dec 22nd. The Environment Agency and Anglian Water was present. 2022 was confirmed as the second year of a Poor rating for the sea off Heacham beaches, Hunstanton was Sufficient, Old Hunstanton dropped from Good to Sufficient. Apparently, deterioration in quality has not been uncommon in 2022 around the English coast.

Numerous possible reasons have been postulated but evidence to support them is lacking. Microbial Source Tracking (MST) analysis will be used to determine where investigations need to proceed when funding has been agreed. Actions will involve checking the sediment of the Heacham River and associated ditches, and pollution prevention visits to areas adjacent to the coast etc. Another meeting will be held on March 13th.

I briefly commented, before Christmas, on the Portevo 'project' to place a barrier across The Wash. My statement that I thought it a daft idea received criticism in some quarters, support in others. At least it made people think about it.

I am concerned that the proposers are acquiring several millions of pounds to advance their cause whilst those who have doubts will not have access to such resources. Consequently, I raised the issue (with others) at the January E&C panel. I was told, perhaps, time could be found in about 2 years. I will be shaping up proposals which can be taken to Council rather sooner. Any perceived benefits need to be weighed against detrimental impacts and the public told both sides.

Serendipitously, at that meeting, the Harbour Master of the King's Lynn Conservancy Board gave an excellent presentation about the work of the board – piloting, maintaining navigable channels, pollution control, buoy maintenance, etc etc. It was very interesting and deserves its own article. He was asked about the barrage idea. He told us that he had not been approached at all but could see likely problems for the Port of Lynn.

The Harbour Master explained about the changing sand bar patterns in The Wash which required navigation guidance to be constantly refreshed and would also, now, require some dredging work. One of the contributory problems was the lack of water flowing into the Wash. The hot summer added to the ongoing issue of water extraction from the Ouse and other rivers. This is done by water companies to provide drinking water and has become more significant in recent years.



There is a parallel locally because the Heacham River regularly disappears between Fring and Sedgeford and not just in summer. This is due to over extraction at the Fring boreholes. A new pipeline bringing water from Lincolnshire is planned but when that will deliver and whether it will help the rivers and the Port is yet to be determined. Water supply never figures in any large-scale planning developments and there is no requirement to harvest rainwater for toilet flushing etc.

Before Christmas I attended, as an observer, one of the Examination into the Local Plan Review days. The very big West Winch development came under scrutiny. Inspectors and participants raised some incisive questions and it is clear that drainage and roads still pose concerns for locals.

In Heacham, we are beginning the 6th year since the large housing development off Cheney Hill first became approved in outline. When the reserved matters will come before planning committee is still unknown. A promised public consultation has not happened and no approaches made to the Parish Council for several years. Rising construction costs and interest rates are impacting on other developments so who knows? I will ask yet again.

The two significant applications by Wild Ken Hill are moving towards completion in, I surmise, March or April when they will go before planning committee. NCC Highways hasn't come to a decision yet but indications are that they foresee any traffic problems can be resolved albeit with some conditions. They are relying on the applicant to provide more traffic analysis on which they will base their decision. There are currently just 21 public comments, 12 objections, 7 in support. Whatever your thoughts you should really send them in.

Proposals for the County development of the school site at Sedgeford will soon be outlined.

An attempt by developers at South Wootton to remove a planning condition to allow some building to commence without the previously agreed roundabout access was refused by a unanimous vote at planning committee. NCC Highways supported the developers which sums up their stance on traffic disruption in the Knights Hill area. The developers could go to appeal which would take about a year. Much quicker to build the roundabout and honour their earlier agreement.

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



CHRISTINA THAIN

(Non-practising Solicitor)

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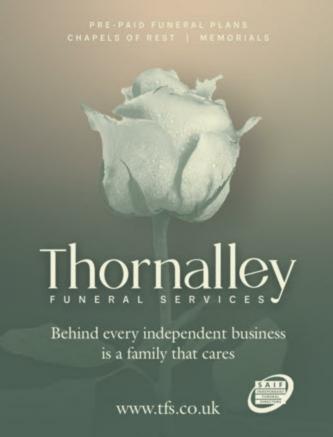
Telephone: 07776 102 498

Email: christina2018thain@gmail.com

Address: 56 Peddars Way North,

Ringstead,

Norfolk PE36 5JP



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



Beautiful Tulip Fields Win Award for Local Hospice

Since 2021, Tulips for Tapping has become a staple amongst the springtime backdrop of West Norfolk. So where did it all begin?

Local farmer Mark Eves and wholesale flower growers PS & JE Ward grow flowers for commercial sale to our major supermarkets. They are the largest producers of tulips in the UK and are the only growers to still plant bulbs outside in a field.

Starting life at greenhouse nurseries in Terrington, West Norfolk, tulip bulbs need to spend a year out in the field for the bulb to strengthen and produce flowers of retail quality. Bulbs are planted out in early October and by the end of April have flowered producing row upon row of glorious rainbow colours. It really is a magnificent sight!

However, these flowers and their beauty are just a by-product of the bulb strengthening process and by mid-May the farmer comes along with his tractor to behead the flowers, leaving the petals to decompose into the ground and provide energy to strengthen the bulb.

When summer arrives, the bulbs are harvested and stored in cold rooms back at the nursery until they can be planted in heated greenhouses during the winter - finally producing the tulips you see in the supermarket around February time.

By 2019, the beauty of the springtime fields had begun to generate significant local interest with people requesting visits or trespassing on the land to get a photo, sparking the beginning of an idea. In 2020, Mark Eves approached the hospice to share his thoughts about using his field of tulips to somehow create a fundraising opportunity. Conversations between Mark and the hospice gathered pace and the idea for Tulips for Tapping began take shape. Things came to a standstill when the pandemic hit but the idea stayed simmering until spring 2021 when the gates to Tulips for Tapping opened with gusto. In its first year an incredible 5,630 people visited, raising over £21,000 for The Norfolk Hospice which was fantastic!

By the time spring of 2022 rolled around, Mark and the fundraising team at the hospice were able to build on the success of the previous year and opened the gates to visitors from far and wide including coach parties and VIP Tours. It also saw additions of third party trade stands, commercial photography passes, event specific merchandise and corporate sponsorship. Owing to their strong connections with Holland and tulips, Miffy UK also approached the hospice to initiate a collaboration with Miffy herself making an appearance at the field too!

Run by hospice staff and a team of volunteers who gave over eight hundred hours of their time, the field was open to the public for ten days, two golden hour photography evenings and a VIP event. In total over 10,000 people visited and raised a staggering and unprecedented £93,392 for the hospice.

The huge success of this unique event prompted the team at The Norfolk Hospice to enter the 2022 Hospice UK Awards under the category of 'Innovation in Income Generation' and I am delighted to share the news that they are this year's (2022) winning entry.

Catherine Bosworth, Director of Income Generation at Hospice UK said: "We had some great entries for our awards this year and we are happy to award The Norfolk Hospice the 'Give Panel Innovation in Income Generation Award', for their 'Tulips for Tapping' fundraising event. "The execution of a simple concept that was innovatively developed into an outstanding fundraising event, has seen great rewards for the Hospice and is a great example of how simple fundraising ideas can have a wide reaching impact and go far beyond the community."

The event far surpassed the expectations of all involved this year (2022) and continues to grow with plans for 2023 already in full swing.

For details of the event in 2023, keep an eye out on The Norfolk Hospice website and social media channels. If you would like to hear more about how you can get involved and join the team of volunteers, please visit The Norfolk Hospice website. **Volunteer opportunities** | **The Norfolk Hospice**



Left; Norfolk Hospice – Community Fundraising Manager Lindsey Atkin on the right

Right; Norfolk Hospice - Miffy at the Tulips





Corrosion Repairs · Insurance Approved



Above; Norfolk Hospice - Belmont Group



Above; Norfolk Hospice - Pink Tulips



Above; Norfolk Hospice - Dark Pink Tulips







Put your knowledge to the test in our monthly

7.00 - 10.00PM AT THE PAVILION

What was the name of the spaceship from which the final lunar landing took place? Which Middle Eastern city is also the name of a type of artichoke?

If you know the answer to any of the above questions join us on the third Wednesday of the month.

There is a cash prize for the winning team, and we will be serving a selection of favourite's from our Pavilion Menu.

ENTRY FEE £2 PER PERSON

Wednesday 18th January | Wednesday 15th February Wednesday 15th March 2023 PLEASE SCAN OR CODE FOR MORE INFORMATION

HEACHAM MANOR HOTEL HUNSTANTON ROAD, HEACHAM, NORFOLK PE31 7



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HUNSTANTON & DISTRICT FESTIVAL of ARTS Are looking for a new FESTIVAL DIRECTOR

Are you looking for a new fulfilling pursuit? We urgently need a new Festival Director – an important, rewarding role for the Arts in our area. The job involves leading a team to bring a variety of artistic events together to complete a new programme each year. Please do contact me if you would like to know more about this exciting opportunity.

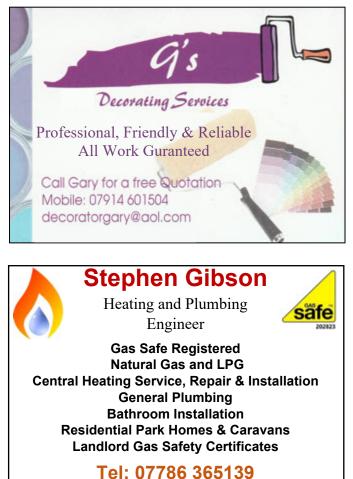
We are in the process of programme planning for the coming year and would love to include an audience with Dame Judi Dench or Dame Maggie Smith or even settle for Hugh Bonneville if they are not available. We could invite Ed Sheeran to top the bill at the Music Festival in July but, sadly, we don't have that kind of budget for big names. However, we can bring a variety of quality performers to our area and who knows, one day they may become famous and where did we first see them!?

We also know there are many talented people living locally and we would love to hear from you if you sing, play an instrument, act, dance or entertain an audience in other ways. Or do you have useful connections with someone who you could introduce us to?

We also need a new Art Exhibition Organiser.

Last year we held an excellent art exhibition and would really like to repeat it this coming summer, but we need someone to take the lead – we have a great team of helpers some of whom will exhibit their own work. West Norfolk Arts Association would give us their advice as they did in 2022. Could you be this person?

To respond to any of the above suggestions please contact **2chrisearnshaw@gmail.com** or phone Chris 533367.



Email: gib.son@hotmail.co.uk

Searles Golf Club



February Green Fee Special Offer £10.00 ANY DAY ANY TIME

call: 01485 536023 www.searles.co.uk Searles Golf & Country Park, South Beach, Hunstanton PE36 588 ---- C

OO .



Hunstanton, Norfolk PE36 688 T: 01485 536010

Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF The next Full Council meeting will be held on Tuesday 21st February at 7.00pm at the Old Friends Hall, Sunnyside.

The Full Council Meeting for March will be held on Tuesday 21st 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 Parish Office. Members of the public are invited to attend committee meetings if they wish.

JUBILEE WELFARE TRUST HEACHAM

This charitable trust based in Heacham is available to help provide financial support for the following purposes:

• To provide payment for items, services or facilities to children or adults who are disabled, handicapped or with other long term health problems

• Enquiries would be considered when items, services or facilities are not readily available through existing services e.g. NHS, Social Services, Educational Authority etc.

• Usually intended for residents of Heacham Parish.

If you know of someone who may benefit from the Trust or wish to find out more, please enquire in writing to the Jubilee Welfare Trust Secretary, care of Heacham Parish Council, Jubilee Clinic, Pound Lane, Heacham. King's Lynn. Norfolk. PE31 7ET.

LIBRARY

On the 8th December Council office staff joined most of our lovely volunteers for a Christmas Lunch at the Heacham Social Club.



BEACH PARKING PERMITS

Parking is free until 28th February. From 1st March to 31st October you will need to pay per visit at the machine (correct money only as no change is given). Seasonal parking permits for parking at the beach is a cheaper option if you are a frequent visitor to the beach and are obtained from the Borough Council. They can be applied for online on their website or if you need more information, please ring them on: 01553 616200 option 8. You will need proof of residency and age (if you are of retirement age).

Charges are as follows: Residents permit: £52.80 Non- residents permit: £104 Senior citizen: £39.20 (you will also need your car registration) Beach Hut residents £44.80

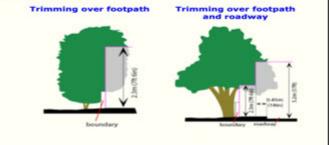
TREE AND HEDGE TRIMMING

The requirements

Although the Highways Act 1980 doesn't specify any actual measurements for overhanging vegetation, the requirement should be met by:

- · For pedestrian areas, minimum headroom of 2.3m (7ft 6
- inches).
 For carriageway and an area immediately adjacent to it (for a distance of 0.45m (1ft 6 inches)) minimum headroom of 5.2m (17ft).

In both cases, all the vegetation should be cut back vertically. See the diagrams below.



TREE PLANTING VOLUNTEERS

We will be undertaking planting of many trees as part of the NCC Jubilee Tree planting scheme, which are being collected on 11th February (Saturday) and we would be grateful of assistance to get them in the ground. Please meet up at the Chalk Pit (behind the Recycle Centre) at 11pm; if weather is too bad then please ring Edd Hammond on 07789 955515. If necessary, planting will continue on the Sunday.

COFFEE MORNING

A very enjoyable Christmas coffee morning took place on the 14th December and we would like to thank the volunteers for taking the time to put this on.



ALLOTMENTS

We currently have an empty waiting list for our allotments on Sedgeford Road with one vacant plot. Anyone who doesn't have quite enough garden to grow the things they want, could benefit from an allotment. They are as cheap as ± 10 for the year on a quarter plot. Whilst they do not have running water our allotment holders, some of many years standing, have 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.

HEACHAM PARISH COUNCIL OFFICE

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

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

HELP LINES

HEACHAM GROUP	PRACTICE	01485 572769
Heacham Surgery	MON TO FRI 08.30 TO 18.30	
Snettisham Surgery	MON TO WED 8.30 TO 12.30	14.30 TO 18.30
	THURS/FRIDAY 8.30 TO 12.30	Closed p.m.
OUT OF HOURS DC		111
	blease call the NHS Helpline	
HEACHAM & DISTRI	CT COMMUNITY CAR SCHEM	<u>IE</u> 534777
HEACHAM CHEMI		570297
	09.00 – 18.30, SAT 09.00	0 - 17.30
	CE DISPLAYED ON DOOR	
	COUNCIL OFFICE	572142
OPEN N STREET LIGHT FAULT	MON, TUES, THUR 10:00 – 12:00	572142
BOROUGH COUNCIL (01553 616200
BOROUGH COUNCIL		01555 010200
TERRY PARISH		07885 258428
STUART DARK		01485 544339
NORFOLK C C M	ICHAEL CHENERY	07920 286638
PARISH LIBRARY	(in Church Hall, High Street)	07398647119
OPEN MON, WED, FR		0 -12.00
HEACHAM POST O	FFICE	570330
OPEN MON-FRI 09.00	- 13.00, 14.00 - 17.30 SAT 09.00) - 12.00
EMERGENCY SERV	/ICES	
QUEEN ELIZABETH H	OSPITAL	01553 613613
NHS Helpline		111
••••	for patients not registered with a dentist	01553 769264
	E (Ask for Hunstanton M/W)	01553 613613
POLICE		101
	ephone 116123 or (local charge)	0330 094 5717
CHILD LINE		0800 1111
SILVER LINE		0800 4708090
ELECTRICITY (UK Pow	ver Networks)	0800 3163105
ANGLIAN WATER		0800 771881
GAS ESCAPE		0800 111999
	INIC (Medivet Heacham)	01485 570065
HUNSTANTON LIB		01485 532280
	MON & THURS - Closed	
Si ii yuui apiii		

HEACHAM CHALK PIT RECYCLING CENTRE

	0344 800 8020
1st April to 30th Sept 9am – 5pm	1st Oct to 31st March 9am – 4pm
HEACHAM COMMUNITY WEB	SITES
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 Stre	eet Mon - Fri 10 – 12 572539
OLD FRIENDS HALL Sunnysi	de 572142
HEACHAM SCOUT HUT Sunnys	ide 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
	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:- w	ww.lynxbus	.co.uk 01	01553 611955	
		Service		
	34	35	36	
via Q	E Hospital	via Sandringham	Coastliner	
Mon - Sat				
1st bus from Fox & Hound	ls 0659	0745	0729	
Last bus from King's Lynn	n 2010	1600	1630	
frequency	2/hr	1/hr	1/hr	
Sun				
1st bus from Fox & Hound	ls 0915	1025	0844	
Last bus from King's Lynr	n 1940	1610	1630	
frequency	1/hr	1/hr	1/hr	

Smithdon High School Bus Service 36

1515 Smithdon School to Hunstanton

New Route 33

Hunstanton, Heacham, Sedgeford, Docking, King's Lynn - see website

WNCT Dial-a-Bus Service

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

DEFIBRILLATOR SITES IN HEACHAM
(Please read instructions and obtain code to activate)
St.Mary's Church – Front Porch. Available 24hrs
Sports Field Pavillion – On the external wall of the pavilion
Fire Station – Only available when someone is in attendance
Chalk Pit Recycling Centre - Outside the gates. Available 24hrs
Pioneer Holiday Park – In yellow phone box adjacent S Beach Rd, 50yds
towards beach from main entrance
North & South Beach Toilets -on exterior wall. Available 24hrs
Tesco - Inside by the events board

TIDE TABLES FEBRUARY & MARCH 2023

	HIGH WATER AT HUNSTANTON									
	Heights above chart datum Time Zone UT (GMT) add 1hr. for BST [begins 26th March] Feb 2023 Mar 2023									
Date Morning Afternoon			noon		Date	Mor	ning	Afternoon		
	Time	m	Time	m			Time	m	Time	m
1 W	02 33	5.5	15 11	5.5		1 W	00 35	5.2	13 14	5.0
2 TH	03 47	5.6	16 10	5.9		2 TH	02 07	5.1	14 36	5.2
3 F	04 47	5.9	17 00	6.2		3 F	03 30	5.3	15 44	5.6
4 SA 5 Suo	05 35	6.1 6.3	17 42	6.6		4 SA 5 SU	04 33	5.7	16 37	6.1
5 SuO	06 15	6.3	18 20	6.8		5 50	05 18	6.1	17 19	6.4
6 M	06 51	6.5	18 55	6.9		6 M	05 54	6.4	17 55	6.7
7 TU	07 23	6.6	19 28	7.0		7 TUO	06 27	6.6	18 30	6.9
8 W	07 54	6.6	19 58	7.0		8 W	06 58	6.7	19 03	7.0
9 TH	08 24	6.6	20 27	6.9		9 TH	07 28	6.8	19 34	7.1
10 F	08 53	6.5	20 54	6.9		10 F	07 57	6.8	20 02	7.1
11 SA	09 23	6.4	21 25	6.7		11 SA	08 25	6.8	20 30	7.1
12 SU	09 56	6.2	22 03	6.5		12 SU	08 53	6.7	21 02	6.9
13 M	10 38	5.9	22 50	6.2		13 M	09 25	6.4	21 40	6.6
14 TU	11 32	5.6	23 54	5.8		14 TU	10 05	6.1	22 28	6.1
15 W			12 49	5.4		15 W	10 58	5.6	23 35	5.6
16 TH	01 22	5.6	14 27	5.5		16 TH			12 17	5.3
17 F	03 11	5.8	15 44	6.0		17 F	01 27	5.3	14 09	5.4
18 SA	04 29	6.3	16 45	6.6		18 SA	03 18	5.7	15 29	6.0
19 SU	05 32	6.8	17 38	7.1		19 SU	04 28	6.4	16 29	6.6
20 M •	06 25	7.2	18 25	7.5		20 M	05 23	6.9	17 19	7.2
21 TU	07 13	7.5	19 11	7.8		21 TU•	06 10	7.3	18 04	7.6
22 W	07 55	7.5	19 52	8.0		22 W	06 53	7.5	18 49	7.9
23 TH	08 31	7.4	20 30	7.9		23 TH	07 30	7.5	19 30	7.9
24 F	09 07	7.1	21 08	7.6		24 F	08 03	7.4	20 08	7.8
25 SA	09 41	6.7	21 47	7.1		25 SA	08 33	7.1	20 44	7.5
26 SU	10 16	6.2	22 29	6.5		26 SU	09 03	6.8	21 19	7.0
27 M	10 56	5.7	23 22	5.8		27 M	09 31	6.3	21 56	6.3
28 TU	11 55	5.3				28 TU	10 04	5.8	22 43	5.6
						29 W	10 50	5.3	23 59	5.0
						30 TH			12 24	5.0
						31 F	01 41	4.9	14 00	5.1
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