



# THE HEACHAM NEWSLETTER



April 2023



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**Deadline for the next edition is 12 noon, Tuesday 18th April 2023**



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Kerry Long - David Rogers - Mary Sheldrick - Helen Vickerstaff

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

A voluntary non-profit publication



# LETTERS



Dear Newsletter,

## Drop-in Healing Centre

I am thinking of starting a monthly drop-in healing centre in Heacham, where people can receive healing in exchange for a donation and healers can give healing. The donations would go to the cost of the hall and refreshments.

For further information and to register your interest and feedback, please contact Margaret Marciniak - email: [tranquilitytobe@hotmail.com](mailto:tranquilitytobe@hotmail.com)

Many thanks.

Margaret Marciniak

## The Heacham Newsletter

### March Crossword

Due to a computer problem, there were a couple of errors in the Crossword in the March edition of the Newsletter. On page 10, the correct spelling of the answer to (1) Across is 'Estragon' and the answer to (24) Across should have been 'Grieves' and not 'Chives' as shown. We apologise for these two glitches.

THN

## Brays Pit Working Party

The banks around Brays Pit, which enclose the body of water, have been subject to erosion for a number of years. They are not too severe at the moment and last year we made a start on a shore line project, designed to restore the badly eroded section of the bank with interwoven willow fencing, made with wood pollarded from trees taken from the rear pond, at cost neutral to the parish. A certain amount of pollarding is done every year to keep the rear of the site open to sunlight.

We cut the wood into poles the day before to save time on the work day, but unfortunately thieves stole the cut poles and left a



mess for us to clear up. Backfilling behind the fencing over a period of time with debris and natural materials from the ponds and planting of other trees or shrubs for root binding of the shoreline in future years, should sustain the banks for many years to come.

To all the volunteers who turned out for the work day, 'Thank you' and 'Well done'.

Anyone who would like to be involved in the project or working parties, please get in touch with me via the Heacham Parish office.

Cllr Robert Pritchard

HPC Natural Environment Committee




Community Coffee Morning & More

Tea Real Coffee Cakes Quiz

Raffle Everyone Welcome

26th April 2023

10am-12noon

Old Friends Hall

Sunnyside (off Caley St)

Heacham

PE31 7DU



Fridhem Rest Home

79 Station Road, Heacham, PE31 7AB

Easter Fete

Saturday 8th April

2-4pm

Everyone Welcome. Raffle, Tombolas, Games and much more, there is plenty for all the family.

Come on by and help us raise money for our residents' activity fund.

## A Welcome Donation

Early in March we had a welcome donation of three picnic tables and six benches for our community to use. We installed one set by The Saltings Hide, the other two tables and four benches were taken and placed by the beacon at the Chalk Pit / Millenium Wood where visitors can sit and enjoy the coastal views.

I would like to thank the guys from the Silver Sands, North Beach, Heacham, for their kind gift to the village.

Cllr Robert Pritchard  
Chairman, Natural Environment Committee



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## The Heacham Newsletter

### Just a reminder...

### Your Coronation Memories 1953

As stated in the March Newsletter, the Newsletter would like to publish memories/photos etc., of the late Queen's coronation that some of us may have, to share with other readers in the May edition of The Heacham Newsletter.

If you have any memorabilia that you would like to share, please email these to the Newsletter at [theheachamnewsletter@gmail.com](mailto:theheachamnewsletter@gmail.com) Deadline for these to be received by is Tuesday 18th April 2023.

We look forward to hearing from you.

Thank you.

THN



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We are looking for a new volunteer to join our friendly team here at The Heacham Newsletter.

You will need to be computer literate and be interested in, or have an ability for Desktop Publishing/Graphic Design.

If you have these skills and would like to join us in producing our popular monthly Newsletter, please contact us by sending an email to [theheachamnewsletter@gmail.com](mailto:theheachamnewsletter@gmail.com)

We look forward to hearing from you.

THN



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## Hats for Premature Babies

Local women from Heacham have made hundreds of hats for charity after Diane's grandson Ralph needed vital hospital care as a baby.

Diane Roper began to crochet after Ralph was born at the QEH hospital in King's Lynn in November 2020 and rushed to Great Ormond Street hospital for major heart surgery. Diane said: "After seeing Ralph lying there with machines and wires attached to him, I wanted to help other babies too. Ralph had a little hat on."

Now Diane, pictured with Ralph, has crocheted over 150 hats and butterflies which have been donated to HUGS charity who help bereaved families. The hats and butterflies go in memory boxes for parents who have lost a baby; the butterflies are their symbol.



Diane has made hats for Great Ormond Street and QEH King's Lynn too. She has now been asked to do hats for the neonatal ward at the Leeds Hospital and The Tiny Miracle Foundation in America.

Diane is looking for donations of baby soft wool, so if you are able to help, please email Diane - [diane51@btinternet.com](mailto:diane51@btinternet.com)

## Happy Easter everyone!

Spring has finally sprung after a colder than normal winter. A hard frost is supposed to be good for the soil, so after this last winter all of our gardens should be ready to get growing again.

The summer bedding plants have been ordered and should be with us next month but not in time to be planted out for the Coronation Celebration Weekend, as that would be too risky. We do however have a few ideas of how to mark this momentous occasion.

### Heacham in Bloom Needs You!!

Heacham in Bloom has been an active group since 2009 and has and continues to try to maintain planting features around the village, but over the years our numbers have diminished and we are now a very small group, with only half of the willing volunteers from when we were first established. This reduction in numbers does not allow us to maintain the areas for which we are responsible as well as we'd like. Those areas are: Village Sign, Lavender Bed, A149 Troughs, Troughs at the War Memorial, South Beach Boat and Planting area, North Beach Bed (around the toilet block), North Beach Boat and bed, North Beach Roundabout and the Plough at the northern entrance to the village. The Flood Memorial is not maintained by us, that is the responsibility of the Parish Council.

Due to the pressure all of this entails we, as a group, may need to re-think the number of areas we will be able to continue to maintain/plant unless we can increase our group numbers. So, do you like gardening? Do you like meeting people? If yes, to either or both of these questions then teaming up with Heacham in Bloom may be for you.

If you think you could help us weed, plant and water, etc., why not come along to our meeting on Monday 17th April, 7pm at the The Fox & Hounds, Station Road?

Take care, happy gardening and here's to a good summer.

The Heacham in Bloom Committee

[heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com)



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## CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church

### “COME AS YOU ARE”

We have come through the season of Lent when some of us will have abstained from certain things; some of us will have used it as a time of self-reflection and repentance.

We now look forward to Easter, the most important time in the Christian calendar. A time when we give and receive Easter Eggs.....the symbol of new life.

It is the time when we can look back at our past lives and recognise mistakes we may have made. Are there many of us that want to make amends?

It is never too late to make amends. Easter offers us the chance to renew our lives through the death and resurrection of Jesus.

**Jesus says, “Come as you are”.**

Not that specifically but we can read in Isaiah 1:18:

“Come now, let us settle the matter,”  
says the *LORD*.

“Though your sins are like scarlet,  
they shall be as white as snow;  
though they are red as crimson,  
they shall be like wool.

I ‘went as I was’ just over 32 years ago and my life took on new meaning. It took a while for me to understand that I was forgiven for all my past wrong doings and I still have moments of doubt (my issue, not God’s) but my life is certainly more fulfilling now than it used to be.

People who knew me couldn’t believe that I went to church, my answer was always the same,  
If churches were for perfect people, they would all be empty!!



SO COME AS YOU ARE  
JESUS’ DOOR IS ALWAYS OPEN

With my prayers for self-renewal and a joyous Easter.

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

### 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.

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

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

### COMPOST BIN in Churchyard

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

**THANK YOU**

### Chit Chat and Coffee

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

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 the water hot for coffee/tea/hot chocolate.

**Tuesdays at 10 – 11.30am.**

**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 6th April from 10am till 12 noon, at the Pine Residents Hall. For more information contact the Church Office.

### Prayer Tree

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

### Morning Prayer

Monday, Wednesday and Friday 9am on Zoom.

Tuesday and Thursday 9am in church.

Everyone is welcome (Zoom link from Julie in church office).

### **Holy Week and Easter Services 2023**

**Palm Sunday (2/4)** – 10am Morning Worship

**Maundy Thursday (6/4)** – 7pm Holy Communion at Heacham Parish Church

**Good Friday (7/4)** – 10.30am Morning Worship at Heacham Methodist Church

- 7pm Good Friday Reflections in words and music at Heacham Parish Church

**Easter Day (9/4)** – 6am Sunrise Service – at Heacham Parish Church (in the Churchyard)

– 10am Holy Communion

**16th April** – 10am Morning Worship

**23rd April** – 10am Holy Communion

**30th April** – 10am Morning Worship



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:

Rev’d Veronica Wilson

(01485) 570697

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

St Mary’s Church Office: Julie Turner

(01485) 572539

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

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

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





## HEACHAM METHODIST CHURCH

Station Road, Heacham

**Minister: Rev. Dr Richman Ncube**  
(Tel: 01485 570232)

### April 2023

We extend a warm welcome to all.

#### Sunday Morning Services: 10.30am

2nd April	Mrs Cathy Fielding - Palm Sunday
9th April	Rev Dr R Ncube - Easter Sunday
16th April	Rev D Blacklock
23rd April	Judith Semmons
30th April	LA

#### Other Dates:

7th April – Good Friday - 10.30am Morning Worship  
9th April – 6am - Sunrise Service with St Mary's in the Churchyard,

#### Coffee Morning:

10am - 12 noon - Saturday 15th April.

#### Fellowship Meeting:


2.30pm, Tuesday 25th April. Speaker: Rev Steve Oliver.

#### Bible Study:

10.30am, Thursday 27th April

#### Other important dates:

The Church is open sign on Tuesday mornings – 10am – 12 noon. The “Church Open” will be placed outside. It is a warm place – all welcome.



## CHRISTIANITY|EXPLORED

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

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#### Future dates:

Ascension Day – 18th May, 7.00pm. Heacham Methodist Church.  
Pentecost - 28th May 10.00am - St Mary's Church, Heacham.

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. Nominated charities presently are: Marie Curie, Operation Smile and the alzheimers support organization. “Every Little Helps”.

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

“Loving God, we pray for peace in Ukraine. Help keep people safe and protect them from being hurt. Please care for children separated from their families. Please help people who have had to leave their homes. We pray for love and peace everywhere, in the name of Jesus, the Prince of Peace.”



### Hunstanton Catholic Parish

Shrove Tuesday Pancake supper at St Cecilia's on the evening of 21st February was not as well attended as in previous years but we had a good time, delicious pancakes and the money made from the raffle was added to the Turkey/Syria earthquake appeal.



Thanks go to all who helped and those who made the delicious pancakes. On Wednesday 1st March, we had a small celebration after Mass at St Cecilia's for Fr Michael, who was celebrating his 59-year anniversary of ordination to the priesthood.



Our Easter services are as follows: - **Palm Sunday** Masses are the usual Sunday Mass times of 9am at Dersingham and 11am at Hunstanton; **Maundy Thursday Mass** is at 7pm at Hunstanton; **Good Friday** Masses are at 2pm at Dersingham and 4pm at Hunstanton. The **Easter vigil** on Saturday is at Hunstanton at

7pm; **Easter Sunday** Masses are the usual Sunday Mass times of 9am at Dersingham and 11am at Hunstanton

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](mailto: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.

The Pope's prayer intention for **April: For a culture of peace and non-violence:** we pray for the spread of peace and non-violence, by decreasing the use of weapons by States and citizens.

The setting up of an SVP (St Vincent de Paul Society) Group in our parish is well under way and will be named 'The Wash Conference.' If you would like to join or get more information, go to [www.svp.org.uk](http://www.svp.org.uk) 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 there on 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](http://www.hunstantoncatholicparish.org)

**The Sunday Masses are at 9am at Mountbatten Road, Dersingham, and 11am at OLSE Sandringham Road, Hunstanton.**

Daily Masses are at 10am at Hunstanton on Monday, Tuesday, Thursday, and Fridays and 10.15am at Dersingham on Wednesdays.

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

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

**The Parish telephone number is 01485 534675.**

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



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## Another Recipe from The Prudent Pensioner

As we are being warned of vegetable shortages and high prices, a number of people have told me they are purchasing pulses and asked for recipes using lentils. The weather still being on the chilly side I thought another soup would be welcome. Maybe I will share a recipe for a vegetable and lentil bake next month.

### Carrot, Courgette & Red Lentils Soup

**Makes approx. 900ml.**

#### Ingredients:

1 med. shallot or small onion  
Carrots approx. 170g/6oz  
1 large or 2 medium sticks of celery  
Red Lentils (dry) approx. 60g/2oz. (see note)  
Medium size courgette (Like a small marrow)  
Chicken or vegetable stock cube  
Salt and pepper to taste.

#### Method:

Rinse lentils well in cold water. Place lentils in a large pan (they do froth up when boiling) and add 500ml of cold water. Bring to boil and boil rapidly for 10 minutes, stirring often to prevent lentils sticking to base of pan.

Meanwhile, peel carrots and cut them into small pieces. Peel shallot or onion and slice thinly. Trim off and discard ends from celery and courgette - clean and slice fairly thinly.

Remove pan from heat, place stock cube in a jug and strain off most of liquid from lentils into same jug, top up jug with hot water to reach 400ml and stir well to dissolve stock cube. Return stock to lentils in saucepan, add all vegetables. Stir and mix well. Increase heat and bring to boiling point. Reduce heat and leave covered, simmering gently, stirring often for a further 15-20 minutes when vegetables should be fairly soft.

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. Re-heat stirring gently. Turn off heat, serve and enjoy.

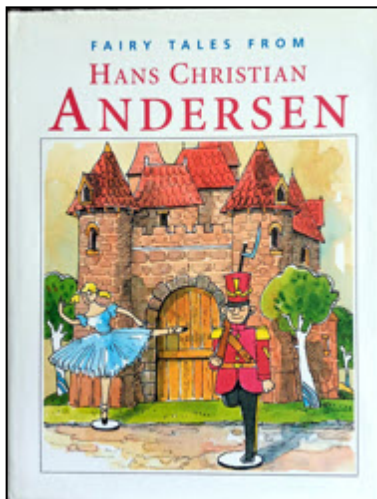
*Note: Boiling rapidly for 10 minutes was in accordance with instructions on the packet.*

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.





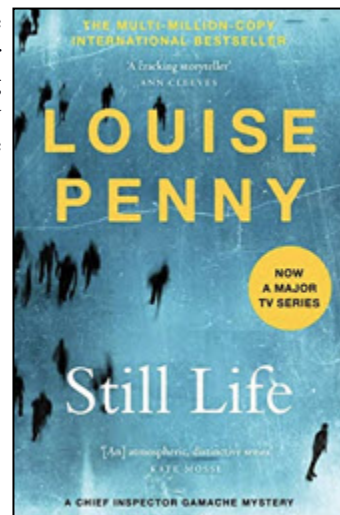
April hosts two International Book Days, the first being for children on April 2nd. This is in recognition of the birthday of the Danish author, Hans Christian Andersen, who is most famous for writing over 150 fairy tales. But, how many of today's children realise that many Disney characters, such as the Little Mermaid and The Ugly Duckling, are based upon these stories?



Right; Hans Christian Andersen book

We stock a range of children's books suitable for all ages and, if parents are at a loose end over the Easter holidays (or any other time!), a good book is a free activity. We are also very happy to let children return date stamp their own books!

as the main character. Louise Penny herself describes her books as containing 'brooding terror' but fortunately 'goodness does exist.' We hope you enjoy!



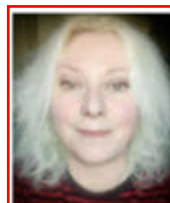
Happy Easter and Happy Reading!

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or the Parish Office 01485 572142



**Book of the Month**  
From our wide selection of modern adult fiction, we are returning to crime this month and featuring Canadian writer, Louise Penny.

This sizeable series of murder mystery books, starting with 'Still Life' is set in the French speaking Canadian province of Quebec with Chief Inspector Armand Gamache



**Make Your Vote Count  
Vote For  
Michelle Louise Carter  
on 4th May**



Dear Resident,

I have been a resident of Heacham for six years and a member of The Labour Party for 27 years. I am an established Contemporary Artist and activist. I will be standing for The Labour Party in the Heacham ward at Borough Council Elections on 4th May.

As a Borough Councillor, I will maintain a strong connection with ward members and promise to reply quickly and efficiently with the strong and reliable backing of the Constituency Labour Party (CLP).

As Women's Officer of North West Norfolk CLP, I have actively made proposals for human rights fully backed by the CLP and proposed at Parliamentary level. I am not afraid to speak out and already have planned proposals for Heacham and the ongoing coastline pollution and will strive to encourage the village to thrive again as a whole, with local business and well-being activities at the forefront of decision making. For too long residents of Fring, Heacham and Sedgeford have had to survive off crumbs when Lynn gets the major share of Borough Council resources.

I will work hard to keep our villages special and will ensure to the best of my ability, to be the voice and represent all and not just the privileged few and not allow our needs to be forgotten.

Kind Regards,

**Michelle Louise Carter**  
Women's Officer, North West Norfolk Labour Party

Promoted by Christine Hudson on behalf of Michelle Louise Carter, both of North West Norfolk Labour Party, 26 St James Street, King's Lynn, Norfolk, PE30 5DA.

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## General Knowledge Quiz

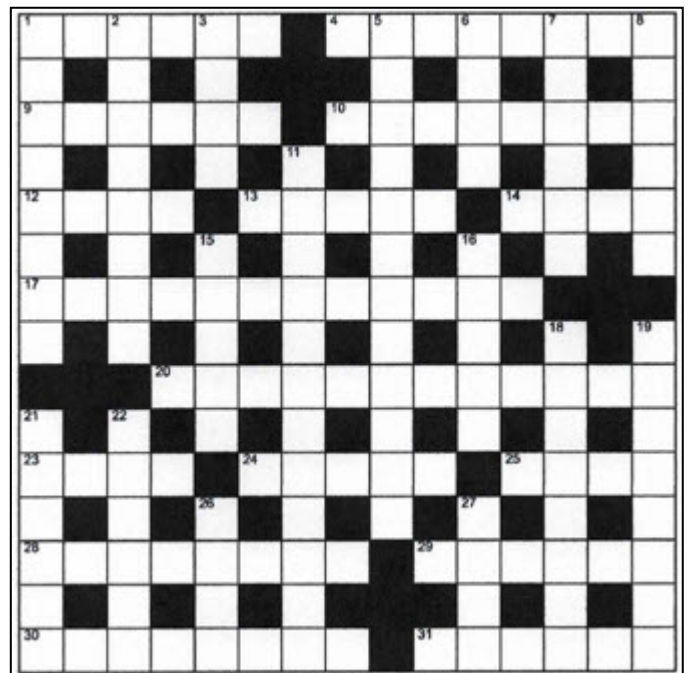
### ADO

All the correct answers will contain the word ADO somewhere in the text.

1. Bridgetown is the capital of which Caribbean island?
2. The Panavia GR4 combat aircraft used by the RAF and the Saudi Air Force is better known by which name?
3. Which Shakespeare comedy, first performed in 1612, was set in Messina, Italy?
4. Which type of sherry, named after the Montilla region of Spain, is roughly between a Fino and an Osoroso in character?
5. In Greek mythology, who was the handsome youth who became the mortal lover of the goddess Aphrodite?
6. Which river runs through the Grand Canyon in the USA?
7. "Madame X" in 2019, was the latest album to be released by which singer?
8. Which comic opera by Gilbert and Sullivan has the alternative title "The Town of Titipu"?
9. Which chemical element with the atomic No. 86 and the symbol Rn is an odourless, colourless and radioactive gas?
10. Which fruit is the main constituent of guacamole?
11. Cape Spear is the most easterly point in Canada. In which Canadian province is it situated?
12. What trade name does the Haleon Group use for its over-the-counter pain killers containing paracetamol?

Answers on page 38

## APRIL CROSSWORD



### CLUES:

#### Across:

1. Learnt to play horn (6)
4. What you do when in bad shape can be forgiven (8)
9. Mated, having taken out pawn first (6)
10. Riddle of third lost shoe (8)
12. Too slow – last away after taking a break (4)
13. Sneak around and count backwards (5)
14. Mothers mass with fathers outside (4)
17. Nellie gets close up to large marine creature (8,4)
20. Like pink when not in blue (12)
23. Returned service a long distance (4)
24. Band recovered from tough ordeal (5)
25. English villain goes before old Italian magistrate (4)
28. Kind of holiday where a smart chauffeur is provided? (3,5)
29. Block street that is well in need of repair in middle (6)
30. Reaction to lie a team of tricksters regularly engaged in (8)
31. Not quite the tone we wanted for record player (6)

#### Down:

1. A Greek meets Yankee and other characters, as ordered (8)
2. Needed a drink after taking a bite from the driest pie (8)
3. Jug for tea-maker (not British) (4)
5. Boozy flavour extracts are convenient, but maybe not for this tipple (6,6)
6. Approve love letter (4)
7. Upstanding gents going around with hooligan? (6)
8. Force to put on clothes over uniform (6)
11. From chef's veal Ron gets pains (6,6)
15. Albert, for one, has tea at noon (5)
16. No more energy? Stick with it! (5)
18. Shearer at his best is relaxed and friendly (8)
19. Use loaf (head) to capture sloth (8)
21. Whistle-blower, a tiresome piece of work, is all over one in charge (6)
22. Greek gods for a day? Much longer! (6)
26. Duck under work unit because of this (4)
27. Heads of state talk and talk without hesitation (4)

Solution on page 38



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## A New Village Amenity

A new addition to The Saltings this year is a newly constructed Bird Hide to attract new visitors, and to encourage visits from photographers and nature lovers as well as bird watchers.

Built to blend into the natural environment, this large hide has wooden front and side facing shuttered windows that look out over the reed beds to the east north east. Wooden and reed screens and planting of a few native shrubs are to be added later in the year to protect nature lovers from view when approaching the hide. We are hoping that in time the hide will age and blend into the landscape.

We hope that with our attractive custom-made bird hide, we can make some moments of nature-watching that visitors will remember for many years to come.

I would like to thank the Heacham Councillors and Parishioners who gave their time to complete this project for the HPC Natural Environment committee.

**Robert Pritchard**



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## Heacham FC



Firstly, we are delighted to announce that Heacham FC have made it through to the finals of the "Your Local Paper Awards" where exceptional sportsmen, women and teams, who have achieved incredible success in their respective field, are honoured and recognised. This is a great testament to everyone connected with the Club. Will we win it? All will be revealed in the May Newsletter.

### THE TEAMS

The first team have suffered a set back in their quest for automatic promotion from the Thurlow Nunn Division 1 North with a home defeat against local rivals Downham Town by 2 goals to nil. The game attracted an attendance of 270, which saw in form Downham leapfrog Heacham to top spot in the league. Downham now lead by one point with both teams having 8 remaining games to play. Prior to this match the first team had continued their fine form with wins at Debenham LC 4-0 and home wins against Whittlesey Athletic 3-0 and Swaffham Town 2-1, which saw the switch on of the floodlights. The Swaffham game attracted a record home league attendance of 298, which also was the highest attendance for a club at our level (step 6) in the whole of the country for that weekend, truly a magnificent achievement by the club.

### The remaining 1st team fixtures (all league):-

Sat 18th March v Debenham LC home k.o. 3.00pm  
Sat 25th March v Whittlesey away k.o. 3.00pm  
Tues 28th March v Holbeach home k.o. 7.45pm  
Sat 1st April v Cornard home k.o. 3.00pm  
Sat 8th April v Holland away k.o. 3.00pm  
Mon 10th April v Leiston Res away k.o. 3.00pm  
Sat 15th April v Harwich & Parkeston home k.o. 3.00pm  
Sat 22nd April v Haverhill Borough home k.o. 3.00pm

Currently the Reserves are sitting in 2nd place in the North West Norfolk Division 1 League. They trail Ingoldisthorpe by 4 points but do have a game in hand. They narrowly lost 1-0 away to the league leaders in a very closely competitive match. Recent results have been as follows:-

Watlington Res won 3-0 away

The Reserves interest in the League Cup came to an end in a 2-1 home defeat to Docking Rangers (they do have a chance of revenge with 2 league matches still to be played against Docking).

In the George Graver Cup the reserves have been drawn at home to Dersingham Res - date of fixture still to be confirmed.

At the time of going to press the Reserves still have the following league fixtures to fulfil but no dates have been allocated yet:-

KLSC Res away  
Docking Rangers home and away  
West Winch William Burt home and away.

On a final note, congratulations must go to the Reserves who were awarded "Team of the Month" for February, for their overall performance during the month.

### Admission Prices - Season 2022/23.

(for 1st team matches)

Adults £5

Concessions £3

Under 16s £1

(payment : Cash or Card)

Match day programmes £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.

### Sponsorship Advertising

The Football Club are pleased to announce the opportunity to sponsor the 1st team match day programme. At the time of going to press the following games are still available to sponsor:-

Sat 1st April v Cornard and Sat 15th April v Harwich & Parkeston.

Cost is £75 and includes your/details 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:-

**commercial.heachamfc@gmail.com**

### Merchandise

Visit our Club Shop on 1st team match days to view our exclusive range of clothing and much more including replica shirts, hoodies, caps, scarves, t-shirts, coasters, umbrellas, badges, 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 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 pin badge. Price only £3 each (collection) or can post (U.K.) for £5 inc p&p.

### The February winners of the 2023 "50/50 Club" were:-

1st Prize - £45 - No.71 Tony Hunt

2nd Prize - £22 - No.10 Stuart Mitchell

Congratulations to both our winners.

### Results of February "free raffle" for Supporter Club Members were:-

No.64 Annie Tavener wins Tub of Quality Street

No.142 Christine Abbott wins Box of Biscuits

No.223 Kevin Randall wins Bottle Red Wine

No.210 Jason Simkin wins Pair of Wine Glasses

No.185 Fred Smith wins Box of Dairy Box Chocs

Well done to all our winners.

The next "free members raffle" will take place during April.

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.

**"COME ON HEACHAM"**

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

## Does Heacham have its own "Nessie"



Recently several sightings of large low lying, slow moving, objects have been made off our shores. It's not known if the appearances are of one object, seen in various locations, or several different apparitions.

Conjecture abounds as to the impact that the quality of our sea water is having on the local flora and fauna. The respected National Agencies are directing people not to enter the water due to the amount of effluent it contains. See the Environment Agency site:

<https://environment.data.gov.uk/bwq/profiles/profile.html?site=ukh1304-09800#:~:text=No%20pollution%20incidents%20reported,for%20has%20been%20de%2Ddesignated>

And the Coast Radar site also contains information about the poor condition of our bathing waters:

<https://coastradar.com/places/united-kingdom/norfolk/heacham-beach/>

So, has the pollution affected a particular animal, possibly one of the various sea worms found off the British coastlines. Has the muck made them grow to proportions never seen previously, or is it an animal making the most of the disgusting matter floating in the sea?

Or are they just humongous floating turds?

If you happen to see one please, if possible, send a photograph to your local Newsletter. We will be flushed with pride to be the first to publish them.

THN

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Dear Elector,

I have been a Borough Councillor of Heacham for almost 7 years. In 2019, electoral boundaries changed and I became Ward Councillor for Sedgeford and Fring too. I have always been elected as, and remain, an Independent Councillor. I have never had any affiliation to any political party in my adult life. I live in Heacham. **I endeavour to ensure that local issues affecting Heacham, Sedgeford and Fring meet local needs** and, where possible, improve. I have pursued many problems experienced by individuals and most have either been resolved or mitigated. I got nowhere with a few. I helped prepare the Neighbourhood Plan for Heacham which contains policies which are considered, not always correctly, by the Local Planning Authority. I have helped resolve many planning applications in the best interests of the community though some have had disappointing outcomes. I will do my best to ensure villagers' concerns about the Cheney Hill development are addressed when details emerge. Regular meetings with the CEO of the Borough led to: the refurbishment of South Beach toilets; action against unsanctioned activities, and ensuring agencies work to improve poor sea water quality – ongoing.

I investigated the difficulties people had collecting prescriptions, now improved, and the delay in paying energy support grants to park homes which has now been resolved.

**At the Borough Council**, I am currently a member of the: Planning Committee; the Local Plan Task Group; the Environment and Community Panel; the Community Infrastructure Levy Spending Panel; the Standards Committee, and the Major Projects Board. I hope my contributions reflect the best interests of residents of West Norfolk. The Standards Committee provides an opportunity to ensure that councillors abide by the code of conduct that should govern their actions. I am also particularly interested in the scrutiny of Council activities and ensuring that they are meaningful and provide value for money.

**Best Wishes, Terry Parish  
(full name Terence Parish)**

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## Coronation Celebrations at Heacham Parish Church

**CROWNS AND BUNTING NEEDED!**



Heacham Parish Church is delighted to announce that we will be holding a day of Coronation Celebrations on the Bank Holiday Monday of Coronation Weekend, Monday May 8th, from 10am – 4pm.

Come along and join in games and children's activities, peruse the plant, book and jigsaw stalls and partake of coronation-quality very yummy cakes, savouries and tea and coffee.

The church will be decorated with floral displays, crowns and bunting...or at least, we hope it will. As it was so successful for the Jubilee last year, we are inviting groups and individuals to make bunting with a royal / coronation theme to be hung in church. We are also asking for 'crown' displays, pictures, models etc to further decorate available spaces. Please leave your contributions in church from Monday May 1st.

This will be the third 'once in a lifetime' occasion in 12 months in which the church is pleased to take an active part in community events. We hope to welcome many of you on May 8th.

For further details please contact the Churchwardens – Liz Dormer-Ainge 01485 571662 or Veronica Welham 07787 842796 – or the church office 01485 572539 [heacham.church@gmail.com](mailto:heacham.church@gmail.com)

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Heacham Parish Church



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Sunday 28th May - 9am - 2pm

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A map will be available nearer the time showing who is taking part. Last year we had over 120 stalls which was a huge success.

If you would like to join in, we just need your house number and road so you can be added to the map.

Please contact:-

Jemma Greef - 07799580206 or Janet Race - 07940851772

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## The Wild Scything Event

Early in March enthusiastic members of the SABI, the 'Scythe Association of Britain & Ireland' came to The Saltings, our village's wild space behind the North Beach. They came from as far as Cambridgeshire, Bedfordshire, Lancashire and North Yorkshire to take part in our annual reed bed cutting management plan under the Countryside Stewardship Scheme. Scything by hand is the only way to manage the ground where mechanical cutters cannot access.

This village asset has now become a well used Nature Reserve in the 50 years since it was almost destroyed in the 1953 floods. Volunteers from the local community also join these events and are essential to help clear and stack the cut reeds into piles for walkway replenishing, ground cover habitat for reptiles and amphibians and material for various projects.

I would like to thank all the volunteers who came, and Richard Brown who organised the event, and all who worked so hard over the two days and hope to see them again next year.

**Cllr Robert Pritchard**  
**Chairman, Natural Environment Committee**





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## 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.

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## Beach Safety Scheme Announced

A new project has been announced to improve beach safety at Old Hunstanton.

King's Lynn and West Norfolk Borough Council, the RNLI and the Le Strange Estate are putting up new updateable signs with info about hazards and digitally updated tide times by Easter.

Stuart Dark MBE, council leader, said: "We know that our local lifeboat crew do wonderful work so, when they approached us saying that they were having more emergency callouts in Old Hunstanton due to holidaymakers not knowing the tide times and the dangers of being cut off from shore, we wanted to help them all we could.



"It became clear that a simple and straightforward solution to increase public safety and decrease demand on the crew was available by putting in clear signage and it was absolutely right that we, as a council, found the money to make this happen promptly."

Charles Le Strange Meakin, of the Le Strange Estate and president of Hunstanton RNLI, said: "I'm very grateful to the borough council for their help in improving public safety information here at Old Hunstanton. It's a great contribution to keep beach users safe."

Rigil Kent, Lifeboat Operations Manager, Hunstanton RNLI, said: "The installation of the safety sign has been a great collaboration between the Borough Council of King's Lynn & West Norfolk, the Le Strange Estate and the RNLI. To see it coming to fruition makes us all very proud that we are able to display safety messaging in such a pragmatic way. Hunstanton Lifeboat Station has always displayed tide times on the station notice boards but these were not easy for everybody to read. The new sign displays the tide time electronically, features a scrolling screen which can be used for additional safety messaging, and includes printed beach safety messaging. We would like to thank the borough council and Le Strange Estate for working with us and for helping us to make our beaches safer."



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## SNETTISHAM GARDENING CLUB

Our next meeting will be on Wednesday 26th April at 7.30pm in the Memorial Hall, Old Church Road, Snettisham when Michael Croot will once again update us on the best Spring plantings with advice on hanging baskets and tubs, accompanied by some of his plants for us to purchase.

We have yet to confirm our speaker for our meeting on Wednesday 31st May but as ever will be pleased if you are able to join us.

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





# Heacham Cubs

Since the New Year, Heacham Cubs have achieved a number of badges including the Road Safety, Artist and Scientist. The Cubs learnt about the Green Cross Code, how to behave in a car safely and the different dangers of being out near a road. They have been working on their Scientist badge over a few terms from growing salt crystals to making periscopes. We even set tea bags on fire to make them fly! Everyone got creative to gain their Artist badge by making a model using spaghetti and marshmallows. They also painted a 'still life' picture of dinosaurs (much more interesting than fruit).

At the end of the January term we had a sleepover in the hut which was lots of fun. For many it meant they earned their first night away badge! After they set up their tents, the Cubs played games, including limbo and giant Jenga; they watched The Jungle Book with snacks too. After, they had a pillow fight followed by hot chocolate and a story. We're still not sure just how much sleep anyone got but everyone had a good time!

We are excited to be welcoming a few Beavers who will be coming up to join Cubs at the end of term! We have also welcomed a new leader to the pack; he's settled in well, a room full of 12 cubs is a lot for anybody's ears!

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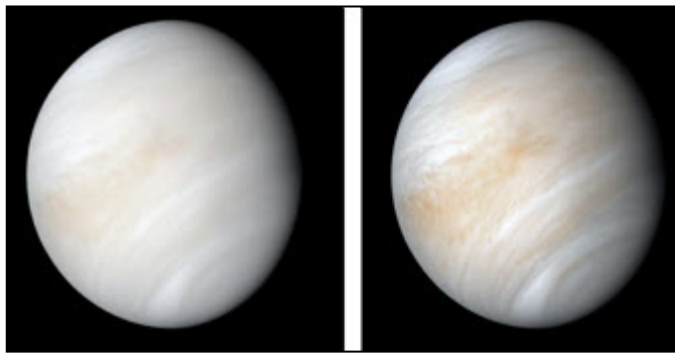
## Heacham at Night

by Terry Parish

Spring is well underway though, at the time of writing, snow and sleet batters the windows. Recent cold weather cleared the night skies a little but mist often intervened.

I did observe bright Venus on several occasions and saw the evening star drawing closer to Jupiter (or the other way around). I even saw the actual conjunction, closest approach, between clouds but missed a photo opportunity by being too slow – I went in to gather the kit and upon my return the sight had gone. Such is life. However, I think it is more valuable to see things with your eyes than capturing them on camera – someone else will have done that.

This month, Venus remains an unmissable object in the west after sunset. It doesn't set, fall below the horizon, until midnight.



Above: Mariner images of Venus 1974 NASA

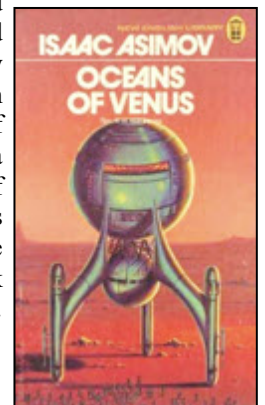
Venus was the Roman Goddess of Love and has been called the Evening Star and Morning Star for millennia. As it is closer to the Sun than Earth, the planet is always seen towards the Sun, either in the west as the Sun sets or in the east when it rises. Most people see it in the evening sky.

I was once lucky enough to see Venus in the middle of the day with the Sun high overhead. It was in 2017 during the few minutes of the total eclipse of the Sun in Wyoming. The Sun went out and Venus and Mercury were revealed.

Venus is by far the brightest planet in the sky and this is due to several obvious reasons. It can be relatively close, roughly 30 million miles if it is our side of the Sun, though 130 million when on the far side. It is the size of Earth and being closer to the Sun, receives far more sunlight. The reason why it reflects much of this light is not so obvious; it is because it is completely encased in reflective clouds of sulphuric acid and carbon dioxide.

Early assumptions in the 19th and 20th centuries were that the clouds were water vapour and hid a primeval surface of water and jungle populated by beasts and Venusians. Science fiction novels based on this premiss abounded, some by renowned authors like Asimov, Heinlein and C.S. Lewis. My Boy's Book of Space by Patrick Moore (1954) has a plate showing an artist's impression of the surface of Venus showing rain, lakes and jungle. However, there is also a plate showing it as an arid desert and Patrick considers both descriptions in his book.

Right: The illustrator seems to have been hedging his bets. Internet



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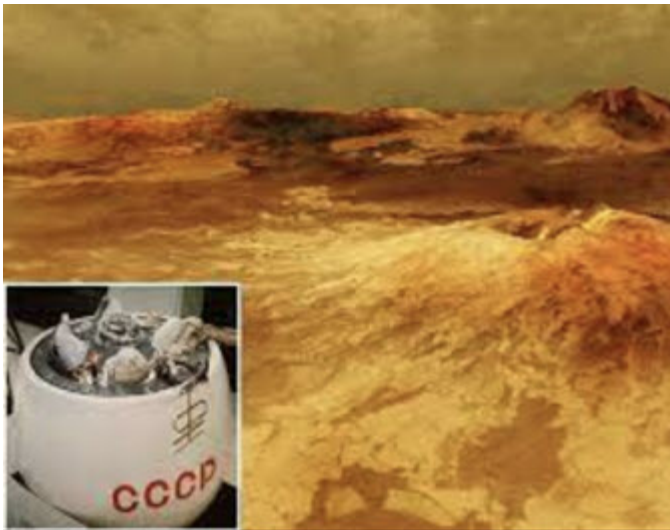
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The truth of the matter was not really tested until the first spacecraft landed on the surface of Venus in 1972. The Soviet Union's Venera 8 was the first successful landing on another planet. Twenty other craft had preceded it. They either failed, flew by Venus or entered its atmosphere. They included Mariner 2 from NASA which scanned the planet's surface by radar in 1962.

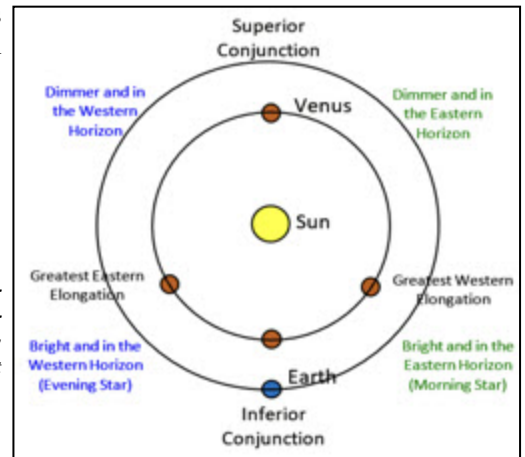
Since then, 25 more craft have shown interest in Venus, some on the way to Mercury, Saturn or Jupiter (using gravity slingshots etc). The Soviet Union was the most successful and interested country and 5 or 6 more landings were accomplished though craft survived just minutes. The European Space Agency's (ESA) Venus Express orbited the planet between 2006 and 2016 whilst a Japanese craft has been doing the same since then.



Above: Images from the descent of Venera 8 before it failed. Internet

Observations from the various missions revealed Venus is the hottest planet in the Solar System. At 475C, hotter even than the closest planet to the Sun, Mercury, which is at a paltry 164C. The thick Venusian clouds trap the Sun's heat in a greenhouse effect (as does increasing levels of carbon dioxide in our own atmosphere). There is also evidence of active volcanos. The atmospheric pressure at the bottom of this dense atmosphere is enormous, 90 times more than we live in and the same as that at about a mile under the sea. Venus is not a planet destined for human exploration and habitation as described in the books of my youth. Mars remains the hope for that.

Venus's orbit of the Sun is almost circular and observations of it follow a regular pattern. It shows phases which are dependent on it's position in its orbit. When on the far side of the Sun and furthest from us it can be almost full (like a Full Moon). When on our side, almost at its closest, it shows a crescent. In between half or quarter phases. Where it is has little effect on brightness as when crescent it is closer, when almost full, further away.



Right: At inferior and superior conjunctions Venus is not visible. Internet



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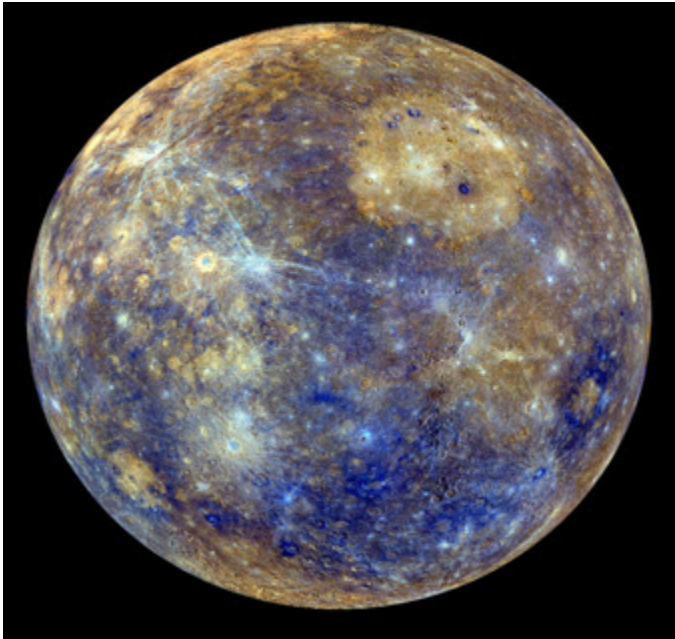
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On the 11th April, Venus is close to the Pleiades star cluster which will be to its right. A week later and the Hyades open cluster is its neighbour and the star Aldebaran also close. Later in the month, on the 22nd and 23rd, a Crescent Moon joins Venus.



Above: Messenger image of cratered Mercury. False colour used. NASA

I briefly mentioned Mercury earlier. This small rock of a planet has a very elongated orbit and observational opportunities depend on where it is in relation to the Earth. This April provides the best opportunity to see it this year. Lying closer to the Sun it follows Venus into the sky but is always much lower and generally in a brighter and murky part of the atmosphere.



Above: Whilst Earth's orbit is almost a circle, Mercury's is not. Internet

This month, Mercury is brightest, magnitude -1.2 at the beginning of the month when it is also lowest in the sky, not far above the western horizon and to the right of Venus. As the month progresses it gets higher but dimmer. It is furthest from the Sun, maximum elongation, on the 11th when it has a magnitude of 0.1. This is well within naked eye visibility but you have to know where to look. If you have an app on your 'phone, use that – or download one. I use Stellarium which is free. Later in the month, Mercury drops down towards the horizon and fades away.

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Mariner 10 flew by Mercury in 1974 and 30 years later Messenger orbited it for 4 years before being crashed into its surface. Messenger revealed many things and it is worth Googling it. The ESA Bepi Colombo mission arrives in 2025 and my name is filed on it somewhere along with many more.

Mars is still around, setting at 2.30am. It is naked eye visible at magnitude 1.2 but much fainter than Mercury (remember magnitudes work backwards, the higher they are the fainter the object). Mars is close to a Crescent Moon on the 25th at 10pm. It will be in the middle of Gemini and the two bright stars above it are Castor and Pollox.



Now for something different. The Hunstanton Observatory has begun construction and it is intended to be completed, weather permitting, by the end of April (the cold snap in March delayed matters a little). There will be an opening event announced and I will be giving a talk, in tandem with a friend from King's Lynn Astronomy Society, on May 17th. This will be through the Hunstanton Civic Society and be held at the Heritage Centre, Hunstanton, start time 7.30pm.

The observatory is a shed type with a roller slide off roof. There will be no telescopes housed but places to mount them both inside and outside the shed. It was funded from the EXPERIENCE project which is, surprisingly, European Union funded and managed by Norfolk County Council. It is to support off season tourism experiences but facilities will be accessible to locals. The location will also be used for environmental activities.

And, I almost forgot, a meteor shower peaks on the nights of 21st/22nd and 22nd/23rd April. The Lyrid shower occurs between the 15th and 29th and will be in a relatively dark sky as the Moon will be New on the 19th. No need for any instruments just get your eyes dark adjusted (15 mins outside and don't look at lights), get comfortable and look up. Any direction really but they emanate from the NE close to the star Vega. From 9pm should do but if you can manage 11pm until 2am that will be better.

So, stare at Venus and pretend that Venusians have foiled us and live under those clouds. Then try and find Mercury; Heacham Beaches or Hunstanton cliffs are your best bets for that. See a meteor or two and the month is complete.


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Starting off with extracts from Dirty Dancing to see that 'No one puts Baby in the corner,' then to hear 'Oh what a beautiful morning' it is, from the USA State of Oklahoma. From there we take you to a few 'Chills running down their Spines', with Sandy and Danny. After these energetic sequences, we will be in need of a break to cool down - but back after the interval, we find out about Professor Higgins and the charming young cockney Eliza Doolittle, where we hope 'The rain in Spain stays mainly on the Plain' for them.

Directors Peter Everingham and Benjamin Parr. Co/Director Jeannie Tooley.

Extracts have been cleverly adapted by Jeannie

It is going to be a very uplifting evening, where we are sure you will be joining in; Singing? Humming? Clapping? or Tapping your feet? along with many of the all time favourites, from four very iconic titles.

Stalls - £8.00.

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Fri - 2nd June 7.30pm

with two performances - Sat 3rd June - 2.00pm & 7.30pm

Tickets are now available - See Advertising poster within this Newsletter for box office.

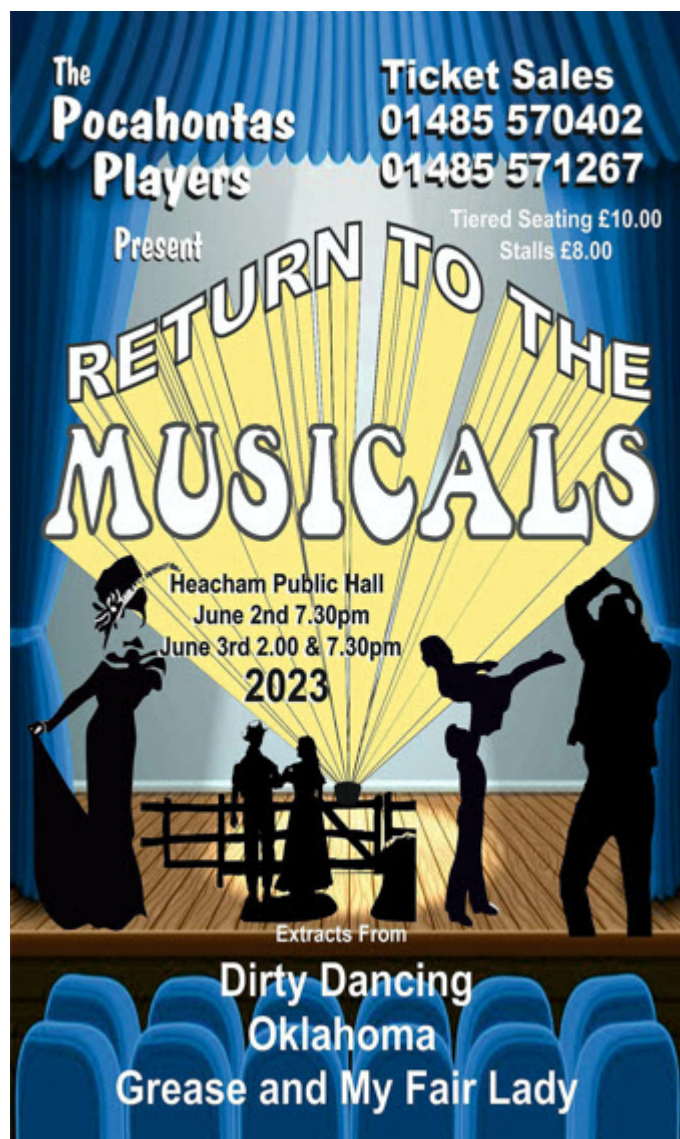
**Janice Curtis**  
(ADMIN for the Pocahontas Players)



Above: 'Grease is the Word' with The Pink Ladies during rehearsals.



Above: Jaime Parry putting Johnny (Ryan Chilvers) and Baby (Sydney Collins) through some Dirty Dancing moves.





## WHAT'S ON REGULAR EVENTS

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

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

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

### MONDAYS

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

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

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

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

**Coffee Morning** Sunnyside Close (Retirement Housing for 60+) 10.30am Tel : 570492

**Cameo Club** (Activities for over 50's) 10.30am Salvation Army, Alma Road, Snettisham

**Stretch and Relax Classes** 10.30 -11.15am Dersingham Village Centre. £5 (proceeds to SVH and charity) to book contact Kyra on 07968354431 or [kyracruise7@gmail.com](mailto:kyracruise7@gmail.com)

**Fitness Pilates** 10.45 am Contact Jaime (see Fitsteps) (SG)

**Walkfit** 12.00 noon Contact Jaime (see Fitsteps) (SG)

**Seated Fitness** 12.45 am Contact Jaime (see Fitsteps) (SG)

**Craft Club** 2-4pm every week (ex Bank Holiday) (PRH)

**Heacham Wives Group** – 2nd Monday of most months 2pm at Cunningham Court Community Hall. Contact Joy Waldron Tel: 07594616597

**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 Astro turf 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

**Line Dancing** 6.30– 8.30pm Hunstanton Community Centre. £4:00. Tel: Louise on 07722124941.

**Fitsteps** 6pm or 6.45pm (times vary) and **Fitness Pilates** 6.50pm or 7.35pm (times vary) at Ingoldisthorpe Church Hall. To book: Jaime 07765433100 or [jaimefitsteps@gmail.com](mailto:jaimefitsteps@gmail.com)

**Hunstanton Bridge Club** 6.45pm for 7pm Online Pairs with RealBridge. See [bridgeweb.com/hunstanton](http://bridgeweb.com/hunstanton) for details

**Heacham Table Tennis Club** 7pm League Matches in the Hall (PH)

**Heacham In Bloom** 3rd Monday Monthly 7pm (OFH)

**Hunstanton and District Community Voices** 7.00pm every Monday, The Way Christian Fellowship Church Hall, Downs Close, Hunstanton. First week free, no singing experience required. For more information contact [lesley.trebbick@btinternet.com](mailto:lesley.trebbick@btinternet.com) or ring 07802 879976.

**Meditation and Spiritual Awareness/ Development Group**, alternate Mondays 7.20pm for 7.30pm – 9pm, in Heacham, £8 per session. Contact Margaret at [tranquilitytobe@hotmail.com](mailto:tranquilitytobe@hotmail.com) for dates confirmation and more information.

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

**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 (seated)** 10.15am and 11.15am Dersingham Methodist Church Hall. Contact Anne on 07717333234, or email [activehealthpam@gmail.com](mailto:activehealthpam@gmail.com)

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

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

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

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

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

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

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

**The Fellowship** 2.45pm **Fourth Tuesday of the month** (MC)

**Pilates (mat)** 5pm and 6.15pm Dersingham Methodist Church Hall. Contact same as 10.15am class.

**Weight Watchers** 5.30pm (OFH)

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

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

**Norsemans Boxing Gym** Jnr 6-7pm £2 and Snr 7-8pm £3at Unit 12 Heacham Hall Ind Est. [geezersales@btinternet.com](mailto:geezersales@btinternet.com)

**1st Heacham Guides** 6.30 – 8pm Tel: Sue Theunissen 07833747059 or just come along (SG)

**Brass Band Practice** 7pm Snettisham Salvation Army, Alma Road, Snettisham. Tel: 07436 425118

**Parish Council Mtg** 3rd Tuesday monthly 7pm (PC)

**Pocahontas Players** Drama Group 7.30 – 9.30 pm Tel: 570402 (PH)

**St. Mary's Church Snettisham Men's Group** 2nd Tuesday of every month at The Visitors Centre Snettisham 7.30pm. £2 each

**St. Mary's Church Snettisham Ladies Group** 2nd Tuesday of every month at 100 Station Road, Snettisham. £2 each

**Poker Games** (friendly) 7:30pm United Services Club 11am – 12 noon Hunstanton Library

**Village Cinema** last Tuesday of the month 7:30pm Dersingham Village Centre. £6 Details 01485 543195

### WEDNESDAYS

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

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

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

**SAVE THE DATE**

**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)

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

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

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

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

#### **THURSDAYS**

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

**Table Tennis Club** 10am (PH Top Room)

**Pop-Up Coffee Shop** 10am – 12.30 at Dersingham Village Centre. Hot & cold drinks, quiche & cake.

**Coffee Morning** 10am - 12noon (**1st & 3rd Thursdays**) at The Salvation Army, Alma Road, Snettisham

**Bereavement Support In Heacham** 10 am till 12 noon on the first Thursday in the month. Contact the church office 01485 572539 / email: [heacham.church@gmail.com](mailto:heacham.church@gmail.com) (PRH)

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

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

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

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

**Stretch and Relax Classes** 10.30 – 11.15am Dersingham Village Centre. Details as on Mondays.

**Craft Club** **2nd Thursday of the month, 2pm - 4pm** at The Salvation Army, Alma Road, Snettisham. Bring your own project if you like.

**Ringstead Art Club** meets weekly 2am – 4pm Ringstead Village Hall. Monthly workshops Contact: Pauline Atkinson [atk\\_hornbeams@yahoo.co.uk](mailto:atk_hornbeams@yahoo.co.uk) or Lois Carrick [loiscarrick21@hotmail.co.uk](mailto:loiscarrick21@hotmail.co.uk)

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

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

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

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

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

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

**Football** Under 7's, 8's, 9's, 10's 4.30 - 6pm U14's 6.30 - 7pm Adults Open Match 8-9pm Contact Jason 07867527706 (HSC) playing fields

**Judo** 5 - 6pm 3 - 6 year olds; 6 - 7pm 6 - 11 year olds; 7pm-9pm 12years up (including adults). £2 per class (first one free) . Call Josh 07432 586668 (PH)

**Hunstanton Bridge Club** 'Duplicate Bridge' 6.30pm for 6.45 pm. From Sept 16th at Old Hunstanton Village Hall

**Hunstanton Army Cadets** Hunstanton Community Centre 7.00-9.30pm Young people in School Year 8 Contact: Martyn Hannant - 07824184259 / 01485 576388

**Hunstanton and District Camera Club** 7.30pm, first and third Thursday of the months September to May. Common Room, Orchard Close, Dersingham.

**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

**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**

**Pop-Up Coffee Shop** 10am – 12.30 at Dersingham Village Centre. Hot & cold drinks, quiche & cake.

**Employment Plus pop-in service 10 am – 12 noon at The Salvation Army, Alma Road, Snettisham**

**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

**Football** Under 10's 'Minors' 5 - 6.30pm on playing fields Contact Jay 07711779415 (HSC)

**Tai Chi & Kung Fu** 6 - 7pm Beginners Tai Chi 7 - 8pm Advanced Tai Chi 8 - 9.30pm Adult Kung Fu Tel: Derek 01553 674779 (PRH)

**Norseman's Boxing Club** Jnr 6-7pm £2 Snr 7-8pm £3 Unit 12 Heacham Hall Ind Est. [geezersales@btinternet.com](mailto:geezersales@btinternet.com)



**Hunstanton Tang Soo Do Club** Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon **Cash Bingo** 7pm (PH)

**Cash Bingo** 7.30pm Hunstanton Conservative Club  
**Wildfowlers Club** 1st Friday monthly 7.30pm (HSC Top Room)  
**Poker In The Club** 1st Friday each month 7.30pm (PH)  
**Stepping Out Tea Dance** last Friday monthly. £6 inc refreshments at Dersingham Village Centre call Peg Hunter 07930 556675

#### SATURDAYS

**Hunstanton Promenade Parkrun** 8.55 for 9am. 5km run, jog or walk. Meet at The Salad Bowl Cafe, Cliff Parade, Hunstanton  
**Football U13'S** 10-11.30am Contact Mike 07804927764 (HSC Sports Field)

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

**Storytime** 11am Hunstanton Library 01485 532280

**Games Session** 11.30am Hunstanton Library 01485 532280

**Raffle** with 'Open The Box' 1pm Hunstanton Conservative Club.

**Indie Arts Club** 2nd Sat monthly 1-4pm at Hunstanton Town Hall Basement Entry & Membership free. Book in advance via email: [bookings@wattsington.com](mailto:bookings@wattsington.com)

**West Norfolk Tai Chi Chuan** -weekly local Tai Chi classes [www.west-norfolk-tai-chi.com](http://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. To book - 07901 524778

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



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There is a cash prize for the winning team, and we will be serving a selection of bar snacks including pork pies, sausage rolls (including vegan), olives, pork scratching's, etc...

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

## HUNSTANTON

u3a

We will meet at the Community Hall, Avenue Road Hunstanton at 2.00pm on Monday 17th April when the Speaker will be Georgette Vale, with a theatrical presentation on Edith Cavell.

We will be present at the Town Hall on Wednesday 26th April providing information alongside other local groups.

You will be most welcome to join us.

For further information please see our website [www.hunstantonu3a.org](http://www.hunstantonu3a.org)

## OTHER EVENTS.



### April

**April Events at Anmer Social Club.** For info see [www.anmerclub.co.uk](http://www.anmerclub.co.uk), [facebook.com/AnmerSocialClub](https://facebook.com/AnmerSocialClub) or email [events@anmerclub.co.uk](mailto:events@anmerclub.co.uk). Club opens 30 minutes before event start time.

**Monday 3rd** 7.30pm Bingo Night. £6.60 for a book of 10 cards & £1.75 for a "Flyer Card".

**Friday 14th** 7.30pm Film Night 'See How They Run', £4.

**Friday 28th** 7.30pm Quiz Night, Raffle.

**Thursday 6th April** 2pm, The Reading Room Stanhoe, Stanhoe and Barwick WI. Ruth Smith's hilarious tales of 'Life with Nanny'. £5 includes refreshments. For more details contact Valerie on 01485 575261.

**Friday 7th April – Monday 10th April** 10am – 5.30pm British Legion Hall, Church Road Snettisham, Snettisham Art Group Easter Art Exhibition with crafts. Free entry. Contact Les on 01485 572370 for more details.

**Saturday 8th April** 2- 4pm Fridhem Rest Home. Easter Fete.

**Monday 10th April** 10am – 12noon, St Mary's Church, Holme-next-the-sea, Easter Fun. Quiz - Village Trail, Easter Bonnet Parade, Children's Craft Activities, Raffle

**Monday 17th April** 2pm Sedgeford Village Hall, The Arts Society Lecture: 'When the MGM Lion Roared: The Hollywood Studios' by Colin Schindler [www.theartsocietywnorfolk.org.uk](http://www.theartsocietywnorfolk.org.uk)

**Monday 17th April** 2pm Community Hall, Hunstanton. u3a. The speaker will be Georgette Vale, with a theatrical presentation on Edith Cavell. For further information please see our website [www.hunstantonu3a.org](http://www.hunstantonu3a.org)

**Saturday 22nd April** 1.30 -3.30pm 'Come and Try' day at Hunstanton Croquet Club. To reserve a place or for more information, please contact [secretary@hunstantoncroquetclub.co.uk](mailto:secretary@hunstantoncroquetclub.co.uk)

**Saturday 22nd April** 7pm St Nicholas Church, King's Lynn. King's Lynn Festival Chorus concert 'Mass in B Minor' by Johann Sebastian Bach. £15, under 16s free. Tickets from 01553 764864.

**Wednesday 26th April** 12 noon – 4pm Town Hall, Hunstanton. Community Afternoon. For more information, or to book email [clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk) or call 01485 532402.

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

**Wednesday 26th April** 7.30pm, Memorial Hall, Snettisham. Snettisham Gardening Club, Michael Croot will advise on Spring planting, hanging baskets and tubs. He will also have plants to purchase. Further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.

**Saturday 29th April** 10am - 4pm Hunstanton Town Hall, HDFA Craft Fair.

**Saturday 29th April** 7.30pm Village Screen Cinema, Amy Robsart Hall, Syderstone. 'Living' £4.00. To book 01485 578171 or syderstonecinema\_ARVH@outlook.com

### May

**Wednesday 3rd May** 1.30pm for 2.00pm Memorial Hall Old Church Road, Snettisham, Western Area of Norfolk WI Floral arrangement demonstration by Nick Grounds. For an application form for tickets please contact Addie on [addie1roger2@gmail.com](mailto:addie1roger2@gmail.com) Or telephone 01485 544754. Closing date 8th April 2023.

**Saturday 6th May** 7 – 10pm Heacham Public Hall, Ceilidh with Whirligigs Ceilidh Band. By ticket only, £5 from the Parish Office.

**Sunday 7th May** 12noon – 4pm Heacham Sports Field, Family Day. Coronation souvenir for all children. Bring your own picnic.

**Monday 8th May** 10am – 4pm St Mary's Church, Heacham, Coronation Celebrations. Everyone welcome.

**Thursday 25th May – Saturday 27th May** 10am – 4pm Dersingham Methodist Church, Flower Festival. Free

**Sunday 28th May** 9am – 2pm Heacham Village Yard Sale. If you would like to join in give your house number and road to either Jemma Greef – 07799580206, [greef25@aol.com](mailto:greef25@aol.com) or Janet Race – 07940851772 [janetrace@jayars.co.uk](mailto:janetrace@jayars.co.uk)

### June

**Friday 2nd June** 7.30 and **Saturday 3rd June** 2pm and 7.30 Heacham Public Hall, Pocahontas Players present 'Return to the Musicals'. Tickets from 01485 570402 or 01485 571267

## **DERSINGHAM METHODIST CHURCH PE31 6HP**

### **FLOWER FESTIVAL**

#### **THEME: PSALMS OF PRAISE**

**May 25th, 26th & 27th  
10.00am – 4.00pm**

**Books + Cakes + Cards  
+ Gifts + Plants  
Coffee + Light Refreshments + Teas**

**Free admission**

**May 28th - Sunday Service 10.30am  
Songs of Praise 4.00pm**

**Proceeds for Overseas Toilet Twinning and  
Church Funds**

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



## **Hunstanton United Services Club March Entertainment**

**SAT 1st - K.C.R. DUO.** All Eras. 8.30pm

**GOOD FRIDAY 7th - CECIL FARAYA.** Motown. 8pm

**SAT 8th - JUST US DUO.** All Eras. 8.30pm

**SAT 15th - SIMON LEE.** All Eras. 8.30pm.

**FRI 21st - QUIZ NIGHT.** £50 First Prize.  
£4 per person including supper. 8pm.

**SAT 22nd - A.M.I. DUO.** All Eras. 8.30pm

**SAT 29th - STEVE MOYSE.** All Eras. 8.30pm

**CASH PRIZE BINGO EVERY MONDAY &  
THURSDAY EVENING. EYES DOWN 8pm**

**POKER NIGHT FRIENDLY EVERY TUESDAY 7pm.**

**POKER NIGHT LEAGUE EVERY THURSDAY 7pm.**

**SNOOKER ROOM 3 x FULL MATCH SIZE TABLES.**

**POOL TABLE, DARTS & DOMINOES.**

**DEWEY'S CARVERY EVERY SUNDAY &  
WEDNESDAY LUNCHTIME.**

**STEAK & CURRY NIGHT WEDNESDAYS  
from 5.30pm.**

**TELEPHONE 07901 524778 to book.**

**CLUB MEMBERSHIP £12 per annum.  
OAPs £8 per annum.**

**MEMBERSHIP ALLOWS YOU FREE ENTRANCE  
TO CLUB, BARS AND CARVERY.  
LIVE MUSIC EVERY WEEK.**

## **Hunstanton Conservative Club**

### **Entertainment for April**

#### **Hunstanton Conservative Club**

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

#### **Entertainment for April**

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

Sat 15th: **Music Night** with **Elvis (tribute)**.  
Food served from 7.30pm.

Wed 19th: **Cream Teas** from 3.00pm.

#### **Advance Notice:**

Sat May 13th: Coach Trip to **Spalding Flower Festival**

Yoga for U3A members on Wednesdays, Thursdays and  
Fridays.

Mondays: Strength and Balance Class – 4.40pm

Wednesdays: Scrabble 10.00am. Whilst Drive 7.00pm.

Fridays: Lunchtime Raffle drawn at 1.00pm.

Cash Bingo start at 7.30pm.

Saturdays: 'Open the Box' draw at 1.00pm.

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





### HDFA Craft Fairs back for Spring

The popular Craft Fairs raising funds for the Hunstanton & District Festival of Arts will begin on Saturday April 29th at Hunstanton Town Hall.

Only high-quality hand made goods are accepted for these Craft Fairs which are now in their 20th year.

On offer are beautiful handmade crafts from patchwork covers and cushions to one off ceramics which make ideal and unusual gifts at reasonable prices, and there are 25 gifted and creative stallholders to choose from.

One of the favourites is the hand made soap and scented oils ranges and soothing flower perfumes which can be ordered in quantity or bought on the spot.

After a stroll round the stalls you can sit and relax with a cup of tea and a scrumptious homemade cake.

Entry to the Craft Fair is free to the public and can be found at Hunstanton Town Hall from 10am till 4pm on April 29th, May 27th, June 24th/25th, July 29th, August 26th, September 30th, October 28th and November 18th.

The Hunstanton & District Festival of Arts produces an annual programme of Arts Events for Hunstanton and its surrounding area and is a registered Charity .

Further information from Dawn Davies  
dawn.daviesuk@hotmail.co.uk 01485 779746.



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## Films as Art: When the MGM Lion Roared: The Hollywood Studios

The April lecture of the Arts Society, Northwest Norfolk, on April 17th 2023 will be a talk on the history of the Golden Age of the Hollywood Studios, from small beginnings, through their full glory in the 1930s and 1940s, to the deaths of the founding movie moguls and their inevitable decline and dissolution in the 1950s and 1960s. Many famous names will feature: silent stars such as Pickford, Fairbanks, Valentino and the durable ones such as Clark Gable, Betty Davis, Errol Flynn. The lecture concludes with the new, big movie moguls - the conglomerates like Sony, Mitsubishi and Murdoch's News Corp.

Films were not intended as an art medium when the first cameras were invented, and in the past there has been a very dismissive attitude towards film as "art". Perhaps an "Art House" movie might gain art status, but the usual film audience would not think of a film as art. In the early days, and along with photography, it has been viewed as simply a record of an artistic performance, "*A cultural mirror, a reflection of society's attitudes, values, philosophies, and lifestyle*" but never art. But the camera is no longer just a casual accessory, it is so much more than an innocent eye making a recording. The process of film making involves hundreds of choices and decisions by the filmmakers before those involved in editing produce the final product. Previously dismissive attitudes have become difficult to sustain and today it is likely that few would stand by the claim that film is never art.

Films are huge entertainment media, so how broadly can we attribute "art status". The danger is that the word "art" is often used in an all-inclusive way. Some films are not high art, and whilst elite opinion may wish to regard high art as the only worthwhile and legitimate form of art, low or simply bad art may still claim to be art. Others cannot qualify to be art at all: a video quickly shot on holiday using a smartphone is clearly not a work of art.

"Art films" are rarely blockbusters. They are made by filmmakers with a distinctive individual style who stamp their own mind and personality upon the film - Fellini, Bergman, Guy Maddin, etc. As *auteurs* they challenge rather than entertain and often shoot in real locations with ordinary characters. Leading art galleries and museums may showcase the Grand Masters but now, more and more commonly, they exhibit films made by professional artists alongside the great works of art and sculpture - such as the early experimental work of Marcel Duchamp and the modern work of Swiss feminist video artist Pipilotti Elisabeth Rist.

If film is not art, why do so many people think of it as art and, anyway, who is it who draws the line between whether a film is or is not art? You can explore the history of the Hollywood Studios with our experienced lecturer, Colin Schindler - a writer, producer and BAFTA winner, on 17th April 2023, at 2pm, in Sedgeford Village Hall (ample parking). Visitors welcome. Further details and information on [www.theartsocietynorthwestnorfolk.org.uk](http://www.theartsocietynorthwestnorfolk.org.uk)

Lesley Nadel



We meet at Sedgeford Village Hall at 2pm.

Come as our guest for £5 to one lecture to see if you enjoy our meetings.



Next lecture:  
Monday 17th April 2023

**When the MGM Lion Roared: the Hollywood Studios**

**Lecturer:  
Colin Schindler**

Would you like to join our Arts Society?

There are many benefits apart from our interesting and varied lectures:

- \* Trips and tours in the UK and abroad
- \* Special Interest Days
- \* New Year members' lunch
- \* Support for Young Arts
- \* Regular newsletters and magazines
- \* A social event with a warm welcome

For more information & how to join, visit [www.theartsocietynwnorfolk.org.uk](http://www.theartsocietynwnorfolk.org.uk)

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## HUNSTANTON & DISTRICT LIONS CLUB

### 10th Charity Golf Tournament

Friday 12th May, 2023

Hunstanton & District Lions Club are proud to be celebrating over 40 years serving the community and to be once again holding their Annual Charity Golf Tournament. This year marks its 10th running at Heacham Manor on Friday 12th May 2023. This year we are proud to announce that a proportion of the funds raised will be donated to The Samaritans.

As with previous tournaments, we are inviting Teams of 4 to play 18 holes (Stableford) and enjoy a Breakfast of Bacon Roll with Tea/Coffee and lunch in the Heacham Manor Pavilion Restaurant.

With the increase in costs to host the day, to endeavour to keep these to a minimum we have made the decision to serve a single course lunch instead of the customary two.

There will be prizes for Nearest Pin on Hole 7, Longest Drive on Hole 4, a Hole In One competition and a raffle to be won on the day.

To take part please complete the entry form enclosed or if you wish to take the opportunity to advertise your business/company, a form is also enclosed to sponsor one of the 18 holes for £50.

We sincerely hope you will be able to support this event and we look forward to welcoming you at Heacham Manor Hotel.

**Gerry Desroches**  
Golf Tournament Organiser



*Open To Everyone*

**Steak Night Every Thursday 6 - 8.45PM**

IN THE MULBERRY RESTAURANT

VIEW ONLINE: [www.heacham-manor.co.uk/food-and-drink/the-mulberry-restaurant](http://www.heacham-manor.co.uk/food-and-drink/the-mulberry-restaurant) OR SCAN QR CODE



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AT THE PAVILION

**Tuesday-Thursday, 11:30 AM - 16:30 PM**

2 Courses for £18.00 | 3 Courses for £22.95

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

Hunstanton Road, Heacham, Norfolk, PE31 7JX

### LIONS CHARITY GOLF DAY

Friday 12th May 2023

Entry Form

#### Lead Booker Details:

Name/Title:.....

Address:.....

.....

Postcode:.....

Tel No: .....

Email:.....

Team Name:.....

**Full Names: H/Cap: Club: CDH No. (if known)**

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#### Special dietary requirements:

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**Teams of Four: 18 Hole Stableford 75% of slope handicap allowance.**

**Scoring Format: Teams of 4 best 2 scores on each hole count. Nearest the Pin on hole 7 & longest drive on hole 4, & hole in one competition.**

**£200 Per Team entry Fee is inclusive of: - Coffee and Bacon Roll on arrival, 4 ball playing 18 holes golf & lunch in Heacham Manor's Pavilion Restaurant.**

**Please return the completed form with a £200 cheque made payable to: Hunstanton Lions, c/o Mr Gerry Desroches, 28 Homefields Road, Hunstanton, Norfolk PE36 5HL**

**Closing date of entries Friday 5th May 2023**

**Tee times from 09:28 will be advised from 8th May 2023**



### **SPONSOR A HOLE FOR £50**

**Lions Charity Golf Day Friday 12th May 2023**

If you are a local business, starting out or established, sponsoring a hole at a worthy charity event like this can help get you noticed!

Your sponsorship includes placing your company sign or banner on the Golf Course at any one of the holes.

If you would like to sponsor a hole please complete the form and return it as soon as possible to the address below.

**Please Note:** Your sign/banner needs to be delivered to the The Club House, Searles Country Park, South Beach Road, Hunstanton by 3pm Thursday 11th May 2023, at the latest.

**I WOULD LIKE TO SPONSOR A HOLE ON  
12th May 2023**

Name:.....

Company  
Name:.....

Please specify hole number if preferred .....

**(It is your responsibility to deliver your sign/banner to the Club House as above).**

Telephone  
Number:.....

Email  
Address:.....

Signature.....Date:.....

Please send this form along with your payment of £50.00 (Cheques payable to: Hunstanton & District Lions Club) to:  
**Mr G Desroches, 28 Homefields Road, Hunstanton, Norfolk PE36 5HL**



**Hunstanton  
Ski Cafe and Bar**  
**Hunstanton Promenade's Jewel**

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**Last Café on the left from Hunstanton.**  
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**South Beach Road, Hunstanton PE36 5BA**

**We shall be closed on Christmas Day only.**  
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**9am – 4pm (Winter) 9am – 5pm (Summer)**  
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## ‘Save our QEH’ Campaign Group

### DECISION ON A NEW HOSPITAL?

Two different possible answers to the above question. Great news. After waiting 16 months for a funding decision on a new hospital in King’s Lynn, Jeremy Hunt announced in the budget on March 15th that the Queen Elizabeth Hospital is being added to the current list of 40 hospitals previously announced, and the money will be provided to allow a new building to take place.

The decision to provide funding for a new hospital will be made in due course. A new Queen Elizabeth Hospital is of course a priority, but we are unable to make any announcement as it is the pre-election (purdah) period. We understand the urgency of the situation, and are working hard to resolve the situation.

Back in November last year, our MP James Wild told campaigners including myself that a decision was imminent, and would be made before Christmas, or at least that is what he had been told. Health Secretary Steve Barclay backed this up, talking to media at the same time, saying an answer would be made in December 2022. Nothing has happened, though Lord Markham CBE, the minister who has responsibility for making the decision, has said it will happen ‘in due course’.

Cast your mind back two years, to the 11th March 2021. Patients being cared for in critical care unit at the Queen Elizabeth Hospital had to be moved out at short notice due to concerns over the condition of the roof. After emergency work took place, the unit was re-opened once again on the 7th April. Around the same time, the Eastern Daily Press set up an online petition ‘Rebuild the QEH’, highlighting the essential need for a new hospital in King’s Lynn.

On the 14th April 2021, the Save our QEH campaign was launched, and almost two years since it began, continues to do all it can to publicise the necessity for a new Queen Elizabeth

Hospital. Every week, come rain or shine, campaigners gather outside the hospital with placards and banners, making themselves visible to passers-by. As well as King’s Lynn, the protest has been taken to towns across Norfolk, including Swaffham, Downham Market and Wisbech.

Campaigners have been to London three times in the last eighteen months. On the 15th September 2021, we met with a number of our local MPs, including Mr Wild, on College Green, due to Covid. At the end of our discussions, Sir John Hayes MP agreed to facilitate a meeting with the then Health Secretary Sajid Javid later that year. In December 2021, when campaigners met James Wild to hand over letters signed by staff and patients asking for a new hospital, he denied that this promise was ever made.

In April 2022, campaigners went to Westminster once again, this time meeting with James Wild and Duncan Baker. Despite media reports of a decision being made the month before, we were informed that an announcement was now going to take place in May 2022, following the local elections that were taking place across the country. Eleven months later, and the promised announcement has disappointingly not yet been made.

This is in spite of a significant amount of media coverage, both locally and nationally, on TV, radio and in a number of newspapers. A lot of this it has to be said has come about due to our local MPs, councillors and even the Health Secretary making numerous visits to the hospital. With each visit comes a photo opportunity, and accompanying it, a statement to the press. These usually include one or more of the words ‘important’, ‘priority’, ‘high priority’ and ‘urgent’. There might even be a promise that said MP will be speaking to the Health Secretary, or even the Chancellor. And still, sixteen months after a decision was due to be made, nothing has happened.

I write this, with the budget taking place in two days’ time, on the 15th March. Both James Wild and Liz Truss had their photo taken with Chancellor Jeremy Hunt last week, and said they told him of the urgent need for a new hospital. Now, there is almost certainly good reason for the timings of the headlines generated by these ‘meetings’ last week.

One possibility is that the MP’s have been told privately that the long awaited decision on funding a new hospital will be taking place this week, and that they are trying to make it appear that they have been instrumental in making this happen. It may be that they do not know if a decision is about to take place, but by having their picture taken with the Chancellor, it gives the impression that they are ‘working hard’ to get a new hospital for King’s Lynn.

Either way, whatever does or does not happen on Wednesday, there is one thing that is a certainty. That is, our local MPs are doing all that they can to put themselves, and the Conservative Party in a positive light. Local elections are in May, and the polls suggest that they will not do particularly well. So, giving the impression that they are working hard for the community in getting a hospital will, they hope, get them a few votes.

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## Norfolk



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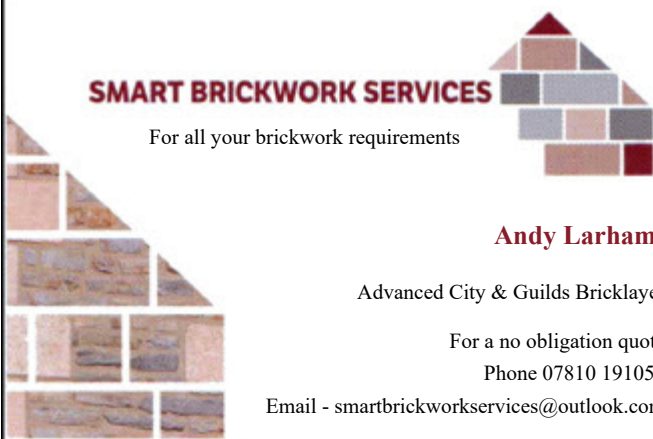
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And looking a bit further ahead, there is a General Election next year, and again, a decision on a new QEH is a potential vote winner. And particularly for former Prime Minister Liz Truss, whose reputation was damaged by her short period in office, being seen to be a key figure in getting a positive decision would do her no harm at all.

And just to make clear, if no decision is made within the next few days, it will be kicked further down the road until at least the middle of May, after the elections.

Campaigners though, continue to do what they have been doing for nearly two years, and that is to do all we can to help secure a new hospital. Whether it be through protests outside the hospital, visits to the Health Secretary's office in March, or trips to London, the campaign will go on until we get the promise of funding a much needed, indeed essential, hospital for King's Lynn and the people of Norfolk.

**Gordon Taylor**  
Save our QEH campaign group



## Hunstanton and District Rotary Club Activity in February 2023



Following the terrible devastation left behind after the Turkey/Syria earthquake, we held a bucket collection over a weekend at the local Tesco store which raised £2,018. With another collection day in the Town Centre, we raised an additional £760, which together with private donations allowed us to raise a fantastic total of £3,100.

The money will be sent to purchase two ShelterBoxes which contains a family tent, thermal quilted blankets, cooking pots, plates and cutlery, water carrier, solar lights, tarpaulin, and tools plus two Aquaboxes to purify water. The remaining money will be sent to a Rotary Club in Turkey, so they can purchase what is required for the local people.

We would like to thank everyone for their generous donations and Tesco's for their kindness in allowing us to use their premises at such short notice.

Also in February, we donated to the 1st Snettisham Scout Group to assist them in taking the scouts on a trip to the Duxford Air Museum, which they are very much looking forward to. A number of Rotarians visited their newly built premises in Snettisham to present them the cheque.

If you are interested in finding out about Hunstanton Rotary Club and would like to come to any of our weekly meetings, you would be very welcome. Or if you would just like a booklet to find out more about us and what we do, then we would be happy to post one to you. Please contact Mick Harpley (01485 544412) or send an email to: [jmvernon56@gmail.com](mailto:jmvernon56@gmail.com)



*Left: Bucket Collection at Tesco Hunstanton.*

*Below: Cheque presentation to Scouts.*



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## TIME FOR SOME PERSONAL TAXATION SPRING CLEANING?

By Kathryn Gigg Chartered Accountants, Hunstanton

The new tax year starts on 6 April. Could there be a better time to take a long hard look at your personal taxation affairs?

- The first £1,000 of interest is tax free (£500 for a higher rate taxpayer). This simple “quick win” should be considered if you currently have savings sitting on low interest deposit accounts or bank current accounts. After years of negligible interest rates, it is now possible to find accounts paying in excess of 3%.
- Are you making pension contributions outside your payroll deductions and wondering whether you have received the correct tax relief? Even non taxpayers (aged under 75) can save up to £2,880 net each year, and the government will top it up by 20%, so you get the relief at source automatically and if you pay £2,880 you will find £3,600 in your pension account. Higher rate taxpayers will also be able to claim the balance of their relief to 40% in their tax return, reducing the year end liability. Remember, the higher rate relief will not be given automatically, so if you are in this position, it will be necessary to file a self-assessment return – according to some sources many higher rate payers fail to claim this relief and the amount lost runs into hundreds of millions every year. There are restrictions on the maximum level of pension contributions that receive tax relief so these need to be checked if significant amounts are being contemplated. Additionally, as always, any investment decision regarding making pension contributions should be referred to an Independent Financial Adviser.
- Are you making charitable donations under gift aid? Rather like pension contributions, gift aid payments reduce your taxable income, although in this case the basic rate relief goes back to the charity, so a £80 gift aid payment will mean that the charity can claim £20 from the government. However, a higher rate taxpayer can also claim the difference between basic and higher rates personally, so would see a repayment or tax reduction in the year-end tax bill. Those who fall within the 60% tax band (see below) could actually have half their charitable deduction refunded in this way – perhaps enabling them to make even more charitable donations. The maximum gift aid relief will be restricted to the total income for the year. There is a limited opportunity to “carry back” gift aid payments to the previous year, but only in respect of payments made after the year end and before the tax return is submitted. This is a rare opportunity to retrospectively “fine tune” income for optimum use of the rate bands.
- Make the most of your marital status / review your individual and joint shareholdings. Gifts between spouses or those in civil partnerships are not subject to capital gains tax (CGT) and take place on a “No Gain/No Loss” basis. With the annual allowances for CGT dropping to £6,000 for 2023/24 and then £3,000 in the following year, splitting the ownership of investments between you as a married/civil partnership couple can reduce the CGT liability when they are eventually sold. Since the tax-free dividend allowance is also reducing (to £1,000, then £500) this course of action can have more immediate benefits. Moreover, since those with more than £500 of dividend income will need to file self-assessment returns by 2024/25, sharing dividend income might well save the need for that chore. It is estimated that over 4 million shareholders will be caught by these new rules. Alternatively, or additionally, if the shares can be liquidated without triggering a CGT charge, it may be advantageous to sell them and repurchase within an ISA, where they will be exempt from both CGT AND dividend tax in future but again IFA advice should be taken.

### • Watch your tax rates: From 2023/24 these are:

Up to £12,570	nil	NON-TAXPAYER
£12,571-£50,270	20%	BASIC RATE
£50,271-£100,000	40%	HIGHER RATE
£100,001-£125,139	60%	MARGINAL RATE: SEE BELOW
Over £125,139	45%	ADDITIONAL RATE

Many people do not realise that there is an effective 60% band – this arises because personal allowances are reduced by 50p per pound of income where income is over £100,000. The government has made it clear that these bands will not be increased in line with inflation, so many more taxpayers will be affected in coming years.

All this means that careful attention to income levels can be well worthwhile, those in business who may be able to time capital expenditure for best tax effect, but almost everyone can use pension contributions or charitable donations to keep income in the lowest band possible.

**N.B.** This article was written in March 2023 before the Budget, and therefore needs to be considered in the light of any announcements made on 15 March 2023 and before 5 April. For further advice please contact either of the partners Kate Gigg FCA or Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or [kate@kathryngigg.co.uk](mailto:kate@kathryngigg.co.uk).

Mrs K H Gigg FCA

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

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## SNETTISHAM ART GROUP



### EASTER ART EXHIBITION with associated crafts

at the British Legion Hall, Church Road, Snettisham  
Friday 7th to Monday 10th April.

**OPEN from 10.00am until 5.30pm each day**

**Entry Free**

Donations welcomed for the Royal British Legion.  
Telephone Les on 01485 572370 for further details.

## West Norfolk Artists Association

### ART EXHIBITION

**Fri 7th April to Mon 10th April**



**Free  
Entry**

**10 - 4**

'Spring Promise' ©Barbara Cichocka

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**HUNSTANTON  
TOWN COUNCIL**

## Youths Art Competition opens to celebrate the King's Coronation

To mark the celebration of the King's Coronation, children and young people up to the age of 16 in the Hunstanton community are being invited to enter an art competition to draw, paint, or create an original image based on King Charles III's Coronation.

Each child or young person is asked that their artwork be of A4 size and the following can be used: pencil, water colours, tempera, oil pastel, dry pastel and inks.

Projects must be accompanied by a completed entry form including the full name of the contestant (name and surname), age, parent's email, and a contact phone number. Upon submission of the project, the parents shall automatically accept all the conditions set by the organisers (Hunstanton Town Council.)

The competition is being run from Monday 6th March to 12 noon 17th April 2023. Entries should be submitted within the time limits of the competition. Each contestant will be entitled to up to 3 entries. The competition will feature one winner from each age category, each winner receiving a £25 book voucher. Winners to be announced at the Youth King's Coronation Party being held Saturday 6th May 2023 in the Town Hall.

All children and youths entering the competition will each receive a commemorative Certificate of Participation.

Further information can be found on the Hunstanton Town Council website [www.hunstantontowncouncil.gov.uk](http://www.hunstantontowncouncil.gov.uk) or by email to [clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk) or by calling 01485 532403 9am-1pm Monday-Friday. Terms and conditions can be found on the HTC website link:

[www.the-mayors-coronation-art-competition.pdf](http://www.the-mayors-coronation-art-competition.pdf)  
(hunstantontowncouncil.gov.uk)



### **The Mayor of Hunstanton's Kings Coronation Youth Art Competition**



**Opens Monday 6<sup>th</sup> March and ends  
Monday 17<sup>th</sup> April 2023**

**The Mayors Kings Coronation Youths Art  
Competition is in celebration of  
the King's Coronation.**

All entries must be on A4 landscape paper and must  
be delivered to the Town Hall by  
**12 noon Monday 17th April 2023**  
for the attention of the Town Clerk

***All entries will be on display on the Town Notice Board and on  
HTC Facebook pages & website***

Prizes of a £25 book token will be awarded to the winning  
entries by the Mayor Cllr Maureen Howard at the  
Youths King's Coronation Party 6<sup>th</sup> May in the Town Hall

The age categories are:  
Up to 6 years old    7 - 11 years old    12 - 16 years old

For further information or an application form please email  
[clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk)  
Or call 01485 532402



**'Working with the Community'**





## HUNSTANTON TOWN COUNCIL

### Mayor's Award

Do you know a person or group that has made a significant difference to our Town?

The Mayor's Award for *Service to the Community* recognises individuals, groups and organisations who have gone above and beyond to serve their local community.

Nominations open on Monday 13th March 2023. The deadline for nominations is Friday 14th April 2023 at 12 noon.

The Mayor of Hunstanton, Councillor Maureen Howard, said:

*"We want to recognise and celebrate people who have made an outstanding contribution to life in Hunstanton. We are looking for people in the community who go above and beyond to improve the lives of others. Nominations can be for an individual or an organisation who have done exceptional work in their community to improve the lives of others or foster good relationships."*

*"These awards provide a real opportunity for those who have gone the extra mile to be celebrated by the community they support. The people who win the awards are so important in inspiring others to encourage positive community work in our Town".*

To submit a nomination, you can email [clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk) or write in, to The Clerk, Hunstanton Town Council, The Green, Hunstanton PE36 6BQ.

Successful nominees will be invited to attend an awards event at the Annual Town Meeting 26th April 2023 in the Town Hall.

Nominations are accepted in good faith but please provide a supporting letter. An individual or organisation cannot win an award more than once, so please do not nominate a previous winner.

Please note that self-nominations will not be accepted.

Details of the nominator will be shared with the recipient upon request.



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## General Knowledge Quiz

### ANSWERS

1. Barbados.
2. Tornado.
3. Much ado about nothing.
4. Amontillado.
5. Adonis.
6. Colorado River.
7. Madonna.
8. The Mikado.
9. Radon.
10. Avocado.
11. Newfoundland and Labrador.
12. Panadol.

### CROSSWORD SOLUTION

#### Across:

1. Antler
4. Absolved
9. Paired
10. Strainer
12. Also
13. Creep
14. Dams
17. Elephant seal
20. Disheartened
23. Afar
24. Horde
25. Doge
28. Fly-drive
29. Stymie
30. Response
31. Stylus

#### Down:

1. Alphabet
2. Thirsted
3. Ewer
5. Bitter shandy
6. Okay
7. Vandal
8. Duress
11. French loaves
15. Chain
16. Paste
18. Informal
19. Idleness
21. Gaffer
22. Satyrs
26. Ergo
27. Stat




**ANMER SOCIAL CLUB presents:**

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## Borough Council News Heacham, Sedgeford and Fring

Spring is well underway, though, as I write, we have a cold spell and snow is falling. However, Park home residents have received their £400 fuel subsidy at last!

We remain in a drought that has followed us from last year and seems set to continue through this. The agenda for the Environment and Community Panel meeting in February was about water management and flooding

A staff member of the Internal Drainage Boards gave a good explanation of what they did to keep much of West Norfolk from surface water flooding whilst improving the ecology where they could. The cost of maintenance and pumping stations is huge which is why you and I pay a large proportion of our Council Tax to them. As said in a previous Newsletter, this tax burden is, perhaps, unfairly levied on areas such as ours and government, having caused it to be charged locally some years ago, is looking at it again. Interestingly, a recent TV programme reported on recycling surface water drainage back to the land rather than letting it run into the sea. Re-wetting the Fenland will help alleviate drought problems and keep the peat from drying out.

The other presentation, by the Environment Agency, was about flooding by sea water incursion and coastal erosion which has made the news recently along the North Norfolk coast. Adaptation and resilience are the key words which effectively means being 'better prepared for flooding and 'transition' which appears, to me, to be a nod towards the more emotive 'planned withdrawal' from at risk areas.

The second of three resilience actions is 'avoiding inappropriate development in the flood plain'. Taking it at face value means that much of the development proposed or in the pipeline for West Norfolk should not happen as water tables are often high and the height above sea level small. Hence the IDB and sea defences around Lynn. However, the Borough is set housing number targets by the government and the rules are, if you can't build houses in appropriate locations elsewhere then you can build them where they are likely to flood - if you take measures to protect the inhabitants: Raise floor levels; no single storey homes; move power points higher etc.

I mention all this because a second meeting I attended was of the Local Plan Task Group which has overseen the writing and submission of the revised Local Plan. Government Planning Inspectors, at the recent public hearing, effectively threw the Plan back for more work to be done. It is unfortunate that the officers who could have best represented the revised plan at the hearings have all left the authority.

Anyway, a big sticking point was the massive West Winch proposals which put houses in a wet area with poor road links (bid for but not yet secured). The inspectors want more work done on that and 'a housing requirement calculated for designated neighbourhood areas'. This could spell trouble for some Neighbourhood Plan areas as the Borough has told them all that there is no need for development. Before the vultures start circulating here, they can buzz off, because of the Heacham NP accepting already allocated sites not yet built out (Cheney Hill); we more than meet any future fiddling of the books.

Aside from that, planning inspectors should be having their wings clipped as it has been announced several times by Government, specifically Gove, that the housing requirement numbers calculated by the approved formulae, will be a guide only, not a requirement and could be less if local needs can be met or there are problems with development (flooding?). We wait and see.

A third meeting, that of the Member Major Projects Board, discussed, surprisingly, major projects the Borough is involved in. Several of these were red rated against criteria used to monitor them. One of these, the much flaunted carbon reduction scheme which received £3.8 million pounds of public money to reduce the carbon footprint of public buildings. Essentially this meant replacing gas heating with air source heat pumps. Well, a reduction was made but the heat pumps couldn't cope with cold weather so gas was used to supplement them. Consequently, two heating systems have to run in tandem with associated costs. A warning to all who are contemplating putting heat pumps in older properties.

At the same meeting, there was an amber warning for the infamous Parkway housing development due to 'local opposition' and, incidentally, it may prove to be economically unviable (it is another wet site).

Several Town Deal projects are under pressure due to projected cost overruns. As I intimated last month, the balanced Council budget, kept that way by using reserves faces significant challenges.

I have championed the Heacham Neighbourhood Plan in recent issues. I am sorry to have to inform you that an application which failed to meet one bullet point in a policy was approved by planning committee. This was due to several factors; an officer's interpretation was incorrect and defended; too many planning committee members do not understand, still, neighbourhood plans and several members, who do, were absent for legitimate reasons. Planning can be a lottery and this does need to change.

The two related planning applications which straddle Lamsey Lane junction made by Wild Ken Hill will have come to planning committee on the 2nd April. It has always been anticipated that there would be long overdue junction improvements and these applications would enable them to happen. Highways, whilst acknowledging there are problems on the A149 where it meets Lamsey Lane, have said that the developments will have no impact on that junction. I asked (in February) for a Highways representative to be present at planning committee in April to explain their reasoning. To be continued.

Best Wishes.

**Terry Parish**  
Borough Councillor for Heacham Ward  
Leader of the Group of  
Independent Councillors



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## Johann Sebastian Bach: Mass in B minor

Saturday 22nd April 2023 – 7.00pm

St Nicholas' Chapel, King's Lynn

Following their outstanding performance of Handel's *Messiah* in December 2022, King's Lynn Festival Chorus (KLFC) and their conductor, Ben Horden, now present one of the finest choral works in the repertoire.

Bach's towering masterpiece combines technical skill and virtuosity with an inherent spirituality, leading the listener through a remarkable narrative of faith and commitment. Completed in Bach's final year of life, the *Mass in B minor* is the culmination of an extraordinary life of music and the perfect realisation of Bach's endlessly flexible and inventive style.

KLFC is once again joined by the period instrument ensemble Noxwode Baroque, along with an outstanding line-up of soloists: Charlotte Bowden (soprano), Bethany Horak Hallett (mezzo-soprano), Hugo Hymas (tenor), and Frederick Long (bass-baritone).

The concert is on Saturday 22nd April, at 7.00pm, in St Nicholas' Chapel, King's Lynn PE30 1LT.

Tickets £15 (unreserved). Under 16s Free.

Available from the Box Office tel. 01553 764864 or [kingslynncornexchange.co.uk](http://kingslynncornexchange.co.uk)

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**MASS IN B MINOR**

King's Lynn Festival Chorus  
Noxwode Baroque  
Ben Horden CONDUCTOR

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Tickets £15  
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## Hunstanton Croquet Club

Hello everyone

By the time you read this, the season will at last be underway, with the first club afternoon having taken place on the 27th March.

Now we look forward to seven busy months of social croquet on club afternoons; competitive tournaments and coaching sessions. It's like that lovely feeling as a schoolchild right at the beginning of the summer holidays - so much to look forward to.

Thanks to Johnny's hard work in the close season, the lawns have been scarified, fed, seeded and watered and will be in great condition again. I shall have news and pictures to share with you in our regular missives. (Big thank you to the various editors who give us space in their publications.)

Do look out for details of our annual 'Come and Try' day to be held on Saturday 22nd April. We love our sport and want to spread the joy! We very much look forward to seeing some new faces.

All you need to know is on our website:-  
[www.hunstantoncroquetclub.co.uk](http://www.hunstantoncroquetclub.co.uk)

Follow us on Facebook and Instagram - just search for Hunstanton Croquet Club.

**Caroline Harper**



## Hunstanton Croquet Club

Come and try...

Croquet, Cake and Chat

**Saturday 22nd April 1:30 – 3:30pm**

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

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



## Stanhoe & Barwick WI

### Thursday 6th April

Ruth Smith, with her hilarious tales of "Life with Nanny".

### Thursday 4th May

Anne Guymer, "Endurance." An illustrated talk about Oxburgh Hall. This will be followed by our Coronation Tea. Sorry, this meeting is for members only

The Reading Room, Stanhoe. 2pm. Visitors are most welcome. Our charge is £5, which includes refreshments. Please contact Valerie (01485 576261) for further details.



**HUNSTANTON**  
TOWN COUNCIL

## Community Afternoon

Hunstanton Town Council will once again be holding its popular Community Afternoon on 26th April 2023 from 12 noon – 4 pm in the Town Hall.

Local organisations and groups are invited to participate and to present the activities they carry out for the benefit of the local community.

The event should also provide an opportunity for all those attending to recruit new members and volunteers.

Refreshments will be on sale with all proceeds going to the East Anglian Air Ambulance, the Mayor's nominated Charity for 2022/23.

If you would like to participate or discuss the event further, please contact [clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk) or call 01485 532402.

An information table will also be in place for leaflets/flyers for local groups and organisations to display if unable to attend.

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**Community Afternoon**  
**Wednesday**  
**26<sup>th</sup> April 2023**  
**Town Hall 12 noon - 4 pm**  
The idea of holding a Community Afternoon is to provide an opportunity for key organisation, groups, individuals & charities in Hunstanton and surrounding areas to offer their assistance, advice and support to our residents and to showcase what is available in our community.  
Refreshments will be available, all proceeds to the Mayors Charity 'East Anglian Air Ambulance'  
To book or for more information please email [clerk@hunstantontowncouncil.gov.uk](mailto:clerk@hunstantontowncouncil.gov.uk) or call 01485 532402  
Hunstanton Town Council  
Working with the Community

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## Heacham Parish Council Notice Board

### PARISH COUNCIL MEETINGS IN BRIEF

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

The Full Council Meeting for May will be held on Tuesday 16 May 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 be held in the Parish Office. Members of the public are invited to attend committee meetings if they wish.

### PUBLIC NOTICE

The Parish Council has been granted a licence to treat Greylag Goose and Mallard Duck eggs. The licence permits the Council to treat nests on private property in the village, but only at the invitation of the property owner.

The Parish Council's policy of humane management is not a quick fix, but with Parishioners' support of its no feeding request, current numbers can be controlled and the flock can be maintained at a naturally sustainable balance.

The Parish Council continues to urge residents not to feed the ducks or geese. This is particularly important to prevent mother ducks bringing ducklings off the ponds and onto the roads.

*Heacham Parish Council*

Nesting season will soon be upon us and so now is a good time to spot pairs of ducks hanging around on your property, looking for possible nesting sites. If one does lay eggs on your property then let us know and we will send our PMO to come and prick the eggs, so as to try to keep numbers down to a manageable level. Just contact the office, leaving a message if no one is here; also, please make sure you leave a contact number as well as an address.

### ALLOTMENTS

We currently have a small waiting list for our allotments on Sedgeford Road with no vacant quarter plots. Anyone who doesn't have quite enough garden to grow the things they want, could benefit from an allotment. They are as cheap as £10 for the year on a quarter plot. Whilst they do not have running water, our allotment holders, some of many years standing, have devised ways of successfully collecting rain water onsite. You only have to be willing to work the whole of a plot and be a resident of Heacham.

### ELECTIONS 4 MAY 2023

**Do you want to be a Borough Councillor or a Parish Councillor?**

Anyone wishing to stand as a Borough Councillor can find out more at [www.west-norfolk.gov.uk/elections](http://www.west-norfolk.gov.uk/elections). If you are interested in standing as a Parish Councillor, further details are available at [www.nalc.gov.uk/our-work/elections](http://www.nalc.gov.uk/our-work/elections) or you can ask at the Parish Office.

The nomination period for the May 2023 Borough and Parish Council elections begins at 10am on Tuesday 21 March 2023. Nomination papers will need to be submitted to the Returning Officer by hand at the Borough Council office in King's Lynn by 4pm on Tuesday 4 April 2023.

### ID FOR VOTING IN ELECTION

For the first time, residents in King's Lynn and West Norfolk will need to show photographic ID to vote at this year's local elections. Residents are being urged to make sure they are ready to vote in May by checking they have an accepted form of ID. Accepted forms of ID include a UK, European Economic Area (EEA) or Commonwealth passport; a UK or EEA driver's licence; and some concessionary travel passes, such as an older person's bus pass or an Oyster 60+ card. Voters will be able to use expired ID if they are still recognisable from the photo. Anyone who does not have one of the accepted forms of ID will be able to apply for free ID online at [voter-authority-certificate.service.gov.uk/](http://voter-authority-certificate.service.gov.uk/) or by completing a paper form. The full list of accepted ID is available on the Electoral Commission's website, along with more information about the new requirement and details of how to apply for the free ID, at [www.electoralcommission.org.uk/voterID](http://www.electoralcommission.org.uk/voterID). If you are unable to get photo ID then a postal vote may be an option and forms are available in the Parish Office and Parish Library.

### CORONATION CELEBRATIONS

The Parish Council are holding a Ceilidh at the Public Hall on Saturday 6th May to celebrate the coronation of King Charles III. We are selling tickets for £5 per person available at the Parish Office. Entertainment by the Whirligigs Ceilidh Band and 2 callers providing the music and guidance. Thank you very much to Heacham Social Club for allowing us use of the hall free of charge and opening the bar too, which is very generous of them. The dancing is very energetic but also great to watch! We hope that this event will appeal to many of you, but be warned we are only selling 100 tickets.

Sunday 7th May a family picnic day will be held on the Social Club field, with a gift for all children attending.

### Heacham Carnival Parade and Fete 2023

\*\*\* Time to start thinking about your float \*\*\*

This year's Heacham Carnival will be held on Sunday 6th August; please make a note in your diary. More details will be provided in the following months.

### CARNIVAL COLLECTION

Applications for local organisations to hold the street collection at this year's carnival parade should be submitted either in writing or by email to the Parish Clerk.

### 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 to take telephone calls. It is also possible to make an appointment with the Clerk at other times. Please feel free to pop in with any enquiry you may have.

Any queries should be addressed to:

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

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

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

## HELP LINES

### HEACHAM GROUP PRACTICE

01485 572769

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

### OUT OF HOURS DOCTOR

111

For out of hours service, please call the NHS Helpline

### HEACHAM & DISTRICT COMMUNITY CAR SCHEME

534777

### HEACHAM CHEMIST (Boots)

570297

OPEN MON - FRI 09.00 - 18.30, SAT 09.00 - 17.30

DUTY CHEMIST NOTICE DISPLAYED ON DOOR

### HEACHAM PARISH COUNCIL OFFICE

572142

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

STREET LIGHT FAULT REPORT

572142

BOROUGH COUNCIL OFFICE

01553 616200

### BOROUGH COUNCILLORS

TERRY PARISH

07885 258428

STUART DARK

01485 544339

NORFOLK C C

MICHAEL CHENERY

07920 286638

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

07398647119

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

### HEACHAM POST OFFICE

570330

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

### EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL

01553 613613

NHS Helpline

111

DENTIST Emergency only for patients not registered with a dentist

01553 223193

COMMUNITY MIDWIFE (Ask for Hunstanton M/W)

01553 613613

POLICE

101

SAMARITANS Freephone 116123 or (local charge)

0330 094 5717

CHILD LINE

0800 1111

SILVER LINE

0800 4708090

ELECTRICITY (UK Power Networks)

0800 3163105

ANGLIAN WATER

0800 771881

GAS ESCAPE

0800 111999

24hrs VETERINARY CLINIC (Medivet Heacham)

01485 570065

### HUNSTANTON LIBRARY

01485 532280

OPEN TUES WED FRI - 9am-7pm

SAT 9am-4pm MON & THURS - Closed

### HEACHAM CHALK PIT RECYCLING CENTRE

0344 800 8020

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

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

### HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

### HEACHAM HALLS

PUBLIC HALL

570776

PINE RESIDENTS HALL, Wilton Road Pat Toppin

779208

METHODIST CHURCH HALL, Station Road Mike Careless

570363

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

572539

OLD FRIENDS HALL Sunnyside

572142

HEACHAM SCOUT HUT Sunnyside

592041

### MAIN PICK-UP POINTS FOR HEACHAM NEWSLETTER

First Saturday of each month except January.

Jennings Store, Tesco Express, Lidl, Heacham Fish Bar, Post Office, Norfolk Lavender, Ridouts Bakery, Parish Library,

\*\*\*\*\*

### MOBILE LIBRARY

Route DER201 TUESDAY Every Four Weeks

From 20th July 2022

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

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

Bus Enquiries:-

www.lynxbus.co.uk

01553 611955

	34	35	36
	via QE Hospital via Sandringham		
	Coastliner		

### Mon - Sat

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

### Sun

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

\*\*\*\*\*

### Service 36 on School Days

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

### APRIL & MAY 2023

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr. for BST									
Apr 2023					May 2023				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 SA	03 03	5.2	15 12	5.5	1 M	03 18	5.5	15 19	5.8
2 SU	04 03	5.6	16 04	5.9	2 TU	04 04	6.0	16 02	6.2
3 M	04 47	6.1	16 46	6.3	3 W	04 41	6.3	16 41	6.5
4 TU	05 23	6.4	17 22	6.6	4 TH	05 16	6.6	17 20	6.8
5 W	05 54	6.7	17 57	6.7	5 F	05 51	6.8	17 59	7.0
6 TH	06 26	6.8	18 32	7.0	6 SA	06 27	7.0	18 39	7.1
7 F	06 58	7.0	19 06	7.2	7 SU	07 03	7.1	19 20	7.2
8 SA	07 29	7.0	19 39	7.2	8 M	07 38	7.1	19 59	7.1
9 SU	07 58	7.0	20 11	7.2	9 TU	08 14	7.0	20 42	6.8
10 M	08 29	6.9	20 47	6.9	10 W	08 53	6.7	21 31	6.4
11 TU	09 04	6.6	21 29	6.5	11 TH	09 40	6.3	22 32	5.9
12 W	09 45	6.2	22 23	5.9	12 F	10 41	6.0		
13 TH	10 43	5.7	23 42	5.4	13 SA	00 01	5.6	12 02	5.8
14 F			12 07	5.4	14 SU	01 31	5.7	13 26	6.0
15 SA	01 45	5.4	13 53	5.6	15 M	02 44	6.1	14 36	6.3
16 SU	03 10	5.9	15 07	6.1	16 TU	03 44	6.5	15 34	6.7
17 M	04 12	6.5	16 04	6.7	17 W	04 33	6.7	16 26	7.0
18 TU	05 02	7.0	16 54	7.2	18 TH	05 15	6.9	17 14	7.2
19 W	05 45	7.2	17 40	7.5	19 F	05 53	7.0	18 00	7.2
20 TH	06 24	7.3	18 24	7.6	20 SA	06 30	7.0	18 46	7.1
21 F	07 00	7.3	19 06	7.6	21 SU	07 06	7.0	19 27	7.0
22 SA	07 33	7.2	19 46	7.4	22 M	07 38	6.9	20 05	6.7
23 SU	08 03	7.0	20 22	7.1	23 TU	08 08	6.7	20 41	6.4
24 M	08 30	6.8	20 57	6.7	24 W	08 38	6.5	21 17	6.0
25 TU	08 59	6.4	21 33	6.1	25 TH	09 11	6.2	22 00	5.6
26 W	09 31	6.0	22 17	5.5	26 F	09 53	5.8	22 53	5.3
27 TH	10 14	5.5	23 26	5.0	27 SA	10 51	5.5		
28 F	11 30	5.1			28 SU	00 03	5.1	12 07	5.3
29 SA	01 01	4.9	13 11	5.1	29 M	01 13	5.2	13 17	5.4
30 SU	02 18	5.1	14 25	5.4	30 TU	02 15	5.5	14 17	5.7
					31 W	03 09	5.8	15 10	6.0

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