



THE HEACHAM NEWSLETTER

July 2023

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



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

Community Coffee Morning & More

Everyone Welcome



Temporary change of venue - Community Hall, Sunnyside Close (off Caley St),
PE31 7DX

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET

E-MAIL: theheachamnewsletter@gmail.com www.heachamnewsletter.org.uk

ADVERTISING: Michelle Carter ☎ 01485 579024 - Advert pricing listed on page 2

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



Leicester

Dear Newsletter,

My Daughter's Book

I wanted to tell you about my 9 year old daughter Amaya and her achievement. Four years ago, she decided she wanted to be a marine biologist. She has autism, EDS, mobility problems. You did an article about postcards she made for Sealife last year.

We have a static caravan we own in Heacham, Parkdean, and Amaya goes and cleans the beach everyday of rubbish and has saved a seal, 172 jellyfish and a seagull so far. She reports them to our local Sealife rescue and they have been rehabilitated and released. She wasn't happy when she found a seal dead on the beach so she made a poster saying to put rubbish in the bin that was then made into a postcard by the mayor of Hunstanton and is now on sale at Sealife with all the money going to them.

She struggles to communicate with the world around her and isn't happy about the rubbish people leave on the beach and wanted to communicate to the world. After the postcard, she has written and illustrated a book about this using her support dog



in the story. She has now had it published and it is available to buy on Amazon in the UK, USA, Canada and Australia. Some of the profits from each book is going to Sealife Trust. She wants to show people that people with autism can achieve anything that they want.

Colette Edwards

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Heacham Post Office

Following all of the rumours of Heacham Post Office closing, I will tell you what is actually happening.

In August, our postmen are being moved to Hunstanton sorting office as part of Royal Mail centralisation that is going on in many areas at the moment. That means the postmen will no longer have any connection to our Post Office.

Royal Mail and the Post Office are two separate organisations. So what does that mean for us? Well we lose 50% of our income, which obviously is a massive loss for us. However, we are going to try our best to keep Heacham Post Office going. This will however mean we have to make cutbacks. We are looking at closing Saturdays which are quiet to reduce overheads. We will be running more often on one member of staff, so waiting times may be longer. Whether we can keep going has yet to be seen.

Post Office business has been declining for many years now and in recent times it has been particularly tough to keep going. We have lost so much business with pensions going directly into banks, people using cash machines, bills being paid by direct debit instead of in branch; car tax was another big part of our business but most people now do it online. Postage is now being done online and customers just drop parcels off with us. Then most recently, postmen are now collecting parcels direct from customers doors, cutting us out completely. We are paid totally on what we do and it is hitting us extremely hard.

So in answer to all the speculation - yes we are going to try and keep going but now, more than ever, we need you to...

USE US OR LOSE US.

Sally Partyka
Sub Postmistress



Peterborough

Dear Newsletter,

Pocahontas Players – 'Return to the Musicals'

The Pocahontas Players recent production of Return to the Musicals was Outstanding!!!

All the productions are wonderful but this one was truly amazing. The music, the costumes, the scenery, the actors, directors, sound, lighting etc and behind the scenes people. How many amateur productions manage to get a car on and off the stage for a snippet of Grease. My thoughts are not everyone has a 'Dave' to make it happen. All the actors entertained us with such joy that rippled through the audience. It would be unfair to pick any one person but I think I have to say an amazing Eliza and a huge cheer from the audience at a perfect lift from 'Grease'.

Well done all on a magnificent performance! Heacham villagers never miss a production.

Mrs Lynn York

ADVERT PRICES

1/8 Page £20 per issue
1/4 Page £40 per issue
1/2 Page £80 per issue

Tel 01485 579024 to discuss your needs or email:
theheachamnewsletter@gmail.com



Heacham

Dear Newsletter

‘Praise for prompt attention’

Sadly, in the Saturday afternoon concert of the Pocahontas Players I lost consciousness for a short while.

The staff all knew rapidly how to treat me and called an ambulance which arrived very quickly, with two excellent paramedics.

I was moved rapidly out of the hall and the paramedics carried out a wide selection of tests in the ambulance – blood pressure, ECG etc., with my wife, an ex-nurse, and they could find nothing seriously wrong with me.

I was taken to our car and my wife drove me safely home.

The afternoon show was delayed for a while but the most important evening sold-out show was able to proceed as normal.

The promptness of all concerned enabled the show to go on, if a little delayed!

Thank you all so much.

David Mackay

Heacham Yard Sale – Thank You

What a great day Sunday 28th May was for our 4th Heacham Village Yard Sale.

The weather was perfect, lots of people out and about, looking for a bargain. We had 180 addresses on the map. I believe there was many more that decided to join in on the day. It certainly had a good community feel to our village.

A big thank you to everyone who contacted myself and Janet to be part of this year's Yard Sale - the response we had was amazing.

We hope you all managed to sell and earn a few pounds!

Thank you to my brother Jon Large who spent time designing a detailed map plus a QR code for those with smart phones; Dave Curtis for printing the banner and The Heacham Newsletter advertising this very popular event.

This year we charged 50p minimum donation for a map. I raised £100 for Prostate Cancer and Janet raised £49 for Multiple Sclerosis.

We have been organising this event since Covid struck, where people were finding the time to clear sheds, cupboards, garages etc. Realising this, we thought it would be a good idea to hold a village yard sale and a perfect time for people to get out and about outside chatting. It proved so successful we've made it a yearly event!

Who's up for next year ... Sunday 5th May 2024 - pop it in your diary!

Thank you once again.

Jemma & Janet



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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



SNETTISHAM GARDENING CLUB

We invite you to our Open Show which we will be holding in the Memorial Hall on Saturday 8th July and will be open to all from 1.30pm. Cream teas will be available and a raffle, tickets for which can be purchased on entry.

If you wish to take part, entries should be made by Wednesday 5th July; details are in the schedules which are available from Stockleys Chemist.

There is NO MEETING at the Hall at the end of July.

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



Heacham Heritage
Community Project

HEACHAM HERITAGE EXHIBITION HEACHAM PUBLIC HALL

Sunday 30th July 2023. Time 11am - 4pm

Displaying information about the Floods of 1953.
before, during and after the disaster.

A presentation by Norfolk Lavender.

The effects of the two World Wars on our village

Vintage Clothes,

Entertainment in Heacham

and much more

FREE ADMISSION Refreshments Available

If anyone has anything they would like to share with us that they believe would be of interest please email admin01@heachamheritage.co.uk.

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Saturday 29th July
2-4pm
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 Come on by and help us raise money for our residents' activity fund.



Another Recipe from The Prudent Pensioner

I came across a recipe in a magazine for Bean Burgers and as I have friends and relatives who are eating less meat, I thought I would give it a try. I didn't have all the ingredients in stock so I made a few substitutions. This is how I made them and they were well received. We have enjoyed them in a bread roll and shaped like a steak with salad.

Bean Burgers

Makes 2 very generous portions

Ingredients:

120g cooked red Kidney beans
 1 onion chopped finely
 40g Rolled oats
 30g Salted peanuts
 1 tbsp. fresh Coriander chopped
 1 med. egg beaten
 Salt & Pepper
 ½ Teaspoon Garlic granules.
 Cooking oil

Method:

Whizz oats in food processor until like coarse breadcrumbs.
 Whizz nuts into small pieces.
 Place beans in a bowl and mash with a fork. Add onion, oats and nuts, coriander, egg and seasoning and mix together.
 Leave to chill for 15 minutes.
 Shape as required.
 Heat oil in a pan and cook burgers for 3-4 minutes on each side until golden.
 These are nice served with a salad and sauces of your choice.


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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.

See lots more recipes on The Prudent Pensioner Facebook page

Email: pru.pensioner@btinternet.com

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CHURCHES TOGETHER IN HEACHAM



On Sunday 11th June, Liz and I were sworn in as churchwardens for another year. As well as giving us enormous responsibility for directing and overseeing all matters to do with the running and maintenance of the church, this is a position in which we also directly relate to you, the village. We make a promise to discharge our duties to the Parish, i.e. our community, with faithfulness and diligence.

It is obvious to both of us on a regular basis just how much mutual support there is between the village and Heacham Parish Church. As we look back over the past 12 months you have supported our celebrations in very practical ways – all the miles of bunting and the incredibly beautiful flower arrangements made for the Queen's Jubilee and the Coronation; the themed Christmas decorations made each year; visiting our stall at the carnival; coming along to help out and to chat at our monthly coffee mornings; filling the church with your stalls at our craft fairs; enjoying the music at our Noon Tunes concerts and contributing very generously to the designated charity; and your enthusiastic attendance and singing at the Village Carol Service. We welcome, literally, hundreds of you to these events.

For our part we are privileged to host the annual RBL Service of Remembrance where we all come together to pay tribute to those from the village who died serving their country. Last year we were honoured to provide a focal point where we could all come together to grieve and share memories of Her Majesty the late Queen. We are delighted to be able to perform full wedding

and baptism ceremonies again and welcome families in celebration, and recently we have held some extremely poignant funeral services. Our bereavement group offers consolation and advice sessions each month and some of our members provide practical support for Guiding, other charities and school activities. Looking back further we were pleased to offer deliveries with prescriptions during the pandemic, and 2 years ago the village came together to enable us to raise £25,000 to repair the church tower.

The church is open from 10am to 4pm every day and we know a number of people make regular visits to light a candle, sit quietly and pray. Many of you visit the churchyard too. At this time of year, we are pleased to welcome visitors to come to look round our beautiful building, and information leaflets are available.

In Matthew 25 Jesus directs us to help and serve everyone we can, in whatever circumstance. Be assured that Heacham Parish Church will always endeavour to do that. However, we need your support too. We would welcome more volunteers to maintain the churchyard and to help with technology, with social media, with grant applications and fundraising. If you have the skills and a bit of spare time, please let us know.

Our current need is to urgently replace our heating system – please read the more detailed article within the Newsletter to see how you can help. Thank you.

Veronica Welham & Liz Dormer-Ainge
Churchwardens
Contact: heacham.church@gmail.com

01485 572529

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.

July 2023

Sunday 2nd July:	Morning Worship
Saturday 8th July	3.30pm PET SERVICE
Sunday 9th July:	Holy Communion
Sunday 16th July:	Morning Worship
Sunday 23rd July:	Morning Worship
Sunday 30th July:	Holy Communion

HEACHAM PARISH CHURCH online
on Heacham Parish Church You Tube channel

HEACHAM PARISH CHURCH in church
At 10am every Sunday morning

Chit Chat and Coffee

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

All ages welcome.

Tuesdays at 10.00 – 11.30am

18th July and 15th August

Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is on 6th July from 10am till 12 noon, at the Pine Residents Hall. For more information contact the Church Office.

Pet Service

Saturday 8th July

3.30pm

Heacham Parish Church

Everyone and all creatures great and small welcome, as we celebrate our pets and other animals, giving thanks to God for all they give us.

Come with your pet or bring a photo of your pet or favourite animal, or even come dressed as an animal!

Hope to see you there!

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.

Pet Service – Saturday 8th July



We will be having a PET SERVICE on Saturday 8th July at 3.30pm. Everyone and all creatures great and small welcome. At Heacham Parish Church.

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: richiemncube@gmail.com

HEACHAM METHODIST CHURCH

Station Road, Heacham



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

July 2023 - We extend a warm welcome to all.

Come!

Come to me all! (Matthew 11:28)

This invitation from Jesus Christ summarises the theme of the ordinary season, in our church calendar, as we begin that time of learning and growing in discipleship. Of course, the first invitation is "come and I will make you" (Matt. 4:19). It is a call from the creator, who is always in the process of making things new.

Here at Heacham, we continue to be a place of welcome. Every Tuesday we open our church for anyone, to come in and rest. Whether you are a local resident, or you are a visitor on holiday, the chapel is open for you to sit down, and rest, or take time to reflect alone, if you need to talk to someone there is always someone available.

One of our key highlights this past month going into summer is our toddlers group. Every Wednesday from 1.30 to 3.00pm, term time, parents can come and spend time in our hall. Our monthly Fellowships, communion services and bible studies continue to be available to all who want to find time. On 19th August we look forward to Songs of Praise. Please look out for the details.

Christ's invitation is to everyone; it is an invitation with a promise. Come to me all you who labour and are heavy laden, and I will give you rest. As the Heacham Methodist church we endeavour to be that place, that space of welcome for all who need to either stop and breathe, or to stop and reflect.

Rev. Rich Ncube

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

We think of all our friends whose absence we notice on Sunday mornings – prayerfully- along with members of our community, especially those feeling unwell or isolated.

Following the AGM in June, changes in the leadership team are going to occur. A meeting to discuss new appointments is planned for later this month/early August. Prayers for the decisions made would be appreciated.

Living God, we bring to you our thanks for those whom we love who have died. We thank you for our memories of the times we spent with them.

We think, too, of all who are living in an unsafe place or a hungry place – an uncertain place. Old and young. In grace, we approach You with our petitions.

Sunday Morning Services: 10.30am

2 July	Cathy Fielding
9 July	Local Arrangement
16 July	Rev Dr R Ncube (HC)
23 July	Marianne Baguley
30 July	Sharon Esposito

Midweek Communion

10.30am Wednesday, 12 July led by Rev Dr R Ncube.

Bible Study


10.30am Thursdays 6 July and 27 July.

Fellowship Meeting

2.30pm Tuesday 25 July. End of "term" social event.

Coffee Morning - 10am-12noon Saturday, 15 July.

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



"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
Memorial Hall Old Church Road Snettisham

www.hopeevangelical.org

Other important dates:-

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

Noah's Ark Toddler Group

Wednesdays – 1.30–3.00pm – Heacham Methodist School Room. c/o Marianne Baguley (07880 364326).

Future dates for the diary:

8 July 2023 3.30pm. Pet Service - St Mary's Church.

19 August 2023 3.30pm. Songs of Praise Service - Heacham Methodist Church

(Refreshments will be offered following both services)



Feature of the Month:

THE CLIFTON CHRONICLES

The Lord Archer of Weston-super-Mare – more commonly known as Jeffrey Archer, is a well-known British author and former politician who faced near bankruptcy in his earlier life and also prison for perjury.

He is widely regarded as a master story teller who gives enormous attention to detail to his characters, helping make them seem so very real.

Archer began his writing career in 1974 with instant success. Some thirty-five years later he began *The Clifton Chronicles* which follow the life and adventures of Harry Clifton from the 1920s to 1990s. This seven volume series, starting with *Only Time Will Tell*, is an excellent family saga for those who enjoy this genre of fiction. But beware - once you start reading

The Clifton Chronicles you will not want to put them down!

Second-hand Book Sale

We are continuing with our second-hand book sale throughout July. Don't miss a bargain – a minimum donation of 20p per book is all it costs. All proceeds go towards purchasing new publications.



Join Up July

Many of you reading this are already members of Heacham library, but if you have not found time to join up yet, why not put it on your July 'to do' list. Membership is totally free and only takes a minute - just bring some I.D. with you.

We look forward to seeing you all and, as ever -

Happy Reading!

The Library Team

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or the Parish Office 01485 572142

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General Knowledge Quiz

BRIDGES

- Which Unesco World Heritage site in Shropshire is generally accepted to be the cradle of the Industrial Revolution in Britain?
- What is the name of the American historical fiction romance from Netflix set in Regency London?
- Who is the current Governor of the Bank of England?
- Built by Robert Stephenson between 1846-1850 and rebuilt after a fire in 1970, the Britannia bridge crosses which stretch of water?
- Released in February 1970, which Simon and Garfunkel album spent 304 weeks in the UK album charts?
- What is the name of the battle fought on the 25th September 1066 in Yorkshire between King Harold Godwinson's army and the forces of the Norwegian King Harald Hardrada?
- In which North American city would you find the Verrazano - Narrows Toll bridge?
- In Bridge, what term is given to a hand which contains no card higher than a 7?
- What is the name of the famous medieval bridge over the Vltava river in Prague which is surmounted by 30 statues?
- Golf - on St Andrews Old Course, what is the name of the small stone bridge found near the 18th hole?
- Which is the only example of a bascule bridge spanning the Thames?
- What is the name of the 1977 film adapted from a book by Cornelius Ryan depicting the Battle for Arnhem in 1944, code named Market Garden?

Answers on page 33

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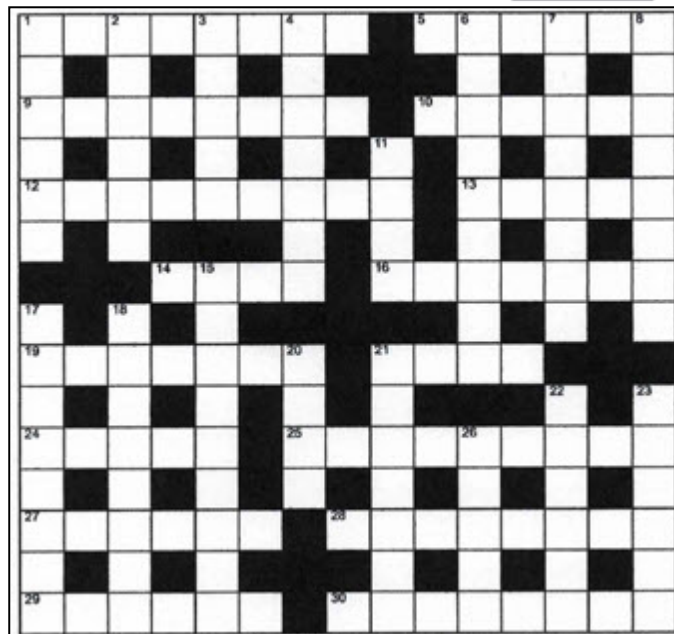
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July 2023 CROSSWORD



CLUES:

Across:

- Close to sacking Oscar? Better have a calming drink (8)
- Short way to reach front and beach (6)
- System used by boss initially rests uneasily with racketeers (8)
- Mushroom and most of rice put on stove (6)
- Painting with small brushes, in the main, can be troublesome (3, 6)
- 1 Down has marks removed by make-up artist (5)
- Register list of players (4)
- Sweaters are tight under arms (7)
- Go on about craving for chocolate whip (7)
- Performing with a couple of unknowns and producing a gem of a cameo (4)
- Writer noted for his regal disposition (5)
- Come across small gate as a way to get out (3,6)
- Self-contained, nice rent, with lovely views (6)
- Puts on revolutionary tyres - verbal warnings ensue ... (3, 5)
- ... places second, getting carried away (it's gratifying) (6)
- They travel as far as ancient city first and Athens last (8)

Down:

- I'm right in agreement, it's a puzzling variation of 24 (6)
- Bishops caught in very strong wind speak quickly and inarticulately ... (6)
- ... all get to talk, except Kelvin (5)
- One cuts cost, over time, to produce fruit (7)
- Woods where Allen, or possibly James, spotted plant (5,4)
- Put out drink for dog (8)
- Unable to act around, moved to another place (8)
- Large expanse of land (area above Thailand, previously experiencing mass migration) (4)
- Instrument picked up first supports harmony (9)
- Goes out, say, and locks shed first (8)
- Suggestion to put up final score (1-0) is most fitting (8)
- Mirror - or a local paper, maybe? (4)
- Ready to start a game of Monopoly, where the bored can become very active! (2,3,2)
- Short question gets short reply when Earl enters looking daggers (6)
- Some protest as I support stoppage (6)
- Gather at home with retired judge (5)

Solution on page 33

Walking Football

We have recently had a Tournament and we were Runner Up.

In first place was Aylsham, second Heacham, third North Elmham and fourth place Cromer.



Above: Aylsham



Above: Heacham



Above: North Elmham



Above: Cromer

We had a collection for the Air Ambulance as this was called upon last month. One of the team players needed assistance as unfortunately he suffered a heart attack. I'm very pleased to announce that the person survived and is doing well.

What a great job the Air Ambulance people did. All the teams involved donated and we collected £435 towards the Norfolk Air Ambulance.

The Tournament was a success and we were fed with the help of Richards burgers, locally made in Richards Butcher Shop in Hunstanton. These were donated by the shop to help us out and they were lovely.

A great day was had by everyone.

Stephen Watson



Action shots!



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A **WARM** welcome?!

At Heacham Parish Church we feel very privileged to join in with village celebrations and memorials, with your own family services and life events and to welcome visitors to activities and occasions throughout the year.

We always want to offer you a **warm** welcome – and here we have a problem. For several years now our elderly heating system has been bravely limping and staggering through each winter, ably assisted and maintained by Chris at MCE King's Lynn who has been very creative in sourcing spare parts to keep it going.

But unfortunately, the time has come for us to give it a well-deserved retirement.

In order that we can have heat in church this coming winter, we are going to have to replace our boilers during the summer. Without heating, we cannot remain open. Although we would much prefer to employ an eco-friendly system, research has shown that this is not practical at the present time, so we will have to replace like for like, with gas boilers. In the future, we hope to install solar panels on the roof, but this is not possible or affordable at the moment.

We are informing you of the costs so that, if you wish and are able, you might like to contribute so that we can keep the church open this coming winter and offer you an even warmer welcome!

The cost of replacing our boilers is a minimum of £10,000. New boilers will be more efficient, thereby enabling us to hold additional activities and also be cheaper to run which will help with on-going costs. We all know that heating pipes go up and down and backwards and forwards and round and round and back again between boiler and radiators. Having done some measurements and sums, I have worked out that the replacement system will cost ...

£1 per inch (2.5cm) of heating pipe,
or £12 per foot (30cm)
or £40 per metre.

Any contribution you would like to make can be brought to church, or to the church office, or paid by BACS (Heacham Parochial Church Council, Sort Code 20-46-65 Acct no 10464554 ref Heating.)

A cashless machine is available after services and a permanent one is soon to be installed.

Come along and support our various events – a coffee morning each month and our stalls at Norton Hill and the village carnival.

Please contact the church office for more details – 01485 572539. Email: heacham.church@gmail.com

We are very grateful for the support we receive from the village in any number of ways, but demonstrated most superbly in our recent Coronation celebrations, and be assured that we do love to offer you our support any time it is needed.

Please help us to be able to give you an even warmer welcome this Christmas! Thank you

Veronica Welham & Liz Dormer-Ainge
Churchwardens

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 11am-4pm.

Each year SHARP holds our **Archaeology Festival**. This year it will be on the **23rd July**. There will be tours, displays, historical crafts for everyone to try, and lots of free activities for the kids including our teaching trench.

Car parking is £3, but entry is free, although donations are always welcome!

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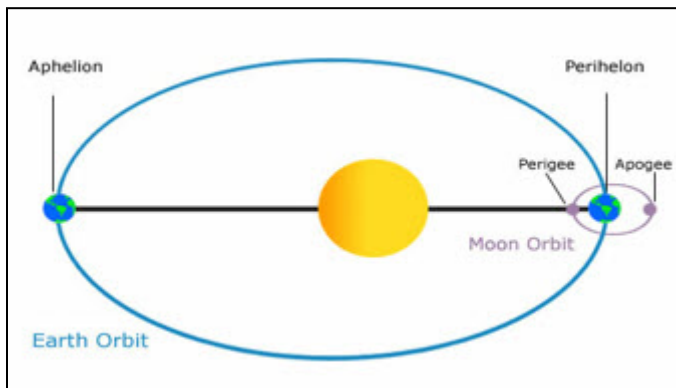
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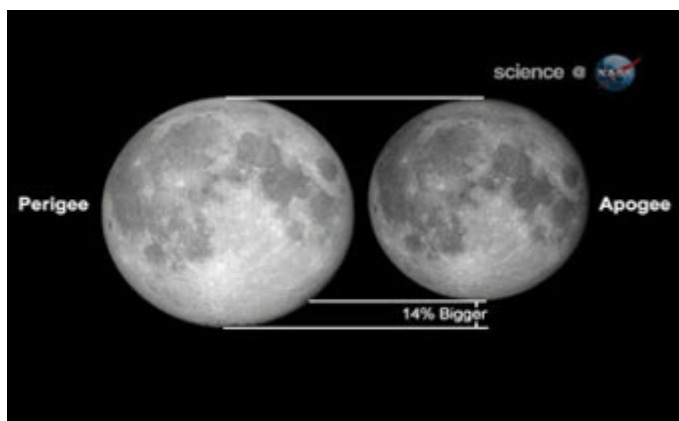


July is with us, winter approaches and, at the time of writing, the cold wind has changed to hot sun but, still, no rain. On July 6th, just after 8pm, the Earth is at its furthest point from the Sun, aphelion. Our orbit is almost circular but like all bodies in the Solar System it is elliptical, egg shaped.



An exaggeration. Earth's orbit is nearly circular. Internet

A Supermoon appears on the third. Looks a bit bigger and brighter tis all. It will be 46,000km closer than on the 20th - an elliptical orbit remember. Full moons vary in size and are biggest when their orbit puts them at perihelion with respect to the Earth. A Full Moon close to the horizon also appears bigger due to an optical illusion or even several such 'tricks.' Tides will be a little higher as the Moon will be a tad closer and gravity obeys the inverse square law, (halve the distance, multiply gravitational attraction by 4).



This is the maximum difference there can be. Internet.

There are not a lot of planetary observations possible due to light skies and the times planets rise on the ecliptic. Venus is still very bright with a magnitude of around -4.7 but is now closer to the setting Sun. Look west around 9-10pm in the first week. It becomes difficult after the 11th. The Evening Star is brightest on the 9th.

Mars, magnitude 1.6, should be visible low in the west from around 9.45pm when the sky darkens. Scan with binoculars to find an orange/red dot. On the 19th/21st, a thin crescent Moon will be either to the right or to the left. Mars is very close and above and to the left of Venus which may help finding it during the first week of the month. Luck, good eyes and binoculars might find the spark of Mercury below the Crescent Moon.

Early in the month, around midnight and low in the SSW, there is another orange dot, Antares, a red giant star. On the 28th, Antares can be found at a more reasonable time, 9.30pm, due south next to the Gibbous Moon.

Antares, the rival of Mars, is the 15th brightest star in the night sky. This is an average figure as it is variable. At its brightest it has a magnitude 0.6, at its dimmest 1.6 (bigger the number, dimmer the star or planet). If you look above, you will see that this compares favourably with Mars at the moment.

A bright star above Antares and the Moon, on the 28th, is Sabik, a binary system of two almost giant white stars. They are 88 light years distant so, for anyone of that age, their star light set out around the day you were born.



Use Sabik to find several Messier objects. M10 is a globular cluster of stars 14,000 light years distant. M12 is similar; M14 the same but twice the distance; M107 is the last object in Messier's catalogue and is a loose cluster at 20,000 light years. All need a telescope. Internet

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If you are up before sunrise, 4am, then Jupiter, magnitude -2.3, will be bright in the west. Uranus is trailing it but will be hard to spot without a telescope.

Saturn, much fainter at magnitude 5.8, is in the SSE at 4am so find Jupiter and then turn around. A yellowish dot close to the Moon on the 7th, binoculars needed but, remember, the sun is rising. (It is dangerous to look through optical instruments towards the rising Sun as you will forget it is about to pop up. Towards a Sun that has set is fine, unless the Earth reverses its rotation you are safe).

If you are heading south on holiday, somewhere like Spain, take binoculars and look south when the sky darkens. The star clouds of Sagittarius in the Milky Way will be present.



The star clouds of Sagittarius through a large telescope. Nightskies would be brighter if we lived amongst that lot. Internet

The meteors are coming, the meteors are coming, yes, they are. (Sing and repeat). The Perseid meteor shower, sometimes a delight in August, actually starts on the 17th July. Be the first to spot one. On the 30th, the Capricornids and the Southern Aquarids peak, so your first Perseid might be an interloper. The Capricornids start on the 3rd. There aren't many meteors but there is the odd fireball. The Aquarids are better seen further south than England but can appear on the southern horizon.



A Capricornid fireball. Internet

Short again this month; time and season. Theoretically the late evenings should be warm so take a look into the never-ending sky. A meteor can be a treat at any time and even passing satellites are of interest.

Terry Parish

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Heacham FC



THE TEAMS:

End of Season Presentation Evening

This took place on Saturday 20th May where all the players, management team, club officials, volunteers and supporters came together to celebrate another season in the history of The Magpies. The award winners were as follows:-

“Dusty Miller Shield” - Supporters Player of the Year: **Fletcher Toll**

“Nigel Askew Cup” - Player of the Year: **Aaron Watson**

“Harry Hornsby Cup” – Players Player of the Year:

Matt Goss

Clubman of the Year: **Duane Gowen**

1st Team Golden Boot: **Fletcher Toll**

1st Team Manager's Player of the Year : **Matt Goss**

Reserve Team Golden Boot: **Ahmed Rhaouti**

Reserves Players Player of the Year: **Ruben Dore**

Coaches Player of the Year: **Ben Dear**

Young Player of the Year: **Paulius Falcao**

Double G Clothing Awards:-

1st Team Player of the Year: **Ben Dear**

Reserve Player of the Year: **Ruben Dore**

And finally there was a “Special Award” in recognition of his service to the club between 2015 and 2022 in making 165 appearances and scoring 29 goals :

“Captain Fantastic”: **Ed Tann**

Congratulations to all the individual winners, but we should not forget that every Player has played their part during the season in what has been another historic chapter in the history of Heacham FC, so all our players and coaching staff are “WINNERS”.

Fixtures :- Pre Season Friendlies

Saturday July 1st v Wisbech Town away ko. 3pm

Saturday July 8th v Watton United away ko.2.30pm

Tuesday July 11th v Swaffham Town home ko. 7.45pm

Saturday July 15th v Blackstone FC home ko. 3pm

Saturday July 22nd v Wells Town away ko.2.30pm

Tuesday July 25th v King's Lynn U23s home ko.7.45pm

These were correct at time of going to press but may be subject to change. There may also be additional games arranged, so for all the latest information please check Heacham FC and Heacham FC Supporters Club on facebook.

Sponsorship / Advertising News

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

Please note:

The manager and his 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.

Matchball Sponsor

We are pleased to announce that The Heacham FC Supporters Club will be our matchball sponsor for the 2023/24 season.

Many thanks to them for their continued support of The Magpies.

2023/24 General Pricing Update.

Following a club meeting we can now share the prices for next season. We have taken on board the current economic climate, and frozen as many prices as possible; in areas where there is an increase, we have kept the increase to a minimum.

Matchday Programme

We are pleased to confirm the matchday programmes will remain priced at £2.

Matchday Drinks & Snacks

Again we are pleased to announce that initially prices will remain at last seasons prices; we will be keeping a close eye on our purchasing costs.



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Matchday Admission

With another step up in the Football Pyramid, comes additional operational costs.

We have conducted a benchmarking exercise, comparing our new pricing structure against other teams in our division, and we still compare extremely favourably.

Adults - £6
Concessions - £4
Children - £1

Season Tickets

Next season, we will have 19 home league games. So it would cost a paying adult £114 to attend these 19 games. Likewise a concession would pay £76 for the 19 games.

We are pleased to confirm the following prices for season tickets:-

Adult - £96 which equates to £5.05 per game, or 3 games free.

Concession - £64 which equates to £3.36 per game, or 3 free games.

Child - £16 which equates to 84p per game, or 3 free games.

To secure yours please email - commercial.heachamfc@gmail.com or contact Duane Gowen.

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.

****COMING SOON****

There will be a limited number of pin badges available celebrating our Championship Winning Season 2022/3. Please keep a lookout on our Facebook page for further details.

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.

Recent winners of the 2023 "50/50 Club" were as follows:-

May:

1st Prize - £45 - No.24 Danny Taylor
2nd Prize - £22 - No.23 Sally Bailey

June:

1st Prize - £45 - No.22 Sam Pishorn
2nd Prize - £22 - No.13 Denis Cooper

July:

1st Prize - £45 - No.99 John Ridley
2nd Prize - £22 - No.30 Ali Taylor

Congratulations to all our winners. The next draw will be early August.

Supporters Club Membership for the new season will be available from 1st July and for the 4th consecutive season the cost is still only £5 to join. Full details of benefits etc will be on our Facebook page.

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.

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Return to the Musicals

What a show this has been!! 'Well Done' Jeannie Tooley for creating/adapting the four parts. Well done Peter Everingham (Director of Oklahoma and My Fair Lady) and to first time director of the players, Benjamin Parr (Dirty Dancing and Grease.).

Tremendous hard work and dedication has been given from Feb - June from the cast and crew of The Pocahontas Players for this production. They were rewarded with two FULL houses Fri/Sat night and the (Saturday matinee) with only 30 seats spare but we were up against the FA Cup Final.

HUGE amount of lines to be learnt. Many intricate dance moves/steps to conquer. Thank you Jaime Parry for giving up your precious spare time to be choreographer. Songs to learn. Back drops to design and make. Stage props to be made - What? Half of a car!!? Costumes to be made and sought after. Programmes to be designed and printed..

We had some new members enjoying their first time with the Pocahontas Players. We welcomed Ellie Clayton who played one of the Baby Doll singers in Dirty Dancing, A Market Trader in My Fair Lady and Frenchie in Grease. Yes, Ellie was very busy because she also did a great job as the Cast's hairdresser!

We also welcomed Laila Follett as A Baby Doll Singer, a Pink Lady and a Market Trader. Ruby Dallison was also a new member to the group. Ruby had never 'trodden the boards' but she did fabulously well as part of The Oklahoma Chorus, Dancer in Dirty

Dancing and a Flower girl in My Fair Lady. Also a beginner with the players but on Sound and Light side of things, was Henry Turner, who also was a great help to the crew backstage. We hope to see them back in September.

Although we all worked hard to produce this show for you, our audiences, we couldn't have done it without the help of the Front of House staff. Thank you!

We also thank Kevin Russell, Michael Lester and Matt Greef, for the time and help they have given. Also Brenda and Spec Partyka for the loan of Lord and Lady Boxington's white cast iron Ascot chairs! (They really looked the business.) Thank you to The Heacham Newsletter team who always gives us a good spread to advertise our productions!

Thank you Ray for taking our only opportunity of having Stage action photographs (fabulous as usual) during Dress Rehearsal.

Thank you to Alison Witting for helping with 'Baby's' slippery dress. Last (but certainly not least) Judy Parsons who helped with Eliza's Ascot creation. Her expert seamstress creativity is an eye opener to behold.

We will be back in the Heacham Public Hall in September for read-through of Panto Scripts, to be followed by auditions. Keep a lookout in the Newsletter for more info on this. It's always good to see new members, BUT right now, it's time for a little R&R - Enjoy the summer.

Thanks EVERY one for your support. Very much appreciated.

Janice Curtis
(ADMIN for The Pocahontas Players)

ALL photos taken by Ray Sparvell who click-clicked away during the Dress Rehearsal.

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DIRTY DANCING
- Baby (Sydney Collins) Johnny (Ryan Chilvers.)

OKLAHOMA - Aunt Eller (Elaine Verweymeren) Showing off her way, of stopping the fight between the Farmers and Cowmen!



GREASE - Compère (Jimma Race) judging the Dance Off Competition.)



MY FAIR LADY - Stern Mr Higgins (James Jakeman). Will he teach Eliza Doolittle (Izzy Parr) to be a Lady, as caring Mrs Pearce (Ann Smith) tries to comfort her.

MY FAIR LADY (The Famous Ascot Scene) Eliza has been introduced to Mrs Higgins (Amanda Buckingham) and The Lord and Lady Boxington (Helen Povey/Jimma Race).



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Sallywags Parent, Baby & Toddler Group



We are so grateful to Heacham's Anna Burkam for kindly raising over £100 for Sallywags back in May! Wow Anna thank you! Anna got busy fundraising with her 'How Sweet is your Birthday?' raffle on Yard Sale Day - and she certainly created the sweet smell of success attracting lots of support on the

day with her super stall and 3 hampers full of treats donated by our Sallywags families! Thank you for all your fab ideas and work for the group Anna. And of course thank you to all our lovely families for your donations and to all supporters of Anna's stall! Congratulations to the 3 lucky winners too!

And further thanks to Claire Bevan for donations for our play dough table - we love a bit of play dough at Sallywags Claire! Thank you for thinking of us!

Right Photo: This month's loveable left behinds!



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 & 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.

Wishing all Newsletter readers a beautiful summer from Sallywags XXX

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YOUTH ACTION EVENTS DAY

Saturday 22nd July 2023

Following last year's successful event, Heacham Youth & Community Trust Ltd are once again sponsoring this year's Youth Action Events Day to be held on Saturday 22nd July 2023, 1.00pm - 4.00pm at Heacham Sports Field.

The event is open to all youngsters aged 4 to 18 within the local area, providing an opportunity to meet and talk to Youth Organisations and Groups to check out what they can offer. Many young people are unaware that these groups help to develop their personalities, gain valuable knowledge, have fun and make friendships.

Everyone taking part will have the opportunity to have a free burger and also an entry into a free raffle (subject to entry terms) with a chance to win £100 (£50 in cash and £50 to be donated to a Charity of the winner's choice.)

Due to the nature of the event, all children should be accompanied by a parent or guardian. Please note that although the day is aimed at children, some of these organisations cater for adults as well, so please feel free to enquire, or maybe you can spare a few hours to become a volunteer helper yourself.

Please come along to this free event which hopefully will be an enjoyable and informative day.

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



A central blue starburst contains the event details. Surrounding it are logos for various youth organizations: Wildfings, Heacham Parish Church, Scouts, Guides, Rainbows, Beavers, Rangers, H.T.C., Cubs, Beavers+, Army Cadets, and St John Ambulance. The text inside the starburst reads: **HEACHAM YOUTH EVENTS DAY**, Saturday 22nd July 2023, Heacham Football Club, 1pm - 4pm, Free to enter, Ages 4-18 (accompanied by an adult/guardian), Adults are welcome too!

Sponsored by Heacham Youth and Community Trust Ltd



The advertisement features a photograph of scones with cream and strawberries. The text reads: **HEACHAM MANOR** HOTEL · RESTAURANT · GOLF. *Afternoon Tea Offer*. Come and enjoy a delicious Afternoon Tea at Heacham Manor before the end of August and save 10%. Available Daily: 12:00 - 2:30 PM. Prepared fresh to order, 24-hour advance notice required. Simply call **01485 536030** Quote Ref: AFT2023. VIEW ONLINE: www.heacham-manor.co.uk/food-and-drink/afternoon-tea OR SCAN QR CODE. HEACHAM MANOR HOTEL, HUNSTANTON ROAD, HEACHAM, NORFOLK PE31 7JX.

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. **£5.00**. 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 £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 first and third Wednesday of the month. Contact Allan on 07960229726 for more information, 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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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.

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)

Hunstanton Lifeboat Sandcastle Competition Thursday 3rd August 2023

Start 2pm, registration from 1.30pm. Entry £1 only.

On the beach at Old Hunstanton in front of the RNLI boathouse and shop.

Everyone welcome, especially families with children. The competition lasts for about an hour (weather permitting) and is in three age groups. Prizes will be vouchers for the RNLI shop. Parking available at the Le Strange car park.



CRAFT FAIR ANMER SOCIAL CLUB

SAT 15TH JULY

CLUB OPENS AT 12 NOON
CRAFT FAIR STARTS AT 2PM

STALLS.....

£5 FOR SMALL TABLE

£10 FOR LARGE

TO BOOK PLEASE CALL 01553 631349

OR EMAIL anmerchair44@gmail.com

IN CONJUNCTION WITH THE FUN DOG SHOW

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.



Princess Theatre, Hunstanton

PERFORMING JULY 2023!

 <p>30th June - 2nd</p>	 <p>8th</p>	 <p>16th</p>	 <p>20th</p>
 <p>21st</p>	 <p>22nd</p>	 <p>23rd</p>	 <p>29th</p>
		 <p>30th</p>	

BOOK NOW!

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OTHER EVENTS.

JULY

July 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.

Saturday 15th Club opens at 12 noon. From 2pm Craft Fair (to book a stall call 01553 631349 or email anmerchair44@gmail.com) and Dog Show (registration from 1pm).

Saturday 22nd 7.30pm Nelson's Shantymen. £2.50 on the door.

Friday 30th June - Sunday 2nd July Princess Theatre, Hunstanton. Hunstanton's One-Act Drama Festival. See www.oneactdramafestival.com for more details.

Thursday 6th July 6pm 'Come and Try' session at Hunstanton Croquet Club. To reserve a place or for more information contact secretary@hunstantoncroquetclub.co.uk

Saturday 8th July 3pm All Saints Church Sutton cum Ulph Burnham Market PE31 8QH, Music in the Burnhams presents Flutes and Frets with Bethan Stone and Daniel Murphy. £15. More information on www.musicintheburnhams.com

Saturday 8th July from 1.30pm Memorial Hall, Snettisham. Snettisham Gardening Club Open Show. Further information from Gail 014855 541279 or Addie 02485 544754.

Saturday 8th July 3.30pm Heacham Parish Church Pet Service
Monday 10th July 2pm Sedgeford Village Hall, The Arts Society Lecture: The Story of the Sutton Hoo Ship Burial by Mark Cottle. www.theartsocietynwnorfolk.org.uk

Sunday 16th July 10am - 4pm RAF Bircham Newton Heritage Centre Open Day. Free.

Monday 17th July 2pm Community Hall, Hunstanton. U3a. Hilary Farrell will talk about her visit and experience of volunteering with some of our u3a members at Saidia Children's Home in Gilgil, Kenya. For further information please see our website www.hunstantonu3a.org

Saturday 22nd July 1 - 4pm Heacham Sports Field. Heacham Youth Events Day ages 4 - 18 (accompanied by an adult/guardian) Free.

Tuesday 25th July 7.30pm (doors open at 7) Dersingham Village Centre. Film 'What's Love Got To Do With It?' £6, under 16's £3.

Wednesday 26th July 10am - noon Community Coffee Morning & More, Community Hall, Sunnyside Close.

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

Saturday 29th July 10am - 12noon The Green Hunstanton, Community tai chi. Free. Donations accepted for RNLI.

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

Sunday 30th July 11am - 4pm Sedgeford Historical and Archaeological Project Archaeology Festival. £3 to park www.sharp.org.uk for more information.

Sunday 30th July 11am - 4pm Heacham Public Hall, Heacham Heritage Exhibition. Free.

SAVE THE DATE

AUGUST

Thursday 3rd August 2pm (registration 1.30pm), in front of the RNLI boat house, Old Hunstanton beach, Sandcastle Competition £1 to enter.

Thursday 3rd August 2pm, The Reading Room Stanhoe, Stanhoe and Barwick WI. A flower arranging demonstration by Crystal Dyball. £5 includes refreshments. For more details contact Valerie on 01485 575261.

August Music in the Burnhams

Concerts all take place at the beautiful Anglo Saxon All Saints Church Sutton cum Ulph Burnham Market PE31 8QH. More information on www.musicintheburnhams.com

Saturday 5th 7.30pm The Bingham String Trio play music by Beethoven, Kodaly and Weir. £15.00

Saturday 26th 7.30pm The Cullin Sound Wind Quartet play music from Boccherini to Gershwin. £20.00

SEPTEMBER

September Music in the Burnhams. Concerts at The Village Hall, Burnham Overy.

More information on www.musicintheburnhams.com.

Saturday 9th 7.30pm. The Victoria String Quartet and Leon Bosch (double bass) with Irina Andreivsky (piano). £25

Friday 22nd 7.30pm Peter Hewitt brings his Petrus piano trio to play Mendelssohn and Tchaikovsky. £20.

Friday 29th 7.30pm A fun programme of voice and piano with Brenda Blewett and Julian Godlee. £15

Hunstanton Conservative Club

**Entertainment
for June**

Hunstanton Conservative Club

24 High Street, Hunstanton PE36 5AF

Tel: 01485 532462

Entertainment for July

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

Sat 8th: **Music Night** with food served from 7.30pm.

Thurs 20th: **Coach Trip to Wroxham with Boat Trip.**

Mon 31st: **Coffee/Brandy** from 10.00am.

Yoga for U3A members on Wednesdays, Thursdays and Fridays.

Mondays: Strength and Balance Class – 4.40pm

Wednesdays: Scrabble 10.00am. Whilst Drive 7.00pm.

Fridays: Lunchtime Raffle drawn at 1.00pm.

Cash Bingo start at 7.30pm.

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

www.hunstantonconservativeclub.co.uk

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Hunstanton United Services Club

July Entertainment

**OPEN ALL DAY EVERY DAY
11am to 11.30pm.**

SAT 1st:	CAROLANN 60s, 70s. 8.30pm.
FRI 7th:	CECIL FARAYI MOTOWN. 8pm.
SAT 8th:	A.M.I. (A Musical Interlude) DUO singing hits from every decade. 8.30pm.
FRI 14th:	JOHN CARR. Hits from across the decades. 8pm.
SAT 15th:	ARON FENDER 50s, 60s & Rock & Roll. 8.30pm.
FRI 21st:	QUIZ NIGHT. £50 first prize. £4pp including supper. 8pm.
SAT 22nd:	D.N.A. Rock, Blues & Soul. 8.30pm.
FRI 28th:	GLEN COOPER. Songs from all eras. 8pm.
SAT 29th:	SHANE GOULD 50s, 60s, Rock & Roll. 8.30pm.

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

KARAOKE EVERY SUNDAY WITH MICK 8pm

POKER NIGHT FRIENDLY EVERY TUESDAY 7pm

POKER NIGHT LEAGUE EVERY THURSDAY 7pm

SNOOKER ROOM - 3 x FULL MATCH SIZE TABLES

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

**STEAK NIGHT WEDNESDAYS
from 5.30pm**

FRIDAY LUNCHESES 12pm – 2pm

TELEPHONE 07901 524778 to book

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OAPs £8 per annum.**

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Stanhoe & Barwick WI

Thursday 6th July: Our Annual Garden Meeting. Sorry, this is just for members, but why not consider joining us?

Thursday 3rd August: A flower arranging demonstration by Crystal Dyball.

The Reading Room, Stanhoe. 2pm.

Visitors are most welcome. Our charge is £5, which includes refreshments.

Please contact Valerie (01485 576261) for further details.

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.

VILLAGE CINEMA

at **Dersingham Village Centre**

Presents on
Tuesday July 25th at 7:30pm

WHAT'S LOVE GOT TO DO WITH IT (PG-13)

In London, an award-winning film-maker documents her best friend's journey into an assisted marriage in line with his family's Pakistani heritage. In the process, she challenges her own attitude towards relationships.



Doors open at 7pm
Entry - £6; Under 16s - £3
(Includes tea/coffee/squash)

Licensed Bar

Dersingham Village Cinema is managed by Dersingham Village Centre Association,
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www.dersinghamvillagecentre.org.uk Tel: 01485 543195



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Hunstanton & District Rotary Breast Cancer Presentation

On Monday, 5th June, 6 members of Hunstanton & District Rotary went to present Elaine Rudd, Specialist Breast Care Nurse and her team, with an IPAD Pro at the Breast Care Unit in the Queen Elizabeth Hospital in King's Lynn. The IPAD will be used for patients who have or are thinking about reconstruction. Pictures are taken along their journey to show them before and after and also to help other ladies who are considering reconstruction, get an idea what can be achieved. They also use the IPAD to assess or monitor progress.

The money was collected last year, through two events in the High Street and the Ski Cafe in Hunstanton with bunting made with ladies bras. Those bras were then sent to Africa.

Joan Marie-Vernon



◆ Poets' Corner ◆

Time and Place

The railway carriage waits, then smoothly slips away,
To take me on my journey today,
Fields, roads and houses there as we float by,
Lives, their space for living, a space to live and die.
All the spaces different, unique, in their own way,
And yet we are all together every day.
We think of families torn apart by a mindless falling shell,
Destroying lives and a living, a tragedy befall.
Living is personal, our little place to dwell,
Destroyed when countries fight, that obliterates the light.
The train slows and stops, another place, could be sublime,
And we make the best we can, of our little bit of time.

John W



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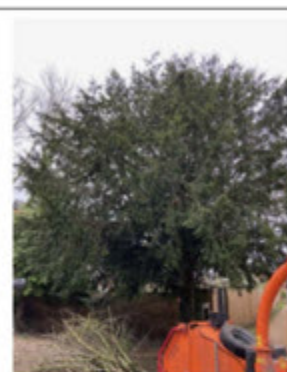
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Get in touch with Matt and Jo to arrange a quote.....



BEFORE



**AFTER A CROWN
LIFT & REDUCTION**

New Hospital Campaign Succeeds

The one question people around North West Norfolk used to always ask me was: when will we get the new hospital announcement for QEH? Well, after much delay and frustration, I am delighted that on 25 May we had the fantastic news that QEH is now one of the new hospitals the government is committed to building by 2030. This major investment will mean a hospital fit for the future for patients and staff.

It's been a long road. Securing a new hospital has been my priority since the general election and after three and half years I'm delighted the compelling case I've been making has been accepted. Despite frustration at how long it was taking, I was confident we would get the decision - from my first speech in Parliament, through questions, debates, ministerial visits to QEH, countless meetings with ministers, I've made the case to add QEH to the new hospitals programme. Now the Prime Minister and Health Secretary have agreed to do just that.

This success has only been possible due to great campaign support from the local community - including 15,000 people signing a petition - QEH, other MPs, councils, and through local press coverage.

This announcement is a huge vote of confidence in West Norfolk and will see hundreds of millions of pounds invested to deliver better care. When I was at QEH the day after the decision, there was a real buzz among staff and patients. Like many people my emotions were a mixture of relief and immense delight and I know many had a tear in their eye as they watched the announcement - talking to people in Heacham and across North West Norfolk it seems a lot were tuned into Parliament TV to watch it.

The new hospital will be based on a new Hospital 2.0 concept using standardised designs for inpatient wards, A&E, operating theatres, and other areas. By using Modern Methods of Construction new hospitals can be built more quickly and at reduced cost - with efficiencies of up to 25 per cent. This is very important given that 9 of the last 10 new hospitals built have been late and over budget. QEH will be tailored to local needs to deliver a hospital making use of the latest technology, digital innovation, and sustainability.

Now we have the decision everyone wanted, QEH has taken the first step on the journey to delivering the hospital with the demolition of the Inspire Centre to make way for the new multi-storey car park. I will work with the QEH, the NHS, and the government to progress the plans to deliver a new hospital that patients, staff, and our community deserve with its doors opening by 2030.

James Wild MP

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Borough Council News Heacham, Sedgeford and Fring

There have been some changes which some of you might not be aware of. The Borough Council, for the first time in two decades, has no longer a Conservative administration. It has one run by the Independent Partnership. This is 18 Independents, 3 Liberal Democrats and 2 Greens. I am the Leader of that Partnership and so, by default, the Leader of the Borough Council. I have 8 Cabinet Members. 7 of them are Independents, one, Cllr Michael DeWhalley, is Green though he has been in my previous Independent Group for 4 years.

Anyone with a mathematical bent will see that my Group has 23 members. Twenty-eight are needed for a majority so, in order to increase the probability of proposals, motions, changes to get through Council, co-operation with another group is needed. That Group is Labour (11 councillors) and I have an agreement with them. Conservative councillors will not be left out of the picture at all but there is no formal agreement with them.

My Cabinet is a mixed bunch but they are all hard workers with many having a passion for their portfolios which adds energy and drive to their commitment.

Cabinet Members and portfolios are:

Me: Leader: many things including liaising with outside organisations, all staffing matters, and performance.

Cllr Moriarty: Deputy leader; includes planning and development, regeneration.

Cllr Sandra Squire: includes environment and coastal matters, waste and recycling.

Cllr Michael DeWhalley: climate change and biodiversity and including energy strategy, air quality and active travel.

Cllr Alastair Beales: business excluding tourism. Includes Council companies, major funding investments, economic development. Note, food production will be a new focus.

Cllr Morley: Finance: a great many things which strive to balance income against spending whilst working to reduce or remove the black hole looming in 3 or so years.

Cllr Simon Ring: tourism, events and marketing.

Cllr Alexandra Kemp: People and Communities; housing including standards and homelessness. Social inclusion and healthier lives.

Cllr Bal Anota: Property and Corporate Services; includes management of Council owned assets, street cleaning and lighting, parks and open spaces.

All the above are precis of busy portfolios some of which cross boundaries. My Cabinet will work both independently and collegiately to cover all matters. The content of the portfolios will also be reviewed at six-month intervals to see if they can be made more efficient and to include new issues which emerge.

It is the intention of my administration to change the way the Council acts or is perceived to act and create a better place for people to live and work in. Whatever changes are brought about will take time, we are where we are, and will have to closely consider the resources and money that is available.

Press releases became a regular feature of the last administration and they will continue. However, there will be differences. Those who brought the work or activity about will be recognised first. You should not see much Cabinet back slapping. Please tell me if you do.

As a long-term Parish Councillor, I am well aware that Parish Councils often fall under the radar. That will change. Parish Councils, full of volunteers, are the connection between the people

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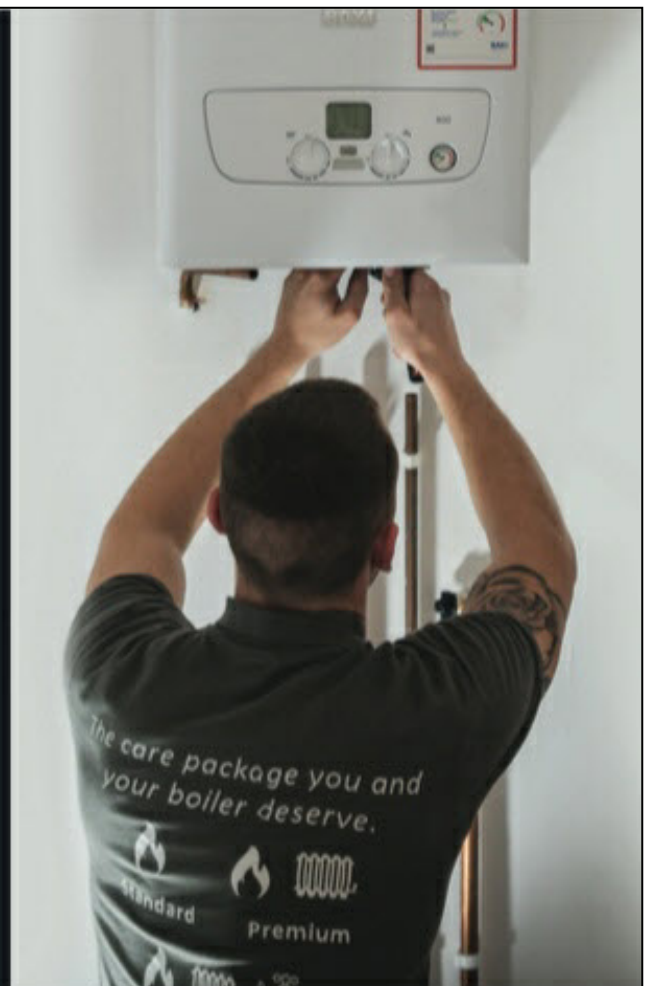
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and Borough Councillors. If there is a failure in this mutual sharing of information or a conflict then a shortcut will be to contact me.

Local Matters:

The principal one must be Wild Ken Hill which was granted planning consent on the 5th June. My 3-month delay did enable NCC Highways to present a completed report on how the Lamsey Lane junction can be improved. Land needed for that work to be carried out has been secured, from WKH, for 10 years. Funding to do the improvement is now being sought and NCC anticipate it should be done well before then and before extra traffic caused by WKH happens.

That is the positive view. It will take lobbying to keep it on track. So, can I remind you all that you have two Borough Councillors. The other, Cllr. Andrew Jameison is also the Deputy Leader of Norfolk County Council and has his finger on the highways budget. I am sure he will welcome communications from residents of his Ward.

Dominic Buscall, the WKH applicant, is a fair-minded man with the right intentions. It will be of no benefit to him to have highway problems on his doorstep. He is also obliged to persuade his customers not to route through the village when leaving his land. There will also be safe cycle and walking routes established which will have a wider benefit to Heacham and Snettisham residents.

He has said that any new employment opportunities will be offered to local residents. I will be interested to see what emerges.

There was another application on the 5th June which I spoke against but it was accepted almost unanimously, which proves being Leader doesn't influence planning applications. However, it was a good example of two things wrong with the system. One is that permitted development rights can trump neighbourhood plans – in this case a small property, needed in Heacham, was allowed to become a much larger one. And properties can too easily become holiday lets which takes them out of the housing stock and the possibility of affordable renting altogether.

Going back to my Leader role, I want houses that are built to be principal residences, not second homes (this is already true in Heacham and Sedgeford) and to be restricted, as far as possible, to local people. I want it to be more difficult for all properties to become holiday lets; if they are rented then the priority should be for people to live in.

These aspirations will rely on national as well as local initiatives. I will ask Council to support them at appropriate times.

Back to local. I will have had a meeting in Fring by the time of the next issue. In Sedgeford, the question of new homes on the old school site remains. These will be built by an arm of NCC. I fully support Sedgeford Parish Council's stance that they must be affordable homes for local people.

Sea water quality and water extraction affecting the Heacham River: I have made the two environment portfolio holders aware of the problems and will continue to pursue both issues myself as Borough Councillor.


Niggling matters. I have no idea why traffic cones are still proliferating around Heacham and I understand that the Parish Council is on the case. I have had no more complaints about new mess caused by footpath improvements but would like an apology for what did happen. Apparently, residents' emails to Highways have not been answered.

At the time of writing, water continues to emerge onto Station Road making it necessary to cross over to avoid a drenching. Anglian Water repaired a main but obviously not all of the damage.

I found Boots, Heacham, closed on a Saturday due to no pharmacist being present. As provision vastly improved from the situation a year ago, I hope that such closures are now infrequent.

Best Wishes.

Terry Parish
Borough Councillor for Heacham Ward which includes
Sedgeford and Fring
Leader of the Borough Council



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The Arts Society North West Norfolk

A Treasure Trove

On Monday 10th July 2023, Mark Cottle, an accredited Arts Society lecturer, will be giving an illustrated talk on **“A Mound of Treasure from Far Countries was Fetched Aboard Her: The Story of the Sutton Hoo Ship Burial”**, at Sedgeford Village Hall at 2pm. In the early 7th century, a great ship was dragged ashore from the River Deben in Suffolk to become the burial place of a powerful Anglo-Saxon warlord, along with an amazing mound of treasure. Weaponry, gold coins, and exquisitely crafted jewellery from all over the known world. We will be able to appreciate the finds in turn as Mark explores the insights they may offer and what questions they pose about their world.

What is it about jewellery that has held us captive since Palaeolithic Middle East man, when sea snail shells were used to make beads to be worn by people, as early as 135,000 years ago? Women and men have worn it for thousands of years in almost every culture in the world. 25,000 years ago, a simple necklace made of fishbones was found in a cave in Monaco and with it came the questions that only our imaginations may be able to answer. Who and what was it for? A princess perhaps, a village chieftain, a witch doctor? A gift or something to give a sense of identity or self-esteem? A symbol fulfilling the need to belong? Feathers, teeth, claws, and bones were used as adornments for the hunters, their talismans of good luck and a sign of someone of courage to be respected. Shells and coloured pebbles, which were beautiful gemstones and were often made up into jewelled adornments, have survived from prehistoric times.

The myths of long ago saw the beginning of jewellery made into symbols, not only to indicate status and rank, but also to be worn for magical powers, such as good fortune luck, as well as protection against bad luck and illness. About 3000 BCE ancient Egyptians had begun crafting gold and silver jewellery. The very wealthy wore the most, believing the gods would find them more attractive and pay them more attention. Identity bracelets were commonly worn by slaves to show who was the master. There was a spiritual and mystical association which extended to entombing the dead with jewellery in the belief that it would take them to the afterlife.

Jewellery has developed through the ages to provide people with a form of beautification and means of communication. It is an artform that can be used to convey a symbolic message of power, wealth, piety, influence or even a romantic message – available or unavailable. Henry VIII is believed to have owned an extensive collection of jewellery, including 234 rings, 324 brooches, and diamond and pearl-studded necklets. Pearls were the obsession of his daughter Elizabeth I, who is believed to have had 2,000 dresses heavily adorned with them and precious gemstones.

Early medieval craftsmen made such beautiful, bejewelled masterpieces in gold with intricate decorations designed to make the wearer majestic, that modern day jewellers may struggle to recreate them. The Sutton Hoo Ship Burial revealed such treasures of ‘breath-taking artistry’ and if you would like to explore this fascinating subject and more, we invite you to come along and join us at Mark Cottle’s illustrated talk on Monday 10th July at 2pm in Sedgeford Village Hall. For further details see our website:

www.theartssocietynorthwestnorfolk.org.uk

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Hunstanton Town Council

Hunstanton Town Council wants to hear from you.

HTC is working on your behalf to do the best for the community and residents. We can only do this if we have your views, opinions, ideas and comments. Without your input we cannot do our best for you.

There are several ways you can become involved with what is happening. You could join the Council as a Councillor; there are still vacancies and it is the best way to use your knowledge of the town and community. It is very rewarding and satisfying when you see an end result.

If joining the Council is not for you, you are welcome at all our Full Council meetings held on the 4th Wednesday of each month. Here you will have the opportunity at these meetings to have a say.

After several other councils have found a board for comments works well, HTC will be placing 3 comment boards in our venues. One in the TH, one in the Hub and one in the CC. These boards have been found to work for those who do not feel they want to give up time to join the Council, do not feel confident enough to stand up and speak in front of others, or just feel their comment may appear irrelevant. Every comment and idea, however small, that can help us to give you what you want, is very valuable and, if it's important to you, then it's important to us.

In introducing these boards, we hope they offer another way of encouraging the community to contact your local Council and let us know your views on any subject. You might have ideas for events, may like to make a comment on developments in the town, how HTC can improve their image. We are here for you, but do need your ideas and comments, so we can work best for you.

With all the openings available for you to contact your local Council, please take the opportunity to let us know your views.

You can always contact the Clerk on 01485 532402 or email clerk@hunstantontowncouncil.gov.uk

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INHERITANCE TAX – BACK ON THE POLITICAL AGENDA?

By Kathryn Gigg Chartered
Accountants, Hunstanton

Death taxes, in some form, have been with us for a long time. The current Inheritance Tax (IHT) framework can trace its origins back into the Estate Duty which was introduced in 1894 to help break up the landed estates of the time. It then evolved into Capital Transfer Tax in 1975 and finally took its present form in 1986. However, it arguably mirrors the medieval “heriot”, which entitled the Lord of the Manor to seize prized assets of a deceased serf before the tenancy could pass to descendants. In some ways little has changed and from the Treasury’s view it is close to a perfect tax – it is not paid by the individual who triggers it, avoiding it brings considerable inconvenience and involves entrusting assets to (typically) one’s children, and no one can inherit until the tax has been paid.

There is now a strong and growing perception on one side of the political divide that IHT is going far beyond its original purpose. The tax catches both the estate at death and also any gifts made in the previous seven years. Clearly no one knows exactly when they will die, but for the super-rich it is relatively easy to divest oneself of many millions during lifetime, with such lifetime gifts generally being outside the scope of the tax. Conversely, the rise in house prices in recent years (and the freezing of allowances) has brought into charge many who would have regarded themselves as merely “comfortably well off” – so whilst the tax bears quite lightly on the rich and poor, it is much harder to avoid for those in the middle whose main asset is the family home. More recently there has been a sustained campaign to abolish the tax altogether on the basis that it taxes wealth which has already been subjected to Income Tax and/or Capital Gains Tax and, in the words of one broadsheet editorial, is morally wrong, “absurdly complicated, encouraging planning and gifting to limit liability (and) raises a small proportion of total revenue.”

There is a counter argument which was quite vociferously made before the last election: various think tanks (including the Office for Tax Simplification and the All-party parliamentary group on inheritance and intergenerational fairness) more or less agreed that it was no longer fit for purpose and suggested wholesale reform to include tax on lifetime gifts, abolition of most of the current reliefs and a lower flat rate band to be paid on almost all assets. These would effectively bring far more estates into tax but at a much lower rate, whilst making it much more expensive for the wealthiest. Others have called for a simple wealth tax. All these suggestions were quietly ignored after the election, but in an environment where the tax burden will need to rise simply to service the government borrowing which was taken out during the pandemic (let alone future spending promises) it would be naïve to think the pressure for reform will simply go away.

So, in the window of maybe 9-18 months before the next election, what planning steps can be undertaken? As outlined above, substantial gifts have a role, particularly if made more than seven years before death. There are also modest annual allowances, and although these have not been increased for decades, they are still worth considering. Business or agricultural property will often escape tax, subject to conditions regarding use and the period of ownership, and there is also a relief for “regular gifts out of income” which needs careful planning but can be very helpful. Gifting assets but retaining the use of them will not be effective for IHT purposes.

Under current rules, a married couple with a house which they pass to direct descendants upon second death will probably be able to leave assets of up to £1m before tax is payable, but the basic exemption is only £325,000 each, so those with total assets above this level would do well to take professional advice sooner rather than later.

Speaking in 1986 Labour politician Roy Jenkins remarked that IHT was “a voluntary levy paid by those who distrust their heirs more than they dislike the Inland Revenue.” In many ways little has changed over the last 37 years, but there is no reason to suppose that will continue for ever.

For advice regarding your potential exposure to Inheritance Tax and planning opportunities, 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

Mrs K H Gigg FCA

N.B: Article written in June 2023

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

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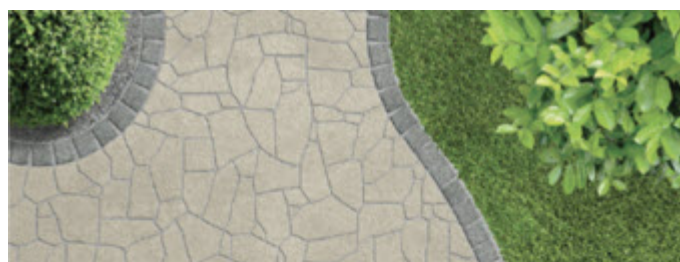
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2. Bridgerton
3. Andrew Bailey
4. The Menai Straits
5. Bridge over Troubled Water
6. Stamford Bridge
7. New York
8. Yarborough
9. The Charles Bridge
10. Swilcan
11. Tower Bridge
12. A Bridge Too Far

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5. Strand
9. Mobsters
10. Agaric
12. Oil slicks
13. Rodin
14. Cast
16. Axillae
19. Ganache
21. Onyx
24. Elgar
25. Hit wicket
27. Scenic
28. Red flags
29. Sating
30. Tourists

Down:

1. Nimrod
2. Gabble
3. Total
4. Apricot
6. Tiger lily
7. Airedale
8. Decanted
11. Asia
15. Accordion
17. Egresses
18. Snuggest
20. Echo
21. On the go
22. Skeans
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Music in The Burnhams

There is so much on in Norfolk in the Summer so just three concerts coming up in the next two months. They all take place at the beautiful Anglo Saxon All Saints Church Sutton cum Ulph Burnham Market PE318HQ with proceeds from all concerts going to support the church.

On July 8th at 3pm we welcome **Flutes and Frets** (Bethan Stone and Daniel Murphy).



Photo by Marc Gascoigne

This is a unique ensemble passionate about showing the versatility of the flute and plucked instruments combination. Fundamentally, their aim is to play all types of music on the

instruments that were in use at the time of composition. They achieve this by exploring a wide scope of repertoire ranging from medieval all the way through to contemporary. Tickets are £15.00.

The Bingham String Trio perform on **Saturday August 5th at 7.30pm** and play music by Beethoven, Kodaly and Weir. Tickets are £15.00. Both violinist and viola player are well known to local audiences as Brenda Stewart, who plays the viola, is rector of Wells next the Sea and Steve Bingham (violin) is MD of Norfolk Symphony Orchestra. They are joined by James Halsey on cello.

On Saturday, August 26th at 7.30pm, The Cuillin Sound Wind Quintet explore a whole new range of sound with a variety of wind instruments. Listen to music from Boccherini to Gershwin. Tickets are £20.00.



Cuillin Sound

September is a busy month when we return to the village hall at Burnham Overy. Following the huge success of our concert there in May, it is guaranteed to be a packed house again, so book early.

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Schubert Adagio and Rondo Concertante, Borodin Quartet, Puccini Crisantemi and Glinka Grand Sextet. The concert is on **September 9th at 7.30pm**. Tickets are £25.00.

Peter Hewitt, who impressed his with his playing of the Beethoven concerto No 1 in May, brings his Petrus piano trio to play Mendelssohn and Tchaikovsky on **September 22nd at 7.30pm**. Tickets are £20 each.

We conclude our 2023 series with a fun programme of voice and piano with Brenda Blewett and Julian Godlee. Julian, a former GP has a warm velvety brass baritone voice whose choice of music moves easily from Classical to West End Shows. He was head chorister at King's College Cambridge and trained under Sir Peter Pears. Brenda, former head of accompaniment at Cheetham's College, is well known to our audience and the duet will bring our series to a rousing close with some upbeat music and lots of applause we are sure.

More information on www.musicintheburnhams.com

u3a

HUNSTANTON

We will meet at the Community Hall, Avenue Road, Hunstanton at 2.00pm on Monday 17th July when Hilary Farrell will tell us about her visit and experience of volunteering with some of our u3a members at Saidia Children's Home in Gilgil, Kenya.

We look forward to seeing you then.

For further information please see our website www.hunstantonu3a.org or telephone 07443 763679.

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THE HUNSTANTON ONE-ACT DRAMA FESTIVAL

It's a packed programme for Hunstanton's One-Act Drama Festival 2023! Following last year's successful event, Hunstanton's One-Act Drama Festival is back for 2023 with what promises to be a packed programme of exciting new plays and set pieces presented on stage at Hunstanton's iconic Princess Theatre.

This unique experience, which takes place across a whole weekend from 30th June - 2nd July, sees amateur theatre groups from Norfolk and beyond compete with each other as they perform their short one-act play to a live audience.

For the groups, the rules are simple; a suitable one-act play or extract from a full-length play, no less than 20 and no more than 50 minutes on stage from curtain up to curtain down (that includes setting and clearing the stage) and at least three speaking roles. Each play will receive a short verbal adjudication from one of our three adjudicators at the end of the session, and awards will be presented at the Gala Awards Ceremony on). According to the website the Awards Ceremony is on Sunday evening.

For the audience, it's an opportunity to enjoy a theatre experience of at least two, possibly three plays just £7.50 each session or to attend all four sessions over the weekend for just £20.

This year's participants include the award-winning ManNic Productions who last year won the coveted Stagecoach Cup for Best Adult Production, Kei Bailey who won the N.O.D.A. Cup for Best Original Script for his clever short play 'Sunny Side Up' as well as returning groups Boston Playgoers, Wisbech Theatre Players and the Sutton Bridge Players to name but a few.

Festival Director Stephen Hayter said: "The standards were so high last year, we're excited to see what our theatre groups have to offer in 2023 and we know they are all looking forward to an exciting competition. Thanks once again to Brian Hallard and his team at the Princess Theatre for supporting the Festival and also thanks to our loyal audience for their support. We can't wait!"

Tickets are on sale now from the Princess Theatre Box Office and all event details are published on our new website www.oneactdramafestival.com including entry rules for groups and information on our adjudicators.

The Hunstanton One-Act Drama Festival is a not-for-profit organisation, sponsored by the Borough Council of Kings Lynn & West Norfolk, supported by the Princess Theatre, Hunstanton and run by a small committee of volunteers and helpers.

Hunstanton Town Council's response to proposed 20-40 mph Speed restrictions on the A149 between Old Hunstanton and Cromer



Hunstanton Town council is very concerned to learn proposals for a 20-40mph speed restriction on the A149 between Old Hunstanton and Cromer.

Hunstanton is a tourist destination but also a service town to many communities along the coast that will be directly impacted by this proposed speed restriction. The A149 is a vital trunk route for local people and commerce coming to and from Hunstanton. These speed restrictions will have a negative impact on their lives and businesses, whether it is the time to commute to work, or the need for deliveries to be made, or even more concerning the time it takes blue light services to respond and particularly ambulances to take emergency cases to hospital. Between Hunstanton and Wells next the Sea, there are no viable alternative routes, the A149 is a trunk road and a vital one at that.

Hunstanton Town Council have asked the following questions of NCC (Norfolk County Council) in relation to these proposals and has to date, no response.

1. Where is your justification for the change?
2. Where is the data to support change?
3. Is there any statistical data about accident rates?
4. What are the injury/fatality rates along this stretch of road?
5. What benefit is it to the environment?
6. What impact is this going to have on public transport services, and have the bus companies been consulted?

Finally, we should consider what this actually means. The proposed speed restrictions vary from 20-40mph along the length of the route. The time taken to get from Hunstanton to Cromer, a local destination, 40 miles away on the coast road could be up to two hours, under the proposed restrictions. Compare this with travelling south and without exceeding speed limits, a traveller from Hunstanton could reasonably expect to reach the outskirts of London in the same time.

We consider that without any supporting reasons backed up with data to support it, there is no justification to the proposed changes and therefore the status quo should remain leaving the speed limits as they are.

Jan Roomes – Town Clerk
clerk@hunstantontowncouncil.gov.uk
Tel: 01485 532402

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News from Hunstanton Croquet Club

Big news for this month - we heard that some people wanted to 'Come and Try' but could not make it to our Saturday date in April so we are putting on another session.

This time it will be held on a weekday and in the early evening. Date for your diary - Thursday 6th July from 6pm. As usual, all equipment is provided and refreshments will be available. All welcome - the only requirement is that you wear flat soled shoes or trainers.

Last month we hosted a major two day GC tournament. The winner of the Hampson Memorial Trophy was Alain Giraud, the Plate was won by Mike Bilton and our very own Jayne Stevens won the Shield.

The home qualifying round for the national GC Grass Roots competition also took place and was won by Noelene Wood-Davies. Noelene qualifies to compete in the National finals in September against all the regional winners and guess what?.....This year Hunstanton has the great honour of hosting the event!

Our new members continue to improve in leaps and bounds - or rather in hoops and blocks! It is a pleasure seeing so many new faces in the clubhouse and the lawns full of players on a sunny club afternoon.

Caroline Harper
Hunstantoncroquetclub.co.uk



Above: Jayne Stevens, Mike Bilton, Janet Kendal, Alain Giraud.



Left: Noelene Wood-Davies and Janet Kendal.

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Thursday 6th July - 6.00–8.00pm

Tuition, use of equipment and refreshments.

To reserve a place or for more information,
please contact:

secretary@hunstantoncroquetclub.co.uk

No experience necessary.

Please wear flat-soled shoes/trainers.

<http://hunstantoncroquetclub.co.uk>
<https://www.facebook.com/hunstantoncroquetclub>

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We shall be closed on Christmas Day only.
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Hunstanton & District Rotary

New President takes office 1st July 2023

Having just been elected as President of the Hunstanton & District Rotary, I feel honoured to represent a club that contributes so much to the local community, as well as worldwide causes. Despite a wrongly held view by some, our club consists of representatives from all areas of society, all of whom possess a great desire to support local charities and volunteer to assist as many community organisations as we can. We are a friendly and welcoming club with an active social life.



I read every month in local magazines of the valued work done by local charities and community groups, some of which struggle for volunteers and or finance to continue their good work. Without these people our communities suffer and slowly stagnate.

I am fully aware that there are a number of good-hearted people out there in our midst who would be willing to put something back into their community. I know sometimes it is difficult to find the time, and to make the effort to take the first step, or not knowing how to start.

Well, I can help by inviting you to visit our club and find out if it is for you, with no pressure or obligation to join. You will however be able to see how we operate and make up your own mind.

Please make the effort and contact me at or call me on 07989 668235, or any Rotary member you know for a friendly chat.

Thank you.

Roger Raven

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Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

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

The Full Council Meeting for August will be held on Tuesday 15th 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.

Heacham Carnival Parade and Fete 2023

*** Only 1 month to think about your float ***

This year's Heacham Carnival will be held on Sunday 6th August; please make a note in your diary.

We are fortunate once again this year to have our prizes for floats sponsored by Heacham Manor and our royal float will once again have goodie bags provided by Norfolk Lavender, thank you to both.

The street collection at the Carnival has been given to Heacham Minors and we hope they raise a good amount for club funds. The East Angles Brass Band will be joining us again this year; we look forward to another great performance.

Entry forms for floats are available at the Parish Office. Although we are happy to welcome floats and walkers on the day, it is helpful to have some idea of who we are to expect and so please try to let us have your forms in advance.

With the expense of running vehicles, we are more than happy to welcome walking entrants; most children have an outfit or two they could wear, so come along and join in!

JUBILEE CLINIC

The Parish Council are in discussions with the Jubilee Trust to purchase the Jubilee Clinic in Pound Lane. This building has been the home of the Parish Council for a few decades, for which the Parish Council have paid rent all this time.

To purchase the building the Parish Council will take out a 25-year loan from the Public Works Loan Board, or the Department for Levelling Up, Housing & Communities, as it is now. The cost of the repayments will be around £1500 more than the current rent and so can be paid with money already in the budget with no impact on the parish precept.

The Parish Council is extremely grateful to the Jubilee Trust for this opportunity to further enhance the service it is able to offer to the village

This has been discussed and reported at Full Council meetings and reported in the minutes, which are available to read on-line or at the office. It was also mentioned at the Annual Parish Meeting in May 2023. The Full Council meetings are open to the public and the Annual Parish meeting is a meeting solely for the parishioners to speak to Councillors to discuss their concerns. Unfortunately, we only get about 1% attendance of parishioners at the yearly Parish meeting.

OLD FRIENDS HALL

We are hoping that remedial works to the wall of the Old Friends Hall will at least be under way by the time you read this. We hope to get it up and running again as quickly as is possible and we will inform you when the work is completed.

COMMUNITY COFFEE MORNING

With the Old Friends Hall still out of action the monthly coffee morning will be held in the Community Hall at Sunnyside Close once again. Come along and enjoy great cake and a cuppa whilst meeting some new or old friends; it only costs £2! There is also a quiz to entertain you and a raffle. 10am until noon every last Wednesday of the month.

YOUNG HOT SHOTS DAY

Heacham Wildfowlers' Association will be hosting their Young Hot Shots day on Saturday 12th August at Heacham Chalk Pit. Children from the age of 8 can try their hand at clay pigeon shooting, under the supervision of BASC instructors. Places must be booked in advance at the Parish Council Office. The cost is £2 per session. Adults are also welcome to attend. Heacham Wildfowlers will also be at the Fete on 6th August so go and see them for a taster. Booking forms will also be available with them.

!!WANTED!!

PARISH COUNCILLOR

Would you like the opportunity to put something back into your community? Heacham Parish Council's Thirteen Councillors need another four to join them to help look after the village. You would need to be able to commit a few hours each week to attend meetings and to get involved with the work of the Council.

If you are interested, please call in at the Parish Council Office, or contact the Clerk Sue Eke on 01485 572142 for more details.

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: 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.

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HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

HEACHAM HALLS

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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.

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From 20th July 2022

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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 ROAD
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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Sun

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(Please read instructions and obtain code to activate)

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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 JULY & AUGUST 2023

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr. for BST									
July 2023					Aug 2023				
Date	Morning		Afternoon		Date	Morning		Afternoon	
Time	m		Time	m	Time	m		Time	m
1 SA	04 03	6.2	16 18	6.4	1 TU	05 29	6.9	18 11	7.0
2 SU	04 54	6.5	17 15	6.7	2 W	06 18	7.3	19 05	7.3
3 M	05 42	6.8	18 12	6.9	3 TH	07 05	7.6	19 53	7.5
4 TU	06 29	7.1	19 06	7.1	4 F	07 49	7.8	20 36	7.4
5 W	07 16	7.3	19 57	7.2	5 SA	08 31	7.8	21 18	7.3
6 TH	08 00	7.4	20 47	7.1	6 SU	09 13	7.7	22 00	6.9
7 F	08 45	7.4	21 37	6.9	7 M	09 58	7.3	22 43	6.5
8 SA	09 32	7.3	22 28	6.7	8 TU	10 46	6.8	23 31	6.0
9 SU	10 22	7.0	23 23	6.4	9 W	11 42	6.3		
10 M	11 18	6.7			10 TH	00 28	5.6	12 48	5.8
11 TU	00 18	6.1	12 18	6.4	11 F	01 33	5.4	14 06	5.5
12 W	01 17	5.8	13 22	6.1	12 SA	02 44	5.5	15 27	5.6
13 TH	02 18	5.8	14 32	6.0	13 SU	03 50	5.8	16 36	5.8
14 F	03 20	5.9	15 40	6.0	14 M	04 43	6.2	17 29	6.1
15 SA	04 15	6.1	16 41	6.1	15 TU	05 27	6.5	18 10	6.4
16 SU	05 03	6.3	17 36	6.3	16 W	06 07	6.8	18 45	6.5
17 M	05 46	6.5	18 22	6.4	17 TH	06 43	7.0	19 17	6.6
18 TU	06 26	6.7	19 03	6.4	18 F	07 17	7.0	19 47	6.6
19 W	07 04	6.8	19 39	6.4	19 SA	07 48	7.0	20 15	6.6
20 TH	07 38	6.8	20 11	6.4	20 SU	08 18	7.0	20 43	6.6
21 F	08 10	6.8	20 42	6.3	21 M	08 45	6.8	21 11	6.5
22 SA	08 41	6.7	21 14	6.2	22 TU	09 13	6.7	21 41	6.2
23 SU	09 12	6.5	21 47	6.1	23 W	09 46	6.5	22 17	6.0
24 M	09 45	6.4	22 23	5.9	24 TH	10 29	6.1	23 06	5.6
25 TU	10 23	6.2	23 07	5.7	25 F	11 27	5.7		
26 W	11 10	5.9			26 SA	00 16	5.4	12 54	5.5
27 TH	00 01	5.5	12 10	5.8	27 SU	01 58	5.4	14 47	5.6
28 F	01 12	5.5	13 26	5.7	28 M	03 19	5.9	16 06	6.2
29 SA	02 29	5.6	14 52	5.8	29 TU	04 21	6.5	17 09	6.7
30 SU	03 38	6.0	16 06	6.2	30 W	05 13	7.1	18 02	7.2
31 M	04 36	6.4	17 11	6.6	31 TH	06 00	7.6	18 51	7.5

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