



A wide-angle photograph of a vast tulip field. The field is filled with rows of pink tulips, with dark green foliage visible between the rows. In the background, several people are walking through the field, and a line of trees is visible on the horizon. The sky is overcast. The text "Photo by Robbie Topliss" is visible in the bottom right corner.

A banner for the Fridhem Rest Home Summer Fete. At the top, there is a string of colorful triangular bunting flags in shades of yellow, orange, red, purple, green, and blue. Below the flags, the text "Fridhem Rest Home" is written in a large, bold, black sans-serif font. Underneath that, the address "79 Station Road, Heacham, PE31 7AB" is written in a smaller, black sans-serif font. The main title "Summer Fete" is in a very large, bold, black sans-serif font. At the bottom, the date "Saturday 29th July" is written in a large, bold, black sans-serif font, with a slight italicization on the word "Saturday".

Fridhem Rest Home
79 Station Road, Heacham, PE31 7AB
Summer Fete
Saturday 29th July

2-4pm

Everyone Welcome. Raffles, tombolas, games and much more. There is plenty for all the family.

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

THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

A voluntary non-profit publication

Readers' LETTERS



Leaside

Dear Newsletter,

Thank you re Coronation Gala

Once again it is my duty – and a very pleasant one – to express heartfelt thanks, this time to the many kind people, including just over fifty performers, who contributed towards the preparation and successful presentation of the Coronation Gala in the afternoon of Saturday 13th May at Hunstanton Town Hall.

I dare to believe that a considerable sum will have been raised for the East Anglian Air Ambulance, and I hope to be able to ask the Newsletter to publish the final result next month.

With kindest regards,

John Harris

Maurice Feilds Studio

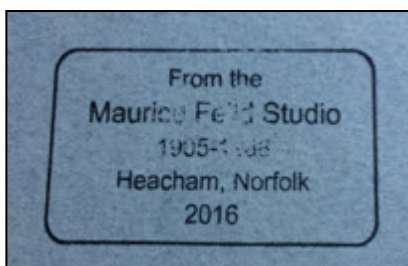
The Newsletter has recently received a request for information relating to a Maurice Feilds Studio in Heacham.

We have been supplied with a copy of the 'stamp' (see below) and the following correspondence. If anyone has any information about the studio please contact the Newsletter team and we will forward any items received to the enquirer who resides in Shropshire.

"I am grateful for your help in trying to locate the whereabouts of Maurice Feild's Studio, Heacham, Norfolk. The strange thing is that he died in 1988 and the studio stamp is dated 2016 on the back of several 'Life' sketches. The stamp appears on the back of a pencil figurative study apparently by a pupil in the 1970s judging by the pupils, or possibly models, signature and date. Feild was a highly respected art teacher, being himself a pupil at The Slade and for a

while teaching at Camberwell School after an earlier long spell at The Downs, Colwall Prep School, where his pupils rose to very high acclaim!"

THN



Heacham

Dear Newsletter,

Borough Council Election

I would like to extend my thanks to those who voted for me in the recent Borough Council election. It was a disappointing result to lose the second Heacham Ward seat by just 1.3%.

It was however, overall important to give Labour supporters in the Ward the chance to vote for a Labour councillor.

I wish our two elected councillors, Terry Parish and Andrew Jamieson, a successful term serving the Heacham Ward.

Michelle Louise Carter
(NW Norfolk Labour Women's Officer)



Heacham

Dear Newsletter,

The King

Once the King was settled in St Mary's church, Heacham, we enjoyed a super afternoon of the 8th May 2023, to finish off the splendid three days celebrations of King Charles III Coronation. But I must say, we did get a few strange looks as I drove the King through the village as a front seat passenger in my little car!!



To be greeted at the door by a very welcoming Veronica, I must give a HUGE big thank you to the organisers of The beautiful flower displays; The Crowns; The Bunting; The children's corner and the happy smiley faces of the Refreshment ladies. What a lovely atmosphere it was.

With many thanks.

Janice Curtis



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Tenders are invited for the approx. 7 acres of land known as The Town Land, off Lamsey Lane, Heacham.

Tenders are for **GRAZING USE ONLY** from 1st October 2023 to 30th September 2024 with the option to renew for a further 3 years. Tenders to be received in writing by the Trust at the address below no later than 31st July 2023.

Mr C. Guy
4 Victoria Close
Heacham
PE31 7JR

Further details can be obtained from Moulam & Horn or by contacting the Trust Chairman, Martyn Guy, on 07861 789853.

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Tea *Morning & More* *Cakes*
Real Coffee *Quiz*
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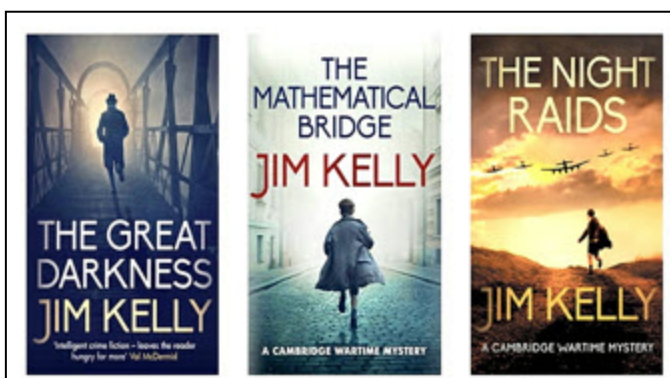


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Feature of the Month - a crime double!

Jim Kelly is a British, award-winning author, based in Ely and his crime stories take place primarily in Cambridge and the surrounding area. His first series of crime books features the fictional journalist, Philip Dryden. The main protagonist in the second series is DI Peter Shaw who operates on the North Norfolk coast and in King's Lynn. But this month we are highlighting Jim Kelly's third and latest 'Nighthawk' series. The setting is again Cambridge but the period is the beginning of the Second World War with DI Eden Brooke solving the wartime crimes. If you enjoy a good mystery, we are sure you will enjoy these!



Julia Chapman is the author of the charming Dales Detective series which follows the adventures of Samson O'Brien – owner of the Dales Detective Agency - and Delilah Metcalfe as they set out to solve a range of mysteries in the idyllic Yorkshire Dales. There are several books in this 'cosy crime' series – and, if you enjoy your crime on a more gentle level, these might be a perfect read.



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Second-hand Book Sale

Currently we have a large stock of second-hand books for sale. Don't miss a bargain – a minimum donation of 20p per book is all it costs. All proceeds go towards purchasing new publications.

As ever, Happy Reading!



The Library Team
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or the Parish Office 01485 572142

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Another Recipe from The Prudent Pensioner

Oatcakes were mentioned in a programme I was watching recently, I used to really like them. There are different types, some are like a pancake but I liked the crispy ones. I decided to have a go at making some and found a recipe online. I then decided to experiment and using oats, I made some Oaty Cheese biscuits which have been very well received. This is how I made them:

Oaty Cheese Biscuits

Ingredients:

40g Butter
40g Cooking fat (I used lard)
165g Porridge oats
60g Full Flavour cheese grated
A pinch of salt
¼ teaspoon Mustard powder
Cold water (I put a cup of cold water in the fridge beforehand)
Flour for rolling out.

Method:

Turn on oven at 200C.
Put oats in a food processor and whizz for a few seconds until they resemble coarse flour, then place them in a mixing bowl. Add salt and mustard powder and mix well.
Cut butter and fat into small pieces, add to bowl and using fingers or hand blender rub/mix together until like breadcrumbs. Add grated cheese and mix well

Using a palette knife or similar, gradually add approximately 2 tablespoons of cold water, working in well until it forms a firm dough.

Transfer dough to a floured board, knead a little then roll out to a thickness of approximately 7mm and cut into preferred shape. (I cut into strips approximately 8cm x 2cm).

Place biscuits on a baking tray and bake in a pre-heated oven at 200C for approximately 20 mins, or until fairly crisp.

My updated book "Less Waste more Soup" 45 easy, budget friendly recipes for nourishing soup is available from Ridouts Bakery in Heacham, Docking Farmers Market, By The Book in Hunstanton and Hunstanton indoor market and Robert & Christine home shopping. It is available from Amazon. A search for Doreen Reed will find it (together with my books of light hearted poems & tales)

Copies are available to borrow from Heacham Library & Hinckley Library

See lots more recipes on The Prudent Pensioner Facebook page

Email: pru.pensioner@btinternet.com





CHURCHES TOGETHER IN HEACHAM



I love spring. Not only that it is the escape window from horrible winter, the cold, miserable, snowy days, but that it brings with it new life, sunshine, a bit of warmth, and inspires my walkabouts. Suddenly daffodils spring into life and the world looks different and indeed all that God created looks as Genesis describes it, 'and God saw that it was good.' Indeed no one can miss the beauty of the woodlands, whether you are walking or you are driving along the roads. The farmers begin to work their fields.

It reminds me of Peter Firth's poem:

Lord of this morning
Once again the world has turned us
Out of the night and into day

And once again
All the miracles of spring
Are thrusting their new life
Into my old one
And I would like to feel a part
Of this renewal
So, Lord of this new morning,
Help me.

There is a spiritual sense to the way and manner seasons change. What a coincidence that it is during spring that we celebrate important seasons in the Christian calendar. We move from the darkness of lent and passion to the morning of Resurrection and Ascension, and to the bright light of Pentecost. For a long time Easter was to me a simple event on the Christian calendar. It meant nothing more than the fact that we had more services and activities happening at the same time. It was, until I was drawn to be part of this event and I met the resurrected Christ, and my life was transformed, my sense of direction inspired. Just like the two disciples on their way to Emmaus, Christ transformed my understanding of the Easter event, my direction changed. With the help of the Holy Spirit, I felt like the early disciples, inspired to transform, the Lord of the new morning did help me.

As churches together we have enjoyed aspects of this transforming power for ourselves here in Heacham. The way we have worked together as churches is inspiring hope of new life together. Lenten sessions held between Heacham Methodist church and Heacham Parish church, were a great success. These were followed by Passion and Easter services in the same churches, and more recently Ascension on 18th May and Pentecost on 28th May.

We invite you to come and be part of this renewal.

Rev Dr Rich Neube
(Methodist Church Heacham)

St Mary's 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.

June 2023

Sunday 4th June: Morning Prayer
Sunday 11th June: Holy Communion
Sunday 18th June: Morning Prayer
Sunday 25th June: Holy Communion

HEACHAM PARISH CHURCH online
on Heacham Parish Church You Tube channel
HEACHAM PARISH CHURCH in church
At 10am every Sunday morning

COMPOST BIN in Churchyard

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

Chit Chat and Coffee

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

All ages welcome.

Tuesdays @ 10 – 11.30am
20th June and 18th July



Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is on 1st June from 10am till 12 noon, at the Pine Residents Hall. For more information contact the Church Office.

Prayer Tree

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

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

CORONATION WEEKEND - Thank you!



A HUGE thank you to everyone who made the Coronation Celebrations at Heacham Parish church such a success.

The church looked fabulous filled with floral displays, crowns, bunting and even King Charles himself. The refreshments were delicious, from cakes to Coronation quiche. The musical interludes entertaining and varied. The 350 + visitors were generous and delightful. The team who set up, cleared up and served were dedicated. All in all, it was a great day – fit for the King!

Thank you.
Revd Veronica Wilson

Date for your diary:

We will be having a PET SERVICE on Saturday 8th July at 3.30pm. Everyone and ALL creatures great and small welcome. More details to follow!



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

Station Road, Heacham

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

June 2023 - We extend a warm welcome to all.

Sunday Morning Services: 10.30am

4th June: Rev Dr R Ncube

11th June: Terry Martin

18th June: Local Arrangement

25th June: Heather Brown

Midweek Communion

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

Bible Study

10.30am Thursday 22nd June.

Fellowship Meeting

2.30pm Tuesday 27th June. A visiting speaker.

Coffee Morning - 10am-12 noon Saturday, 17th June

Anyone able to help Terry, please contact him. It would be greatly appreciated.

Other important dates -

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

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.

“Living God, You bring us together in community and teach us to love one another as You have loved us. May we be beacons of Your light in the communities in which we are set, and through truth, justice and action we may see Your kingdom come upon earth....”



"Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead"

1 Peter 1:3

10:45 every Sunday morning
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Heacham Methodist Church

Noah's Ark



Baby and Toddler Group

Starting Wednesday 31st May 2023

1:30 - 3:00

£3 per family

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Contact Marianne 07880364326 or
baguely.marianne@gmail.com



Hunstanton Catholic Parish

We will be starting a programme of spiritual development, including different saints and ways into prayer, alternating between Hunstanton and Dersingham churches on the third Friday of each month at 3pm for approximately one and a half hours each. All are welcome to attend any or all of these sessions. Suggestions for future programmes will be welcome. Please see the weekly bulletins or the parish website for details.

If you would like to be on the distribution list for the weekly bulletins straight to your inbox, please send your email address to hunstantonparish@rcdea.org.uk. Also, if you are a new parishioner, there is a form in both church porches to fill in your details to welcome you to the parish. Feel free to ask if you can't see them. We have regular Rosary prayer meetings at St Cecilia's every Monday from 2pm. and there is also a Mothers' Prayers group which meet at 2.30pm Monday fortnightly at OLSE.

The Pope's prayer intention for **June: For the abolition of torture**: we pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.

The setting up of an SVP {St Vincent de Paul Society} Group in our parish is now complete and is named 'The Wash Conference'. If you would like to join or get more information, 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 join or speak to someone and pass on any concerns they may have.

Sr Danuta is guiding a regular parish study/discussion group at the Convent every Tuesday 4.00-5.00pm, looking in more depth at the readings for the following Sundays. Anyone who is interested is welcome to come along to any of the meetings and take part.

Please contact the Convent direct about daily Masses there on tel. 01485 532837.

For Parish news including Masses 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

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

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.



Sedgeford Historical and Archaeological Research Project



The excavation period is nearly here. SHARP will be back on the 1st of July until the 11th of August, and open Sundays to Fridays for visitors.



But have you ever considered giving it a go yourself? We have a variety of courses, both full week experiences and also taster days, and its not all about digging! We also have our new ancient crafts and techniques course this year.



Plus if you are local you can book our cheaper off-site rate!



Visit our website www.sharp.org.uk

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<https://www.facebook.com/SHARPArchaeology>



SNETTISHAM GARDENING CLUB

Our meeting on Wednesday 28th June will be "Gardens Us and Them" by Dr Ian Bedford, an expert on creatures of the garden.

We look forward to seeing you all.

May we also invite you to enter our Open Show which we will be holding in the Memorial Hall on Saturday 8th July. Schedules and entry forms are available at Stockley the Chemist. We hope you will find something you would like to enter. Entries should be made by Wednesday 5th July; details are in the schedule.

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



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Summer of Art

I am so excited that my concept for the Wighton 23 exhibition has been selected!

Many of you are probably familiar with the Cley summer exhibition held in July. The main venue was St. Margaret's Church. Over the years artwork was exhibited throughout the town and on the beach. In 2021, the final year at Cley, my installation piece 'Ether' was exhibited.

Run by the North Norfolk Exhibition Project (<https://nnepcontemporaryart.com>) and originally located in Salthouse, the exhibition will take place at Wighton for the first time this year. It runs from Thursday 6 July – Sunday 6 August. The venue is All Saints Church and includes the churchyard and conservation area. Forty artists will be responding to the theme 'Cycle' in an exhibition curated by Rachel Allen of Mandell's Gallery in Norwich.

The conservation area is reached through a gate off the churchyard. It's like a magical entrance to an intimate space. Present are several historic gravestones and crosses. One bears the name Raymond Spencer Moore, father of Henry Moore. It's funny to have landed in a place so close to where Henry Moore spent his holidays while studying at the Royal College of Art. What a surprise to find that it was here that Henry Moore found the flint that so inspired him. It is here that my work will be.

The title of my piece is *Beginning – Ending – Beginning*. I will be making a sequence of pillar-like shapes growing out of the ground in which I will embed organic materials found on site.

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Alexanders embedded in the surface of my prototype

This will be a development of the work I did at the Symposium in Germany last September. It will be an exploration of how time will affect the natural materials and how long it will take for them to break down and disappear allowing new surfaces to emerge. What will happen to the cement?

On the one hand the work will be a living piece in that it will change over the month at Wighton. At the same time it's a decaying and dying piece. A paradox.

So, if you are curious about how my work is progressing or questioning whether I will be able to get everything done

on time, don't hesitate to drop in and 'check up' on me during my open hours (Saturdays and Sundays from 10-1). If you are passing and see me working, tap on the door and I will open for a chat.

Esther Boehm

Studio @ 55

55 High Street, Heacham, PE31 7DW

<https://www.studioat55.com> • eb@estherboehm.com

T 01485 570 506 • M 07538 986 235



Testing the armature at the conservation area of All Saints Church, Wighton.

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Contact me for more information:

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| <p>18th</p> | <p>22nd</p> | <p>23rd</p> | <p>25th</p> | <p>30th - 2nd July</p> |

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*** WE ARE THE CHAMPIONS ***



THE TEAMS:

Heacham have been crowned Champions of the Thurlow Nunn North Division 1 after a resounding 9-1 home win v Haverhill Borough on the last home game of the season. With rivals Downham only drawing at home v Framlingham on the final day, it meant that the Magpies finished 4 points clear of their nearest rivals. The foundation was laid when the Magpies won their game in hand with a hard fought 2-1 away win v Leiston Res a few days earlier. This was the team's record breaking eighth consecutive promotion and apart from being acknowledged in the local press, the team was also featured on About Anglia T.V. and also made the national Non-League Sunday paper. The team can now look forward to playing in The Thurlow Nunn Premier Division next season (step 5), which will be the highest level they have achieved in their history.

"YOUR LOCAL PAPER"

The Team attended your "Local Hero Awards", at the King's Lynn Alive Corn Exchange a few days later after winning the league and scooped another award. They won "Sportsperson/Team of the Year", which was great testament to not only the players but also to everyone connected with the Club.

The Reserves, despite all the problems with player availability in recent weeks, finished in a respectable 3rd place in the North West Norfolk Division 1 League. Like the first team they finished the season in style, with a 3-1 home win against West Winch William Burt F.C. First.

End of Season Presentation Evening

This took place on Saturday 20th May but unfortunately the results of the awards were not in time for the deadline for this article. All award winners will be listed in next month's Newsletter.

Sponsorship / Advertising / Season Tickets

Programme Advertising

There are various options / sizes available, all prices are for the entire season

Prices start from £40 for a 1/8 black and white, whilst the premium full page colour is priced at £200

Player Sponsorship

We are delighted to announce revised pricing for sponsorship of a player for the new season.

We acknowledge the current economic climate makes it difficult for people to get involved with the club (sponsorship etc), and whilst the vast majority of players did have a sponsor last season, we also take on board that £150 was possibly "out of reach" for some of our valued supporters.

So next season you can get involved and sponsor a player for the massively reduced price of £75 for the entire season!

In return:

- ✓ Your name to feature in the matchday programme, alongside a picture of your player.
- ✓ Invitation to the End of Season presentation evening, where you will be presented with the shirt(s) of your respective player(s).

Those player's sponsors from last season, will have first choice of their respective player(s) for this season.

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Heacham • King's Lynn • Swaffham • Watton

Please note:

The gaffer and his management team, are still to announce their retained list, so players may differ / change for the upcoming season.

Programme Sponsor

We are pleased to announce that Graham Hagger will be our matchday programme sponsor for the 2023/24 season.

Many thanks to Graham for his continued support of The Magpies.

Season Tickets - Update

Many thanks to all those that have expressed an interest in a season ticket for the 23/24 season, we are delighted at the level of interest.

We can confirm we will be offering:

Adult
Concession
Child

We need to wait until we know how many teams will be in our division.

Last season we had 18 home league games, whilst those teams in the Premier Division had 19.

As soon as the number of teams are confirmed, we will confirm accordingly.

The Football Club offer various forms of sponsorship/advertising and if you are interested in getting involved with the Club next season then please contact Duane Gowen for further information of the packages available by email at:-

commercial.heachamfc@gmail.com

Pin Badges

The Official Heacham F C pin badge, priced at only £3 each and the Anglian Combination Premier Champions 2021/2 pin badge, priced at only £4 each can now both be purchased from behind the bar at The Heacham Sports & Social Club.

Match Day Programmes

Our Match Day Programme was featured in the May issue of "Programme Monthly & Football Collectable" (the highly recognised "bible" for programme collectors). So did you miss collecting any programmes this season? There are a limited number of programmes still available from some games. Please get in touch (email address shown below) with any requirements you have and I will check our stock.

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

1st Prize - £45 - No.67 Eddie Mounteney
2nd Prize - £22 - No.65 Nigel Waldock
Congratulations to both our winners.

Results for the End of Season "free raffle" for Supporter Club Members:-

No.94 - Matthew Stevenson wins a box of 12 cans of Craft Beer
No.149 - Bob Edwards wins Tub of Quality Street
No.194 - Bob Jolly wins Wine Glasses
No.205 - Matthew Molinati wins Heacham "7 in a row" Mug
No.168 - Ben Coe wins Liqueur Chocolates
No.58 - Michael Ward wins Free Supporters Club Membership for next season (2023/4)
No.146 - Paul Taylor wins Heacham "7 in a row" Mug
No.18 - Peter Oakes wins Free Supporters Club Membership for next season (2023/4).

Many thanks to everyone who joined the Supporters Club this season, your support was very much appreciated. Membership for next season will be available from 1st August (further details will be in the July issue of the Newsletter).

If you require any further information on any of the matters mentioned, then please contact me on the email address shown below. You can also keep up to date with all the latest news on our Facebook page:- Heacham F C Supporters Club.

"COME ON HEACHAM"



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

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General Knowledge Quiz

INSECTS

All the correct answers will have a connection with a type of insect. Good luck.

1. The Norfolk Hawker is which kind of insect?
2. Sleeping sickness (Trypanosomiasis), a sometimes fatal disease, is spread by which fly?
3. What was the late Buddy Holly's backing band?
4. The first novel by the Scotsman Iain Banks in 1984 was described as controversial and shocking because of its gruesome description of violence. What is its title?
5. Which classic three ingredient cocktail was developed in New Orleans in 1918 and is made from Creme de Menthe, Creme de Cacao and single cream?
6. What is Britain's largest native beetle?
7. As a method of social learning and communication, which which creatures perform a Waggle dance when they return from foraging?
8. The ancient Egyptians held which beetle as sacred?
9. Which London-based publishing company founded in 1867 by Henry Wills produced a series of children's books called "Learnabout Books"?
10. A formicary is an artificial container used to house which creatures, usually for purposes of study?
11. Which flying insect shares its name with part of a South London district?
12. What was the name of the 53ft ketch in which Francis Chichester sailed single-handedly around the globe?

Answers on page 29

HEACHAM AND DISTRICT COMMUNITY CAR SCHEME

COVERING HUNSTANTON,
HEACHAM, SNETTISHAM AND
DERSINGHAM SURGERIES

ANNUAL GENERAL MEETING

WILL BE HELD AT
**THE HUNSTANTON
COMMUNITY CENTRE**

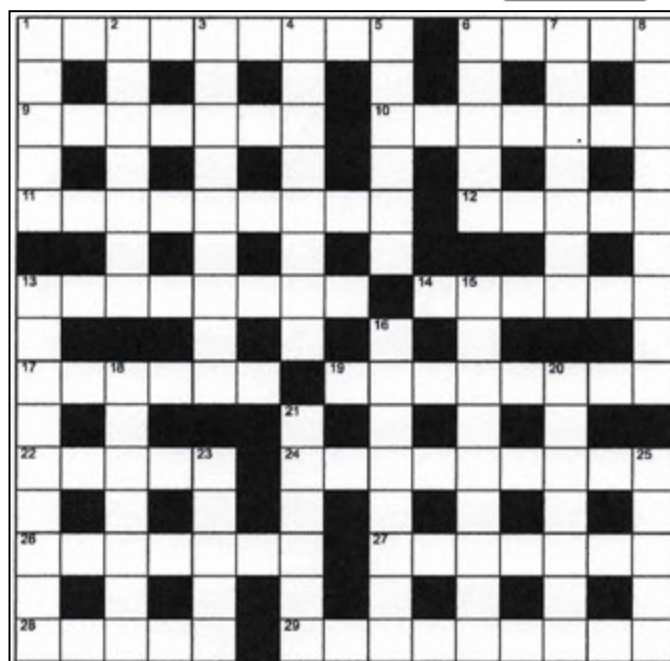
**Avenue Road PE36 5BW
Wednesday 21st June 3 pm**

Everyone Welcome

Contact: 01485 534777

MON—FRI 9.00—1.00

June CROSSWORD



CLUES:

Across:

1. Carried on a little, wound up after being challenged (9)
6. Brief pain, across ribs initially, as a result of crash (5)
9. Open bar after painting (7)
10. Gold-digger, Virginia, is a woman of great wisdom (7)
11. Graze along adjoining land (5,4)
12. Transport by motorway what is left after harvest (5)
13. Old set of books, lying around open, rearranged to show index (8)
14. Arrive by gold carriage (6)
17. Peacekeepers stop rebellion (6)
19. Injury caused by a couple of switches, after 6 across? (8)
22. Regularly flout the law, but be easy to catch (5)
24. It is the best thing on our menu to cook (6,3)
26. Book needs taking back – I have to get moving ... (7)
27. ... left wearing stuff that is OK, on reflection (7)
28. Cross-match chromosome (5)
29. Son's cleaned uniform comes out smeared (9)

Down:

1. After tea, has permission to leave table and put on record (5)
2. A contract unsuited for those with trickery in mind (2,5)
3. Plan these trips, they are big in Africa and Asia (9)
4. Take off coppers and tot up (8)
5. Some man-made monsters? (6)
6. A kind of horse box (5)
7. Amateur on golf course could be stuck in sand (7)
8. Object when speaker comes to crucial part of pitch (9)
13. Drug strong animal that is not lacking heart and in high spirits (9)
15. Character in novel coming between 21 and 5 (9)
16. They are joining a motoring club, Don and his family (3,5)
18. Masked animals and a couple of ducks hold up motorists on outskirts of Newton-le-Willows (7)
20. Put on a spread for next-door neighbour (7)
21. Chap lacking capital comes together with financial backers (6)
23. Help at home on a regular basis (5)
25. Had blue top lowered to cover liberal waist (5)

Solution on page 29

HEACHAM HERITAGE EXHIBITION

Heacham Public Hall

Sunday July 30th - 11am-4pm

Free Admission. Refreshments available

We're back! Displaying information about the Floods of 1953. Looking at the situation before, during and after the disaster. A presentation will be given by Norfolk Lavender. We'll be looking at the effects of the two World Wars on our village; giving an insight into businesses that have flourished here; vintage clothes; entertainment in Heacham and much more.

If anyone has anything they would like to share with us that they believe will be of interest, please contact our organisers, Stella Langley, Patricia Diggins or Mark Pishorn by email at admin01@heachamheritage.co.uk



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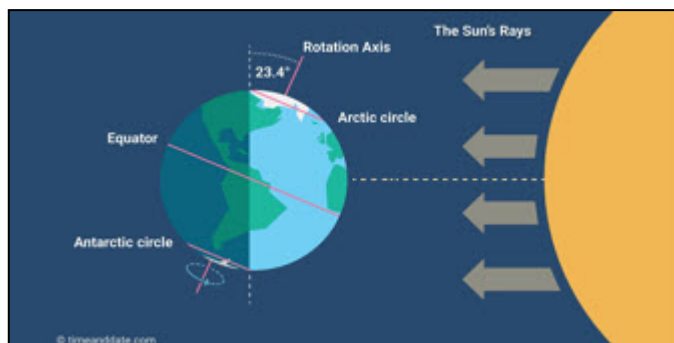
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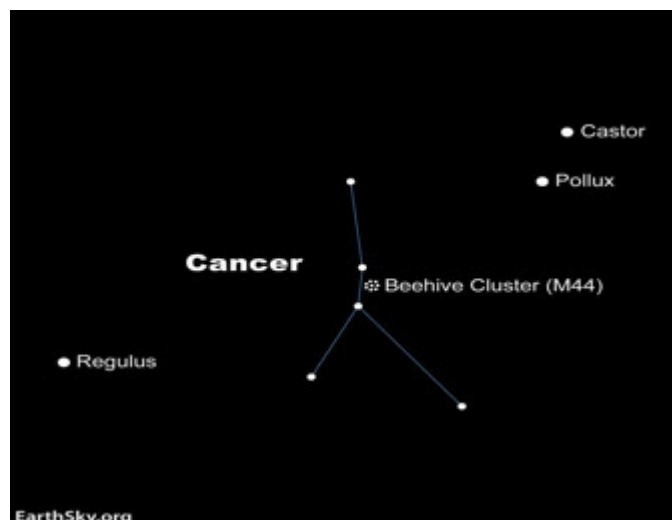
by Terry Parish

The 21st June is the Summer Solstice when the Sun is highest in the sky at noon and it is the longest day at over 16 hours. The moment the solstice happens is 3.57pm so stand still and enjoy it. After that, night time begins to lengthen until December 21st, goody.



The Goddess of Love / Evening Star / planet will actually get brighter over the month, from magnitude -4.4 to magnitude -4.7

Mars is around all month, setting after midnight. On the 2nd, it is in the middle of the Praesepe star cluster of 1000 stars. This ‘Beehive’ is in the middle of Cancer. A ‘phone app will help you find it; Venus helps on the 13th (see above). There is another reddish object in the sky, the red giant star Antares. The Full Moon is just above it on the third.



First find Cancer. Internet

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

My son Jonny has worked with me for 13 years.

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A photograph of two men, John and Jonny, standing between two white service vans. John is on the left, wearing a grey jacket and dark trousers, with his hand on the front of a silver VW Golf. Jonny is on the right, wearing a dark jacket and blue jeans, with his hand on the front of a white VW Transporter. Both vans have a logo on the front consisting of a cartoon character and the text 'THE WINDOW REPAIR MAN'. The silver van has the license plate DV63 ZKY and the white van has PJ12 XTD. They are parked in front of a building with a tiled roof.

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www.thewindowrepairman.com E: jctthewindowrepairman@gmail.com

A cartoon character of a man with a large head, wearing a blue shirt and green shorts, holding a paintbrush and standing next to a window frame.



Sunspots over Heacham. Parish

I will get around to some solar observing this month which guarantees clouds.

Admire Venus and look for Mars at least. If late evenings are warm and clear, see what else you can spot.

That's all folks. I hope normal service can be resumed for next month.

Terry Parish

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**KLCCC
Summer Season!**

This month, on Thursday 8th June, we will be screening the drama 'Aftersun' directed by Charlotte Wells. Sophie reflects on a holiday with her father twenty years earlier. Memories real and imagined return as she tries to reconcile the father she knew with the man she didn't.

All our films are screened at 7.30pm in St George's Guildhall, King St.

Entry to films is free for KLCCC members and any over 18s can join for a season of 8 films for just £17.

For details of how to join, email communitycinemaclub@googlemail.com

Day memberships are also available for £5 cash on the door.

For full details about all events and the club see **www.klccc.uk** or find us on Facebook.



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FOR ONLY £10 MONTH PER CHILD

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Or visit: www.searles.co.uk/facilities/indoor

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

The Old Friends Hall will be closed until further notice. Please contact the organisers of any activities usually held there for information concerning an alternative venue.

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 10.45 am Contact Jaime (see Fitsteps) (SG)

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

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

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

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

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

Strength & Balance Class 4.40pm Hunstanton Conservative Club.

Walking Football for the over 50s 5pm 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 (PC)

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.trebbeck@btinternet.com or ring 07802 879976.

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

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

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

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

TUESDAYS

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

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

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

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

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

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 **Fourth Tuesday of the month** (MC)

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

Weight Watchers 5.30pm (OFH)

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

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

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

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

Fire Cadets at Hunstanton Fire Station 6.30 – 8.30 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07710 066145

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

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

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

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

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

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

11am – 12 noon Hunstanton Library

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

WEDNESDAYS

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

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

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

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

Scrabble 10am Hunstanton Conservative Club.

Tai Chi Beginners (starting May 10th) 10 -11 fortnightly **Hunstanton Town Hall** The Green, PE36 6BU. £8. To book or for info call Maggi on 07951402717

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

The Old Schoolgirl Friends of Heacham School meet for a 'Coffee and a Chat' the last Wednesday of the month 10.30am at Norfolk Lavender Tel: 570742 or 579126

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

Just a cuppa 11am Hunstanton Library 01485 532280

Carvery Lunch from 12noon - 2pm at United Services Club. One course for £7.95, two for £9.95, To book - 07901 524778

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

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

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

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

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)

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 (1st & 3rd Thursdays) at The Salvation Army, Alma Road, Snettisham

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



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

Baby and Toddler Group (starting 31st May) 1.30 – 3pm, Heacham Methodist Church. £3/family

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

Ringstead Art Club meets weekly 2am – 4pm Ringstead Village Hall. Monthly workshops Contact: Pauline Atkinson atk_hornbeams@yahoo.co.uk 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

RAO Buffaloes 7.30pm (HSC Top Room)

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

Cash Bingo 8pm at United Services Club

Quiz Night Cash Prizes 9pm at Fox & Hounds

FRIDAYS

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

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

Wool Crafts 11 am Hunstanton Library 01485 532280

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

Raffle 1pm Hunstanton Conservative Club

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

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

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

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

Cash Bingo 7pm (PH)



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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. 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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Friday 9th June • 19:30
St Nicholas' Chapel, King's Lynn

Annual membership (£7pcm) or £12 on the door, including a glass of wine. Free for the under 21s. Alternatively, prebook via the Corn Exchange Box Office (01553 764864). For membership enquiries, please contact cmrwestnorfolk@gmail.com

OTHER EVENTS.

June

June Events at Anmer Social Club

For info see www.anmerclub.co.uk, [Facebook.com/AnmerSocialClub](https://www.facebook.com/AnmerSocialClub) or email events@anmerclub.co.uk.

Club open 30 mins before event start time.

- Monday 5th 7.30pm Bingo Night. £6.60 for a book of 10 cards & £1.75 for a "flyer Card".
- Friday 9th 7.30pm Film Night "Matilda 'Matilda The Musical', £4.
- Saturday 24th 12.30 onwards Mid-summer Party. Buffet, music from The Whickers £5 in advance. Book with Dorothy on 01553 631349 by 20th June.

June

Friday 2nd June 7.30pm and Saturday 3rd June 2pm and 7.30pm Heacham Public Hall, Pocahontas Players present. 'Return to the Musicals' Tickets £10 or £8 from 01485 570402 or 01485 571267.

Thursday 8th June 7.30pm St George's Guildhall, King's Lynn, King'd Lynn Community Cinema Club presents 'Aftersun'. For more information go to www.klccc.uk

Friday 9th June 7.30pm St Nicholas Chapel, King's Lynn, Classical Music Rocks Concert - Klio Blonz, flute and Gabriella Dall'Olio, harp. £12 (inc a glass of wine), under 21s free. For more information please contact Peter Barker, 07972 752343, email: CMRwestnorfolk@gmail.com

Friday 9th - Sunday 11th June Art Exhibition organised by HDFA at Hunstanton Town Hall.

Monday 12th June 2pm Sedgeford Village Hall, The Arts Society Lecture: "Wonderful Things!" Tutankhamun's Tomb and Treasures by Lucia Gahlin
www.theartssocietynwnorfolk.org.uk

Sunday 11th June 10am - 4pm RAF Bircham Newton Heritage Centre Open Day. Free.

Monday 19th June 2pm Community Hall, Hunstanton. U3a. Come and hear about the work of the Dogs Trust and some doggy stories from Paige Pope. For further information please see our website www.hunstantonu3a.org

Saturday 24th June 7.30pm Village Screen Cinema, Amy Robsart Hall, Syderstone. 'Empire of Light' £4.00. To book 01485 578171 or syderstonecinema_ARVH@outlook.com

Saturday 24th June noon - 10 pm The Green, Hunstanton Live music festival with KL1 Radio and various artists.

Saturday 24th June & Sunday 25th June 10am - 4pm Hunstanton Town Hall, HDFA Craft Fair.

Sunday 25th June 1pm Hunstanton Carnival & leaves Hunstanton Recreation Ground and heads to The Green, where there will be music and entertainment until 5pm.

Wednesday 28th June 10am - noon Community Coffee Morning and More, Community Hall, Sunny Side Close.

Wednesday 28th June 7.30pm, Memorial Hall, Snettisham. Snettisham Gardening Club, "Gardens Us and Them" by Dr Ian Bedford, an expert on creatures of the garden. Further information from Gail 01485 541279 or Addie 01485 544754.

Friday 30th June 7.30pm St Mary's Church, Snettisham, Classical Music Rocks Concert, Philippa Mo, violin (Guest Artiste). For more information please contact Peter Barker, 07972 752343, email: CMRwestnorfolk@gmail.com

July

Saturday 29th July 2 - 4pm Fridhem Rest Home Summer Fete.

SAVE THE DATE

u3a

HUNSTANTON

We will meet at the Community Hall, Avenue Road, Hunstanton at 2.00pm on Monday 19th June to hear about the work of the Dogs Trust and some Doggy Stories from Paige Pope.

You will be most welcome to join us.

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Hunstanton United Services Club

June Entertainment

- FRI 2nd:** JOHN CARR singing songs from all eras. 8pm
- SAT 3rd:** GLITZ DUO. All Eras. 8.30pm
- FRI 9th:** QUIZ NIGHT. £50 FIRST PRIZE. £4pp including supper. Up to 4 in a team. 8pm.
- SAT 10th:** CLOSER TO HOME DUO. Superb vocals from SIMON LEE & GRAHAM JAMES. 8.30pm.
- FRI 16th:** Fun & laughter with RICHARD WYMARK – comedian & ventriloquist. 8pm
- SAT 17th:** LAURIE HALEY DUO. 60s onwards. 8.30pm
- FRI 23rd:** TOMMY BAXTER superb vocalist. 60s to 2020s. 8pm.
- SAT 24th:** TRAVIS. All eras. 8.30pm
- SUN 25th:** MUSIC IN THE GARDEN with MIKE SHLEBY. 60s, rock & roll & more. 3pm. (Indoors if bad weather).
- FRI 30th:** TONI G. 60s & ELVIS. 8pm.

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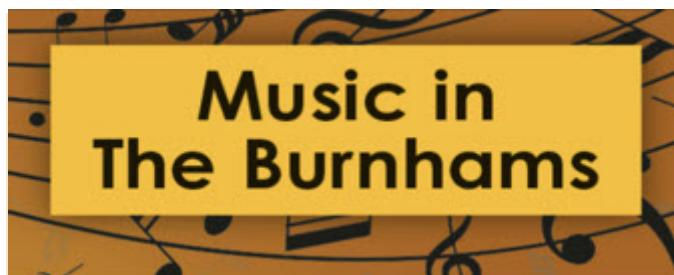
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Music in the Burnhams works with and supports the village school in Burnham Market this month, but first a recital by one of our favourite musicians. Leo Popplewell (cello) will play unaccompanied Bach and Mendelssohn on Sunday 11th June at 3pm at Sutton cum Ulph Church, Burnham Market, PE31 8HQ. Tickets are £15.00 each and proceeds go to the church.

In 2022, we had a hugely successful and enjoyable workshop at Burnham Market Primary School with graduate students from Trinity Laban College of Music in London. This year, Jodie Wiggins returns (soprano) with Callum Adkins (baritone) with Gill Smith on piano and they will concentrate on music from 'The Sound of Music' and other favourite West End musicals. Naturally, there will be a costumed performance by all the children at the end of the workshop on Friday 16th June at 6pm. Family tickets are £10 and proceeds go to the school.

We send the month out in style with the wonderful Galaxy Big Band. Who can fail to remember those dancing in the aisles last year to the brilliant sound this band makes. So, bring your dancing shoes on Saturday 24th June at 7.30pm and have a fun enjoyable evening in aid of the village school. Tickets are £20 each.

More information on www.musicintheburnhams.com

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Tulips for Tapping attracts record number of Visitors

King's Lynn, UK - Tulips for Tapping 2023, which saw a welcome return this year, has been hailed as a huge success. Visitors from all over the UK flocked to the tulip fields near the Sandringham Estate in West Norfolk to walk among the tulips, capture photos, purchase tulip-related merchandise and enjoy refreshments from local food and drink traders.

The event, which won the "Hospice UK – Innovation in Income Generation" award in 2022, built on the success of previous years and offered visitors a rare opportunity to see and experience the stunning beauty of the tulip fields. Visitors were able to purchase fresh tulips grown by Norfolk Tulips and enjoyed the popular Norfolk Hospice Gin, sold by Whatahoot.

"We are thrilled with the response we received for Tulips for Tapping this year," said Lindsey Atkin, Community & Corporate Fundraising Manager at The Norfolk Hospice. "The record number of visitors is a testament to the hard work of everyone involved in organising the event, as well as the support of local businesses."

The success of the event would not have been possible without the support of Roydon Hall Farms for the use of their land, the team at Norfolk Tulips for once again allowing the opening of their wonderful crop to visitors, tulip grower Mark Eves of Belmont Nurseries, and the dedicated team of volunteers.

The event was also made possible by the support of local businesses including T M Browne, Rural Broadband, Algeco, Rudd Marquees & Baco Compak.

The event was a great success, raising £140,268 for the Norfolk Hospice. "We are so grateful for the support of everyone who attended the event, and for the generous donations made to the Hospice," continued Lindsey. "The funds raised will help us continue to provide vital support and care for those who need it most."

Tulips for Tapping has become a beloved annual tradition for visitors from across the UK. With the success of this year's event, organisers are already looking forward to planning for an even bigger and better event next year. Anyone who would like to support the event, through sponsorship or by volunteering, is encouraged to contact the Hospice via their website: www.norfolkhospice.org.uk



Photo shows:
Lynn Lockheart (Director of Operations, Norfolk Hospice); John Garrett (Director of Finance, Norfolk Hospice); Victoria Rush (Community Fundraiser, Norfolk Hospice);

Susanne & Mark Eves of Belmont Nurseries, Terrington (Norfolk Tulips); Lindsey Atkin (Community & Corporate Fundraising Manager, Norfolk Hospice); Nicola Ellis (CEO, Norfolk Hospice).

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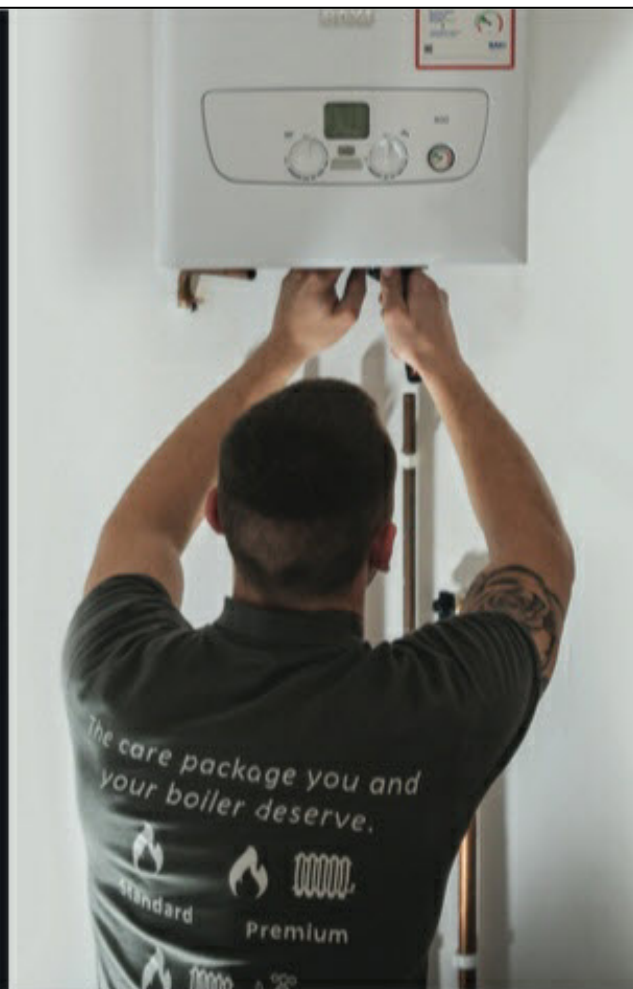
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More photos of the Tapping House tulip fields by Jackie Davis.





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The Arts Society North West Norfolk

“Yes, wonderful things”

These famous words are attributed to Howard Carter when he discovered Tutankhamun's tomb in the Valley of the Kings on 22nd November 1922. On Monday 12th June 2023, Lucia Gahlin will be giving an illustrated talk on **“Wonderful Things!” Tutankhamun's Tomb and Treasures**, at Sedgeford Village Hall at 2.00pm. A specialist in the archaeology of Ancient Egypt, an accredited Arts Society lecturer, and author of books including *Egypt: Gods, Myths and Religion*, her talk will explore the discovery in 1922 of this amazing tomb, its iconic treasures, and the boy king who conjures up wonderful imagery and mysterious tales of the Pharaohs. What happened to the incredible wealth of funerary goods found inside?


Ancient Egyptian art was produced by the civilisation in the Nile Valley between 5000 BCE and 300 CE in the form of painting, sculpture and architecture. The period around 3000 BCE is regarded as the Early Dynastic Period, during which art, architecture and many aspects of religion took shape and were marked as distinctive. Hieroglyphic writing, the Pyramids and other natural sculptures were created. Drawings and proportions of the human figure were developed, and the first known portraits were also completed. The tombs and monuments housed much of the surviving art where an emphasis on life and death is featured, together with the preservation of past knowledge. The ancient art was designed to represent socioeconomic status and belief systems. Permanence was a key factor - the artists' desire to preserve everything from the present as clearly and permanently as possible. Symbolism was consistently used to depict important themes, for example, law and order. The Pharaoh's regalia signified his power to maintain order. Gods, goddesses, human beings, heroic battles, animals and nature were highly symbolic figures in Egyptian art. Many of the surviving works were designed for one purpose – to provide peace and assistance to the deceased in the afterlife.

The Nile Valley played a major part in enabling Ancient Egypt to flourish and prosper. The location and regular flooding meant fertile soil, ideal for agriculture. Settlers along certain parts of the Nile Valley were able to produce surpluses of edible crops which led to the growth of the population, particularly in those parts north of Aswan where most of the population and cities lay. The cultural and historical sites of Ancient Egypt are nearly all situated along the riverbanks of the Nile Valley due to the abundance of natural resources. Art that was formed during this early Egyptian civilization was made possible due to the abundance of high-quality building stones - the quarried limestone along the Nile Valley, granite from Aswan and other resources from the wadis of the eastern desert. Deposits of gold, semi-precious and decorative stones, copper and lead ores, all contributed to make this civilization well-known for its architecture, monuments, jewels etc.

The tombs of the Pharaohs were filled with an astonishing amount of artwork, designed to speak only to the gods, the highest most elite group of visitors. Tomb art was sacred and magical because the ancient civilisation believed that art had the power to carry a person forwards, freeing them from the silent, static state of death. The purpose of the artworks was basically functional, entwined with religion and ideology. More sources of information have grown about ancient Egypt as more and more art and artifacts have been recovered from archaeological sites and experts have become able to decipher the hieroglyphics.

However, no find has been more important, or captured worldwide imagination more, than the tomb of King Tutankhamun. It is the only royal burial found completely intact in modern times and containing such fabulous treasures. The discovery has enabled Egyptologists to better understand so much about the art of this ancient civilisation, and if you would like to explore this fascinating subject, come to Lucia Gahlin's illustrated talk on Monday 12th June 2023 at 2.00pm in Sedgeford Village Hall. Visitors are very welcome.


Lesley Nadel



THE ARTS SOCIETY
North West Norfolk

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**Next illustrated talk:
Monday 12th June
Tutankhamun's Tomb and Treasures**

**Lecturer:
Lucia Gahlin**

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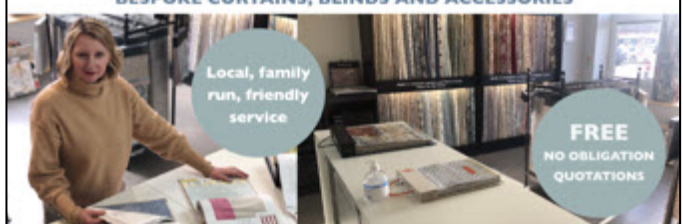
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MAKE SURE YOU CHECK YOUR TAX CODE!

By Kathryn Gigg Chartered
Accountants, Hunstanton

Believe it or not, the Income Tax and National Insurance collected through PAYE make up approximately 40% of all tax receipts.

The Tax Code system is the mechanism for achieving this, and, if you are not in Self Assessment, the key to paying the right amount of tax as an employee, or a pensioner with an occupational pension, is having the right tax code.

PAYE is only a method of collecting tax. If the wrong amount of tax is collected, a liability, or a refund, will arise. This is one reason to understand how PAYE works and to check that the tax code that is being used by your employer, or pension provider, is the right one for you.

HM Revenue & Customs carries out a reconciliation of your tax position at the end of each tax year, and together with Self Assessment, any errors should be corrected eventually. Nevertheless, it is better to get it right at the outset.

WHAT TAX CODES MEAN:

In basic terms your PAYE Tax Code is the amount of your tax free allowance with the last digit removed, followed by a letter, e.g. someone with a full personal allowance of £12,570, and no other complicating facts, will have a tax code of 1257L. From then on, dependent upon a tax payer's circumstances, it all becomes more complicated.

The letters used are as follows:

- L Standard Personal Allowance
- M You are receiving part of your partner's personal allowance
- N You are transferring part of your personal allowance to your partner
- T Other calculations are needed
- 0T No allowance
- BR All at basic rate of income tax
- D0 All at higher rate of income tax
- D1 All at top rate of income tax
- NT No tax
- K Extra amount added to your income
- W1 Emergency code week 1
- M1 Emergency code month 1

HOW TAX CODES ARE WORKED OUT:

If you have a single source of earnings, the code will start with your personal allowance which will then be adjusted downwards for any employee benefits (e.g. car or private medical insurance). Additionally, it may be reduced if you have savings, rental profits or dividends above their respective annual allowances. There may also be increases in your coding to provide tax deduction for allowable employment expenses, personal pension contributions and higher rate relief for charitable donations or where the Marriage Allowance has been transferred to you from your spouse. These adjustments will only be made to your main PAYE source of income. Any supplementary sources will have a Basic Rate (BR), Higher Rate (D0) or Additional Rate (D1) code. K codes can be confusing but are essentially just negative codes where an amount gets added to your income for PAYE purposes e.g. where your personal allowance is abated or lost completely because you earn over £100k, or where pensioners receive the State Retirement Pensions, and have other earnings or private pensions and annuities.

Pensioners should be aware that the State Pension is taxable and is paid gross (i.e. without deduction of tax). Hence due to the recent triple lock increase of 10.1%, some pensioners will find that they have insufficient allowances to cover it and will have received lower tax codes than they expected for 2023/2024 tax year, with the additional tax liability having to be taken from their PAYE sources of income.

CHECK YOUR TAX CODE:

The 2023/2024 Notice of Coding that you will have recently received will tell you how the Revenue has worked out your code. The supplementary notes on the reverse will explain the

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For an appointment please contact: Mrs K H Gigg FCA

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adjustments arising from your specific circumstances. The basics of the allowances/benefits in kind etc., will be pretty straightforward but adjustments to rate bands are not so easy to understand. If you had a prior year underpayment of up to £3k you may have asked HM Revenue & Customs to “code this in” by way of an adjustment to your code in the following year. E.g. if you owed £1k from a previous year and are a higher rate tax payer, your code would be reduced by £2.5k.

If you think your tax code is wrong you can use the HM Revenue & Customs “Check your Income Tax for the current year” online service to update your employment or pension details.

(<https://www.gov.uk/check-income-tax-current-year>)

Alternatively, you can write to HM Revenue & Customs quoting your PAYE Reference/National Insurance Number/10 digit Unique Tax Reference number (if you have one).

For further advice regarding your Tax Code please contact either of the partners Kate Gigg FCA or Nicola Tarry FCA at Kathryn Gigg Chartered Accountants, Hunstanton on 01485 534800 or kate@kathryngigg.co.uk

N.B. Article written in May 2023

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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General Knowledge Quiz - INSECTS

ANSWERS

1. Dragonfly.
2. Tsetse fly.
3. The Crickets.
4. The Wasp Factory.
5. Grasshopper.
6. Stag beetle.
7. Honey Bees.
8. Scarab.
9. Ladybird Books.
10. Ants.
11. Camberwell Beauty.
12. Gipsy Moth V.

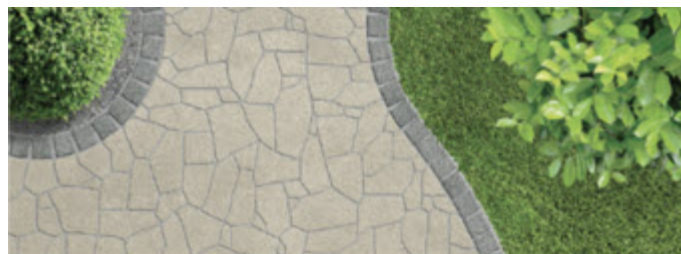
CROSSWORD SOLUTION

Across:

1. Contended
6. Prang
9. Artless
10. Minerva
11. Touch down
12. Haulm
13. Exponent
14. Landau
17. Unrest
19. Whiplash
22. Lucid
24. Numero uno
26. Emotive
27. Flatten
28. Testy
29. Slandered

Down:

1. Chart
2. No-trump
3. Elephants
4. Discount
5. Demons
6. Punch
7. Aground
8. Goalmouth
13. Ebullient
15. Ampersand
16. The Mafia
18. Racoons
20. Abutter
21. Angels
23. Daily
25. Owned



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Hunstanton & District Rotary Club Recent Activities

March/April were busy months for club members.

On 15th March we were given a presentation by the Coastal Stroke Support Group based in Hunstanton. The members were so impressed by their work supporting stroke survivors and their families that we agreed to donate £500 to support their efforts.

The following week we held our annual Presidents Night which is a joint event hosted by Hunstanton & District Rotary and Inner Wheel. It consisted of a 3-course meal with entertainment provided by Jamm'in Joe. A raffle was held with proceeds going to Baby Basics, West Norfolk.

The club's social night, held on the last Wednesday of the month, was an evening trip to Smithdon High School to attend their performance entitled 'A Night of Cinema and Stage' which was in celebration of the arts. This was followed by a lovely meal at Chives.

On 12th April, 10 of our club members attended the Rotary Club of King's Lynn Priory Charter Night, celebrating its 50th Anniversary. The black-tie event was held at the Town Hall, King's Lynn, with well over 100 attending.

On 26th April we took part in the Rotary District Quiz held at Soham. We chose 6 of our club's sharpest minds to compete in what turned out to be a hotly contested event involving 9 other clubs in the district. Unfortunately, we were defeated by some teams which would not have been out of place on BBC's mastermind!

Starting on 27th April was the Tapping House tulip festival where a number of members carried out duties such as car park and traffic marshals, tulip field marshals and administration.

In preparation for the Coronation celebrations, we designed a tribute to mark the event on The Green in Hunstanton (see photos). We would like to thank the Mens Shed for their brilliant work making the crown, which formed the centrepiece of the display, Hunstanton Council for their £200 contribution to plants, and Anna Greyson for the overall design. Thank you also to the five Rotarians in the picture for the supplying and planting of the 450 pansies. This is a fine example of organisations working together for the benefit of the local community.



Adrian Evans
Chair Club Service

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A King in May

January February wrapped up cold, we expect no more,
March brings snowdrops, as the days stretch out before,
April rains come and go, springtime opens in the air,
But May is something special, everything is green and fair.

And now this May a king is crowned, for all the world to see,
He is our king, my king in May, for us all, and just for me,
They say it is his special day, but it's our, great day too,
We will live the reign together; in everything we do.

Yet May is always with us filled with colours of delight,
A perfect lovely background, look around be bright,
See a coach of gleaming gold pulled by rows of greys,
And happy faces in the rain on coronation days.

But who can match the colour of a perfect British May
And the birds will always sing, on our coronation day,
But Abba said it best in a slightly different way,
"Thank you for the moments for giving them to me" today.



John W
25/04/2023

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Blooming good opportunity for local Businesses to sponsor the Hospice Show Garden at Sandringham

The Norfolk Hospice, Tapping House, is thrilled to be one of three local charities that will showcase a show garden at this year's prestigious Sandringham in Bloom. With the help of Dean Price Horticulture, they plan to create an emotive concept design that represents the support offered to people with terminal illnesses.

To maximise the impact of their garden, The Norfolk Hospice is seeking sponsorship from local businesses to purchase water features, oak pergolas, and ornamental screening. In return for their generous sponsorship, the businesses will receive publicity for their brand as their name will be displayed on a plaque within the garden. In addition, the show garden and sponsor plaques will be transported to The Norfolk Hospice in Hillington after the event, where they will become a permanent feature in their gardens.

Victoria Rush, Community Fundraiser at The Norfolk Hospice, said, "Sandringham in Bloom is a wonderful opportunity for The Norfolk Hospice to showcase the love and support we offer to our patients. We rely on the local community and businesses in order to provide our vital services and we would love to hear from any businesses who could support our show garden and be part of this prestigious event."

From June 3rd to June 11th, Sandringham in Bloom will celebrate the beauty of the Royal Estate's flora and fauna with its vibrant displays of flowers and foliage. Visitors can expect to receive expert advice, enjoy live music on weekends, and relax with a drink at the gin bar in the gardens.

This year, the event will be even more special as Queen Elizabeth II's Floral Coronation Robe from Salisbury Cathedral will be part of the displays inside Sandringham House.

This is a unique opportunity for local businesses to showcase their commitment to the community while increasing their brand's visibility at a highly anticipated event.

Interested parties can contact Norfolk Hospice's fundraising team at 01485 601701 or email: fundraisingteam@norfolkhospice.org.uk for more information on how to sponsor the show garden.



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Hunstanton Croquet Club

Croquet is a delightful outdoor game that has been enjoyed by people of all ages for centuries. It is not only a game of strategy and precision, but also a great way to spend some quality time with friends and family.

One of the joys of playing croquet is the physical activity it offers. The game requires players to move around the lawn, setting up their shots and striking the ball through the hoops. This can be a great way to get some exercise and enjoy the beautiful natural surroundings.

Another joy of croquet is the social time it provides. Players can engage in friendly competition, while also chatting and laughing with their companions. The game is not overly competitive, which allows for a relaxed and enjoyable atmosphere.

Croquet also challenges players to think logically and strategically. It is not just about hitting the ball through the hoops, but also about positioning the balls in a way that will make it difficult for opponents to score. This requires careful planning and execution, which can be satisfying and fun.

Finally, croquet is a great way to enjoy the outdoors and embrace nature. The game is usually played on a grass lawn, providing a soothing and peaceful ambiance. Whether you are playing in a park, backyard or country club, the fresh air and sunshine make for a refreshing and invigorating experience.

In conclusion, playing croquet is a wonderful activity that offers numerous joys. It provides physical activity, social interaction, mental stimulation, and an opportunity to appreciate the natural world. So, grab your mallet and let the croquet balls fly – you're in for a treat!

Caroline Harper

www.hunstantoncroquetclub.co.uk

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Left: Some of our super U3A students (Mary, Linda, Jean, Rachel and Sue) who completed their Introduction to Golf Croquet course.

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Right: Ian Lines being presented with the Lord Fermoy Cup by Janet Kendal at the Robert Prichard tournament.



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CARNIVAL
JUNE 25th**

Anyone can be part of the carnival – and yes, that includes YOU! It's really easy for families, groups, organisations and businesses to join us either in the parade or on The Green as a stallholder.

This year's theme is **The King's Coronation** – all you need to do is get into the spirit by dressing up and sign up.

Our carnival route is from the Recreation Ground to The Green and is fully accessible by pushchairs, wheelchairs and mobility scooters.

We are also looking for fun, creative performers for the parade – as individuals, or groups of any size.

You can be dancers, musicians, marching bands, stilt walkers, walkabout acts, majorettes or pretty much anything else! If you're interested, just email clerk@hunstantontowncouncil.gov.uk or call 01485 532402 for an application form.

Families are welcome and encouraged to take part in the carnival procession – it's really easy to just join in! No expensive or elaborate costumes needed, just dress up and come along!

The carnival is just one event taking place over the **King's Coronation Festival Weekend**.

June 24th – live music with KL1 Radio Station & various artists entertaining from 12 noon through to 10pm.

June 25th KL1 Radio Station & various entertainers from 1pm through till 5pm

Carnival parade 1pm from recreation ground.

Information or to book a stall call 01485 532402.



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CARNIVAL 24TH - 25TH JUNE**

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Hunstanton Mayor for 2023-24

At the Full Council Meeting held on Wednesday 17 May, Cllr Michael Ruston was elected the Mayor for 2023/24.

Cllr Adrian Eden was voted Deputy Mayor for 2023/24.

Jan Roomes
Town Clerk
Hunstanton Town Council



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Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting will be held on Tuesday 20th June at 7.00pm at the Parish Office, Pound Lane.

The Full Council Meeting for July will be held on Tuesday 18th at 7.00pm at the Parish Office, Pound Lane.

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.

ELECTION

The election for Parish Council was uncontested. This means that 12 pre-existing Councillors plus one new candidate have been elected without the need for a ballot. This still leaves us with 4 places to fill by co-option. Our Borough Councillors will be: Cllr Terry Parish and Cllr Andrew Jamieson.

MARTIN JOHNSON

Last month we were incorrect with the tenure of Martin Johnson. Martin actually joined the Council in 1999 and so served the village for 24 years. Thank you Martin and sorry for the mistake.

CORONATION CELEBRATIONS

Although the attendance for the Ceilidh wasn't as good as we had hoped for, the evening was a great success as all attendees left happy if a little tired. Thank you to all those that came and to the band for an excellent performance.

The family fun day went well also and we were blessed with good weather. The children made the most of the field and parents enjoyed chatting in the sun.

Heacham Carnival Parade and Fete 2023

*** Only 2 months to think about your float ***

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

CARNIVAL COLLECTION

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

OLD FRIENDS HALL

A person has run their vehicle into the front wall of the Old Friends Hall which has, sadly, rendered the hall unusable until repair works are carried out. All bookings have had to be cancelled and meetings have had to move back to the Parish Office. We hope to get it up and running again as quickly as is possible and we will inform you when the work is completed.

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.

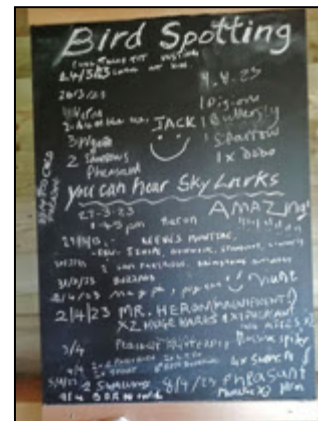
The Parish Council continues to urge residents not to feed the ducks or geese. This is particularly important to prevent mother ducks bringing ducklings off the ponds and onto the roads.

Heacham Parish Council

With the nesting season upon us, please keep an eye out for a nest on your property. If you find a nest with eggs then let us know and we will send our PMO to come and prick the eggs, so as to try and keep numbers down to a manageable level. Just contact the office, leaving a message if no one is here. Also, please make sure you leave a contact number as well as an address.

THE SALTINGS

It is good to see that the board in the new hide is being well used. It is hoped that a second board can be placed beside it so that there is always an 'old' board and a current one. Information on a wiped older board will be recorded before it becomes the 'new' board.



Visitors to The Saltings will notice that we have replaced the picnic table top as the previous one was stolen. This has taken money from the budget set for use at The Saltings. Let us hope that the thief does not return to spoil it for people who use it!

HEACHAM PARISH COUNCIL OFFICE

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

Any queries should be addressed to:

Heacham Parish Council Office

Jubilee Clinic Pound Lane Heacham

Norfolk PE31 7ET

Tel 01485 572142

Email: heachampc@btinternet.com

Website:

www.heachamparishcouncil.norfolkparishes.gov.uk

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| 10:50 RINGSTEAD ROAD | 14:40 GIDNEY DRIVE |
| 11:10 ROLFE CRESCENT (Opp.No.22) | 15:15 NEVILLE COURT |
| 11:30 SCHOOL ROAD | 16:05 POPLAR AVE |
| 11:55 COLLINGWOOD CLOSE | 16:25 SITKA CLOSE |
| 12:15 FENSIDE | 16:50 NORWAY CLOSE |
| 12:35 JENNINGS CLOSE | 17:10 NEVILLE ROAD |

LOCAL BUS SERVICES BETWEEN HUNSTANTON AND KING'S LYNN

Bus Enquiries:- www.lynxbus.co.uk 01553 611955

| | 34 | 35 | 36 |
|--|---------------------------------|----|----|
| | via QE Hospital via Sandringham | | |
| | Coastliner | | |

Mon - Sat

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

Sun

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

Service 36 on School Days

1515 Smithdon School to Hunstanton

New Route 33

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

WNCT Dial-a-Bus Service

Heacham to King's Lynn via Snettisham, Ingoldisthorpe, Dersingham, Babingley. Every Tuesday, Wednesday & Friday

For more information, cost of fares, a membership form or to book

www.wnct.co.uk 01553 776971

DEFIBRILLATOR SITES IN HEACHAM

(Please read instructions and obtain code to activate)

St.Mary's Church - Front Porch. Available 24hrs

Sports Field Pavillion - On the external wall of the pavilion

Fire Station - Only available when someone is in attendance

Chalk Pit Recycling Centre - Outside the gates. Available 24hrs

Pioneer Holiday Park - In yellow phone box adjacent S Beach Rd, 50yds

towards beach from main entrance

North & South Beach Toilets - on exterior wall. Available 24hrs

Tesco - Inside by the events board

Palm Beach Holiday Park - Half way down in the red phone box

TIDE TABLES

JUNE & JULY 2023

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

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