



THE HEACHAM NEWSLETTER

March 2023

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



"Mussel Beds at Heacham Beach", by Michelle Louise Carter

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



**1953 Floods
70th Anniversary Tribute**

Article on pages 28 & 29

The Heacham Parish Library also has
a display of photographs
throughout March

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

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

THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

A voluntary non-profit publication

Readers' LETTERS



Heacham

Dear Newsletter,

Asset Stolen!

A bench table top was removed from The Saltings picnic area over the first weekend in February. It was a well used village asset, stolen from the whole Heacham community.

Cllr. Robert Pritchard



Come and join us at

THE HEACHAM NEWSLETTER TEAM

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 Graphic Design. You also need to have access to or own a computer.

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

We look forward to hearing from you.

THN



Heacham

Dear Newsletter,

Councillor Grant Scheme

I have £700 left to grant to local groups in Heacham Ward. Several people have indicated that they might apply but they have not to date. Grants must be applied for by the 20th March via the Borough Council website – Community Grant Scheme. You need to be a valid body - a club, recognised volunteers, etc and have a bank account for it. Last year money went to the Heacham Horse Show, Heacham in Bloom and a football club.

Apply now to the Borough and tell me that you have. terry.parish@west-norfolk.gov.uk

Terry Parish

Community Coffee
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Heacham

The Heacham Newsletter
Queen Elizabeth II
Your Coronation Memories 1953

The country is looking forward to the coronation of King Charles III on 6th May and joining in with the celebrations.

June 1953 was the last time we had a coronation when Queen Elizabeth II was crowned. With this in mind, have you any memories of this occasion? Perhaps you were lucky enough to watch the ceremony on a television(!) (possibly at the home of a family member or friend who had bought a TV especially for the occasion). May be there were street parties etc happening in the town/village where you lived? Do you have some coronation memorabilia? Some of us were only young children at the time and most local town/parish councils distributed a free coronation mug to children. Do you still have yours?

The Newsletter would love to hear from you with your memories/photos of the late Queen's coronation to share with other readers.

Please email these to the Newsletter at: theheachamnewsletter@gmail.com. Deadline for these to be received by is Tuesday 18th April 2023, so please do send them in. We will publish a selection of these in the May edition of The Heacham Newsletter.

We look forward to hearing from you.

THN

The Heacham Songsters

The Heacham Songsters, who for some years have been presenting concerts to local community groups, residential establishments, etc in and around the area, placed a notice in the local press a year ago announcing we were back in business following Covid. Resulting from this, we gained a number of new 'clients'. However, we still have capacity to deliver some further concerts.

If your organisation has either had concerts from us in the past or would be interested in receiving a concert from us in the future, then please telephone Peter Francis on 01485 534031. Please leave a message if there is no answer.

Additionally, we are always looking for new singers to join our group, particularly men right now to help achieve tonal balance, so if you are interested in singing with a friendly bunch, then please give us a try. You do not need to be able to read music.

We do not charge for concerts. However we combine any donations we receive throughout the year and make contributions to local charities.

Peter Francis



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Heacham in Bloom

Such chilly temperatures have limited work to thinking and talking about plans rather than actually getting out and about. Your photographs of the snowdrops and aconites on Facebook, especially those in the conservation area of the Churchyard, have been so lovely. We, like everybody else, can't wait for the bulbs planted last autumn to appear, trumpeting longer days and warmer weather.

Our next Meeting is on Monday 20th March, 7.00pm at The Fox and Hounds.

Heacham in Bloom Committee
 heachaminbloom@btinternet.com

Heacham Village Yard Sale

Sunday 28th May - 9am - 2pm

A chance for you to make some pennies or grab a bargain! 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

Email - greef25@aol.com or janetrace@jayars.co.uk

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tparish@btinternet.com
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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.

Best Wishes, Terry Parish
 (full name Terence Parish)

*This advert produced and paid for by Terence Parish
 Election Agent : Jim Moriarty, Heritage View, Castle Acre, King's Lynn, PE32 2AJ*

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**



SNETTISHAM GARDENING CLUB

Our next meeting will be on Wednesday 29th March at 7.30pm in the Memorial Hall, Old Church Road, Snettisham, when Richard and Rosie Ernst from Houghton Hall will be speaking about their work there.

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

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CHURCHES TOGETHER IN HEACHAM



It is still January as I sit down to prepare for the March Newsletter. January often feels like the longest of months. I vaguely recall a pop song about it. The days are still short, even though they are noticeably lengthening. The cold snap seems to be hanging around, and life feels a little uphill. The political scene etc. does not bring much succour either and those of us who remember the 1970s are maybe feeling a little uneasy.

However, as I look out to the garden, I notice that the bulbs are poking their heads above the earth. The hellebore is doing a grand job trying to cheer the garden with its flowers. So, I'm reminded that when these musings are read it will be spring and hope springs eternal.

It says in Genesis "As long as earth endures, seed time and harvest, cold and heat, summer and winter, day and night will never cease." Behind these words is the creator of the world. Creation is seen so clearly in spring when the earth renews its trees, plants and bulbs. The same creator sent his Son into the world to bring salvation and hope dispelling the darkness that often pervades. April will bring the Easter story to the forefront and again we will be reminded that the darkness will not have the last word.

So, whether we are in the depths of January or enjoying the delights of spring, or looking forward to the coronation, we can be assured that Jesus is with us and for us. Amen.

Pip Lawrence
Heacham Parish Church ministry team.

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.

March 2023

Sunday 5th March: Morning Prayer
Sunday 12th March: Holy Communion
Sunday 19th March: Morning Prayer
Sunday 26th March: Holy Communion

HEACHAM PARISH CHURCH online
on Heacham Parish Church YouTube 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.

LENT 2023

Heacham Methodist Church and Heacham Parish Church.

Wednesdays 12noon

Short reflective services focusing on Jesus, followed by a soup lunch.

1st March: Heacham Methodist Church: **Jesus the Creator**

8th March: Heacham Parish Church: **Jesus the Healer**

We join with those at the stamp trimathon

15th March: Heacham Methodist Church: **Jesus the Shepherd**

22nd March: Heacham Parish Church: **Jesus the Servant King**

29th March: Heacham Methodist Church: **Jesus the Saviour**

Donation for soup welcome for Christians Against Poverty.

Everyone is very welcome to one, some, or all of these.

Holy Week 2023

Palm Sunday (2/4)

10am Morning Worship

Maundy Thursday (6/4)

7pm Holy Communion

Good Friday (7/4)

10.30am Morning Worship at Heacham Methodist Church

Easter Day (9/4)

6am Sunrise Service – Churchyard
10am Holy Communion

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 @ 10–11.30am

28th March with cake

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

Bereavement Support Group

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

Used Postage Stamps

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

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

Prayer Tree

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

We pray for all who live and work in our village community, for our shops and businesses, our schools, residential homes, surgery, amenities, etc.

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

CHURCH CONTACTS:

St Mary's Church:

Revd Veronica Wilson

(01485) 570697

email: heacham.vicar@gmail.com

St Mary's Church Office: Julie Turner

(01485) 572539

email: heacham.church@gmail.com

Methodist Church: Rev'd Dr Richman Ncube

(01485) 570232

Email: richiemnbcube@gmail.com



HEACHAM METHODIST CHURCH

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

March 2023

We extend a warm welcome to all.




The World Day of Prayer service is on Friday 3rd March at the Hunstanton Methodist Church, corner of Austin Street. Starting at 10am with refreshments, followed by the start of the service at 10.30am. This year's service has been prepared by the women of Taiwan and entitled "I have heard about your faith". It is, as usual an ecumenical service. All are welcome.

Our prayers are with the continued efforts to help all those people affected by the earthquakes in Turkey and Syria. If you would like to make a donation, please go to www.cafod.org.uk/give

If you would like to be on the distribution list for the weekly bulletins straight to your inbox, please send your email address to hunstantonparish@rcdea.org.uk Also, if you are new to the parish, 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.

Unfortunately, the Fair-Trade Company has been placed in administration but Caroline will continue the fair-trade stall on the first Sunday of each month for as long as she has stock. The Pope's prayer intention for March: for victims of abuse: we pray for those who have suffered harm from members of the church; may they find within the church herself a concrete response to their pain and suffering.

We are now looking for people to join our new SVP Conference within our parish. If you would like to find out more information about the St Vincent de Paul Society, please go to 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.



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What did he achieve?
How should we respond?**

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Sunday Morning Services: 10.30am

5th March: Rev Dr R Ncube (Holy Communion)
12th March: Terry Martin
19th March: Marianne Baguley (Mothering Sunday)
26th March: LA

Midweek Communion

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

Bible Study

10.30am Thursday 23rd March.

Fellowship Meeting

2.30pm Tuesday, 28th March - Speaker: Lt Emily Hague (Salvation Army)

Coffee Morning

10am - 12 noon Saturday, 18th March.

Other important dates:-

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

Diary Date -World Day of Prayer – Friday, 3rd March 2023.

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

Lent Services:- This year we are pleased to be joining in ecumenical gatherings with our St Mary's friends – as follows.

Lent Services followed by soup lunches –
Wednesdays at **12 noon**.

1st March – Heacham Methodist Church.
8th March – St Mary's Church, Heacham
(joining trimathon-stamp trimming for EAAA)
15th March – Heacham Methodist Church.
22nd March – St Mary's Church, Heacham.
29th March – Heacham Methodist Church.
Future dates: Ascension Day 18th May 7.00 pm.
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.

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

"Heavenly Father, You call us to love You with all our heart and soul and mind and strength. So when our hearts are troubled and our souls weary, when our minds are confused and our strength seems gone, surround us with your all-sufficient grace and remind us once again how your power is made perfect in weakness; in the one who comes to walk with us, in Jesus, your son. Amen."

(Stephen Wigley, Wales Synod Chair.)

We have regular Rosary prayer meetings at St Cecilia's every Monday from 2pm and there is also a Mothers Prayer group which meet at 2.30pm Monday fortnightly at OLSE. 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. Why not make it part of your Lenten Practices.

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

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

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

Website: www.hunstantoncatholicparish.org

Email: hunstantonparish@rcdea.org.uk
(Please add it to your email address list).

The Parish telephone number is 01485 534675.

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



Another Recipe from The Prudent Pensioner

I recently made a beef and vegetable casserole in my slow cooker; I added extra vegetables knowing there would be some tasty gravy left. Next day I simply put the gravy and vegetables into a jug and, using my hand blender, whizzed it for a couple of minutes, reheated it and enjoyed it as a soup with nice chunky bread. This recipe makes a similar tasty, nourishing soup.

Beef and Vegetable Soup

Ingredients:

50g/2oz Minced Steak
1 medium size Carrot
1 medium size onion
1 medium size Parsnip
1 medium size Potato
Beef or vegetable stock cube
Cooking oil or fat
Salt and pepper

Method:

Trim, peel and thinly slice onion. Trim off ends of vegetables, peel and cut into small pieces. Dissolve stock cube in 500ml of hot water. Add a little oil or fat to a saucepan and, over a low to medium heat, fry onion and minced steak for a few minutes stirring constantly breaking it up.

Remove from the saucepan, cover and keep to one side. Don't worry if you cannot get all of meat from saucepan. Stir in other vegetables and mix well, add stock, bring to boil, reduce heat and simmer for 15-20 minutes, or until vegetables are soft.

Strain off most of liquid into a jug, put aside while you either put vegetables into liquidiser or use hand blender and whizz for a couple of minutes. Return liquid to pureed vegetables in saucepan, stirring gently to mix well, add salt and pepper if required. When all liquid is mixed in, add cooked onion and minced steak, reheat, stirring gently. Turn off heat and enjoy..

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

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

See more recipes on The Prudent Pensioner Facebook page
Email: pru.pensioner@btinternet.com

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Heacham

Dear Newsletter,

NHS

In the present climate of what seems to be universal industrial action, it is easy to feel the inconvenience and dismiss it all. Having spent my working life as a teacher and sole earner to a family of four with a mortgage, I find it hard to accept that teachers must demand a salary increase of the size they want or have to rely on food banks. I find it hard to accept Mick Lynch (We're the working class and we're back) on a 6 figure salary making his demands.

There is, however, one sector where I have far more experience than I would have wished, which, however, I feel gives me some right to have my say, and I'm referring to our fantastic NHS.

In 2019, I underwent a AAA at Addenbrookes - literally a life saver. Then, at Queen Elizabeth Hospital, King's Lynn, the biopsy which had been delayed due to risks before the AAA; that was followed by a course of hormone therapy and radiotherapy at Norfolk and Norwich. Then at the end of January, an emergency call via 111/999 led to a stay at QEH, in the news unfortunately for all the wrong reasons - it is literally falling down round our ears while we wait for our long overdue new hospital.

My knee became swollen and painful to the point I could not walk during Sunday. At 5pm I gave in to the pain, and phoned 111. I was told it was a busy night but they would get back when they could. I phoned again soon after, as the symptoms were getting worse. At 2am the call handler phoned back - he had spoken to the doctor, who obviously picked up on something and said 999, immediately. At 5am the ambulance service informed me I was on the list but could face a wait of 7 hours or more. At 6.30am the ambulance arrived and I was in A & E by 9am on Monday. By 11am I was with a doctor and my knee x-rayed; there was some delay, but the Osteopaths saw me by 4pm, and said the knee had to be aspirated - doesn't sound bad, but painful in the extreme when it happens. The consultant saw the result and admitted me - as urgent, first operation on Tuesday. The knee was sluiced and drained via keyhole, and I was put on a heavy dose of penicillin via IV four times a day.

It seems I had somehow picked up a heavy dose of staphylococcus, which could have led to sepsis, amputation, death, if not dealt with, as I found out later. Sufficient to say, prompt action has put me on the road to recovery at home, still on a heavy dose of penicillin tablets, twice a day.

During my stay in hospital, I met what I can only describe as an army of angels - consultants, registrars, nurses of various grades, Health Care Assistants, auxiliaries, college students on work experience, domestic staff. OK, to be totally honest, there were one or two agency staff, mainly on night shift, who seemed to lack a degree of patient empathy - as one HCA commented, "You have to care to be in this job; if you're only in it for the money, you're in the wrong job." I say one or two; the vast majority of agency staff were every bit as caring and professional as permanent staff.

They care for us, feed us, wash us and yes, even wipe our bums when we can't manage; I saw them put up with misogynist, racist, physically threatening abuse from patients with dementia, or suffering a bad reaction to anaesthetic, or short temper from those of us who find that our own suffering makes us rather selfish and forgetful that there are others whose need is at least as great as our own. They know when to cajole and when to bully when getting out of bed and getting moving is just too much trouble. And they do it all with the same caring, smiling cheerfulness that lets us know that everything will be alright.

I realise that every pay rise has to be funded from somewhere, and debate goes on as to whether more money in the NHS is the answer, or better use of what there is. But I have to say from my experience, while the powers that be ponder on these questions, we have a dedicated body of caring professionals who deserve to be front of the queue to get all they ask, and who are surely a more deserving case than many others at present taking action.

Pete Widdows



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Book of the Month

'Just One Damned Thing After Another' may sound like a comment on the state of our world at the moment, but this is the first title in our featured series of books for March. The Chronicles of St Mary's written by British author, Jodi Taylor, tells of a group of disaster-prone professional historians who travel far and wide and across different centuries to investigate a range of well-known historical events in contemporary time. The books' main protagonist is Dr Madeleine 'Max' Maxwell and it is very easy to become completely hooked on this unusual, fun and interesting series. Sometimes it is good to read something completely different - why not try it!



Book Sales Table

We are keeping our suggested donation for second hand books at only 20 pence. Books vary in topic from novels to biographies and non-fiction - always worth a look.

Displays

This month we are continuing to feature our small display marking the 70th anniversary of the 1953 floods, with particular reference to its impact on Heacham. Thank you again to all who have contributed. If you haven't been to see the display yet, please call in - this is free to view and available to everybody during normal library hours.

Happy Reading!

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General Knowledge Quiz

AIRPORTS

- Which international airport in Canada shares its name with a male goose?
- In June 1978, the UK Group 'The Motors' had a No. 4 hit with which song?
- Which European city is served by Marco Polo airport?
- July 1976 saw an Air France plane hijacked at Entebbe airport. It was released by Israeli Special Defence Forces in operation 'Thunderbolt'. In which country is Entebbe?
- Who wrote the best-selling novel 'Airport' first published in 1968?
- Which legendary footballer is remembered in the name of the airport serving Belfast?
- About 75 miles W.N.W. of London in Oxfordshire. Which is the RAF's largest station?
- In the 2004 film 'The Terminal', Tom Hanks played the displaced person Victor Navorski who became stranded at which airport?
- Which airport in Georgia USA, is the world's largest passenger airport and home for Delta Airlines?
- What was the previous name of Doncaster-Sheffield airport commemorating which legendary hero?
- In which country is the world's most northerly international airport situated?
- Speke airport in NW. England changed its name in 2002 to honour which peace activist and musician?

Answers on page 35

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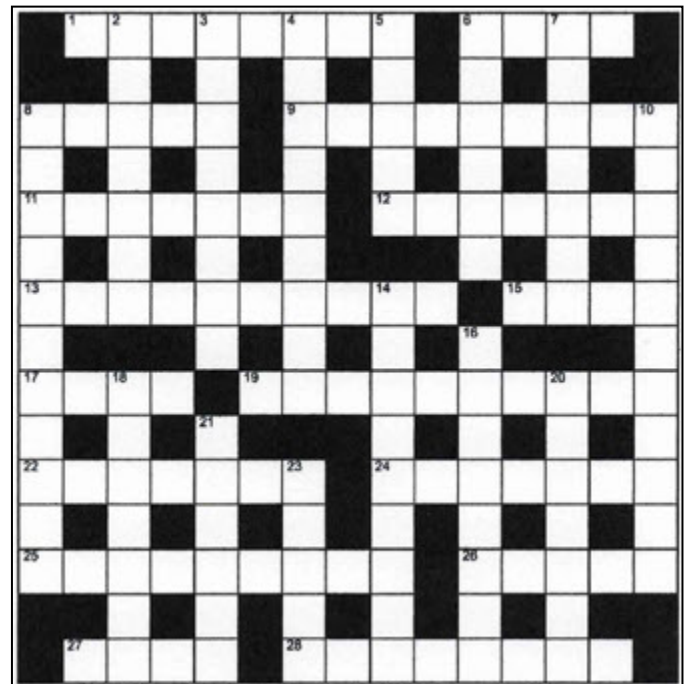
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MARCH CROSSWORD



CLUES:

Across:

- Gastronome wasting little time over dish for waiter in theatre (8)
- Sign on to receive one (4)
- Item of clothing that is all the rage in the suburbs of Delhi (5)
- I cut mortices having equal dimensions (9)
- Entrance is round front – goes to back with letter? (7)
- Choose artist to depict Greek heroine (7)
- Suggest old lodge should be snapped up, to no avail (10)
- Current marketing exercise starts at the top (4)
- Open up with key (copy) (4)
- Where one might have signed on before job spotted (6,4)
- Food similar to tripe? (7)
- Verdi follower woman interrupts and vexes (7)
- Abandoned EU mourn no more for big cheese (6,3)
- Hot drink is extremely tasty with rum in it (5)
- Stuff being first one out, that hurts! (4)
- With a slight touch, Eddy triggers lock (4-4)

Down:

- Vessels head up to Gulf as a temporary measure (7)
- Old clothes cause a single male to burst into tears (8)
- Assign old engineer to make something like a trombone slide (9)
- Quickly return wingless jet to hanger (5)
- Spread out work and finish around five, latest (6)
- In Morecambe there is grass all over the place (7)
- On the road to gun club (7,4)
- Fail fifty first-years seen in bar all the time (11)
- Partial to suits? That is open to contention (9)
- Main route between Italy and the Balkans (8)
- Fruit gathered after fall (7)
- Norman was one when first arriving here (7)
- Pig heading for butcher's takes flight ... (6)
- ... check most of surrounding area (5)

Solution on page 35

The Saltings

A little reminder where and what The Saltings are. Located on land behind Heacham north beach, The Saltings were designated a County Wildlife site in 2000. The reed bed is a priority habitat in the Norfolk Biodiversity Action Plan; it is the only remaining wild open land behind the beach and after 20 years it is a well established and used asset in our village identity.

The title was passed to Heacham Parish Council from the Crown Estate so that the area could be protected from encroachment and fly-tipping. It is the intention of the Council to preserve this sanctuary for future generations. There is a dense stand of reed and occasional patches of willow-herb, false fox-sedge; there are species such as wild carrot, tufted hair grass and buckshorn plantain. Wildlife seen in the past year include Muntjac deer, voles, green snakes, lizards, etc not to mention countless species of bird life.

This year we have a new addition to the amenities on site, a bird watching hide for anyone, from the most enthusiastic twitcher to the novice bird watcher, to view the birds and wildlife towards the north to Hunstanton and eastwards whilst hidden from sight. The hide, built by a small group of Heacham Parish Councillors and parishioners, was funded by a Community infrastructure levy grant and is now open all the year round for you to enjoy. There are a few outside ground work projects to put in place, hopefully that will be complete before the summer.



Cllr. Robert Pritchard.
Chairman, Natural Environment Committee



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First week of Auditions

RETURN of the MUSICALS

After a fantastic run of the Pocahontas Players Panto 'Jill and the Beanstalks' the group were feeling both daunted and excited on the reading of their Summer production. Jeannie Tooley has cleverly adapted 'Dirty Dancing', 'Oklahoma' and 'Grease' into 3 sections for the first half of the production. After the interval, a one hour adaption of 'My Fair Lady.' The group are feeling quite daunted on the work that has to go into this production (on a quick mental count there will be approx 75 costumes alone!) but also feel very excited that they are stretching themselves to bring this together for you all to enjoy.

The scripts have been printed and we have had a group read through. The 3 weeks of auditions have been done. At one point the casting panel had 25 members auditioning for 4 roles! (Very difficult indeed.) Rehearsals have now began, lots of acting; lots of singing; lots of dancing; lots of fun. We will keep you up to date with how rehearsals are going.

Return of the Musicals –
held in Heacham Public Hall

Dates for your diaries - Friday 2nd June 7.30pm
Sat 3rd June 2pm AND 7.30pm

If you would like to reserve your seats? Numbers to ring are:-

01485 570402 or 01485 571267

Janice
(ADMIN for the Pocahontas Player)



Above; The group reading of the Script.
(Janice Curtis)



Above; First week of Auditions



Jeannie sorting out 'Hot off the Press' scripts.
(Janice Curtis)

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Jubilee Trees for Norfolk

Council, Wildfowler and Parishioner Volunteers came to help with the planting of 100 trees at the Millennium Wood, located at the Chalk Pit, on Saturday, 11th February as part of the Queen's Platinum Jubilee celebrations in 2022.

The Jubilee trees for Norfolk offer support to the Council's One Million Trees for Norfolk initiative and The Queen's Green Canopy. We were given tree packs of hawthorn, spindle berry, crabapple, hazel etc.

I would like to thank everyone involved in this unique opportunity, planting a tree for Norfolk. Well done.

Robert Pritchard



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Heacham FC



THE TEAMS

The first team are still sitting proudly at the top of the Thurlow Nunn Division 1 North League and the good news is that they are now a point ahead of Framlingham Town and also have a game in hand. Downham Town are still a threat in the play-offs and the home game v Downham (11th March) could play a pivotal part in the final positions in the league table come the end of the season. I think there may be many more twists and turns before the end of the season but with a number of home games to come, it is important to get behind the team. So please come down to the Sports Field, Station Road and give them your support. Recent results have been as follows:-

Diss Town drew 1-1 away
Huntingdon Town won 3-0 away

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

Sat 4th March v Whittlesey Athletic home
Sat 11th March v Downham Town home
Sat 18th March v Debenham LC home
Sat 25th March v Whittlesey Athletic away
Tues 28th March v Holbeach United home - under the floodlights ko 7.45pm
Sat 1st April v Cornard United home

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

Also good to report that the Reserves still sit proudly at the top of the North West Norfolk Division 1 league. They have a 2 point advantage ahead of Ingoldisthorpe. Recent results have been as follows:-

Marshland Saints won 4-2 home
Terrington Tigers - game postponed, Terrington unable to field a team. This will go down as an away win to Heacham.

The Reserves started their League Cup campaign in fine form and recorded an excellent 5-0 away victory against Watlington Res. In the quarter final they have a home tie v Docking Rangers on Saturday 18th February k.o.2pm (a full report will be in April's Newsletter).

Up and coming Reserve league fixtures:-

Sat 25th Feb v Ingoldisthorpe away
Sat 4th March v Docking Rangers home **note may be subject to change**
Sat 11th March v KLSC Res away

Note:- All above k.o. 2.30pm

Admission Prices - Season 2022/23 (for 1st team matches)

Adults £5
Concessions £3
Under 16s £1
(payment: Cash or Card)

Match day programme £2 (payment: cash only)
(only issued for 1st team games).

Please remember that entry to all Reserve matches is free.

Matchday Catering (1st team games only)

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

Sponsorship/Advertising

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

Cost is £75 and includes your name/business or company name on the front of the programme, free entry and programme. Refreshments will also be included in the package.

For further information/details please contact Duane Gowen by email:- 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 family type atmosphere and we would love you to join the "Heacham Family".

Supporters Club

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

Currently membership is still available for the remainder of the season (and you will be included in any future "free" prize draws) and the Facebook page now has grown to currently 509 followers. I am also pleased to confirm that the Supporters Club are also on twitter.



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

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

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

The January winners of the "new" 50/50 Club for 2023 were:-
 1st prize - £45 - No.6 - Meril Newell
 2nd prize - £22 - No.116 - Jennie McPhillips
 Congratulations to both our winners.

February's draw took place at half time during the 1st team game v Swaffham Town on Friday 24th February. Details of the winners will appear in the April issue of the Newsletter.

The next Supporters Club Members "free prize draw" also taking place on Friday 24th February. Again details of winners will appear in the April issue of the Newsletter.

‘COME ON HEACHAM’

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

Our New Pavement Walkway

This is a long awaited refurbishment to the walkway on Station Road by the Recreation ground. It now gives a decent width, allowing push-chairs, prams, etc to negotiate the footway where cars used to park.

Robert Pritchard
 Parish Councillor



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Walkfit is a fabulous class for getting in those steps! You can get as many as 4000 steps in in just one 45minute session. The music is motivational with a different theme every term. Motown, Disco and Latin to name a few genres. With easy to follow choreography, Walkfit is an ideal class for most.

Seated fitness is a great way to ease back into exercise, or if floor or standing work is not obtainable for you. We use a combination of varying equipment, from weights, bands and balls to help improve mobility, flexibility, balance, posture and strength.

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2023 Timetable

Mondays - Heacham

9:45 FitSteps

10:45 Fitness Pilates

12:00 Walkfit

12:45 Seated Fitness

Mondays - Ingoldisthorpe

18:00 FitSteps

18:50 Fitness Pilates

Wednesdays - Rudham

9:00 Walkfit

9:50 Stability ball

18:30 FitSteps

19:20 Fitness Pilates

Wednesdays - Fakenham

11:30 Stability ball fitness

12:30pm FitSteps Beginners

To book - jaimefitsteps@gmail.com

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Millennium Wood

Disrespecting our Natural Environment

The Village amenity in recent months has been used by many dog walkers who do not pick up after their dog has fouled. It is causing concern in the community and to visitors, the amount of litter, drinks cans and dog poo being discarded. Please take your litter home; there is a dog bin on the way out by the gate.

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SUNDAY 19th MARCH, 12:00 - 4:00 PM
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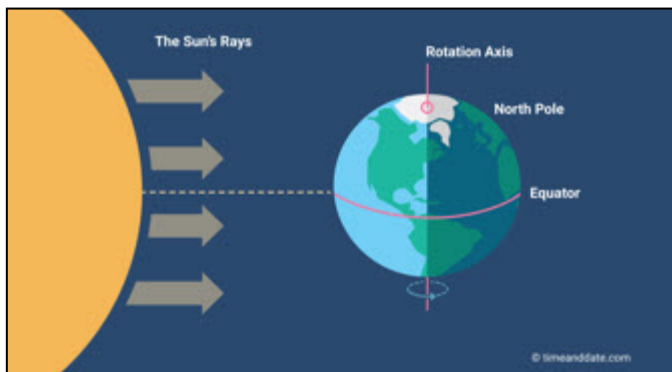
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HEACHAM MANOR HOTEL, HUNSTANTON ROAD, HEACHAM, NORFOLK PE31 7JX



Hare today and gone tomorrow; Spring Marches upon us. The 20th is the Spring Equinox when day and night are equal in length. It happens at 9.24pm. And don't forget to 'Spring Forward' as British Summer Time starts at 1am on the 26th.



Equinox, day = night due to the Earth's axis being at right angles to the Sun's rays. Internet

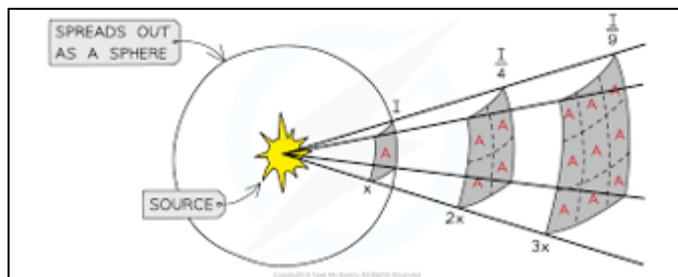
A comet at the end of January and the first half of February made the news, it was green and only appears every 50,000 years. I never mentioned it as comets rarely live up to expectations. At the time of writing, 11th Feb, I still haven't seen it, though circumstances limited my own observation opportunities. I will persevere but clouds are back. I do know people who did see it and had wonderful photos so it must be there! (It is still around the first half of this month but much fainter).

This month begins with the note I made at the end of last month; on the 1st a very bright (magnitude -4.0) Venus is very close to a much fainter Jupiter (mag 2.1). I did view Venus last month when it was just over the top of a neighbouring bungalow and it was nice to scan from that along an arc which ended over my head. That's where Mars lay and, in between was Jupiter. You will be able to make a similar move this month, though Jupiter will be much closer to Venus as the gas giant heads ever closer to the western horizon, vanishing by the end of the month.

On the 23rd, there is a nice alignment of Jupiter, Venus and the crescent Moon. Catch it early, from 6pm, before Jupiter slips below the horizon. The next night, around 7.30, the crescent Moon is much closer to Venus. The last time I saw that, the sea nearly breached the dunes at North Beach.

Venus will get higher as the month progresses and, by the end, won't set until 11pm, so the goddess is obviously partying on.

Shy Uranus is close to Venus in the last week. It is faint at magnitude + 4.8 and this month is the last decent opportunity to try to find it. Good, steady binoculars on a clear night should do the job. A blue dot floating in infinite darkness (though Venus will spoil that).



The Inverse Square Law which all energy abides by. Internet



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

Mars is still around but much fainter than in earlier months. The Earth has sped away from it and distance means everything; brightness diminishes by the square of the distance – double distance divide brightness by 4, treble distance divide it by 9. And, as the alignment of outer planet, Earth and the Sun deteriorates so less light is reflected from the planet.

Anyway, Mars doesn't set until the early hours and it will be a little below the fat crescent Moon on the 28th. 8pm-ish would be a good and civilised time to look.

A little stargazing to do. Look due north between 10 and 11pm and about a third of the way up the sky try to make out a gable ended house – Cepheus. Just to the west of this is, perhaps, the more easily recognisable W of Cassiopeia. Just below Cepheus, where the sewer to the house might be, is the Garnet Star.



Cepheus sharing the sky with other notables. Note the position of the Garnet Star. Internet

This star is 1,000 times bigger and 100,000 times brighter than our Sun. It transcends supergiant, it is a hypergiant. Dim in our skies because of its distance of, maybe, 3,200 light years (according to Gaia space telescope). Its distance appears controversial as different techniques produce different results. It is variable and on the path to becoming a supernova – it will revert to a different type of star and then explode.

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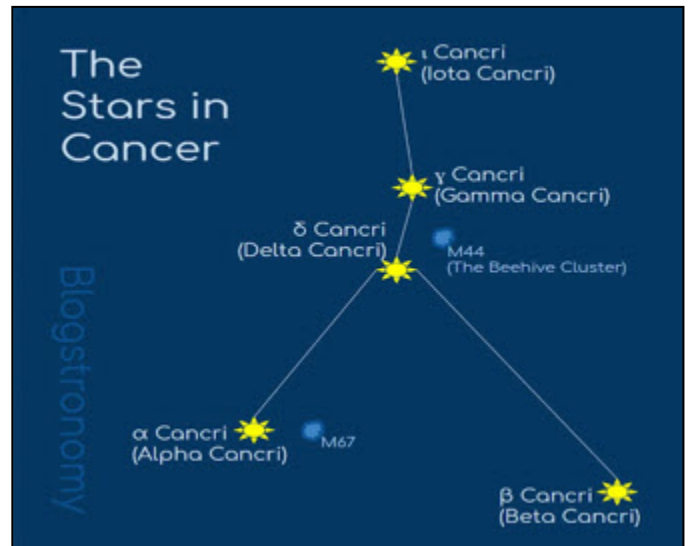
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Right; Read the following paragraph and use this diagram as an aid too. Internet



Look south, back to the ecliptic, and follow it from Venus, through Mars. On that line, almost due south will be the centre of Cancer, a three-legged pattern of stars. Just above the centre you may see a faint fuzziness which is the buzzing bees of a cluster of stars (Beehive cluster or Praesepe which means 'The Manger'). Steady binoculars will reveal them. There is a mixed bag of around 1,000 stars ranging from red giants to white dwarfs about 600 light years distant. The cluster has similarities (spectral type, mix, age) to the Hyades cluster which will be well over to the west, above and beyond Orion. They may have started life together, or not.



Messier 44 is what I am talking about above. Messier 67 is a much fainter cluster as it is around 3000 light years distant. It is called the King Cobra or Golden Eye Cluster. Internet

I went to a talk on the history of Chinese astronomy, which was not influenced by Greek mythology. Ancient Chinese names for patterns in the sky are more prosaic. They have animals, parts of buildings and references to emperors. They do have a dipper which refers to a rice dipper, not a big. The Chinese noted events in the sky accurately, several thousand years before the West.

A miscellany:

The failed satellite launch from Cosmic Girl, operating from Spaceport Cornwall, was due to 'an anomaly' which covers all possibilities I suppose.

There is enough wind at Mars's poles to power wind turbines; Octopus will need a long cable though.

It is possible that if you travel through a wormhole to a far-off place in the universe you could send a message back through it. However, the wormhole would then collapse and you couldn't return so 'Goodbye' seems an appropriate communication.

Make the most of dark evenings as they will soon vanish. Catch Venus and the Moon together and think of a suitable message to send as you travel through that wormhole.

Stop Press. Report any balloons you see!

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Time to get Walking again!

With Spring on its way we start to think about getting out to walk in the beautiful English countryside again, but where to find new and interesting walks?

Walking in Norfolk –

<https://www.walkinginengland.co.uk/norfolk> has loads of walks to download and print, free. It also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group, all the information is there in one place.

John Harris (who maintains the website) said “There is so much walking information on the web but it is difficult to find. Walking in Norfolk (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you.”

With walks from half a mile to twelve miles plus long, and a note of suitability for push chairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

www.walkinginengland.co.uk
john@walkinginengland.co.uk

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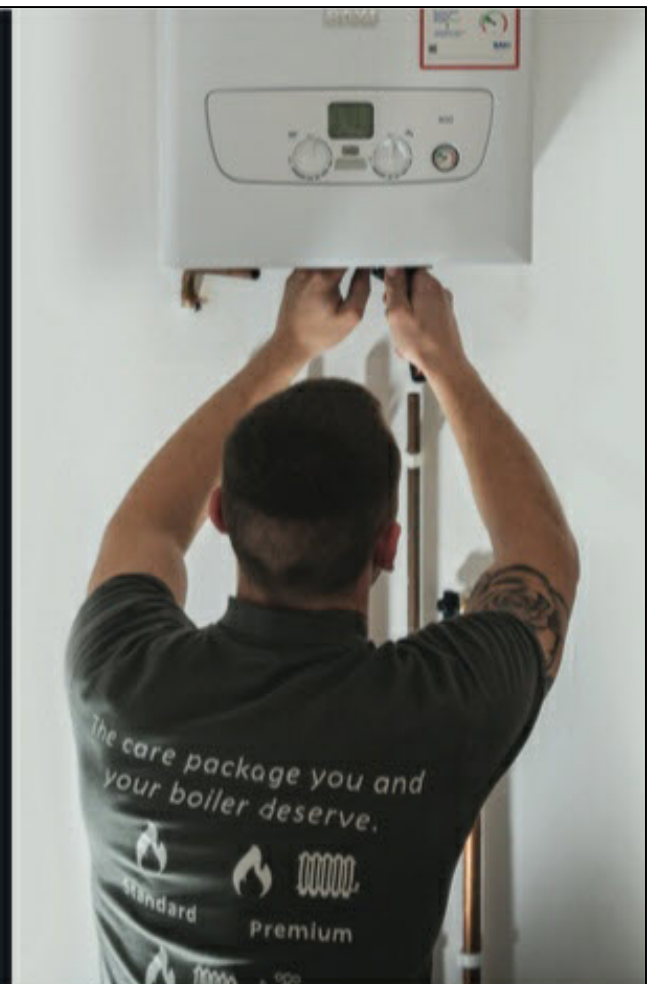
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Three Local Artists Exhibiting in King's Lynn

Three local artists are exhibiting at the end of this month at Purfleet Brasserie, just off King Street, 50 yards from the Customs House in King's Lynn. Kerry Long and Michelle Louise Carter both from Heacham, are exhibiting alongside Snettisham based artist Helena Anderson from 26th March to 7th May. It's an exciting opportunity that is curated by the West Norfolk Artists Association of which all three artists are members.

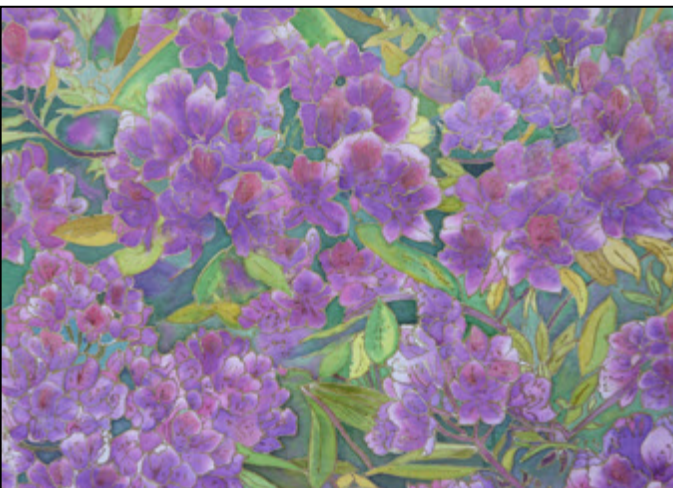
Kerry largely paints landscapes, and has a wide range of recurrent themes running through her work. Michelle Louise is a sea and landscape oil painter who has recently been experimenting with hand-made charcoal. Helena is mainly known for her portraits, specialising in horses and dogs, but on this occasion she is exhibiting a range of colourful silk paintings.



Above; "Cherry Blossom", acrylic on canvas, by Kerry Long



Above; "Seydisfjordur, Iceland", hand-made charcoal on card, by, Michelle Louise Carter. Below; "Rhododendrums at Sandringham," painted on silk, by Helena Anderson.



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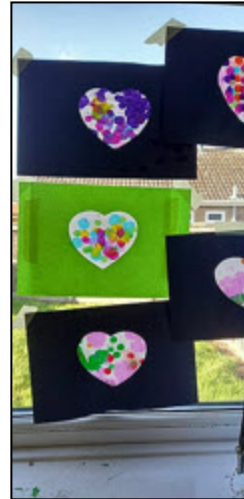
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Sallywags Parent, Baby & Toddler Group

Last month's left behind sun catchers at Sallywags! And how lovely that there was some sunshine to catch, with blue skies too - Spring is on the way!



A HUGE Sallywags thank you to the Trustees of Heacham Pools Land Charity both for a listening ear and a very generous recent donation: securing the continuity of Sallywags Parent Baby & Toddler Group to be available for all Heacham families to make friends and play on a Wednesday morning! We are so very grateful!

Sallywags Parent, Baby & Toddler Group meets term time Wednesdays. Lots for you and your little ones to explore -from paint to puzzles - books to bricks - swings and slides on garden days and much more! Find us at The Scout Hut, Sunnyside, Heacham from 9.30-11am! Snacks for the little ones, cuppas for the big ones. Pop along for a play! We ask £2.50 a family - if that feels okay; if that doesn't feel okay then please just come along anyway - we'd love to see you.

Jo
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WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

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

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

Walkfit 12noon 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 Flower Club 2.30pm every 3rd Monday January – November. For info tel Joy Waldron 07594616597 (MC)

Strength & Balance Class 4.40pm Hunstanton Conservative Club.

Walking Football for the over 50s 5pm Astroturf pitch at Heacham Social club. For more information contact Heacham Walking Football on Facebook or Steve Watson on 07931 383401.

Football Under 14's 6-7pm Contact Jason 07867527706 (HSC) playing fields

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

Hunstanton Bridge Club 6.45pm for 7pm Online Pairs with RealBridge. See 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 or ring 07802 879976.

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

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

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

TUESDAYS

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

Norfolk & Waveney Mind - Rest in the Community Hub 10:00 - 2:30 Mental Health Drop In Support and 10:30 - 2:30 Recovery Support Group at 4 Poplar Ave. tel 01485 572707

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

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

Gentle Pilates and Exercise Class (seated) 10.15am and 11.15am Dersingham Methodist Church Hall. Contact **Anne** on 07717333234, or email activelhealthpam@gmail.com

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

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

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

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

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

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

The Fellowship 2.45pm Every other Tuesday (MC)

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

Norseman's Boxing Gym Jnr 6-7pm £2 and Snr 7-8pm £3at Unit 12 Heacham Hall Ind Est. geezersales@btinternet.com

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

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

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

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

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

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

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

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

WEDNESDAYS

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

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

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

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

Scrabble 10am Hunstanton Conservative Club.

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

SAVE THE DATE

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

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

Heacham Little Dragons Korean martial arts of self defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)

Heacham Beavers boys and girls aged 6-8yrs, 5.30pm-6.45pm (term time only) call 07788 888921 (SG)

Tai Chi & Kung Fu 6-7.15pm-Childrens Kung Fu 7.15-8.15pm-Adult Tai Chi 8.15-9.30pm-Adult Kung Fu Tel:Derek 01553 674779 (PRH)

Kundalini Yoga 6.30pm-7.30pm at Ringstead Village Hall. Contact Gail on 07837 761724

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

Fire Cadets at Hunstanton Fire Station 7-9 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07710 066145

Whist 7pm Hunstanton Conservative Club

Heacham Boxercise 7.15 - 8.30pm males & females 14 yrs +, £4 per session (first one free). Contact heacham.boxercise@gmail.com (SG)

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

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

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

THURSDAYS

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

Table Tennis Club 10am (PH Top Room)

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

Coffee Morning 10am - 12noon (2nd & 4th Thursdays) at The Salvation Army, Alma Road, Snettisham

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

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

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

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

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

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

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

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

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

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

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

Football Under 7's, 8's, 9's, 10's 4.30 - 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 **Social Evening** 2nd Thursday monthly 7.30pm (MC)

RAO Buffaloes 7.30pm (HSC Top Room)

Poker Games (league)7:30pm United Services Club

Cash Bingo 8pm at United Services Club

Quiz Night Cash Prizes 9pm at Fox & Hounds

FRIDAYS

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

Wool Crafts 11 am Hunstanton Library 01485 532280

Lunch from 12noon - 2pm at United Services Club. Varied menu. To book - 07901 524778

Raffle 1pm Hunstanton Conservative Club

Indoor Bowls Club (Carpet) 2.30pm (MC)

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

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

Norseman's Boxing Club Jnr 6-7pm £2 Snr 7-8pm £3 Unit 12 Heacham Hall Ind Est. geezersales@btinternet.com

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

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

West Norfolk Tai Chi Chuan -weekly local Tai Chi classes www.west-norfolk-tai-chi.com for information.

SUNDAYS

Sunday Masses 9am Mountbatten Rd, Dersingham and 11am Sandringham Rd, Hunstanton. Catholic Parish 01485 534675

Sunday Lunch Carvery from 12noon - 2pm at United Services Club. One course for £9.95, two for £12.95, To book - 07901 524778

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

Sunday Social Afternoon 2pm - 4pm last Sunday of each month, Dersingham Village Centre. Chat, cards, games and coffee shop.

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60s onwards. 8.30pm.

SAT 11th - KENNY KEE & HUSTLER
60s onwards. 8.30pm.

FRI 17th - ST PATRICK'S DAY CELEBRATIONS
With Brian Mann singing your favourite Irish songs. 8pm

SAT 18th - LAURIE HAYLEY DUO
All Eras. 8.30pm.

FRI 24th - QUIZ NIGHT
£50 First Prize. £4 per person including supper. 8pm.

SAT 25th - DEANO SINGER
Alleras. 8pm.

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OTHER EVENTS.

March

March Events at Anmer Social Club. For info see www.anmerclub.co.uk, facebook.com/AnmerSocialClub or email events@anmerclub.co.uk

Club opens 30 mins before event start time.

Monday 6th 7.30pm Bingo Night £6.60 for a book of 10 cards & £1.75 for a "Flyer Card".

Friday 10th 7.30pm Film Night 'Fisherman's Friends: One and All', £4.

Saturday 18th 7pm Fun games evening, Free.

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

Monday 13th March 2pm Sedgeford Village Hall, The Arts Society Lecture: "Artists' View of Australia - Aboriginal, Pioneer, Botanist and Impressionist" by Caroline Holmes. www.theartsocietynwnorfolk.org.uk

Monday 20th March 7.30pm Community Hall, Hunstanton, u3a Saffron Summerfield will be taking us on a musical journey from Milton Keynes to Mississippi! Please go to the u3a website at www.u3asites.org.uk/hunstanton for further information

Saturday 25th March 7.30pm Village Screen Cinema, Amy Robsart Hall, Syderstone. 'The Lost King' £4. To book 01485 578181 or syderstonecinema_ARVH@outlook.com

Tuesday 28th March 7.30pm Dersingham Village Centre film 'The Duke', £6, under 16's £3 (includes tea/coffee/squash)

Wednesday 29th March 10am - noon Community Coffee Morning and More, Old Friends Hall.

Wednesday 29th March 7.30p, Memorial Hall, Snettisham, Snettisham Gardening Club, Richard and Rosie Ernst from Houghton Hall will be speaking about their work there. Further info can be obtained from Gail 01485 541279 or Adele 01585 544754.

April

Saturday 22nd April 'Come and Try Day' at Hunstanton Croquet Club.

May

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 or Janet Race - 07940851772, janetrace@jayars.co.uk

March Hare?!!

Mad about modelling?

Having been born in the city of Edmonton, Canada, I was baffled when a friend told me about the Mad March Hare and suggested my incorporating it into this article. Of course I'm familiar with the March Hare in Alice in Wonderland but isn't it the Hatter that's Mad?

So what does google say? The March Hare is indeed mad (as a hatter?). Maybe that's why they make such a good pair. :-)

Hare behaviour mostly seen in March includes boxing matches, jumping around, running in circles and crazy chases. This madness is the hares mating ritual.



The hare has also become a favourite theme in my clay modelling class and some people are mad about making one. Modelling isn't restricted to hares. Other animals, the human figure, imaginary characters and monsters or even abstract shapes can be modelled out of clay.

Clay modelling is one of the most rewarding ways of doing sculpture and it is actually quite safe. In contrast, with carving, everything you do is finite. Once something is removed there is no putting it back.

The beauty of modelling is that you can experiment without committing to what you have tried. If you don't like it or it doesn't seem right, you just take it away and try something else. You get to put your hands into the clay and get a feel of the material — push, pull, squeeze — move it around.

First, the rough shape is blocked out. Then more detail is added. This is refined, again through adding and taking away, until the piece is 'declared finished'. It is a very personal process that should not be rushed but enjoyed. It can also be very meditative.

Once the sculpture is completed, it is dried to leather hard. Then it is cut in half and hollowed out. The two halves are joined together and finished again around the

When the sculpture dries it can be fired. Usually I fire slowly to a lower temperature (bisque or bisquit) to give everything the best chance of getting through the firing. (So far everything has come through well.) This also gives the opportunity for further steps such as adding colour before firing to the final temperature.

Here are a couple of quotes from people who have taken my course:

"I thoroughly enjoyed my first attempt at ceramic sculpture and was well pleased with the result. I have tried throwing pots on a wheel before but under Esther's guidance managed to create my arctic hare sculpture."

STUDIO @ 55

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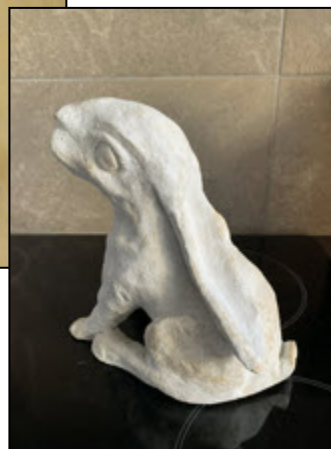
Left; Hare work in progress 1



Right; Hare work in progress 2



Left; Hare after bisque firing



Right; Arctic Hare, finished with white underglaze



Left; Hare works in progress!





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1953 Floods 70th Anniversary Tribute

For the 65th anniversary of the East Coast Floods, I wrote an article for the Newsletter about the disaster as experienced by the crews at Heacham Fire Station. In particular, I told the story of one of the appliances and its crew who were caught in the flood water whilst attempting to reach Snettisham beach.

For this year's 70th anniversary, the son of one of that crew decided to pay tribute to those men and to remember those who perished, in a unique way. Jon England just happens to own an Austin K2 Auxiliary Towing Vehicle or ATV which originally served in the National Fire Service during World War Two. He also has a Dennis trailer pump of similar vintage and together, this type of wartime equipment continued to be in use right up to the 1960's in many cases.

Jon's father, Jack, would've been very familiar with the ATV and trailer pump as it was with this combination that he and the crew set off for Snettisham beach on the evening of 31st January 1953.

Neither the vehicle nor the crew made it to the beach properties that night as they were swamped by the sea quite some distance from their objective. They became part of the disaster as the water level forced them on to the roof of the ATV which they hoped would not be washed away like so much else around them. They were fortunate in that they survived to tell the tale.

Jon's idea for marking this significant anniversary was to use his ATV and trailer pump to retrace the journey made by his father and the crew that night, to stop at the point where they met the sea and then to carry on to the beach as they had wanted to.

I was very pleased to be invited to come along and be part of what might sound like a small and simple gesture, but was actually something quite powerful in terms of the emotions it provoked.

Tuesday 31st January 2023 was a lovely winter's day. Whenever you're doing anything with old vehicles, you hope for dry weather as it eliminates a whole host of potential issues. Jon prepares his vehicles to a high standard but there's always going to be an element of worrying about what could go wrong but on this day, nothing did. Also joining us on board was Jon's brother, Andrew and the Heritage Snapper' who took some amazing photographs of the day.

Our journey proper began at the current Heacham Fire Station as the one in use back in 1953 has long since been demolished. This was one of a number of compromises we were happy to accept as it was just not possible to have everything exactly the same. The roads have changed a lot since 1953 (who remembers Teapot Corner?) and the ATV itself would've been painted red, not wartime grey by then but none of these things really had any bearing on the spirit of what we were doing which was all about remembering the sacrifices and suffering of 70 years ago.

Once on Beach Road, Snettisham, we halted at a location chosen because of Jack's account of his experience. After being swamped by the sea, there was the option of trying to swim to a bungalow they could see if they'd had to abandon their vehicle. There are still some standing where we stopped which appear to predate the floods and so we hopefully weren't too far away from where they had been. After taking some photographs, we continued to the beach to further reflect upon what it would've been like back then.

It's really quite hard I think, especially for younger people who have known nothing other than a world where news can travel around the planet in seconds, to understand that for most of the people caught up in the disaster, by the time they realised they were in danger, it was already too late. We were re-enacting something that happened not on a bright clear day, but in darkness and although there was a cold wind blowing, it only served to give the merest hint of conditions back then.

We ended our tribute with a visit to the Floods Memorial in Snettisham market place and I think I'll end this piece with the same words I used five years ago: We must never forget the past because it always has so much to teach us.

Chris Wood

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HUNSTANTON

u3a Our March meeting at The Community Hall, Avenue Road, will be at 2pm on Monday 20th March, when Saffron Summerfield will be taking us on a musical journey from Milton Keynes to Mississippi!

You are most welcome to join us.

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

Below, photos 1-3 – Jon England, his Austin K2 ATV & Dennis trailer pump. (Photos courtesy ‘Heritage Snapper’)



Below, Photo 4: Jon & Andrew England. (Photo Chris Wood)



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Why Indigenous Art is Special

The traditional people who come from the land are the indigenous, so-called as the descendants of those who lived in a country or region at the time when people of different cultures and ethnic origins arrived. They inhabit large areas of the world, from the Arctic to the South Pacific, approximately some 300 million people. Since the beginning of time, indigenous people have used and continue to use art as a means of storytelling to establish the knowledge, events and beliefs of their people.

Often the common theme is the strong ties to the land, nature, seasons and animals. The connection is through the four elements of wind, water, fire and air, along with attention to physical, spiritual and intellectual realms. Many forms of media can be used, including wood and rock carving, rock and sand painting, body painting, sculpture, weaponry. The incorporation of symbols has been used to record significant cultural issues, such as the Aboriginal "Dreamtime", as well as teaching the ways by which traditional people from previous generations survived on the land. It is not an ownership of the land, more a custodianship.

Contemporary arts practices undertaken in remote areas promote the use of natural resources, which gives the incentive to indigenous people to cultivate the use of their ecological knowledge so that these resources are protected and managed sustainably. The environment also benefits when traditional people reside on their land. For example, customary fire regimes are continued and maintained to reduce fires that destroy raw material inputs to the arts.

The oldest known civilisation on earth is believed to be the Aboriginal Australians, dating back some 75,000 years. Their rock art paintings are believed to be the oldest art by human beings, by some thousands of years, and their culture probably the oldest in the world. Rituals and ceremonies involving spirits were also recorded with body and sand paintings. This art, dating from between 30,000 and 80,000 years ago, has been hidden in remote locations, and the surviving examples have mostly been discovered in caves and rocks. For centuries no respect was shown to their culture until a gradual change in attitude from the 1970s. As late as the 1980s, real examples of their art would not have been seen by most white Australians.

Indigenous visual arts and crafts play a meaningful role in today's art sector, particularly in economics, with benefits felt by individual artists and their communities, the art industry, commercial sectors and nations as a whole through domestic and international tourism. Success does not always translate into financial success and better living standards for many artists, such as the Aboriginals. Whilst they are vital to the success of indigenous art, they often earn a small part of the overall "take". This cash income is vital, especially in remote

areas, where the concept of sharing is significant, and the money derived from the art may be the only non-governmental income supporting the community. It has been said that 'Australia's greatest cultural gift to the world' and their 'most profound, significant and important cultural export' is the indigenous art of The Aboriginals. The benefits and aspects are numerous. For example - health, self-esteem particularly amongst the young, pride, maintenance of culture, inter-generational learning, social and spiritual benefits, and the provision of much of a nation's 'corporate identity'.

You can explore the patterned hands of ancient Aboriginal cave paintings and much more on the Artists' view of Australia at the next lecture of the Arts Society North West Norfolk, 13th March 2023, Sedgeford Village Hall, 2pm.

Lesley Nadel



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


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

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THE ARTS SOCIETY - ENRICHING LIVES THROUGH THE ARTS

Next lecture: Monday 13th March 2023
Sedgeford Village Hall at 2pm

Artists' View of Australia - Aboriginal, Pioneer, Botanical and Impressionist
Lecturer: Caroline Holmes

Inspired by the Australian landscape and the major art galleries in various cities of Australia, this lecture explores the patterned hands of ancient Aboriginal cave paintings, the dreams of pioneers, the unique botanical treasures, the Heidelberg School (Australia's own Impressionists), and finally the rediscovery of its indigenous art.



Come and join our friendly society. Membership has many benefits besides lectures. For more information visit www.theartsocietynwnorfolk.org.uk or ring Lesley Nadel on 07909 918890.

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HUNSTANTON TOWN COUNCIL

Want to read a book but have difficulty...?

There is nothing like a good story to take your mind off everyday worries....takes you to another world...!

Perhaps you have low vision or maybe dyslexia and are unable to access the written word?

Hunstanton Town Council have kindly received a donation of 'large print books' and 'audio cassettes' in very good condition from Vision Norfolk and we would like to offer the books and cassettes to Care & Residential Homes as part of HTC's Care in the Community initiative. Five of Hunstanton Town Council's councillors have each adopted a Care Home in Hunstanton and will be out dropping them off to the Homes imminently.

The large print book and spoken word audio cassettes are available to borrow from the Helping Hands Cafe, the Council's New 'Warm Space' on Mondays and Wednesdays 10am - 12noon held in the lower Hub of the Town Hall; the Community Centre, Avenue Road and are also in stock at Hunstanton's only book shop 'By the Book' in the High Street.

The Council would like to provide equipment to the Homes for the Residents to play the cassettes on and is asking anyone with a cassette player and unused ear or headphones that they no longer require if they would be willing to donate them to the Homes. The equipment can be dropped into the Council offices Monday - Thursday between 10am - 1pm.

Anyone requiring further information please call the Clerk's office on 01485 532404 or email clerk@hunstantontowncouncil.gov.uk



Photo supplied by Adrian Eden, *By the Book*, High Street.

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A FEW TIPS FOR PRE-5 APRIL 2023 TAX PLANNING

By Kathryn Gigg Chartered Accountants, Hunstanton

Now that the 2022 Tax Returns have been filed and the end of the current tax year is nearly upon us, it is well worth setting some time aside to look at what needs to be considered in the next few weeks to see if it possible to use the available tax reliefs as fully as possible by 5 April. Please note that the suggestions below only refer to the TAX consequences of various courses of action. Advice from a qualified Independent Financial Adviser will be needed regarding the investment aspects of any decision.

Some of the key areas are:

Personal Allowances

Make full use of your personal allowance, savings allowance, starting and basic rate bands. Equalisation of income between spouses/civil partners with children where possible may also ensure that your income remains under the £50,000 threshold for the High Income Child Benefit Charge.

Dividend Income

The tax-free dividend allowance (originally £5,000 and now £2,000) will be reduced to £1,000 in 2023/24 and £500 in the following year. Wherever possible, assuming the company has sufficient distributable reserves, consider bringing forward the payment of dividends to ensure that as many shareholders as possible benefit from this relief whilst it is still available.

Capital Gains

The Capital Gains Tax Annual Exemption will drop from £12,300 to £6,000 on 6 April and then to £3,000 in April 2024. Those with latent Capital Gains should certainly consider realising up to £12,300 before April. The Annual Exemption cannot be carried forward or transferred so it is lost if not used during the tax year.

Individual Savings Accounts

Individual Savings Accounts (ISAs) are probably the most straightforward way of investing tax efficiently and shouldn't be overlooked. Every taxpayer can make use of an Individual Savings Account (ISA) within which no CGT or dividend tax applies. The maximum annual contribution is a generous £20,000 (or £9,000 into a junior ISA).

Inheritance Tax Exemptions

Turning to Inheritance Tax, although the annual reliefs have not been increased for many years, they can still be valuable, particularly where they are used regularly. Individuals can each make capital gifts of £3,000 annually, and the allowance can be carried forward for one year, so if nothing was given in 2021/22 the exemption available up to 5 April this year will be £6,000 or £12,000 for a married couple. In addition, £250 can be given to anyone who has not received part of the larger amount.

Pension Contributions

Pensions are a very tax efficient tool, which, subject to taking advice from an Independent Financial Adviser, can be used as part of a wider wealth and tax planning strategy. Pension contributions are particularly attractive to taxpayers who suffer the progressive tapering of their personal allowance as income in this band suffers a marginal rate of 60%.

Remain aware, however, that there are special rules where the total of all contributions, whether employee or employer contributions, exceed the Annual Allowance of £40,000 and unused relief brought forward. Hence, professional advice should always be sought before proceeding.

Charitable Giving

Contributions to charity under the Gift Aid scheme by a taxpayer will extend the normal tax bands. At the basic rate level, the charity receiving the money will be able to recover 25% on the amount gifted. For those with income between £100,000 and £150,000 the effects can be quite startling. A gift of £10,000 made

by a taxpayer in this bracket would result in the charity receiving £12,500 and the taxpayer reducing his/her tax bill by £5,000.

Capital Allowances

Businesses will normally be able to claim relief for qualifying capital expenditure within their accounting year (which will not always be the fiscal year) so those with a 5 April or 31 March year end may wish to review capital expenditure plans in the light of expected income, with a view to accelerating or deferring it for best tax effect.

Check your NIC Record

Those planning to claim the UK State Pension should check their National Insurance record before 5 April 2023 in order to identify any shortfalls in their NI history. Currently, voluntary contributions can be made to plug gaps back to April 2006, but this will be curtailed from April this year. Specific financial advice must always be taken when making the decision to make voluntary contributions.

N.B. This article was written in February, and therefore needs to be considered in the light of any announcements made before 5 April. For further advice please contact Kate Gigg FCA or Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or 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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Pocahontas Day 2023 News

They are having a special Remembrance Service at St George's Church, Gravesend on March 21st 2023 for Princess Pocahontas, led by Rev Jim Fletcher. This will be supported by their Town + MP + Council leaders + schools and a legal document has been sent to USA President, Joe Biden and this event will, hopefully, be celebrated in all of America.

We hope that the President of America will agree and support the request by Rappahannock Chief Pastor, Anne Nelson Richardson, who does lots of the commentary on our new CBN film 2015 Pocahontas Dove of Peace - nominated for three special Emmy film awards at Los Angeles in April 2017.

Pocahontas Heacham History | Facebook

This shares globally lots more archive documents + photos + Pocahontas Pageants + Pocahontas Musical Shows + my special history research films and 400th Anniversary Jamestown and Heacham Flower Festival + my Exhibition 2007 link shared on YouTube.

(20) Pocahontas Heacham Church Jamestown 400th Anniversary Flower Festival - YouTube

Her Majesty the Queen and the Duke of Edinburgh also supported Chief Anne and her efforts to have their special Heritage burial sites + land recognised + rivers + access returned to her Rappahannock Tribe. They both were very supportive and respected the Tribes on all their Jamestown visits in 1957 for 350th and 2007 for 400th celebrations.

There are many history films + books written and 16 in his Aries Series since 2005 by John Haden the UK expert International speaker on this history. He is a Cambridge Graduate (1961), and a retired Headmaster for 20 years of Louth Grammar School and Wymondham College, Norfolk, both connected to this history (which can be read on E□kindle).

Also, Her Majesty the Queen and Duke of Edinburgh supported another important Mohegan Chieftain, Sachem Mahomet Weyonomon, whose memorial they unveiled at Southwark Cathedral London in 2006 when the new Bishop of Lynn, Rev Jane Steen, was working there. Southward Cathedral has special stained glass windows + statues of Shakespeare and John Harvard, who founded the university in America.

Just been enjoying watching again the Timewatch History BBC Pocahontas made in 1995, that I saved on DVD with many other real important archives on this history used for educational and history talks that I have researched since 1996.

This Timewatch film has Mrs Freda England + Miss Susan Torrey Rolfe in Heacham + Gravesend vicars + Chief Curtis Custalow + several Rolfes + Lord Louis Mountbatten's daughter, Edwina the Countess of Burma, who is a related descendant of

Princess Pocahontas, on the archive film. Also shown are her other thousands of descendants family in America, recorded in a huge, very important, Green book. This book inspired all the research by more than 60 of us since 1925 and the spectacular Pocahontas Pageant that Freda England organised outside the King's Lynn Corn Exchange in August 1997 watched by 8,000 on four evenings. This is saved on DVD disc with Director Anthony Crutchley (BBC) and the first Pocahontas Pageant at Sedgeford Hall in 1925 (when our neighbour age 9 was a Pocahontas bridesmaid shown in her old photos).

Pictured right;
Princess
Pocahontas



This 1997 King's Lynn Pageant is in several parts to enjoy watching again on YouTube (each 29 mins).

Part 1 (20) Pocahontas Pageant Kings Lynn 1997- Part 1 - YouTube

Part 2 (20) Pocahontas Pageant Kings Lynn 1997- Part 2 - YouTube

Part 3 (20) Pocahontas Pageant Kings Lynn 1997- Part 3 - YouTube

Part 4 (20) Pocahontas Pageant Kings Lynn 1997- Part 4 - YouTube

Part 5(20) Pocahontas Pageant Kings Lynn 1997- Part 5 - YouTube

These are the Pocahontas Timewatch History BBC 1995 film links:

Timewatch Pocahontas History part 1 (1995) - 17minutes
<https://www.youtube.com/watch?v=k2cwwPOuEBQ>

Timewatch Pocahontas History part 2 (1995) - 17 minutes
<https://www.youtube.com/watch?v=1YoCeJPRclY>

Timewatch Pocahontas History part 3 (1995) - 15 minutes
<https://www.youtube.com/watch?v=M9rIrvPw2LM>

More important archives are shared on my new Facebook Group link since April 2022 for the triple 400th Memorial Year 2022 of John Rolfe + Sir Thomas Gates from Colyton, Devon (ancestor of Bill Gates Microsoft) and 'Squanto', who all died in 1622 all age 37 of the many deadly diseases in these starving times with extreme weather problems for 70 years from 1560-1630

This history all needs to be preserved for ever displayed globally in the six American Indian Museums + Oxford + London + Gravesend + Bermuda with 59 places all linked.

Why - Because this is how our two nations first joined together in April 1614 at the Jamestown wedding of John Rolfe and Princess Pocahontas. This launched thousands of churches in America and 527 mega size churches (Houston church has 63,000 members) and we both still all speak English.

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Borough Council News Heacham, Sedgeford and Fring

Warmer days are coming which will be welcome as energy costs have adversely affected most people. Whilst these have been tempered, a little, by Government subsidies, those who live in park homes are still awaiting theirs (at time of writing 10th Feb). The latest date promised is the 27th February when it is supposed to be put in the hands of local authorities to administer. I hope that is the case. I will ask the Borough to do what they can to expedite matters.

The last full Council ended in a bit of disarray. My motion on the proposed County Devolution Deal had scarcely begun when the meeting was closed as it had met the three-hour deadline (it can be extended by a vote but it was not to be). My motion asked for more information about the deal other than the rather biased road show from NCC. A little more has emerged since which convinces me that the deal is anything but open and transparent and a hidden agenda likely exists for forthcoming years.

The carrot is £20m/year for 30 years (to the County). This is not index linked and will not be available for essential services. The stick (elected leader) effectively decides what projects the money is spent on. That leader cannot be removed during the term of office. There is consultation on The Deal but no public vote. County Cllrs will decide for you.

My other motion was asking for a statement that the Borough is neutral on proposals for a Wash barrier and that it, the Borough, would act as a receptacle for the views of Parish councils, organisations and businesses likely to be affected one way or another (should the idea gain traction). An extraordinary council meeting has been called on 9th March for this and other matters to be concluded.

Three matters which took up all of the time at last Council were: 1. The West Winch Growth Area Masterplan where the debate was whether it should be ratified or not. The current Local Plan examination had been suspended with matters concerning West Winch left unclear; a very close vote levered it through. 2. The

Council Tax Support Scheme; moves to improve the offer this makes to hard pressed residents was very narrowly defeated. 3. Parkway Development Update, where the proposal was to increase the budget for this by a further £6m. This is the development which, after much pressure from locals and the opposition, was halved in size. It is now facing increasing development costs which will likely add to Council financial problems down the line.

The budget for the Borough Council has been the subject of numerous presentations. It will have come before full Council at the end of February. The simple picture is that a balanced budget has been achieved for the next three years with no increase in service charges and the 3% increase in Council Tax permitted by government. This has been achieved by running down reserves from their existing high levels to a necessary 5% safety margin.

In fact, the budget will be reviewed by Jan 2024 and it may be that fees and taxes will then have to be increased to demonstrate to auditors and watchdogs that there is a plan to avoid the significant deficit (around £5m) in 2026 when there will be no reserves to fall back on. There is a possibility that salvation will come from a government review into how councils with significant flood risk, like West Norfolk, fund Internal Drainage Boards. Though the latter do an excellent job, currently they take far too a high a proportion of Council Tax.

I mentioned the Rural Prosperity Fund last month. More has been revealed and the words describing elements of it are not always clear, e.g., 'impactful volunteering'. Details will shortly be available on line and via Parish Councils. I have put a marker in for an element linked to 'community' and hope that small businesses in the Ward might also be eligible to apply.

Rubbish – a word you might apply to my wanderings and anything 'political'. However, I mean unwanted stuff disposed of at the recycling centre, via your bins, or unlawfully thrown onto verges one way or another. The County is still minded to reduce opening hours at recycling centres, comments to your county councillor

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Mother's Day Carvery

Sunday 19th March 12pm-4pm

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The Fountain Sports Bar & Restaurant,
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please. The amount of rubbish on roadsides has suddenly increased hugely. One reason is that hedges have been cut back revealing trapped rubbish which no-one thought to have cleared by a vehicle following behind. In addition, litter collection by the Borough appears to have stopped or been reduced. I can't tell you what is true because, to date, they won't tell me. I am pursuing the matter.

I don't usually comment on Hunstanton but the fact that a travel 'hub' is now going to be developed at the site of the bus station is good news for my Ward too. This is not a result of sudden common sense by the County and the Borough but is pragmatic. The bus station was going to be a mixed development of retail and flats and both Councils argued that a bus station was not needed. Building regulations have stopped those plans and money for rural travel has, serendipitously, been made available.

Locally, you may have read of the application for a watch tower at North Beach which failed. The story was clouded by assumptions and misleading statements. The application was principally for a new build holiday home in a place where such construction would contravene the Borough's Local Plan and several policies in the Heacham Neighbourhood Plan. The Environment Agency and the local flood officer also refused the application and the planning committee voted unanimously against it. The 'watch tower' on the holiday property was not underpinned by any management structure which would actually ensure its use in a meaningful way.

Neighbourhood Plans in Heacham, Sedgeford and Hunstanton were created after much work and public consultation. It was disappointing that a neighbour, Hunstanton, sought to ignore or dismiss Heacham's at this planning committee.

Still no update on the Cheney Hill development, Heacham. Apparently, developers really are taking the Neighbourhood Plan into account.

Happy Spring.

Terry Parish
Independent Borough Cllr. Heacham Ward
which includes Sedgeford & Fring

General Knowledge Quiz

ANSWERS

1. Gander.
2. Airport.
3. Venice.
4. Uganda.
5. Arthur Hailey.
6. George Best.
7. Brize Norton.
8. J.F.K. (New York)
9. Atlanta. (Hartsfield-Jackson)
10. Robin Hood.
11. Norway. (Svalbard)
12. John Lennon.

CROSSWORD SOLUTION

Across:

1. Esttragon
6. Omen
8. Dhoti
9. Isometric
11. Ingress
12. Electra
13. Impotently
15. Acme
17. Gape
19. Dotted line
22. Rhubarb
24. Chives
26. Toddy
27. Stow
28. Kiss-curl

Down:

2. Stopgap
3. Raiments
4. Glissando
5. Moose
6. Opened
7. Erratic
8. Driving iron
10. Ceaselessly
14. Litigious
16. Adriatic
18. Plummet
20. Invader
21. Barrow
23. Baulk

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christina2018thain@gmail.com

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Ringstead,
Norfolk PE36 5JP**


Wild Scythe

The Heacham Saltings, our coastal wetland reed cutting with scythes event, is on Sunday March 5th. Scything with Austrian scythes.

This is an open drop-in event, free to attend. Bring your scythe and wellies or just come to view. It is a chance to try a different technique with scythes. A number of experienced mowers from the Scythe association will also be joining us for the day.

Richard Brown
Robert Pritchard






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St Patrick's Day

FRIDAY 17th MARCH, 12:00 - 4:00 PM
AT THE PAVILION

Join us in the Pavilion for a celebration of all things Irish. The Guinness will be flowing accompanied by live music from Jessie's Ghost. Plus an Irish street food inspired menu and special cocktails.

TICKETS £20 PER PERSON
INCLUDES: Main Course from Street Food Menu,
Welcome Drink and Live Music

Please call **01485 536030** to book.

PLEASE SCAN QR CODE FOR MORE INFORMATION



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PE31 7BT

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M: 07799 118503

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Hunstanton Croquet Club

Anticipation is building for the start of the 2023 season. There will be morning work parties on the 18th and if necessary, 19th March, when the black tubing will be put back out round the lawns; the slabs swept; the clubroom spring cleaned and all the little odd jobs done. Coffee will be on tap for helpers (there may even be biscuits!). Do check the website and fb page for final details - all help welcome. If you are thinking of joining the club this season, it is an ideal opportunity to meet some members.

On 23rd March, weather permitting, the hoops will be set. This involves lots of very long lengths of string criss-crossing the lawns; white marker spray; pegs; mallets; strange looking metal measuring contraptions; a few people who actually know what they are doing and several more anxiously trying to follow instructions. At the end of this process each lawn will have two sets of six hoop holes - one set for our club afternoons and social play and one set which is reserved for tournaments.

The first club afternoon will be Monday 27th March. Fingers crossed that the weather will be kind - last year a mad group played their first game of the season in freezing sleet!

Our annual 'Come and Try' day will be on 22nd April. There will be more details in next month's column, on the website, Facebook and posted in the community - look out for our advertising and let our secretary know if you would like to attend. We look forward to seeing you.

www.hunstantoncroquetclub.co.uk

Caroline Harper



Left; Gwenda Mackenzie helping with hoop setting last year.

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

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AND STEEL FABRICATION

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Tel: 571129

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS

Stanhoe & Barwick WI

Thursday 2nd March: Sound Healing with Sally Collins. This will be followed by our Annual Meeting, so is for members only this month.

Thursday 6th April: Ruth Smith, with her hilarious tales of "Life with Nanny".

The Reading Room, Stanhoe. 2pm. Visitors are most welcome. As of April, our charge is £5, which includes refreshments.

Please contact Valerie (01485 576261) for further details

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email: info@ajdautorepairs.com





Snettisham Corps
Salvation Army Church

The Salvation Army is a Christian Church
and registered charity in England (214779)



DO YOU NEED SUPPORT?

If you're finding it a struggle to leave the house, or you'd like to simply chat with someone on the phone or for us to pray for you for any situation, please do get in touch. You are not alone.



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FOR MORE INFORMATION, PLEASE CONTACT:

01485 545933 or 07774 619460

snettisham@salvationarmy.org.uk

Alma Road, Snettisham, PE31 7NY



The Salvation Army

Compelled by the love of Jesus, we at The Salvation Army, continue to seek ways in which we can love God and love others in our community.

You are warmly invited to join us; why don't you come and see!

All are welcome to join our time of worship every Sunday at 11am, where we sing, pray and learn from God with a message from the Bible. During the week we have a number of different activities, each with £1 entry (unless stated).

Every Monday at 10.30-12pm we have a fun and friendly get together for over 50s to 'come and meet each other' at our CAMEO club. Activities include quizzes, talks, live music, crafts and much more, with a short Bible message and a song or two.

On Tuesday mornings at 10am we hold a prayer meeting for us to come together and set our hearts to hear from God. Our band is back rehearsing on Tuesday evenings and we welcome any brass players, whatever their age or level of playing. We are introducing a new start-up called 'First Things First' to allow anyone the opportunity to learn, or relearn, a brass instrument. Please get in contact for further information.

On the 3rd Wednesday of the month at 7.30pm we have our Men's Fellowship – time out for a chat about anything and everything with a hot drink provided.

The 1st and 3rd Thursday of each month is when we hold our Coffee Morning between 10-12pm (free entry). Come and enjoy a slice of homemade cake, scone or sausage roll with a hot drink and good company. On the 2nd Thursday we have our Craft Club between 2-4pm where you can bring a project you are currently working on, or simply come for a chat and be inspired by others.

On Friday mornings between 10-12pm we have our new Employment Plus pop-in service. This is a free, non-judgemental and confidential service for anyone looking for employment or is struggling with paying the bills. If you, or you know of someone who would like access to training, wellbeing and life skills including money management, or just some help to grow confidence in finding a job that is suitable for you, please pop in for a warm welcome and a chat with one of our expert advisors.

To celebrate our risen Saviour, we will hold a Good Friday meeting at 10.30am on 7th April, and we will have a special retreat day on Saturday 8th April. You can find out more on this and all that we do on our Facebook page (Snettisham Salvation Army), or email snettisham@salvationarmy.org.uk or call 07774 619460.

Lt Emily Hague
Snettisham Corps
(East of England Division)



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Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting will be held on Tuesday 21 March at 7.00pm at the Old Friends Hall, Sunnyside.

The Full Council Meeting for April will be held on Tuesday 18 April 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.

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. If you are interested in standing as a Parish Councillor, further details are available at 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 4pm on Tuesday, 4 April 2023.

ANNUAL BEACH MANAGEMENT

The annual beach material recycling works, by the Environment Agency, should have commenced on 13 February and are expected to be completed by the end of March. Natural England and the RSPB are being consulted and the works shall be carried out in accordance with their recommendations.

FLOODING IN STATION ROAD

After a meeting of the Flooding Task & Finish Group for Station Road, we were advised that funding has been obtained for clearing root intrusion in the pipes in Station Road which will then be re-sleeved.

Please be aware that this will involve temporary traffic lights on the days that the contractors will be working on Station Road, from 9 February until the end of the month. After this work has been completed, we will be monitoring any flooding during wet weather.

The funding was agreed after the committee were shown photographs from a dash-cam.

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.

MILLENNIUM WOOD

The Parish Council would like to thank all those people who kindly turned up to help with the tree planting. It made the task of planting so many trees so much easier.

FOOTPATH STATION ROAD

The Parish Council are very pleased to see works to the new footpath completed. This work will benefit many of its users as it is now wide enough for wider wheeled pushchair etc.

TREE AND HEDGE TRIMMING

Please make sure all trees and hedges on your property are not affecting the use of the pavements or roads. Cut them back now before nesting season begins. Please see last month's issue for a visual guide to trimming trees and shrubs which abut footpaths and roadways. Once the nesting season is underway and you are not allowed to 'cut back', please remember it is okay to trim if they are causing an obstruction.

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

BEACH PARKING PERMITS

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

Charges are as follows:

Resident's permit: £52.80

Non-resident's permit: £104

Senior citizen: £39.20 (you will also need your car registration)

Beach Hut residents: £44.80

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

Email: heachampc@btinternet.com

Website: www.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

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NORFOLK C C MICHAEL CHENERY 07920 286638

PARISH LIBRARY (in Church Hall, High Street) 07398647119

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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, Artworks at Hunstanton Town Hall

MOBILE LIBRARY

Route DER201 TUESDAY Every Four Weeks

From 20th July 2022

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

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frequency	2/hr	1/hr	1/hr

Sun

1st bus from Fox & Hounds	0915	1025	0844
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frequency	1/hr	1/hr	1/hr

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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

MARCH & APRIL 2023

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr. for BST [begins 26th March]									
Mar 2023					Apr 2023				
Date	Morning	Afternoon	Date	Morning	Afternoon	Date	Morning	Afternoon	Date
Time	m	Time	Time	m	Time	Time	m	Time	m
1 W	00 35	5.2	13 14	5.0	1 SA	03 03	5.2	15 12	5.5
2 TH	02 07	5.1	14 36	5.2	2 SU	04 03	5.6	16 04	5.9
3 F	03 30	5.3	15 44	5.6	3 M	04 47	6.1	16 46	6.3
4 SA	04 33	5.7	16 37	6.1	4 TU	05 23	6.4	17 22	6.6
5 SU	05 18	6.1	17 19	6.4	5 W	05 54	6.7	17 57	6.9
6 M	05 54	6.4	17 55	6.7	6 TH	06 26	6.8	18 32	7.0
7 TU	06 27	6.6	18 30	6.9	7 F	06 58	7.0	19 06	7.2
8 W	06 58	6.7	19 03	7.0	8 SA	07 29	7.0	19 39	7.2
9 TH	07 28	6.8	19 34	7.1	9 SU	07 58	7.0	20 11	7.2
10 F	07 57	6.8	20 02	7.1	10 M	08 29	6.9	20 47	6.9
11 SA	08 25	6.8	20 30	7.1	11 TU	09 04	6.6	21 29	6.5
12 SU	08 53	6.7	21 02	6.9	12 W	09 45	6.2	22 23	5.9
13 M	09 25	6.4	21 40	6.6	13 TH	10 43	5.7	23 42	5.4
14 TU	10 05	6.1	22 28	6.1	14 F			12 07	5.4
15 W	10 58	5.6	23 35	5.6	15 SA	01 45	5.4	13 53	5.6
16 TH			12 17	5.3	16 SU	03 10	5.9	15 07	6.1
17 F	01 27	5.3	14 09	5.4	17 M	04 12	6.5	16 04	6.7
18 SA	03 18	5.7	15 29	6.0	18 TU	05 02	7.0	16 54	7.2
19 SU	04 28	6.4	16 29	6.6	19 W	05 45	7.2	17 40	7.5
20 M	05 23	6.9	17 19	7.2	20 TH	06 24	7.3	18 24	7.6
21 TU	06 10	7.3	18 04	7.6	21 F	07 00	7.3	19 06	7.6
22 W	06 53	7.5	18 49	7.9	22 SA	07 33	7.2	19 46	7.4
23 TH	07 30	7.5	19 30	7.9	23 SU	08 03	7.0	20 22	7.1
24 F	08 03	7.4	20 08	7.8	24 M	08 30	6.8	20 57	6.7
25 SA	08 33	7.1	20 44	7.5	25 TU	08 59	6.4	21 33	6.1
26 SU	09 03	6.8	21 19	7.0	26 W	09 31	6.0	21 17	5.5
27 M	09 31	6.3	21 56	6.3	27 TH	10 14	5.5	23 26	5.0
28 TU	10 04	5.8	22 43	5.6	28 F	11 30	5.1		
29 W	10 50	5.3	23 59	5.0	29 SA	01 01	4.9	13 11	5.1
30 TH			12 24	5.0	30 SU	02 18	5.1	14 25	5.4
31 F	01 41	4.9	14 00	5.1					

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