



# THE HEACHAM NEWSLETTER

## August 2023

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



Photo by Kerry Long

Captions please. Send to [theheachamnewsletter@gmail.com](mailto:theheachamnewsletter@gmail.com)

**Deadline for the next edition is 12 noon, Tuesday 15th August 2023**

## **Heacham Carnival Parade and Fete 2023**

### **Sunday 6th August**

Carnival procession, brass band, stalls, crafts and more.

**Procession leaves from College Drive at 1.15pm and ends at the Sports Field at 2pm.**

Road closures during these times.

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



## LETTERS



Dersingham

Dear Newsletter,

**Mercedes Gleitze**

I am just curious as to why the plaque celebrating Mercedes Gleitze swim across The Wash is so hidden away on the public footpath up to the North Beach.

Surely it deserves a more prominent spot, you can hardly see it at all now the shrubs have grown.

She was featured recently in a daily newspaper article regarding being the first British woman to swim the English Channel.

Quite a woman!

Susan Harrop

## At your Library



HUNSTANTON LIBRARY Valentine Road, Hunstanton PE36 5EF TEL: 01485 532280

**Tuesday - Bounce and Rhyme with Stay and Chat 10.30am—12 noon** Come along for a singsong then stay and play with the toys provided. Refreshments available to stay and chat with other parents.

**Tuesday - Bereavement Group 2pm – 3pm** Café for the bereaved. A self support group for anyone that is grieving a loved one, it is about helping each other and knowing we do not need to face it alone. We meet up every Tuesday to share memories, talk about our loved ones, meet new people over refreshments. We have a monthly visit from a social prescriber, and other organisations to share information.

**Tuesday - Walk and Talk 2pm – 2<sup>nd</sup> Tuesday of each month** Meet up at the library for a stroll around Hunstanton, meet new people—refreshments on your return.

**Tuesday - Colour Yourself Calm with refreshments 4pm - 6pm.** Adults and children welcome (Autism friendly) Colouring pens & paper available for adults & children

**Wednesday - Family History 10am (Bookable)** Learn about your family history. Not sure where to start or are you stuck and may need some advice? Book a session with us, by talking to a member of staff or call 01485 532280

**Wednesday - Just a Cuppa - 11am—12 noon** This has now moved to Saturdays with Scrabble and board games

**Wednesday - Job Support 2 - 4pm** Fortnightly sessions available working in partnership with Norfolk Community College Access. Book a session with us, by talking to a member of staff or call 01485 532280

**Wednesday - Computer Help 4pm – 6pm** Want some help on your laptop or want to learn something new, book a slot for a one to one session. Call 01485 532280 or talk to a staff member

**Wednesday - Hunstanton Book Group 3rd Wednesday of each month - 2pm.** for further information please talk to a member of staff or call 01485 532280.

**Friday - Bounce and Rhyme 10am** For all under-5s. Come along, join us for a singalong!

**Friday - Wool Crafts 11am – 1pm** Join in with our wool crafts, whether you would like to meet like-minded people, or try something new. We can help you learn new stitches with knitting and crochet. Refreshments provided.

**Friday - IT Help for Job Support 5 – 6pm.** One to one with a member of staff to help set up email, use a computer, look at CV layouts, etc. This is a bookable session, so please talk to a member of staff to book your place or call 01485 532280

**Saturday - Lego Fun 10am—3.30pm** Create, design and build with lego. Family fun, because we all love Lego!

**Saturday - Just a Cuppa and Board games for All, Scrabble too 11am – 3.30pm.** Join us in playing an assortment of board games for all ages, make friends, join in the fun, refreshments provided

**Saturday - Storytime 2pm.** Come and join us for fun story telling followed by colouring.

**Jigsaws—** We have a jigsaw set up for you to work on and plenty to borrow for free.

OPENING HOURS: Tuesday, Wednesday, Friday 9am-7pm Saturday 9am-4pm




**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**

**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.



Leaside

Dear Newsletter,

**£521 raised at Coronation Gala**

I am now in a position to announce the financial result of the Coronation Gala held at Hunstanton in May. The expenses this year were greater than for the Platinum Jubilee Gala last year, but the profit raised this time was £521, to be divided between the Royal Collection Trust and the East Anglian Air Ambulance. Again, my very grateful thanks to the many people, whose kindness and generosity made this possible. I am delighted to have been able to present this show, and believe that it will have been a memorable experience for everyone.

With thanks again and all good wishes,

**John Harris**

P.S. I have sent a programme of the event to His Majesty!

\*\*\*\*\*



Heacham

Dear Newsletter

**Heacham Post Office**

Can I please issue a rallying call for our Post Office, which I use as often as possible. There are lots of services available not just the buying of stamps. I like the fact I can withdraw and pay cash into my bank in a secure environment. I regularly send packages from there to my son in France with boxes or bags bought on the premises.

There's a wide range of greetings cards for all occasions and of course the staff are both friendly and helpful.

The village has already lost a lot of shops over the last few years.

The Post Office is a great asset to the village, surely we don't want to end up like other villages where a mobile Post Office visits either one or a few days a week.

I implore my fellow villagers to use the Post Office or there will be another building either laying empty or potentially turned into a house on our High Street.

**Dean Rawnsley**

## COFFEE MORNING AND MORE

**Come and help us celebrate our return to the  
Old Friends Hall!**

Yes, we are delighted to confirm that we are back at the Old Friends Hall, Sunnyside (off Caley Street) on **Wednesday 30th August between 10am and noon** (see also separate ad).

After four months at our temporary location at Sunnyside's own community hall due to the remedial building works needed at the OFH, it is good news indeed that we can return to our more familiar surroundings - and with a rebuilt brand new toilet too!

Our usual small entry fee of only £2.00 still applies and this covers a choice of hot drinks and sweet and savoury treats (including seconds!) and a fun (and sometimes challenging) free quiz – if you win you don't pay next time! And, as always, there will be a raffle and also a book/sales table.

We would like to thank everybody for their support, especially during our temporary move to Sunnyside, and particular thanks go to Tesco Express Heacham for kindly donating essential groceries and to The Heacham Newsletter for featuring our monthly ads.

So please come along and enjoy the morning. Monies raised are in support of Heacham's Parish Library in the High Street.

**From your Coffee Morning & More team:  
Graham, Karen, Margaret, Rodney & Sarah**

*Tea*

*Community Coffee  
Morning & More*

*cakes*

*Fun Quiz*

*Real Coffee*

*Raffle*

*Everyone Welcome*

*30th August 2023*

*10am-12noon*

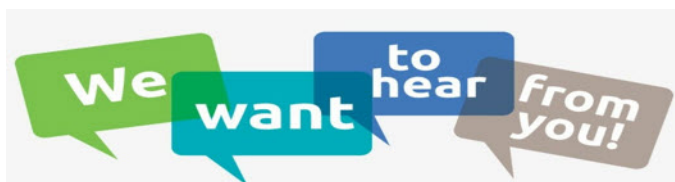
*Old Friends Hall*

*Sunnyside (off Caley St)*

*Heacham*

*PE31 7DU*

*In support of the Parish Library  
with thanks to Tesco Express, Heacham*



## Station Road Garage

**DID YOU KNOW WE PURCHASE  
CARS AS WELL AS SELL  
THEM?**

**Do you have an unused car in your  
household that you no longer  
require? Are you looking to get a  
new model?**



**We purchase good quality second  
hand cars, can assist you with your  
paperwork. Instant payment is also  
available.**

**For a hassle free sale phone  
Graham on 01485 570259**

**[www.stationroadgarageheacham.co.uk](http://www.stationroadgarageheacham.co.uk)**

## Station Road Garage

**33 Station Road, Heacham**

**Norfolk PE31 7EX**

**☎: 01485 570259**

- ✓ Mechanical Repairs
  - ✓ Servicing
  - ✓ Welding
- ✓ Tyres and Exhausts
  - ✓ Clutches
  - ✓ Diagnostics
- ✓ Collection & Delivery
- ✓ Accessory Shop
- ✓ Car Sales
- ✓ Air Con Repair & Service
- ✓ State of the Art MOT bay
  - ✓ MOT Repairs

**Friendly, family run garage.  
All Makes and Models Accepted**



**[www.stationroadgarageheacham.co.uk](http://www.stationroadgarageheacham.co.uk)**





### A New QEH and the NHS Birthday

So, we have received the news that we have all been waiting for. After campaigning for more than two years, Health Secretary Steve Barclay announced on 25th May that the Queen Elizabeth Hospital in King's Lynn had been added to the existing list of hospitals that were going to receive funding for a new build. So it is surely time to celebrate, isn't it? The answer is Yes, but a lot of things remain uncertain, and questions need to be answered.

One of these regards the actual funding for the new building. Being told that you are going to receive the money, is not the same as having it available to spend. The cost of the new QEH is likely to cost little short of one billion pounds (£1,000,000,000) and none of this has been made available for the work to begin anytime soon. One of the first things needed in order to enable things to start moving is the building of a new multi-storey car park, and so far, no money has been made available for work to begin on this. Another thing to bear in mind, of the 40 new hospitals promised three years ago by Boris Johnson and his government, only a handful have got beyond the planning stage.

Provided the money does become available for the building to begin, there are already concerns for the plans that have been made public about the new hospital. Not least, is the size of the new building and the number of patient beds it will have. Currently, the QEH has around 500 beds, with an occupancy rate of 97%, meaning no more than 15 are empty at any time. Apparently, the new hospital is going to have.... 500 beds, no different to what it currently has. Bearing in mind that the population in 1980 when the hospital was opened was significantly less than it is now, and with an ever increasing population, that figure seems totally inadequate.

Added to all this, there is political uncertainty, with a general election likely to take place within 18 months. There is no guarantee that the necessary funding will be provided by the politicians currently in power. If, as is likely, a new government comes about, then will they find the much needed money for a new Queen Elizabeth Hospital? Let's not forget, the current one will be closing its doors in 2030, as it will be structurally unsound. Let's hope that the funding for a new one is made available by whatever government is in place, and that we can celebrate having a new hospital that meets the needs of the local population.

Recently, our campaign group celebrated the 75th anniversary of the founding of the NHS in 1948. The question being asked by some is, will it make it to 100?

The National Health Service is facing a crisis like nothing it has experienced in all the time it has been in existence. Staff vacancies currently stand at 112,000, around ten percent of the total workforce. Waiting lists are currently at 7.4 million; back in 2010, when the current government came to power, they were at 2.5 million. Hospital bed numbers were 141,000 in 2010, and had dropped to 129,000 prior to the pandemic. And the current infrastructure bill for work needing to be done on our hospitals stood at 10.75 billion (£10,750,000,000) earlier this year.



## GARY RUSHMORE FLOORING

- free measuring and estimates with no obligation
- superb range of carpet, vinyl and laminate samples
- exceptional service, including uplifting and disposing of old flooring and moving furniture
- a family-run business, with over 30 years of experience
- home selection service available

Unit 6, Heacham Hall Industrial Units, Hall Close, Hunstanton Road,  
Heacham, King's Lynn, Norfolk PE31 7JT

OPEN: Monday, Tuesday, Wednesday, Friday 9.30am-4pm

**Closed all day Saturday and Thursday**

t: 01485 572202 email: [rushmoreflooring@btconnect.com](mailto:rushmoreflooring@btconnect.com)

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



Listening to the government, and most of the media, they tell us that record amounts of money are being spent on the NHS. While that is true on a basic level, the increase in spending does not compare in the slightest to the increased cost of running the health service. Since 2010, the annual increase to the NHS budget has been anything from 1 – 3%. Inflation is currently close to 10%, so in real terms, health service spending has decreased, and has done so since the current government came into power. It is chronically underfunded.

One of the biggest issues that currently faces the NHS is that of staff retention. Since 2010, nurses have seen their pay increase by around 17%, in real terms, a cut of more than 10%. There is a shortfall of nearly 50,000 nurses in health service, many leaving each year to go and work abroad, or find alternative jobs. For doctors, the real terms pay cut is much worse than that, with a real terms cut of around 20%. Compare this to MPs, who have seen their pay increase by 24%, or the top bankers, whose pay has risen by 10% in the last 12 months alone.

The NHS is a public service, governed by three clear principles, stated within the NHS constitution. These indicate that the NHS will provide equal care for all, based on a patient's clinical need, and provided for free at the point of delivery. Our health service requires proper funding, as well as a commitment to keep the service in public hands, from both this government and future ones. Without it, the NHS will have ceased to exist a long time before it turns 100.

**Gordon Taylor**  
Save our QEH campaign group



## Another Recipe from The Prudent Pensioner

My 8 ½ year old great niece is coming to stay soon and she has hinted that she would like some of my homemade Beef Burgers, so what better reason to share this simple recipe.

### Beef Burgers

To make 6 adult size takes:

#### Ingredients:

500g Minced Beef  
100g finely chopped or grated Onion  
½ teaspoon salt.

#### Method:

Put all the ingredients into a large bowl and mix well; this will take a few minutes.

Divide mixture into 6 portions and shape, (I use a Burger Press)  
Fry until nicely cooked.

I often fry extra onions and shavings of parsnip and carrot and serve with the burgers.

If you plan to freeze some, place waxed discs on each side of them to keep them separate.

-----

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](mailto:pru.pensioner@btinternet.com)

**HOLME-NEXT-THE-SEA**

# Summer Church Fete

## Saturday 12th August

### 14.00-17.00pm

Traditional Fete Games  
Homemade Refreshments  
Books, Plants & Cakes for sale  
Tombola & Raffle

Live Music from the  
Hunstanton Concert Band

Parking at Whitehall Farm

Cash Only Event

**WHITEHALL FARM, HOLME-NEXT-THE-SEA, PE36 6LH**

01485 570303
A.E.WALLIS
01485 571683

www.aewallis.co.uk

\*Dealership of Quality\*

**Electrical Goods**

Washing Machines

Dishwashers

Tumble Dryers

Cookers, Built in models

And so much more

**Cycle Sales**

Cycle Spares

Cycle Repairs

Cycle Hire

Buy on-line at [euronics.co.uk](http://euronics.co.uk)

34-40 High St  
Heacham







## CHURCHES TOGETHER IN HEACHAM



It says in Matthew 25 “The King will reply ‘I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.’” It is taken from the passage where it speaks of the Lord separating the sheep and the goats in the day He comes in glory. I thought about this passage when I heard another old friend has succumbed to the difficulties of frail old age and was no longer able to live independently in her village home. Like many long time Heacham residents, my friend served in many different places in the village. They were one of an army of many old friends I have known over the years who have given their time, their talents and their friendship to provide services to other villagers. These unsung people have sat on committees, manned events, collected, provided and given of themselves. Often without fiscal compensation, they gave their time and talents freely to help make Heacham a better place for the residents. Even today there are many in the village community, in the church, in the shops who continue to provide free services to plug the gaps made by a busy world where resources are strained and stretched.

Jesus said, ‘love your neighbour as yourself’. That is expressed in all kinds of ways, even in the unsung people behind the scenes of village events and happenings, and in services provided free in various places in the village. They make the wheels go round, they keep the show on the road. Next time there is a village event, or we come across a service offered we can remember and be thankful for all those people doing their bit and bring to mind old friends who helped in the past.

May the Lord bless them in their efforts to help others and encourage us to remember that what we do for the least we do for Jesus.

**Pip Lawrence**  
Heacham church ministry team

### Church Opening Times

The Church is open from 10am to 4pm every day.

### Church Services

There will be a service in church every Sunday at 10am. Services are live-streamed on Heacham Parish Church YouTube channel. We also have a recording of the service on our YouTube channel which will be available each Sunday, after the service has taken place.

### August 2023

**Sunday 6th August:** Morning Worship  
**Sunday 13th August:** Holy Communion  
**Sunday 20th August:** Morning Worship  
**Sunday 27th August:** 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**

**15th August and 19th September**



### **NOON TUNES SUMMER 2023**

**Thursdays: 10th, 17th, 24th, & 31st August**  
**From 12 noon for 45 mins of music**

**10th August: David Young** - on sax/clarinet playing a wide range of music for all tastes.

**17th August: The Organists Entertain** – Alison Hoyle, Mike Warnes and Peter Murray with a mixture of easy listening music.

**24th August: Come and sing Disney with Steph** – in costume if you like. Ideal for accompanied children and all those who love Disney.

**31st August: Jazz comes to Church** – with Andrew Pearson playing piano ‘Fats Waller style’ and Adrian Flower jazzing it up on our pipe organ.

Donations welcome for new heating/boilers in church.  
Do come and bring your sandwich lunch – we will supply hot and cold drinks.

### Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is on 3rd August from 10am till 12 noon, at the Pine Residents Hall. For more information contact the Church Office.

### Heacham Carnival

HEACHAM PARISH CHURCH will have a stall at Heacham Carnival on Sunday 6th August. Please come and say hello!

### 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](mailto:heacham.vicar@gmail.com)) know.

### Morning Prayer

Monday, Wednesday and Friday 9am on Zoom

Tuesday and Thursday 9am in church

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

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

### CHURCH CONTACTS:

St Mary’s Church: Revd Veronica Wilson (01485) 570697  
email: [heacham.vicar@gmail.com](mailto:heacham.vicar@gmail.com)

St Mary’s Church Office: Julie Turner (01485) 572539  
email: [heacham.church@gmail.com](mailto:heacham.church@gmail.com)

Methodist Church: Rev’d Dr Richman Ncube (01485) 570232  
email: [richiemnbcube@gmail.com](mailto:richiemnbcube@gmail.com)





## HEACHAM METHODIST CHURCH

Station Road, Heacham

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

### August 2023

#### Sunday Morning Services: 10.30am

**6th August:** Rev Dr R Ncube (HC)  
**13th August:** Joella Nash  
**20th August:** Mary Cumbers  
**27th August:** Sheila Johnson

#### Midweek Communion

10.30am Wednesday, **9th August** - led by Rev Dr R Ncube.

#### Bible Study

10.30am Thursday **24th August**.

#### Fellowship Meeting

Will resume under the care of John Harris.

#### Coffee Morning

No August event – see future diary dates.

#### Other important dates

Open Church (usually Tuesday mornings) will not take place during August.

#### Noah's Ark Toddler Group 'term time'

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

A Defibrillator has now been installed on the outer wall of the church. Date for commissioning to be confirmed.

#### Future dates for the diary

**19th August** - from 3.30pm - Songs of Praise Service. Heacham Methodist Church. (Refreshments.)

**September** – Sunday Services at 10.30am each week.

**7th October** - 3pm - Harvest Festival Afternoon Tea.

**8th October** - 10.30am - Harvest Festival Service – Rev Dr Richman Ncube.

Again – ALL are welcome to join us. Please contact Mike Careless (Senior Steward) 570363 for further information or, after August, Marianne Baguley (07880 364326.)

New appointments/stewards to be confirmed at the next Church Council in October.

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.

*God, what kind of world is this that the adult people are going to leave for us (the) children? There is fighting everywhere and they tell us we live in a time of peace. You are the only one who can help us. Lord, give us a new world in which we can be happy, in which we can have friends and work together for a good future. A world in which there will not be any cruel people who seek to destroy us and our world in so many ways. Amen. (from Children in Conversation with God.)*

# hope

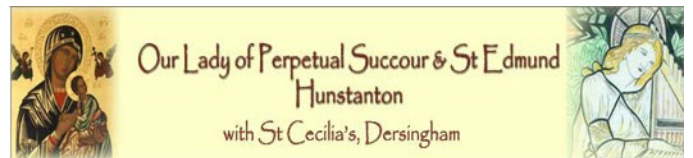
EVANGELICAL CHURCH

"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](http://www.hopeevangelical.org)



Our very popular parish Strawberry Fair event at St Cecilia's on Saturday 17th June was a great success. Thanks go to all who helped with books, bric-a-brac and cake stalls, tombola, raffle and servers of strawberries, scones, refreshments etc., and all who helped in any way.



Our annual parish barbecue will be held on Saturday 19th August in the Church gardens at OLSE, Hunstanton. See the parish website and bulletin for more information.

If you would like to be on the distribution list for the weekly bulletins straight to your inbox, please send your email address to



[hunstantonparish@rcdea.org.uk](mailto:hunstantonparish@rcdea.org.uk) Also, if you are a new parishioner, there is a form in both church porches to fill in your details to welcome you to the parish. Feel free to ask if you can't see them.



We have regular Rosary prayer meetings at St Cecilia's every Monday from 2pm and there is also a Mothers Prayers group which meet at 2.30pm Monday fortnightly at OLSE.

The Pope's prayer intention for **August: For World Youth Day**. We pray that the World Youth Day in Lisbon will help young people to live and witness the Gospel in their own lives.

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

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

For Parish news including Mass times and prayer requests, please see the **Parish News** page on our website. For information about live streamed Masses in the Diocese and related matters, including Coronavirus updates see the **Links** page of our website:- [www.hunstantoncatholicparish.org](http://www.hunstantoncatholicparish.org)

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

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

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

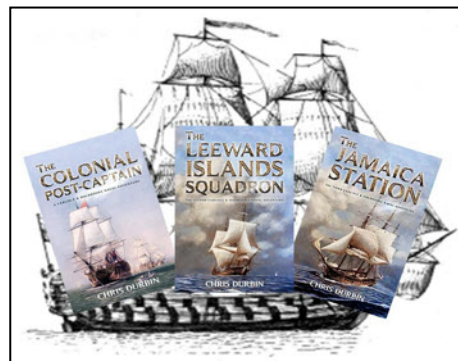
**Email: [hunstantonparish@rcdea.org.uk](mailto:hunstantonparish@rcdea.org.uk)**

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

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

### Feature of the Month – Ship Ahoy!

We are sailing into August with a series of naval adventure novels written by British author, Chris Durbin, an ex-Royal Naval warfare officer. The books feature Captain Carlisle, a native of Virginia, USA, and his side-kick Midshipman George Holbrooke, tracing their many adventures through the Seven Years War and into the period of turbulent relations between Britain and her American colonies in the 1760s, ultimately leading to the American Revolution. The novels cleverly mix historical fact with fiction, interweaving real characters into the plots. Durbin began writing the books in 2017 with the intention to publish a whole series and so there are several novels for you to enjoy.



August is, of course, prime holiday time and the perfect opportunity to relax with a good book. The Library stocks a wide range of reading material, and we are sure you will find something to your taste, so do pay us a visit.

### Heacham and Horses

During the summer the Library will be hosting a display featuring horses and their place in Heacham. This is a lovely look back at how horses have played a significant role in Heacham's history as well as showing horses undertaking a range of more traditional tasks. Thanks go to the 'Heachamites' Recollections Group' for putting this together. The display is entirely free to view and is accessible during normal Library opening hours.



**Funded by  
UK Government**

### Funding Success for the Library

We are delighted to be able to tell you that we have been successful in attracting grant funding from the UK Shared Prosperity Fund. The grant will be used to improve and build on our existing service at the Library by holding a series of small exhibitions. This will also mean installing new information and display boards. Our aim is to involve local groups to help us mount the displays and we will be working on this over the coming months.

### Second-hand Book Sale

Books are being added to our second-hand sale all the time, so don't miss that bargain – a minimum donation of 20p per book is all it costs. All proceeds go towards purchasing new publications.

**As ever, Happy Reading!**

**The Library Team**

**Enquiries: 07398 647119**

**or the Parish Office 01485 572142**

Library open: Mon-Wed-Fri 10am to 4.00pm and Sat 10.00am to 12noon.

**A. Roberts Plumbing**  
**Based in Heacham**  
**38 years experience**  
**No job too small,**  
**no call out charge**  
**Very competitive rates**  
**Call 07521 687642**



## General Knowledge Quiz

### MONTHS

1. What is the title of Tom Clancy's 1984 novel made into a film starring Sean Connery concerning the defection of a Russian submarine to the USA?
2. Amethyst is the traditional birthstone for which month?
3. In England, All Saints Day falls annually on the first of which month?
4. In ancient Roman mythology the god of gates and doorways lends his name to which month of the year?
5. According to the Rodgers and Hammerstein musical "Carousel" (1956), which month was "Bustin' out all over"?
6. "The Glorious Twelfth" is the first day of the redgrouse shooting season in which month?
7. Shakespeare's birthday and St. Georges Day both fall on the same day of which month?
8. What is the family name of the four sisters in Louis May Alcott's classic novel "Little Women"?
9. Which Noah Lindsey Cyrus song did she use for the lead title track of her second E.P. "The End of Everything"?
10. In which month of the year is the "Peter Pan Cup" competed for in London?
11. Which American multinational cosmetics and skin care company, originally founded in 1914 is now based in Manhattan and is a subsidiary of L'Oreal?
12. Which "Earth, Wind and Fire" song became their highest ever entry in the UK Charts in December 1978?

Answers on page 36

## HEACHAM AND DISTRICT COMMUNITY CAR SCHEME

Charity No: 1108568

### **REQUIRE VOLUNTEER DRIVERS**

**To provide transport for medical  
Appointments**

**PE31 & PE35 — PE36 AREAS**

**Government maximum (Non Taxable)**

**car allowance of 45p - 50p per mile given:  
(this does not affect any benefits)**

**Day / time / weeks flexible to suit you**

**For more information or to enquire about our services**

**Please contact: 01485 534777**

**MON- FRI 9.00am -1.00pm**

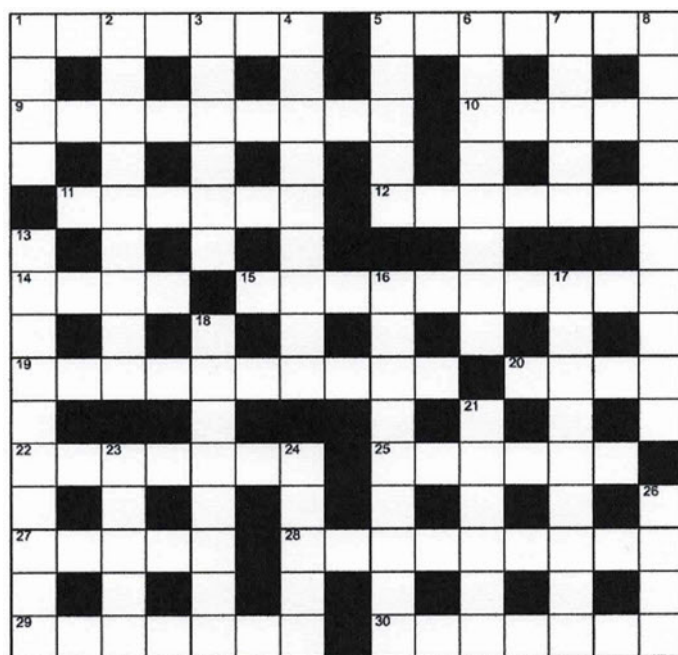
**Email: [communitycarservices@btconnect.com](mailto:communitycarservices@btconnect.com)**

**Supported by**



**Norfolk County Council**

## August 2023 CROSSWORD



### CLUES:

#### Across:

1. Small lake is hard to spot (7)
5. Call for Charlie in transit (7)
9. A right heartless chap repeatedly involves bishop in a noisy altercation (4-5)
10. Record Deborah in short bust-up (expletive deleted) (5)
11. Size up American ships bearing East (6)
12. Give the right call (7)
14. Draw attention to name (4)
15. Is unable to find treasure located in American city (3,7)
19. Help repair arch around the edge (10)
20. Stick close to old French writer (4)
22. A lesson in understanding (7)
25. Fish over river or deep cut (6)
27. Hip doctor – one attending Madagascan native (5)
28. One provides accommodation for busy workers (9)
29. Time spent in office on the outskirts of French city (7)
30. Turned at junction, taking first right and pulling over (7)

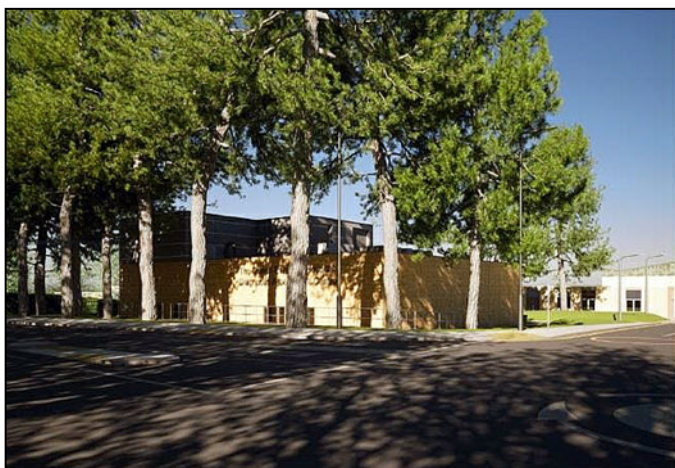
#### Down:

1. Server sounds very French (4)
2. Someone keeping official records for hospital doctor (9)
3. I'm to go on public transport around Spain, incurring charges (6)
4. Chose poor vagrant to get fortune ... (9)
5. ... they will receive money after tax and initial expenses (5)
6. Intelligent adult android discovered in wreck (8)
7. Accomplished band help at regular intervals (5)
8. Couch is first to be returned after delivery (10)
13. Sweet packet stuck on rake (10)
16. Accommodation isolated some people over time (9)
17. This is where you start to throw stuff (6,3)
18. Skilled person who might improve your looks (8)
21. Ecclesiastic casually popped over before worship (6)
23. A nude sculpture of an old poet (5)
24. Pass around booze, beginning to get very talkative (5)
26. Last miner in pit brought up (4)

Solution on page 36

## Norfolk & Waveney Integrated Care System

### £86m Investment in three new Diagnostic Centres to be built at the region's Hospitals.



*The Queen Elizabeth Hospital, King's Lynn – Diagnostic Centre (Artist impression).*

People across Norfolk and Waveney will be able to have imaging faster and earlier diagnoses, thanks to three new diagnostic centres set to be built in the region over the next two years.

A project to create new outpatient imaging buildings at each of the three hospitals in Norfolk and Waveney has been given the green light by the Department of Health and Social Care and will see £85.9 million capital invested, the largest investment in the region for over 20 years.

The new facilities will be based at the James Paget University Hospital, the Norfolk and Norwich University Hospital and The Queen Elizabeth Hospital King's Lynn. Each of the sites will house MRI and CT scanners as well as X-ray and Ultrasound imaging. These are used for diagnosis and monitoring of a very wide range of conditions, including cancer, heart disease, stroke, respiratory diseases, trauma, musculoskeletal diseases, neurology and, most recently, COVID-19. To help deliver the scans, there will be more staff recruited including radiographers, radiologists and support staff.

The Norfolk and Norwich Hospitals Charity is also kindly supporting this project by pledging £1.6m for imaging equipment.

This collaborative approach between hospitals and the wider Norfolk and Waveney Integrated Care System (ICS) to deliver these services will:

- Increase capacity for diagnostic imaging
- Separate GP referrals and Outpatient appointments from inpatient and emergency demand, improving waiting times
- Improve health outcomes with earlier diagnoses
- Provide modern, bright facilities and state-of-the-art equipment to improve the experience for patients and staff
- Standardise practices and collaborative working in imaging services across the three hospitals.

Leading the programme for the ICS, NNUH Director of Strategy and Major Projects Simon Hackwell, said: "This is a once in a generation opportunity to invest significantly in modern scanning equipment which is essential to so many of the patients under our care. By delivering a county wide programme of this size, it will allow the NHS to transform scanning services across Norfolk and Waveney. The result

of which will help us see patients more quickly, meaning faster diagnosis and therefore faster treatment and improved outcomes."

Health and Social Care Secretary, Steve Barclay, said: "Cutting waiting lists is one of the government's top five priorities, and these diagnostic centres will help patients to be seen more quickly.

"The facilities, backed by nearly £84 million in government investment, will use cutting-edge MRI, CT and X-ray machines to diagnose a range of conditions – including cancer, heart disease and respiratory conditions.

"Once they're fully up and running, they will deliver over 281,000 tests, scans and checks to patients in the Norfolk region, speeding up access to vital diagnoses and ultimately saving more lives."

Chair of NHS Norfolk and Waveney, Rt Hon Patricia Hewitt, said: "I am delighted to see this investment being used to significantly increase our imaging capacity adjacent to our hospital sites across Norfolk and Waveney.

"It's vital we do all we can to see and treat people as efficiently as possible; this will no doubt help us to diagnose people more quickly. We are determined to help people lead longer, healthier and happier lives."

Regional Clinical Lead for Imaging, and NNUH Chief of Clinical Support Services, Dr Richard Goodwin said: "The approval for this investment in imaging to go ahead is very welcome and takes us one step closer to our shared aspiration to transform how imaging and other diagnostic services are provided for the whole of Norfolk and Waveney."

Extra Lights, Sockets, Showers, Storage Heaters, TV & BT, Cookers Connected

**T.M. electrical**  
I don't charge the earth

Small Jobs a Speciality

**Tony Morgan 07884 454480**

Fuseboards Replaced, Electrical Inspection Certificates, Rewires

17th Edition • Qualified to Test and Inspect C&G 2391 • Part P Registered

**JLL**

Email: [tm.electrical@hotmail.com](mailto:tm.electrical@hotmail.com) Mob 07884454480

**G&M Fencing & Landscaping**  
[gmfencinglandscaping.co.uk](http://gmfencinglandscaping.co.uk)

Fencing • Decking • Timber-work  
Paths • Patios • Driveways  
Drainage & Guttering  
Hedge, Tree & Grass Cutting  
Rubbish Clearance

**30 Years in Construction Industry**  
Call for a Free No Obligation Quote  
**01485 570 143 / 07917 725 015**



## English Lessons and Gardening

A small but enthusiastic group of Ukrainian refugees continues to meet in Heacham, once a week during term time, for English lessons. If anyone, of any nationality, would like to join them, they would be very welcome.

One of the Ukrainian ladies is a professional gardener and is looking for paid work locally. If you feel you could offer her some employment, do get in touch.

For further details:-

Alison Pearson: Tel. No. 01485 541718, Email: [alison@sunrose.co.uk](mailto:alison@sunrose.co.uk)  
Sue Thorpe: Mob No: 07785 705190

## GARY'S GARDENING SERVICES

**First for all your gardening needs**



Tel: 01485 298731 – Mob: 07891 901975

Good rates for OAPs

## Heacham Group Practice - Amenity Fund

**Reg. Charity No: 1090530**

Many services are available through the Practice, and in some cases equipment is funded (wholly or in part) by the HGP Amenity Fund. The Fund is a registered charity, and is made up primarily of donations from patients and their families in recognition of the care received. The fund is able to pay for items not normally provided to the Heacham Group Practice by the NHS.

Donations are always welcome, especially if they can be made under the Gift Aid scheme so we can reclaim 20% tax. Another way to help is by leaving a legacy in your will – please do take appropriate professional advice when doing this.

The fund has paid for many items since its inception in 2002 and these include: Wheelchairs, Defibrillators, Flu Campaign publicity, ECG machines, DVT tester and Blood Pressure monitors. Recently it paid for new chairs in the waiting rooms, including some heavy duty ones.

It has part-funded things like the car park resurfacing at Snettisham surgery, access gates at the rear of Heacham surgery car park, and new flooring in the classroom at Heacham. Ongoing expenses can also be met by the fund, such as oxygen and consumables, for equipment which the fund provided initially.

Run by a small group of trustees which includes medical staff and patients, we welcome suggestions for its use which can be for full or part funding, depending on circumstances. Of course all requests must meet the objects of the charity, to benefit patients of the Practice and not be otherwise provided by the NHS. A request form can be obtained from either surgery, and can also be downloaded from the Practice website where you will find full details of the charity.

Additional trustees would be most welcome - please do get in touch if you would like to know more.

**HGP Amenity Fund - Andrew Nicholl  
Chair**

**Heacham Group Practice  
45 Station Road, Heacham PE31 7EX  
[annette.knight@nhs.net](mailto:annette.knight@nhs.net)**

**Rural Broadband**  
broadband anywhere

Based in Heacham

Unlimited  
4G Mobile Broadband,  
Home and Business Fibre

Local Company

Fibre and Mobile Internet

Satellite Broadband

VOIP

Equipment to suit YOUR needs

sales@ruralbroadband.co.uk  
01485 572253  
ruralbroadband.co.uk | f i t y

## QUALIFIED ELECTRICIAN

**Available for Extra Sockets,**

**Lighting & BT Points**

**No Job too small**

**Free Estimates**

**No call out charges**

**Tel: 01485 572726 or 07813 173 446**



## Norfolk & Waveney Integrated Care System

### We need your help to shape Health and Care Services in the Community

We want to hear from you, our residents and staff, who make up our communities across Norfolk and Waveney.

Hundreds of people helpfully shared their views earlier this year about what they think we should focus on, to improve health and care services more generally across Norfolk and Waveney. Part of this invaluable feedback was focused on community services, such as community mental health services, health visiting services, and support for people who have left hospital, to help with their recovery journey.

Using this vital feedback, we have started an important piece of work to listen to our residents, staff and communities to further understand what people think about health and social care services in the community.

This is a crucial part of the journey to make sure that your thoughts and views are firmly embedded into describing what the future vision for community services across Norfolk and Waveney should look like and how we can improve outcomes and experiences for both residents and staff.

To ensure we can listen to as many people as possible, to help influence and inform this important review, there are several ways you can get involved.

Five online workshops will take place throughout July and August. Each workshop will be tailored to different localities across Norfolk and Waveney, to consider local perspectives, based on our residents who live there and ensure local issues, challenges and gaps are used as helpful context.

Each resident engagement workshop will be open to all residents living in Norfolk and Waveney, covering five broad areas, which are more commonly known in our Integrated Care System (ICS) as 'places.' Place-based partnerships bring together the NHS, local councils and voluntary organisations, residents, people who access services, carers and families. These partnerships will lead design and delivery of integrated services in their local area.

- **West Norfolk** – towns and villages such as King's Lynn, Downham Market, Dersingham, Heacham and Hunstanton. The West Norfolk event takes place on **Thursday 10 August 2023, 1-2pm** (please register to secure your place). This event will be led by local Place Board Chair, Carly West-Burnham.

In addition, a **short survey** is available to capture the views and thoughts of people who cannot attend one of our online events. The survey will be open until Sunday 13 August 2023.

Andrew Palmer, Executive Director of Performance, Transformation and Strategy and Deputy Chief Executive, NHS Norfolk and Waveney, said: "This review of community services across Norfolk and Waveney is an important step as we look to the future of what health and care services in our local communities should look like.


"We're on a mission to wrap health and care services around local people, and to ensure care is provided at the right time and in the right place. As a health and care system, we are committed to listening to local people and supporting our residents to take more control of their own health and care, preventing hospital admission and reducing health inequalities that exist across our communities.

"We want to work with our residents, staff and communities across Norfolk and Waveney on this important journey, to ensure community health services support people of all ages wherever they live.

"I encourage everyone to get involved and have their say."


Further information about the community services review is available on the **Norfolk and Waveney ICS website**

PRE-PAID FUNERAL PLANS  
CHAPELS OF REST | MEMORIALS



**Thornalley**  
FUNERAL SERVICES

Behind every independent business  
is a family that cares



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

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

### Gary Kite Computer Services

**25**  
YEARS  
EXPERIENCE

Locally  
Based



**Sales, Upgrades, Repairs, Home Calls for Tuition,  
Broadband Installations & General PC Maintenance**

**Tel: Gary on 07444759653 or 01485 544606**

**[gary@garykitecomputerservices.com](mailto:gary@garykitecomputerservices.com)**

### Why do bees have sticky hair?



**Because they use honeycombs!**



## Heacham Girl Guides



We have been busy at Girl Guides this summer term, starting our hiking badge and completing outstanding badges! Our new Guides have all settled in and they have made our evening activities even more fun. We have welcomed the Brownies who will have joined us and we are expanding each week.

We have started to think of our autumn activities and I will let you know next month what they are. We have a camping trip booked for September - we had a session practising pitching a tent and cooking on an open fire last week.

Guides are encouraged to plan their own meetings, and at the end of every term we plan what activities everyone would like to do for the following term, creating exciting activities and adventures. Please come and join us and share your favourite activities. We have finished now until September.

Have a happy summer everyone.

Janet

**N.B:** If you are aged 10 to 14 and would like to find out more, please contact us – you can always come and join us on a Tuesday evening at the Scouts Hut in Heacham. 07833 747059.

Or you can visit [www.girlguiding.org.uk/guides](http://www.girlguiding.org.uk/guides) to see how exciting it would be to become a Girl Guide and join 'a worldwide community of girls who have fun, learn new skills and make their voices heard.'





## Chris Palmer

Plumbing And Heating Services Ltd

☎ 01485 571363

☎ 07798 635860

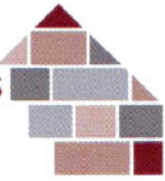
✉ [chrispalmer333@gmail.com](mailto:chrispalmer333@gmail.com)

New boilers-repairs-servicing

Bathroom-shower room installs

Renewables





## SMART BRICKWORK SERVICES

For all your brickwork requirements

**Andy Larham**

Advanced City & Guilds Bricklayer

For a no obligation quote

Phone 07810 191051

Email - [smartbrickworkservices@outlook.com](mailto:smartbrickworkservices@outlook.com)



## Heacham at Night

by Terry Parish

Autumn is on its way, the sky is darkening, planets are moving back to the night sky, there are a couple of super moons and the Perseids are set to put on a good show. I expect it will be a wet month which we really do need. Perhaps the rain will be in the day and wash the dust out of the atmosphere for clear nights.

On the 1st at 7.30pm look for the first supermoon. I talked about these last month. The Moon is a tad closer in its orbit and near the horizon so compounding a small, apparent, increase in size. A Full Moon with a few clouds scurrying across her face is always a good sight and a brighter, bigger one, is worth a look

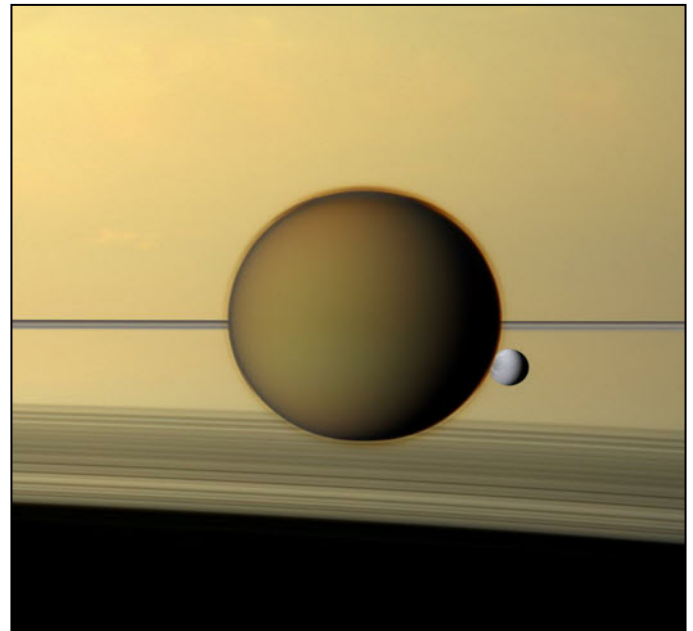


*A Hubble image of Saturn. You will see the rings through a birding 'scope. NASA*

Jupiter and Saturn are rising above the horizon earlier and will be prominent in the small hours. At the beginning of the month, Saturn rises in the SSE at about 10pm. By midnight it is well clear of the horizon and has edged a little further south. For those who like to get to bed, things get better as the month advances and Saturn is higher in the sky earlier. It won't be very high so keep your eyes towards the bottom third of the sky and, if possible, find a spot without buildings in the way.

On the 27th, Saturn is at opposition, which means it is at the end of a straight line from the Sun through the Earth and at it's closest to us - 1,311 million km.

On the 3rd and 4th, you will have to look out at 4.30am to see Saturn close to the Moon. On the 30th Saturn will be just above an almost Full Moon at 9.30pm and this illustrates how the planet is changing from a morning object to a night time one. This is the cycle all planets adhere to, principally because of Earth's journey along its orbit.



*Titan and the moon Dione beyond it. The background is the rings. NASA*

Turn telescopes towards Saturn to see its rings. Titan, its biggest moon should also appear as a spark of light off to one side. Titan has a thick atmosphere, water and methane and is on the list of potential locations of life not as we know it.

Saturn will be relatively faint with a positive magnitude of 0.5 whereas Jupiter which, at the start of the month, rises in the ENE at midnight will be shining brightly at -2.5 (lower the number, brighter the object).



## STUDIO @ 55

### Discover your creative side

Join a course in Pottery, Clay Modelling, Plaster & Wire, Soapstone Carving, Lino-cut.



### Contact me for more information:

Esther Boehm • 55 High Street, Heacham, PE31 7DW  
www.studioat55.com • eb@estherboehm.com  
T 01485 570 506 • M 07538 986 235



Simply CookIt

HOME COOKED MEALS DELIVERED TO YOUR DOOR

Home cooked, high quality frozen meals delivered to your door.

Made by local chef Kat Asker in a 5\* hygiene rated kitchen.

Free local delivery (minimum order of 4 meals per delivery)

Tel: 07767753413

Email: simplycookit.kat@gmail.com



As the month progresses Jupiter will rise earlier and get higher in the sky. Look East at midnight and it should be well clear of local obstructions. Early hours are still needed for a picturesque grouping. On the 8th/9th a half-moon is close to Jupiter and the Pleiades star cluster. Very good binoculars, certainly a small telescope, should find Uranus just to the left of Jupiter.

Uranus, an ice giant, is to the left of Jupiter throughout the month so scan for the blue planet, faint at magnitude 5.7, whenever Jupiter is visible to you. And don't forget to find the Galilean moons of Jupiter, Io, Europa, Ganymede and Callisto. Remember that the JUICE mission is on its way to them, albeit on a very roundabout, energy saving, route.



*The Galilean Moons arranged artistically rather than realistically. Which is which? NASA*

The second ice giant, Neptune, is also in the sky and in the direction of Saturn. It reaches its conjunction next month but is very faint with a magnitude of 7.8. Try and find it with a telescope as it is the furthest planet from the Sun in the Solar System.

The story of an undiscovered planet the size of Uranus is out there in the Oort Cloud has emerged again. The Oort Cloud is the realm of comets beyond Pluto and other dwarf planets which have recently been discovered (Eris, Haumea and Makemake). Extensive searches have failed to find a new giant and the probability of its existence is just 7%. Perhaps the latest researchers should consider that there isn't one.

So, what of the inner planets, Mercury and Venus? The former is likely lost in the glare of twilight. It will be at its greatest eastern elongation (27.4 degrees) from the Sun on the 10th. Venus gave us an excellent evening display through June, got close to the Sun in July, and is now becoming the Morning Star. It is very bright again, around -4.5, but lies close to the rising Sun. Do not turn any optical instruments in that direction. Wait until next month for Venus.

What about Mars? The red planet is close to the Sun in the evening twilight. As the Sun vanishes it may be possible to see it but, at a magnitude of 1.8, against a light sky, unlikely.

The Moon started as a supermoon on the 1st, becomes New on the 16th when it is also at its furthest distance from us this year (406, 635km) and on the 30th it is a supermoon again. This will be the superest supermoon as, on the 30th, the Moon is the closest it will be this year (357,181km). And, see above about Saturn.

New Moon on the 16th is important as it is 3 days after the 13th. Obvious you will say but you may have forgotten that the night of the 12th, early morning of the 13th is the peak of the Perseids meteor shower. Always the best and, with no glaring Moon, giving a good chance to see many meteors.

## R'N'R FENCING

& Landscapes

- BRICK WEAVE DRIVEWAYS • DECKING
- PERGOLAS • PATIOS • TURFING
- RECLAIMED SLEEPERS

ALL ASPECTS OF LANDSCAPING

FREE QUOTES • PUBLIC LIABILITY INSURED

07881 947506 / 01485 572107

Prided on Quality & Reliability

www.rnrfencing.co.uk



### S & J Partyka Ltd

(plumbing & heating)

a family owned local business  
with over 30 years experience  
"you can count on us for a  
professional service"

01485 570688 - 07831 776881  
partyka.plumbing@gmail.com

all plumbing and heating work undertaken

- from a new tap washer to a full bathroom installation
- from a new radiator valve to a full heating system
- new gas boilers fitted
- boiler servicing
- central heating power flushing

water - gas - oil - air source



No.28926

"all work fully guaranteed"

Start looking from when it gets dark on the 12th, say 10pm, and be prepared to continue into the early hours of the 13th. The meteors can appear in any direction, usually the one you are not looking in. I have found looking vaguely north with quick scans to the east and south works for me. West is in the direction of the sunset and the sky is still lighter. A dark sky is best and, in past years I have travelled into North Norfolk but have often seen more on my journey back and in the garden at Heacham.



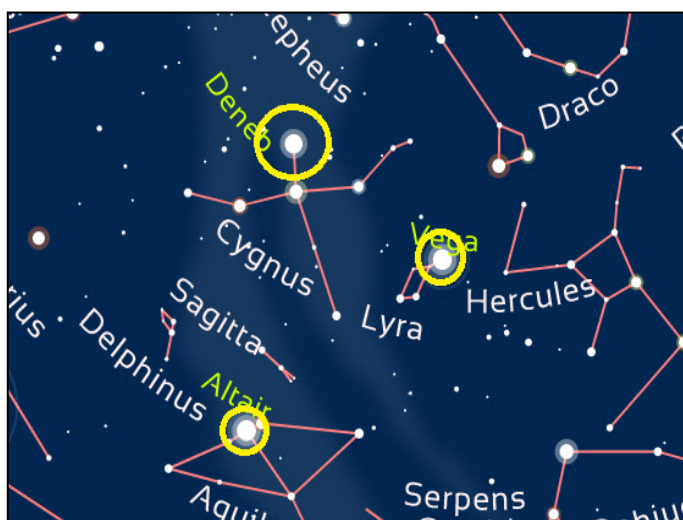
*A Perseid. Internet*

You need to get night eyes which means being in the dark for about 30 minutes. I have red goggles so I can go into the light without losing sensitivity.

The Perseids are the result of the Earth passing through debris from comet Swift Tuttle. They can be predicted because this happens at the same time every year. The debris is just specks of dust but they impact the atmosphere at around 200,000 km/hour. Friction makes them burn up and we see a streak of light. Larger particles last a bit longer, get through more atmosphere and will be brighter. Should a particle be large enough to reach ground, the meteor becomes a meteorite.

Researchers believe that they have found the remains of an interstellar meteor in the Pacific. Its velocity indicates that it is likely to have originated outside of the solar system. Whether the spherules they found on the ocean bed are from that meteor are disputed.

Darkening skies mean the stars come out again. Look upwards for the Summer Triangle. This is created by drawing lines between three bright stars, Deneb, Altair and Vega. This straddles the central portion of the summer Milky Way which stretches from the SSW to the NE.



*Summer Triangle and associated star patterns Internet*

Running along its length is the Great Rift, a darker area where dust clouds obscure stars behind it. Close to Vega is M57 the Ring Nebula. Between Altair and Deneb is M27 the Dumbbell Nebulae. Between Vega and Altair is Albireo, my favourite double star, a blue close to a gold. It is the tail of Cygnus, the Swan, its head being Deneb.



*Summer Triangle and associated objects. Internet*

Run steady binoculars along the Milky way, concentrating within the Summer Triangle which will be almost overhead and less impacted by the atmosphere and ambient light.

September, a chance for planet hunting whilst it is still mild; the best chance for meteor counting, and a couple of supermoons which should be a sight even with clouds around. Get out in the dark and look up.



**Expert legal help and advice  
on your doorstep in Heacham**

Talk face to face with your local lawyer, at  
our High Street office, who is here to help by  
giving you clear and practical legal advice.

**01485 571366**  
[wardgethinarcher.co.uk/heacham](http://wardgethinarcher.co.uk/heacham)

Moving Home • Family Matters • Wills and Probate  
Personal Injury • Dispute Resolution • Employment Issues  
Commercial Services • Notary Services

**WGA**  
**Ward Gethin Archer**  
SOLICITORS AND NOTARIES

Chatteris • Dereham • Downham Market • Ely  
Heacham • King's Lynn • Swaffham • Watton



# Heacham Cubs

## 1st Heacham Cubs

Heacham cubs have been busy over the past couple of terms...

We went on Cub camp at Wolferton camp site as our district camp was cancelled earlier in the year. Over the weekend the cubs helped pitch the tents, went on a night hike, built fires and had a lot of fun doing axing and sawing. Lots of badges were earned including nights away as well as backwoods cooking! The cubs toasted marshmallows, cooked sausages and even poached an egg over the fire. Thank you to Sam and Simon for all their help over the weekend and leading up to it.

The past term the cubs have been working on their Gardeners badge. We are lucky enough to have a back garden at our HQ where each Six planted a couple of strawberry plants; the Sixers have done a great job of making sure they are watered each week and that nobody has been able to eat them before they do!

A few highlights of the term were...

Baloo running an evening of pizza making and knife skills; this not only finished off his leader training but also helped the cubs learn a new skill! Everyone had lots of fun and really enjoyed their pizzas (including the other leaders!)

Simon very kindly came for an evening to do axing and sawing with the cubs; they also learnt some new knots.

We spent an evening at the beach shooting air rockets and playing games.

The cubs had a very fun evening at WILDlings; thank you to Micheala for allowing us to run riot in the woods!

And finally, a big Thank You to Heacham Fire Station who we went to visit. Joe and the crew ran through some fire safety scenarios before showing us around the station and the fire engine. We were even able to use the hoses which everyone definitely enjoyed!

Now time for summer break!

Happy Scouting.

## Hathi, Baloo and Mang



SJP Solicitors LLP are a local friendly firm who have assisted the families and businesses of Hunstanton, West Norfolk, and further afield, since 1890. We cover every area of English law except Criminal, and pride ourselves on our personal service to all our clients.



*Phillippa Edmunds is the Head of the Property Department and can help you with Commercial, Property and Land Law matters. Within her department is Ann Smith, Mandy Taylor and Molly Todd*

*Rosemary Meyer is the Head of the Private Client Department and can help with Family, Litigation, Wills and Probate matters. Within her department is Deborah Slow and Suzanne Curl*



**Please see our website for information on our free drop-in clinics**

37 Greevegate Hunstanton  
Norfolk PE36 6AB



Telephone: 01485 532662

## Heacham FC



### THE TEAMS:

Fantastic news. Heacham will be competing in the most prestigious Cup Competition in the world - THE F.A. CUP and how amazing is that!

We have been drawn away to Gorleston in the Extra Preliminary Round on Saturday 5th August - k.o. 3pm.

If we were to triumph, we would then face another away game v either Norwich United or Woodbridge Town in the Preliminary Round on the 19th August. Certainly another exciting chapter in the history of Heacham F.C.

The news doesn't stop there. Heacham will also be competing in the Isuzu FA Vase this season. We have been drawn at home to Kirkley & Pakefield in the First Round Qualifying on Saturday 26th August - k.o. 3pm.

The league season starts on Saturday 29th July with an away game at Woodbridge Town k.o. 3pm, quickly followed by a home match v Fakenham Town on Tuesday 1st August k.o. 7.45pm.

### There are 4 more league games in August:-

Saturday 12th - home v Kirkley & Pakefield k.o. 3pm

Tuesday 15th - away v Dereham Town k.o. 7.45pm

Saturday 19th - away v Mulbarton Wanderers k.o. 3pm

Tuesday 22nd - away v Fakenham Town k.o. 7.45pm

Information on all this season's fixtures is available by picking up a 2023/4 Fixture Card, which will be available from various outlets around the village and, of course, from the ground. A digital fixture list can also be found on the Heacham FC Supporters Club Facebook page.

### Pre Season Friendlies/Results

Saturday July 1st v Wisbech Town away k.o. 3pm - **lost 1-3**

Saturday July 8th v Watton United away k.o. 2.30pm - **won 5-2**

Tuesday July 11th v Swaffham Town home k.o. 7.45pm - **won 4-1**

Saturday July 15th v Blackstone FC home k.o. 3pm - **lost 2-3**

Saturday July 22nd v Wells Town away k.o. 2.30pm

Tuesday July 25th v Kings Lynn U23's home k.o. 7.45pm

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

## COVERING MOST OF NORFOLK WITH 30 YEARS EXPERIENCE

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

*My son Jonny has worked with me for 13 years.*

**We specialise in UPVC Window and Door Repairs**



**We repair or replace: MISTED OR BROKEN DOUBLE GLAZED UNITS | STICKING/JAMMED WINDOWS & DOORS | LOCKS | HANDLES | HINGES | LETTERBOXES | DOOR PANELS | CAT FLAPS | GASKETS**

*In fact with all our experience, there isn't much we can't do!*

## THE WINDOW REPAIR MAN

For a very competitive price, phone me on: 01485 501331 M: 07885 427021

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





### 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.

### 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](mailto: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](mailto:commercial.heachamfc@gmail.com)

### Pin Badges

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

### Match Day Programmes

Did you miss collecting any programmes last season? There are a limited number of programmes still available from some games. Please get in touch (email address shown below) with any requirements you have and I will check our stock.

### The 2023 '50/50 Club' :-

The next draw will take place after the home game v Kirkley & Pakefield on Saturday 12th August.

Supporters Club Membership for the new season is now available 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.

**"COME ON HEACHAM"**

**Denis Cooper**

**Chairman/Secretary**

**Heacham F C Supporters Club**

**Email: [deniscooper06@aol.com](mailto:deniscooper06@aol.com)**





**Stephen Gibson**  
Heating and Plumbing  
Engineer  
  
Gas Safe Registered  
Natural Gas and LPG  
Central Heating Service, Repair & Installation  
General Plumbing  
Bathroom Installation  
Residential Park Homes & Caravans  
Landlord Gas Safety Certificates  
  
**Tel: 07786 365139**  
**Email: [gib.son@hotmail.co.uk](mailto:gib.son@hotmail.co.uk)**



[www.ajdautorepairs.com](http://www.ajdautorepairs.com)

**AJD auto repairs**  
*Motor Vehicle Engineers*

MOT



CENTRE

● CARS ● LIGHT COMMERCIALS ●  
● MOTOR CYCLES ●  
● AIR CON SERVICE & REPAIR ●

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

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





## WHAT'S ON REGULAR EVENTS

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

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

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](mailto:jaimefitsteps@gmail.com) (SG)

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

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

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

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

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

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

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

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

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

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

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

**Heacham Flower Club** 2.30pm every 3rd Monday January –

November. For info tel Joy Waldron 07594616597 (MC)  
**MStrength & 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](mailto:jaimefitsteps@gmail.com)

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

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

**Heacham In Bloom** 3rd Monday Monthly 7pm (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.trebbick@btinternet.com](mailto:lesley.trebbick@btinternet.com) or ring 07802 879976.

**Meditation and Spiritual Awareness/ Development Group**, alternate Mondays 7.20pm for 7.30pm – 9pm, in Heacham, £8 per session. Contact Margaret on [07951 402717](tel:07951402717) for dates confirmation and more information.

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



# Princess Theatre, Hunstanton



## PERFORMING August 2023 !

 <p><b>4th &amp; 25th</b></p>	 <p><b>6th</b></p>	 <p><b>11th</b></p>	 <p><b>13th</b></p>
 <p><b>20th</b></p>	 <p><b>27th</b></p>	 <p><b>28th</b></p>	 <p><b>31st</b></p>

# BOOK NOW!

Call The Box Office: 01485 532252      [www.princesshunstanton.co.uk](http://www.princesshunstanton.co.uk)



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

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

### TUESDAYS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Weight Watchers** 5.30pm (OFH)

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

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

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

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

**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 : 07919492236

**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)

**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

**Car Boot** 7am - noon (stall holders 6am, £6/pitch) Heacham Sports Field

**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

**Scrabble** 10am Hunstanton Conservative Club.



**FULL SERVICE available  
for CARAVANS &  
MOBILE HOMES**

...The Store to your Door

**GUARANTEED  
TO BEAT  
ANY  
GENUINE  
LIKE FOR  
LIKE QUOTE**

**THE BEST DEALS FOR  
ALL YOUR FLOORING NEEDS**

- **FREE** Estimates and planning
- **Full service** from measuring to fitting
- **Competitive pricing** to suit all tastes & budgets
- **Overwhelming** choice of carpet, Vinyl, Karndean, safety flooring, LVT's, Real Wood & Laminate samples brought directly to you
- **15 years** experience, expert advice & knowledge
- **Additional Services** available, including moving furniture, uplift & disposal of previous flooring and door trimming
- **Domestic or Commercial** work carried out

**NOW SUPPLIERS OF** 

**Tel: 01485 601360 Mob: 07872 558163**

Email: [ian@iperrinfooring.co.uk](mailto:ian@iperrinfooring.co.uk) Web: [www.iperrinfooring.co.uk](http://www.iperrinfooring.co.uk)

I Perrin Flooring Ltd, Registered Office 38 Low Road, Congham, Kings Lynn, PE32 1AE

Registered No: 8956560. Vat No: 171416230

**Tai Chi Beginners** 10 -11 fortnightly Hunstanton Town Hall, York Rd, PE36 6BU. £8 inc. a cuppa. To book or for info call Maggi on 07951402717

**Seated Tai Chi** 10.30 – 11.30 first and third Wednesdays of the month. Contact Allan on 07960229726 for more information. Wheelchair accessible. (PH)

**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

**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**

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

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

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

#### **THURSDAYS**

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

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

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

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

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

**Norfolk & Waveney Mind - Rest in the Community Hub** 10:00 – 15:00 Older Persons Group and 14:00- 15:30 Men's Recovery Group at 4 Poplar Ave. tel 01485 572707

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

**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.



## Summertime Events

Come and enjoy warm sunny afternoons and evenings at The Pavilion where we will be hosting events throughout the summer.

**BBQ AFTERNOONS | TAPAS ON THE TERRACE | GIN & JAZZ  
TASTE OF THE GLOBE - GREEK NIGHT | SUNSET LIVE**

FOR MORE INFORMATION VIEW ONLINE: [www.heacham-manor.co.uk/offers](http://www.heacham-manor.co.uk/offers)  
OR SCAN QR CODE, OR SIMPLY CALL 01485 536030



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



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

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

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

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

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

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

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

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

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

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

**1st Heacham Cubs** ages 8 – 10yrs Term Time 6.45 – 8.30pm Tel: Jemma 07962 611122 (SG)

**St Mary's Snettisham, Thursday Suppers** - 7pm at Park Farm Visitor's Centre - a good meal, fellowship and Christian teaching - all welcome - cash donations go to the Hunstanton Food Bank

**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.

**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

**St Mary's Snettisham, Friday Lunches** - 12:30pm at Snettisham Church Hall, 100 Station Rd - a light meal, fellowship and Christian teaching - all welcome - cash donations go to the Hunstanton Food Bank

**Raffle** 1pm Hunstanton Conservative Club

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

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

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

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

**Cash Bingo** 7pm (PH)

**Cash Bingo** 7.30pm Hunstanton Conservative Club

**Wildfowlers Club** 1st Friday monthly 7.30pm (HSC Top Room)

**Poker In The Club** 1st Friday each month 7.30pm (PH)

**FOREMAN & SON LTD**  
 PLUMBING & HEATING ENGINEERS




## Service your Boiler this Summer.

It's easy to forget about your Boiler when the weather is nice. Minimize your costs for Autumn / Winter by maintaining an efficient boiler today.

**OUR BOILER CARE PACKAGES**  
 Guarantee A Same-Day Emergency Appointment.

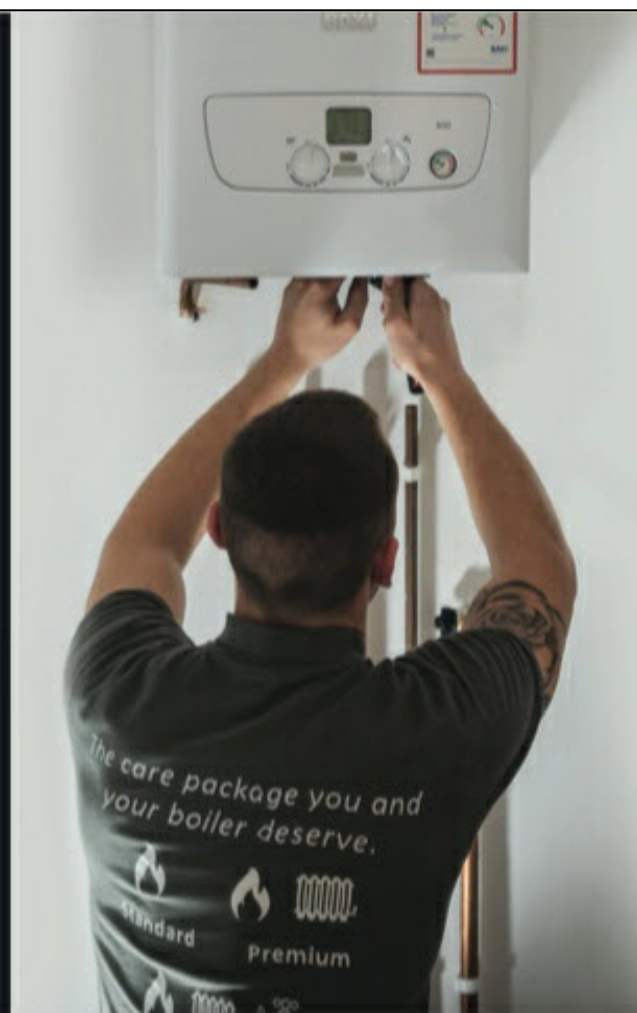
Starting from as little As 0.69p per day.

**01**  
**Standard**  
 £14.99  
 Per Month (Inc VAT)

**02**  
**Premium**  
 £19.99  
 Per Month (Inc VAT)

**03**  
**Premium +**  
 £29.99  
 Per Month (Inc VAT)

01485 570578 | [foremanandsonltd.co.uk](http://foremanandsonltd.co.uk) | [info@foremanandsonltd.co.uk](mailto:info@foremanandsonltd.co.uk)



**Stepping Out Tea Dance** last Friday monthly. £6 inc refreshments at Dersingham Village Centre call Peg Hunter 07930 556675

### **SATURDAYS**

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

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

**Storytime** 11am Hunstanton Library 01485 532280

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

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

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

**West Norfolk Tai Chi Chuan** -weekly local Tai Chi classes [www.west-norfolk-tai-chi.com](http://www.west-norfolk-tai-chi.com) for information.

### **SUNDAYS**

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

**Sunday Lunch Carvery** from 12noon - 2pm at United Services Club. To book - 07901 524778

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



## **OTHER EVENTS.**

### **August**

#### **August Events at Anmer Social Club.**

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

Club opens 30 mins before event start time.

**Friday 18th** 7.30pm Summer Fiesta. Strawberries and Pimms, with entertainment by Mike Terry. £6. Book by 14th August with Dorothy on 01553 613319 or email [anmerchair44@gmail.com](mailto:anmerchair44@gmail.com)

#### **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](http://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

**August 'Noon Tunes' at Heacham Parish Church** from noon until 12.45pm.

Thursday 10th David Young, solo clarinettist.

Thursday 17th The Organists Entertain.

Thursday 24th Come and sing Disney with Steph.

Thursday 31st Jazz comes to Church.

**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

**Saturday 12th August** 2-5pm Holme-next-the-Sea Summer Church Fete. Whitehall Farm, PE36 6LH.

**Saturday 12th August** Young Hot Shots Day for children over 8 hosted by Heacham Wildflower' Association. £2. Book at the Parish Council Office.

**Sunday 13th August** 10am-4pm RAF Bircham Newton Heritage Centre Open Day. Free.

**Tuesday 15th August** 7.30pm (doors open at 7), Dersingham Village Centre Film 'Living' £6, under 16s £3.

**Friday 25th - Sunday 28th August** 10am-5.30pm daily Summer Art Exhibition from Snettisham Art Group at British Legion Hall, Church Road, Snettisham. Free. Telephone Les on 01485 572370 for further details.

**Saturday 26th August** 10am-4pm Hunstanton Town Hall, HDFA Craft Fair.

**Tim's Tree Services**

PRUNING • TOPPING  
FELLING • CLEARING  
ALL ASPECTS OF TREE  
& HEDGE WORK UNDERTAKEN

OVER 30 YEARS EXPERIENCE  
QUALIFIED - INSURED  
CALL 07884 263897 or 01485 541560  
FOR YOUR FREE QUOTE!  
[timstreesnorfolk@gmail.com](mailto:timstreesnorfolk@gmail.com)  
**LOCAL MAN - LOCAL RATES**



**Sunday 27th August** from 10am, RSPCA East Winch Wildlife Centre Open Day. Entry fee (cash only) £5/car or £5/family of up to 5.

**Wednesday 30th August** 10am-noon Community Coffee Morning and More, (OFH)

**Wednesday 30th August** 7.30pm, memorial Hall, Snettisham, Snettisham Gardening Club, Geoff Hodge of Gardening Forum will talk about Gardening in Drought conditions. Further information from Gail 014855 541270 or Addie 01485 544754.

## September

### September Music in the Burnhams

Concerts at The Village Hall, Burnham Overy. More information on [www.musicintheburnhams.com](http://www.musicintheburnhams.com)

**Saturday 9th** 7.30pm, The Victoria String Quartet and Leon Bosch (double bass) with Irina Andrevisky (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.

**Thursday 7th September** 2pm, The Reading Room Stanhoe, Stanhoe and Barwick WI. Claire Howard will be demonstrating jewellery-making. £5 including refreshments. For more details contact Valerie on 01485 575261.

**Monday 25th September** 7pm Hunstanton and District Community Voices are hosting a 'Come and Sing' evening at The Way, Christian Fellowship Hall, Downs Close, Hunstanton.

**SAVE THE DATE**



Heacham Parish Church

## NOON TUNES — summer 2023

**Thursdays: 10th, 17th, 24th and 31st August — from 12 noon for 45 mins of music**

**10th August** - we welcome back **David Young** solo sax/clarinet plus electronic wind instrument and pre-recorded accompaniment plays a wide range of music for all tastes



**17th August 'The Organists Entertain'** Alison Hoyle, Mike Warnes and Peter Murray (who will improvise on your favourite hymn tune) put the (nearly) 2000 pipes of our Heacham organ through their paces with a mixture of varied 'easy listening' music.

**24th August 'Come and sing Disney with Steph'** — in costume if you like! Ideal for accompanied children and those who love Disney!



**Thursday 31st August 'Jazz comes to Church'** with Andrew Pearson playing piano 'Fats Waller style' and Adrian Flower jazzing it up on our pipe organ

All welcome to these informal lunchtime events at Heacham Parish Church

**Donations welcome for new boilers in church (cash or cashless)**

Do come and bring your sandwich lunch and we will supply hot and cold drinks.

## Snettisham Art Group



### SUMMER ART EXHIBITION

with associated crafts

will be held at the British Legion Hall, Church Road, Snettisham

**Friday 25th to Monday 28th August**

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

Entry Free - Donations welcomed for British Legion  
Telephone Les on 01485 572370 for further details

**G's**  
*Decorating Services*  
Professional, Friendly & Reliable  
All Work Guaranteed  
Call Gary for a free Quotation  
Mobile: 07914 601504  
[decoratorgary@aol.com](mailto:decoratorgary@aol.com)

**Angelina's**  
CURTAINS AND BLINDS  
Professionally measured and fitted  
Unit 1 Heacham Hall Ind. Units  
Hall Close, Heacham Norfolk PE31 7JT  
t: 01485 571000  
e: [angelinasinteriors@gmail.com](mailto:angelinasinteriors@gmail.com)  
Opening times:  
By appointment  
**Sanderson**  
[www.angelinascurtainsandblinds.co.uk](http://www.angelinascurtainsandblinds.co.uk)

**Heacham Foot Health Clinic**  
professional standards authority accredited register  
Foot care treatments, nail cutting, reduction of corns and calluses  
addressing foot, knee, hip and back pain with prescription orthotics  
Heacham clinic  
HOME VISITS AVAILABLE  
Tel: 01485 570512  
Mobile: 07767 733838  
JANET PITKIN DipCFHP, MPSpract  
West Norfolk Mind, Poplar Avenue, Heacham  
Parking Disabled Access



## Hunstanton United Services Club

### August Entertainment

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

<b>FRI 4th</b>	ARON FENDER 50s, 60s & Rock & Roll 8pm.
<b>SAT 5th</b>	LOW RIDER Fantastic Rock & Pop Band 8.30pm.
<b>SUN 6th</b>	OPEN GARDEN all welcome. LIVE MUSIC with TONI G, 50s, 60s, ELVIS & MORE 3-6pm (If inclement weather, performance will be in the lounge). BBQ from 12pm; Sandwiches & cake 5.30pm. CASH PRIZE BINGO for 1/2 an hour 7pm. THE NEAR MISSES DUO (TOM BAXTER & HIS MISSES) FABULOUS DUO all eras 8pm.
<b>FRI 11th</b>	ELIVIS TRIBUTE from MIKE SHELBY Fantastic show 8pm.
<b>SAT 12th</b>	ALEX & LEON MALLETT X-FACTOR HOUSE FINALISTS all eras 8.30pm.
<b>FRI 18th</b>	QUIZ NIGHT £50 FIRST PRIZE. £4pp including supper 8pm.
<b>SAT 19th</b>	JUST US DUO all eras 8.30pm.
<b>FRI 25th</b>	CHARITY RACE NIGHT IN AID OF NORFOLK TAPPING HOUSE HOSPICE. FUN NIGHT 8 HORSE RACES £1 a bet 8pm.
<b>SAT 26th</b>	CORRIE LEWIS SOUL & MOTOWN 8.30pm.
<b>SUN 27th</b>	OPEN GARDEN all welcome. LIVE MUSIC with TRAVIS all eras 3-6pm (if inclement weather performance will be in the lounge). BBQ from 12pm; Sandwiches & cakes 5.30pm. CASH PRIZE BINGO for 1/2 an hour 7pm. DANCING IN THE LOUNGE with MOVE IT BAND 50s 60s & Rock & Roll 8pm.

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

**KARAOKE SUNDAY 13th & 20th with MICK  
8pm**

**POKER NIGHTS TUESDAY FRIENDLY 7pm  
THURSDAY LEAGUE 7pm**

**SNOOKER 3 x MATCH SIZE TABLES  
AVAILABLE**

**POOL TABLE, DARTS, & DOMINOES**

**CLUB MEMBERSHIP**

**£12 per annum OAPs £8 per annum**

**NON MEMBERS ENTRY £2 on the door gives  
you access to the club & all entertainment.**



## Extra Hands

Established  
1993

Providers of Home Care in Norfolk

**Multi-award winning providers of  
Home Care in your community**



We are a local multi award winning independent Home Care Specialist, providing carers trained to the highest standards including Dementia Care. We offer a wide range of services within the home setting which are tailored to suit individual needs from personal care to shopping and companionship.



Our services can be arranged on either a short term or long term basis, we offer flexibility when organising care packages and can assure our customers that we will meet their requirements every step of the way.

If you or anyone you know may be interested in our services please do not hesitate to contact us on the number below or call in to our office at Heacham for further advice and information.

**Thinking of a career in Social Care?  
Why not join our award winning team**

We offer: • Good rates of pay • Various hours available  
• Enhanced holiday entitlement • Paid mileage  
• Free DBS check & uniforms • Mobile Phone



**Tel: 01485 570611**

Extra Hands, Unit 13,  
Heacham Hall Ind Est, Hunstanton Road,  
Heacham, Norfolk. PE31 7DP



**[www.extrahandshomecarenorfolk.co.uk](http://www.extrahandshomecarenorfolk.co.uk)**

Extra Hands is regulated by the CQC to provide care and meet all of the CQC National Standards



## A SMITH CONTRACTORS

**[www.asmithcontractors.net](http://www.asmithcontractors.net)**

**BLOCK PAVING  
FENCING, SLABBING  
DRAINAGE**

**VINCE SMITH | [decpave@mail.com](mailto:decpave@mail.com)**

**01485 572269 / 07940 153614**

**PRINTED CONCRETE DRIVEWAYS**

**22 Benstead Close, Heacham, PE31 7FB**



## Hunstanton Conservative Club

Entertainment  
for August

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

Sat 5th: **Music Night – Rock & Country** - with food  
served from 7.30pm.

Wed 16th: **Cream Teas** from 3.00pm

Thurs 24th: **Coach Trip** to Springfield & Moulton  
Windmill.

Yoga for U3A members on Wednesdays, Thursdays  
and Fridays.

Mondays: Strength and Balance Class – 4.40pm

Wednesdays: Scrabble 10.00am. Whilst Drive 7.00pm.

Fridays: Lunchtime Raffle drawn at 1.00pm.

Cash Bingo start at 7.30pm.

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

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



'20%  
discount  
off of 1st  
appointment'

## Healthy Feet Footcare

Treatments we offer include nail trimming, corns,  
calluses, verrucas, thickened and fungal nails

### Clinic Locations

The Therapy Shed - Heacham  
Kings Lynn Town Centre

Home Visits Also Available

Please contact Michele for an appointment or to  
discuss any treatment needed

[michele@healthyfeetfootcare.co.uk](mailto:michele@healthyfeetfootcare.co.uk)

07891 638812

Registered footcare practitioner and graduate member  
of The College of Foot Care Practitioners (Dip.TFCFP)



## SUMMER FIESTA

FRIDAY 18th AUGUST

**7.30 p.m.**

Strawberries & Cream  
&  
Pimms

Plus  
Musical entertainment with  
**MIKE TERRY**  
Guitar & Vocals

Tickets £6 in advance  
To book please contact Dorothy on 01553 631349  
or email [anmerchair44@gmail.com](mailto:anmerchair44@gmail.com)  
by Monday 14th August  
FULLY LICENSED BAR



We are hosting a come and sing evening on Monday 25<sup>th</sup> September  
2023, 7.00 pm The Way, Christian Fellowship Hall, Downs Close,  
Hunstanton.

Here are a few comments from our members on why they sing:-

"Singing makes you feel good."

"Singing brightens even the sunniest day."

"Singing is your passport to a short break from everyday stress."

"Singing has added a new dimension to my life."

Parking on site, free entry, and free refreshments provided.

Come and try us out, and see if you like it, you never know how much  
you may enjoy the experience!

For more information contact: [lesley.trebbick@btinternet.com](mailto:lesley.trebbick@btinternet.com) 07802  
879976

The complete printing solution  
**clanpress**  
[www.clanpress.co.uk](http://www.clanpress.co.uk)

Visit our  
**NEW website**

- Digital Asset Management
- Web to Print
- Bespoke Online Ordering
- Long Run Litho Printing
- Short Run Digital Printing
- Large Format Poster Printing
- Roller Banners and X Banners
- Outdoor & Indoor Signage
- Exhibition Displays

- Flyers & Postcards
- Brochures, Leaflets  
and Folders
- Business Stationery
- Parish Newsletters
- In-House Binding  
& Finishing

t: 01553 772737

e: [info@clanpress.co.uk](mailto:info@clanpress.co.uk)  
w: [www.clanpress.co.uk](http://www.clanpress.co.uk)

1 Dundee Court Hamburg Way  
King's Lynn, Norfolk PE30 2ND



After a slow start to summer, with cloud cover in early June keeping the weather cool, the sun came out and for a few days it was almost too warm!

Our biggest job at the end of May was the planting up of the baskets, troughs and planting areas around the village and during June these have established well and we hope you agree are putting on quite a colourful display. As usual, the coming weeks will continue to see us out watering, deadheading and weeding.

It's that time of year when we must say a big "thank you" to all of our sponsors who are kindly supporting our "blooming" efforts this year:

A. E. Wallis  
 Cllr Terry Parish (Borough)  
 Cllr Robert Pritchard (Parish)  
 Gary Rushmore Flooring  
 Heacham Parish Council  
 Heacham Post Office  
 Heacham Social Club  
 Heacham Youth & Community Trust  
 Palm Beach Caravan Park  
 South Beach Homeowners Association (The)  
 St Mary's Church, Heacham  
 Suzi Housekeeping Services  
 Tall Trees Caravan Park

We must also say a thank you to Edd Hammond from Moulam & Horn for the loan of the plant trolleys without which the storage of plants during the pre-planting would be a challenge!

And last but definitely not least we must say thank you to all of the people who voice their support whilst we are out working or watering, it is very much appreciated!

Take care and Happy Gardening!

Heacham in Bloom Committee  
[heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com)



GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

## Sandringham IRONCRAFT

HIGH QUALITY ORNAMENTAL IRONWORK  
AND STEEL FABRICATION

Unit 4, Cheney Crescent, Heacham  
Tel: 571129

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS

SERVING FAMILIES FOR GENERATIONS



## TAKING THE GREATEST CARE

*in and around Heacham*

**FUNERALS FROM £1,150\***

Unattended Funerals

Attended Funerals

**Eric W. Witton Funeral Directors**

26 Station Road, Heacham, Norfolk PE31 7EX  
01485 570475

We're here for you anytime. Whatever your wishes or budget,  
we can provide a funeral to suit you.



DIGNITY

[dignityfunerals.co.uk/local](http://dignityfunerals.co.uk/local)

Proud to be a Dignity Funeral Director, providing exceptional services to families across the UK.

\*Pricing is correct at time of going to print and is subject to change. Price stated is for an Unattended Funeral.

## Foot Health Practitioner

**Jane Shortland**

Dip FH MCFHP MAFHP



**PROFESSIONAL FOOT CARE IN  
THE COMFORT OF YOUR HOME**

- Thickened nails
- Fungal infections
- Ingrown nails
- Diabetic foot care
- Verruca treatment
- Corns & calluses

Call to book your appointment

**07931 817659**

FULLY INSURED & DBS CERT

[jane.thefootlady@gmail.com](mailto:jane.thefootlady@gmail.com)





## NHS Queen Elizabeth Hospital

### Introducing our Year Four (2023/24) Corporate Strategy Priorities

Every one of us, regardless of our role at The QEH, has a role to play in helping us deliver the strategy and priorities for our patients and local community.

Last year, which was year three of our five year corporate strategy, was an exceptional year for us and the wider NHS.

We had three key areas of focus and, due to the unrelenting commitment of our teams, we have seen achievements of key metrics in all areas:

- **UEC performance** - an improvement in our Emergency Department (ED) performance alongside the redesign of services including same day emergency care and the implementation of virtual wards.
- **Elective performance** (long waiters) - no patients waiting longer than 78 weeks for treatment at the end of March 2023 and a significant reduction in the number of patients waiting over 52 weeks.
- **Financial performance** - delivery of our financial plan and our financial improvement plan.

Alongside these three priority areas, the Trust also continued its focus on broader priority areas. These included an enhanced focus on patient experience, staff engagement including health and wellbeing, maternity safety and culture, Electronic Patient Record (EPR) readiness and the continued focus on the new hospital bid along with the modernisation and safety of our current hospital.

This work was underpinned by a focus on health inequalities, place-based care and cross system collaboration across the three acute trusts and wider Integrated Care System.

You can read the full details online and read on for a summary of our Year Four priorities.

**Our vision:** To be the best rural District General Hospital for patient and staff experience.

**Our mission:** Working with patients, staff and our partners to improve the health and clinical outcomes of our local community.

#### A summary of our 2023/24 priorities

We know that the environment within which the Trust is operating has changed significantly since the corporate strategy was originally created in 2020. Therefore we have reviewed and refreshed our approach for the forthcoming year.

After considerable internal and external engagement we have agreed to reduce the number of strategic objectives which underpin delivery of our corporate strategy from six to three:

#### QUALITY

##### Strategic Objective 1: Quality

Access to safe, compassionate and timely care for our patients.

#### ENGAGEMENT

##### Strategic Objective 2: Engagement

Improving our organisational culture and enabling staff to achieve their full potential.

#### HEALTHY LIVES

##### Strategic Objective 3: Healthy Lives

Transform how we work to deliver improved care and health outcomes for our local communities.

#### Monitoring our progress

We will measure progress against our priorities on a quarterly basis and continue to share 'how we're doing' with you, our staff, our patients, the local community and partners and stakeholders.

There are lots of exciting developments to look forward to in 2023/24 – not least the further work we are doing to modernise and digitise our hospital and bring a new hospital to King's Lynn and West Norfolk.

We look forward to the next chapter of our journey of improvement and working together as we move closer to fulfilling our vision of becoming the best rural District General Hospital for patient and staff experience.

**Alice Webster**  
Chief Executive Officer

**Chris Lawrence**  
Chair



## CJB-Computing

Phone: 01553 606555

Mobile: 07447 748356



Chris Barney.

[www.cjb-computing.com](http://www.cjb-computing.com)

For all your computing needs,  
Tuition, Networking, Broadband,  
New and Reconditioned Computers,  
Repairs, Upgrades, Servicing, Inspection  
Virus and Malware Removal.

# Sandringham Windows

Norfolk

**UPVC Windows**

**UPVC Doors**

**Composite Doors**

**Garage Doors**

**Porches**

**Conservatories**

Free, no obligation quotations  
Over 60 years Industry experience  
10 year guarantee

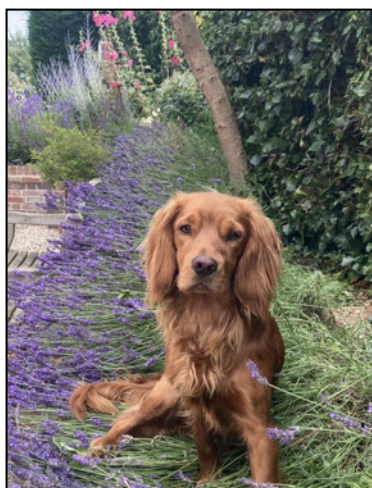
## Tel: 01553 611631

## Dogs Health and the Menace of Grass Seeds

I have been a dog owner my entire life and I never knew the dangers of grass seeds until June this year.

Ralph inhaled a grass seed and it got lodged in his lung. We didn't know, but he became very unwell; laboured breathing and lethargic and we immediately called the out of hours vets at 4am. Following a few days of referrals, Cambridge University Veterinary Hospital (who were amazing) removed a lung lobe. Ralph is doing brilliantly.

Telling people about our experience has highlighted how much more common this is. Grass seeds in paws and ears is very common. The grass seeds act like darts and continue to penetrate through the skin. I don't want to be alarmist but an avoidance of long grass and a check of your dog after walks can ensure a happy dog, and owner!



Even though we have insurance, the cost exceeded our maximum claim - I'm thinking of studding him out now!!

Enjoy your walks, but please be aware that No Mow May has caused an increase in veterinary admissions, and please check your dog. Lots of information and guidance on the internet.

Janet Hughes



## P.G. PLUMBING & BUILDING

**24 Hour Emergency Service**

**Plumbing - Heating - Tiling  
Bathroom Installations**

**Disabled Adaptation Specialists**



**54 Marram Way Heacham.**

**Freephone 0800 2343044 Mobile 07836 506379**

**(Est 1985)**

**Payment accepted using Mastercard, Visa & Maestro Cards**

**TO BOOK CALL  
01485 536010**

**The Fountain**  
Sports Bar

**Open to all!**

FOOD SERVICE: Sunday to Thursday - 10am to 7.45pm, Friday & Saturday - 10am to 8pm  
BAR OPENING: Sunday to Thursday - 9am to 8pm, Friday & Saturday - 9am to late.



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

*lighter bites...*  
**BIG FLAVOURS!**

**Try our new Sunday Lunch Menu this summer!**

Featuring fresh salads, jacket potatoes, roast meat salad plates and for the traditional roast lovers a plated roast dinner!

**AVAILABLE FROM 12 - 3PM**

*plus...* scan the QR code  
to book a table online



**EAT • DRINK • WATCH**

**The Fountain Sports Bar & Restaurant,**

Searles Country Park, South Beach Road, Hunstanton, Norfolk PE36 6BB T: 01485 536010





**It's summer time and that means it's  
BBQ season so:**

**From Burgers to Beer, we raise a cheer,  
from Chutneys to Cheese, we aim  
to please,  
our Spirits and Wine will make you  
feel fine,  
then Strawberries and Cream, for that  
BBQ dream.**

We have a range of BBQ seasonal meats including varieties of Burgers, Kebabs and Marinated Meats. Our Burgers and Sausages are made in house. In the Deli we stock over 40 different Cheeses. We also have a selection of Cold Cooked Meats, Salads and Olives. We have a talented team of cooks who bake daily a variety of Sausage rolls, Quiches, Pasties, Scotch Eggs and Cakes.

**We offer a delivery service every Friday.  
Orders over £40.00 free delivery.  
Under £40.00, there is a £5 delivery  
charge.**

**Orders in by 4pm Wednesday.  
For any enquiries or to place your order,  
please phone 01485 570002 or pop into  
the Farm Shop.**

**Our delivery area covers: Dersingham,  
Ingoldisthorpe, Snettisham, Heacham,  
Hunstanton, Sedgeford, Docking, Ringstead,  
Thornham & Holme.**

**Deliveries between 11.30am - 4pm**

## **PROFESSIONAL GARDENER**

**Available for regular or one off help**

**Good plant knowledge.**

**Regular year round service or summer only.**

**Please call Tim 07538 723491  
Email: timmya1965@hotmail.com**

## **CHRISTINA THAIN**

**(Non-practising Solicitor)**

### **WILLS & POWERS OF ATTORNEY**

**Home appointments at no  
additional charge.**

**Telephone: 07776 102 498**

**Email:  
[christina2018thain@gmail.com](mailto:christina2018thain@gmail.com)**

**Address: 56 Peddars Way North,  
Ringstead,  
Norfolk PE36 5JP**

FABRICS CURTAINS BLINDS

**OPEN**  
Tuesday to Friday  
10am - 4pm  
Saturday  
10am - 2pm

BESPOKE CURTAINS, BLINDS AND ACCESSORIES

Local, family  
run, friendly  
service

**FREE**  
NO OBLIGATION  
QUOTATIONS

Showroom at | Poppyfields Retail Park, Snettisham  
Contact Paula or Marcus  
T: 01485 541111 • E: [info@christyana.co.uk](mailto:info@christyana.co.uk) • [www.christyana.co.uk](http://www.christyana.co.uk)



## **SALARY, DIVIDEND OR LOAN – HOW BEST TO EXTRACT FUNDS FROM YOUR COMPANY?**

**By Kathryn Gigg Chartered Accountants, Hunstanton**

Where small family businesses are run as a Limited Company (as opposed to a sole trader or partnership), there are risks as well as opportunities for the director shareholders regarding their remuneration planning.

The Limited Company is so called because the liability of the owners is in most circumstances restricted to the amount of the share capital, so in the event of business failure, the owners are not personally responsible for the company debts. This will not apply however if they have given personal guarantees, acted fraudulently, or continued to incur debts after the point at which they knew the company to be insolvent (wrongful trading.)

When all is going well, the directors will have a choice of how they pay themselves from the company. Most obviously they can **take a salary** (taxed through the PAYE system). If the business can afford it, they may then augment this by “benefits in kind” such as a company car or health insurance. Details of such benefits will need to be returned annually to HMRC by the company, and the benefits are subject to Income Tax for the employee/director and National Insurance for the company. The amount paid out in salary and the cost of the benefits will be a deduction in the company accounts, so the Corporation Tax liability will be reduced accordingly.

Some directors may, however, decide to bypass the PAYE system and simply **borrow money from the company** by taking advances on their Directors Current Account. If this is permitted by the company’s Articles of Association it is not necessarily illegal, but it is subject to a punitive tax regime where the Directors Current Account becomes an overdrawn Directors Loan Account – the overdrawn balance is subject to special tax treatment, and the company is required to pay over a notional Corporation Tax charge (S.455 Tax) on such sum in addition to the tax on the trading profits, which HMRC will retain until the shareholder repays the loan. Moreover, if no interest is charged, the notional interest which the company could have charged, is calculated (using HMRC rates) and treated as a benefit in kind on the borrower. The cash flow effect is not dissimilar to that which would arise on salary, but the amount of the loan advance is not a tax deductible expense in the way that a salary would have been so the company must pay both a higher level of Corporation Tax AND the S.455 Tax.

Alternatively, **dividends may be drawn** by the director shareholders. Like the loan advances, these are not a Corporation Tax deduction, but they differ from a loan in that the dividends are taxed in the hands of the shareholder, at varying rates, which largely mirror the rates paid on other sources of income. The main overall saving is that dividends are not subject to NIC.

It is not, however, simply a case of taking some money and then deciding to “call it a dividend”. Various conditions need to be met, and failure to do so may make the dividend illegal, which would mean that such sums would need to be repaid. These conditions include the following:

- A dividend needs to be properly recorded at the time it is paid. Interim dividends can be decided by the board and minuted, but a final dividend requires the approval of the shareholders at the AGM or by written resolution.
- A dividend can only be paid out of retained and realised profits, so unless the company has sufficient distributable reserves (from the current or past years) the dividend will be illegal and repayable to the company. Profits arising on the

revaluation of business assets are not considered to be “realised” for this purpose. Moreover, the test applies at the point when the dividend is paid, so needs to have taken account of changes since the previous financial year end. Management accounts may, therefore, need to be prepared to support such interim dividends.

- If, as a consequence of paying a dividend, the company is unable to meet its debts, the directors may find themselves in the position of trading whilst insolvent, so again could be personally liable.

Finally, in the hands of a recipient, a dividend will be regarded as taxable at the point it is made available. This will either be when it is paid out or when it is credited to the individual’s director’s current account in the company books, so the dates can have an impact where a dividend is used to repay a director’s overdrawn position. The dividend does, of course, need to be shown on the recipient’s personal tax return since there will often be a personal tax liability.

But beware, if withdrawals are not supported by evidence showing them to be either a loan or a dividend, they may well be recategorised by HMRC as being net salary. In this case HMRC will gross up the payment as if PAYE and NIC had been deducted and will then look to the company to pay those amounts, together with appropriate penalties and interest.

In conclusion, the law and tax on loan advances and dividend payments by companies is complex and it is easy for directors to make mistakes; but for the directors of a profitable company there is definitely nothing wrong with taking remuneration by dividend (perhaps in conjunction with a regular salary) or taking a loan advance, but it is important that all are accounted for properly. If there is a PAYE inspection, directors’ drawdowns will almost always be checked and HMRC are not sympathetic to incomplete paperwork or incorrect categorisation.

**For advice regarding how best to extract funds from your company 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**

**NB: Article written in July 2023**

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

© Kathryn Gigg 2023

**Mann Made Developments Ltd**

Specialists in Property Maintenance

**Extensions, New Build, Renovation, Roofing (RubberBond)  
plus All Other Tasks including groundwork, drainage , etc.**

**No Job Too Big or Too Small**

Call anytime for your **Free Quote** 07798723287 or 01485540008

or email: [info@mannmadedevelopments.co.uk](mailto:info@mannmadedevelopments.co.uk)



# Kathryn Gigg

CHARTERED ACCOUNTANTS | BUSINESS ADVISERS | TAX CONSULTANTS

Offering a comprehensive range of services for both business and personal clients

- annual accounts, business and company taxation
- business start up advice and incorporation
- SAGE, Quickbooks & Xero installation and training
- payroll & auto enrolment administration
- VAT and bookkeeping services
- small business specialists
- personal tax returns and self assessment advice
- capital gains tax advice and inheritance tax planning
- tax planning and accounting services for private property investors

For an appointment please contact: Mrs K H Gigg FCA

THE OFFICE, 20 KING'S LYNN ROAD, HUNSTANTON, NORFOLK PE36 5HP

T: 01485 534800 e: kate@kathryngigg.co.uk

Regulated for a range of investment business activities by  
The Institute of Chartered Accountants in England and Wales.

## Music in the Burnhams

**Saturday August 26th at 7.30pm**

All Saints Church, Sutton cum Ulph  
PE31 8HQ



## Cuillin Sound

### "Summer Serenade"

Programme includes works by Boccherini,  
Gershwin, Elgar and Da Falla.

Tickets £15. Proceeds to the church  
[musicintheburnhams.com](http://musicintheburnhams.com) or ring 07989 177079

# Music in the Burnhams

## Music in the Burnhams

This year seems to have disappeared in a flash and here we are in August and wondering "Did we have Summer?"

**August 5th** brings a local string trio to Sutton church in Burnham Market. Currently Brenda Stewart, who is rector of the Holkham and Wells group of parishes, is helping in the Burnhams while there is no priest in charge so it will feel a little strange welcoming her to All Saints church, Sutton cum Ulph, with a different hat on!

The Bingham Trio includes viola player Brenda's husband on violin and James Halsey on 'cello. Norfolk has so many hugely gifted musicians and of this group the music press has commented "**The standard of performance by these stylish and highly gifted musicians was beyond all praise.**" For this recital they will perform Beethoven, Kodaly and Judith Weir.

The concert is on **August 5th at 7.30pm** and tickets are £15 each.

## Music in the Burnhams

**Saturday August 5th at 7.30pm**

All Saints Church, Sutton cum Ulph  
PE31 8HQ

## The Bingham String Trio



Programme includes works by  
Beethoven, Kodaly and Weir.

Tickets £15. Proceeds to the church  
[musicintheburnhams.com](http://musicintheburnhams.com) or ring 07989 177079

On **August 26th at 7.30pm** again in Sutton Church, Cuillin Sound Wind Quintet, who come from Manchester, brings a "Summer Serenade": music for wind instruments. The programme will include Warlock's Capriol Suite, Gershwin's Walking the Dog and music by Boccherini, Elgar and Da Falla. Sounds like an easy listening evening with which to end the month.

Tickets are £20 each and are available online at  
[www.musicintheburnhams.com](http://www.musicintheburnhams.com) or call 07989 177079.

Proceeds from both concerts go towards the upkeep of this beautiful Anglo-Saxon church.

## Borough Council News Heacham, Sedgeford and Fring

The Ward is connected by the River Heacham running through it. A small stream really but it is important as it is a chalk stream with all the environmental implications of that. It is also important to the aesthetic environment of Fring and Sedgeford, the large fish pond in Heacham, The Saltings nature reserve and South Beach. It is our little river and needs taking care of.

The river rises in Fring from chalk aquifers and is added to by springs in Sedgeford. The river between Fring and Sedgeford has been vanishing in the summer for years and is now doing so in the winter. Drought has contributed but additional extraction by Anglian Water is the main cause. The fact that most is abstracted from boreholes during the dry summer visitor season does not help.

I have raised the matter of water use reduction at a planning level. This is contained in principle within the Borough's Local Plan but nothing has ever been done about it. It can be as little as fitting water saving technology in homes to a better solution of grey, rainwater, use – flushing toilets with stored rainwater. It comes at a cost to a developer but it is something that will need doing in the near future. The population is not going to reduce anytime soon and visitor numbers continue to increase.

At the end of the river, South Beach, there is still a problem with sea water quality. At a meeting with Anglian Water in June, I was told that additional funding had been secured for additional testing including DNA testing. This will be used in the forthcoming months. Testing of the River Heacham will also proceed. Little progress had been made in determining if sewage disposal at beach front properties met modern standards. I asked for this work to be done. Deterioration in sea water quality all along the West Norfolk coast and beyond appears to be the current position and the solution remains unclear.

Turning to planning matters, building and heritage conservation issues seem perverse. Changes to a building in Sedgeford got approval despite what appears to be unsuitable cladding and the objections of the Parish Council whilst a fibre communications hub proposed on the car park at St Mary's in Heacham was contested by an officer which resulted in the application being withdrawn. This despite it having the backing of the Parish Council, the support of the Church and being the result of positive negotiations with the cable company. I will ask about both.

The camp site at South Beach was the topic of a news story taking up a full page of the EDP. It makes interesting reading and I recommend that you search for it. I cannot comment further as a court case is imminent.

Also, in the legal pipeline are appeals and a traffic commissioners' decision about vehicular access onto Fenway. The residents at the end of it are getting badly affected by many large vehicles passing their properties and the road surface at the entrance is just potholes next to large holes. If this situation persisted at any other point in the village there would be a public outcry. I will await the various legal decisions, continue to monitor the situation and, in the meantime have written to Anglian Water whose use of Fenway is not challenged but has become, seemingly, more intensive.

Lidl has a planning application in for a larger car park as their current one 'fills up with caravans'. Can't say I've noticed as I have never been to Lidl. What I have seen and reported is the failure of Lidl's to replace dead trees which were part of their conditioned landscaping. I do not wish to see that part of the approach to Heacham degenerate into a large area of asphalt. There is a new planning rule about biodiversity net gain and anything built needs to improve the environment, not ruin it.

**Terry Parish**  
Borough Councillor for Heacham Ward which includes  
Heacham, Sedgeford and Fring.

# Hear **CLEARLY** again...

Never miss out on the sounds you love  
with the latest comfortable and invisible hearing aids



**FREE**  
HEARING  
TESTS

INVISIBLE  
RECHARGEABLE  
& SPECTACLE  
HEARING  
AIDS

**WAX  
REMOVAL  
SERVICE**

- ✓ **EASY** parking
- ✓ **HOME** visits available
- ✓ **FREE** aftercare
- ✓ 5 YEAR warranty\*
- ✓ 5 YEAR **FREE** batteries\*
- ✓ **INDEPENDENT** family business



Hearing aids don't have to be seen!

101 High Street, Kings Lynn, PE30 1BW  
**t:01553 760250**  
Day Centres also at Hunstanton Eyecare, Hunstanton

 **Sound Advice Hearing Centres**  
www.soundadvicehearing.co.uk

**TROUBLE HEARING?  
CONTACT US  
TODAY**

\*on selected products



## THE BOROUGH

Contrary to the fairy tales told by some, the Independent Partnership is working well. Leading the Council has been a challenge to me and my Cabinet, why wouldn't it be? We are new to the job. However, we are meeting the challenge through dealing with the problems we have found and beginning the process of writing a new four-year corporate plan.

Several issues have raised their heads: The Night Shelter, a small but prominent provider of accommodation for the homeless. I hope that it will soon have a sustainable future but that will depend as much on that body as anyone else.

The Parkway development in King's Lynn: I have signed it off with the caveat that, as it evolves, more properties are rented and all properties are designated for local people.

The revision of the Local Plan which many would like to see ditched: I was minded to do just that but circumstances are such that it would more likely cause more harm to all of West Norfolk than persisting with it. Further changes to the Local Plan will be worked up in parallel with current revisions so that they can be considered as soon as possible, likely the end of next year.

West Winch is a keystone of the current Local Plan and I have regular emails about the proposed relief road for the several thousand houses due to be built over the next decade or so. The ramifications of it will be further considered in August with a possible planning application for the Hopkins site in September.

The budget exercises minds too. The 'funded budget and financial plan for the next three years (left to the new administration)' as quoted in the press, leads to significant future problems if they are not addressed now. We are doing that.

I have been meeting many people and groups, around the Borough, new to me. The furthest south, so far, has been Downham Market where I met the Town Council leader. I will meet the rest of that Council in the autumn. I also met organisers of the Swan Youth Project in Downham Market. If anyone wants to see an excellent exemplar of a 'community action group' (my words) then this project is it.

The furthest north I have visited is Holme-next-the-Sea who hosted a session of 'The Saxon Shore', Parish Council representatives from Old Hunstanton to Titchwell. An informative meeting which, if invited, I will try to attend again.

**Terry Parish.**  
Leader of BCKLWN

### AJA Domestic Services Local Cleaner

Providing cleaning & housekeeping services for 12 years

Deep Cleans  
Tenancy Cleans  
AirBnB Cleans

Ironing

\*\*\*Spring Cleans\*\*\*

**If you would like help cleaning your home  
Please call or text Aleta Harrison  
on 07889699533**

To discuss your requirements

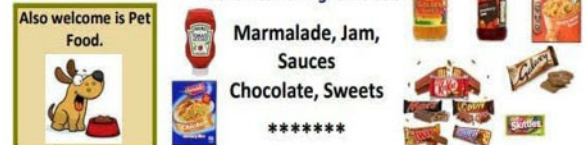
## The Hunstanton and District Foodbank

*Whilst all donations to the foodbank are always greatly appreciated, below is a list of the basic items that help to make up the food parcels that are given to the people who are in need and who have been referred to the foodbank.*



\*\*\*\*\*

*Other items might include:*

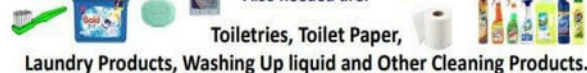


\*\*\*\*\*

*Donations of other food items that can be stored in a dry cupboard are also welcomed to help supplement the above basic provisions.*

\*\*\*\*\*

*Also needed are:*



**Laundry Products, Washing Up liquid and Other Cleaning Products.**

## VILLAGE CINEMA

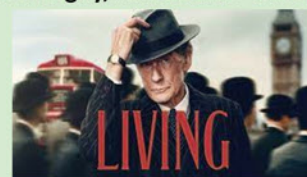
at **Dersingham Village Centre**

Presents on

**Tuesday August 15th at 7:30pm**

### LIVING (PG-13)

**Starring: Bill Nighy, Aimee Lou Ward, Alex Sharp**



**An ordinary man discovers the extraordinary key to life.**

In 1950s London, a humourless bureaucrat decides to take time off work to experience life after receiving a grim diagnosis.

**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,  
Reg Charity No 1178462  
Supported by Creative Arts East  
[www.dersinghamvillagecentre.org.uk](http://www.dersinghamvillagecentre.org.uk) Tel: 01485 543195



## General Knowledge Quiz - MONTHS

### ANSWERS

1. The Hunt for Red October
2. February
3. November
4. January (Janus)
5. June
6. August
7. April
8. March
9. July
10. December (Christmas Day)
11. Maybelline
12. "September"

### CROSSWORD SOLUTION

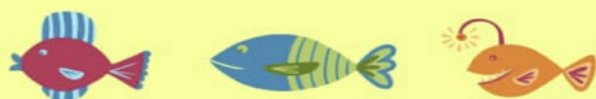
#### Across:

1. Tarnish
5. Passage
9. Argy-bargy
10. Bleep
11. Assess
12. Entitle
14. Earn
15. Los Angeles
19. Peripheral
20. Hugo
22. Reading
25. Trench
27. Indri
28. Beekeeper
29. Tenancy
30. Trended

#### Down:

1. Tray
2. Registrar
3. Imbues
4. Horoscope
5. Payee
6. Sabotage
7. Adept
8. Expression
13. Peppermint
16. Apartment
17. Launch pad
18. Optician
21. Revere
23. Auden
24. Gobby
26. Bred

Why do fish like  
to eat worms?



Because they get  
hooked on them!

## ♦ Poets' Corner ♦

A friend, William Wood-Davies, died recently. He was a wonderful poet who lived in Hunstanton. He fought Parkinson's disease for many years but continued to write his poems to the end.

He wrote about nature and love. I have sent in one of his poems called "It was Summer" which I thought would be appreciated in an English summer with a message of hope.

**John Windibank**

### IT WAS SUMMER

It was summer and we saw that the poppies had come ...

Attired all alike in their scarlet gowns.

Nodding, curtsying, their frocks lifting provocatively  
On the warm winds of that remembered summer

Spreading, as if by some intend,  
Over the drowsing meadows, they gave us pause to linger:  
So we did and sat awed into silence by all the splendour  
Profusion, of those blowsy flowers.

We dreamed and breathed the scented air  
Whispering our thoughts, one to the other  
As we lay back, to be lost  
In the melee of their flaming ranks.

It was here, with our hearts we conferred,  
Revealed our longings and need for love  
Whilst listening, for one small moment,  
To the exclaiming's of an ascending lark.  
Full of his joys and expectations.  
This herald of summer, flew up to the sky  
Spilling his stories on the languin air,  
That cast them down to whomever may hear.

In response to his chorales, we lay quiet,  
Listening, the truths in his songs, incised on our hearts, as  
The poppies, prim in their scarlet skirts  
Danced and teased to his ancient tunes.

Such were we drawn then in that time of waking ...  
As we sat dreaming of new beginnings;  
New worlds to seek, Elysium's to be found  
Where, with the flamboyant poppies  
we might dance the days away.

**William Wood-Davies**  
(July 2020)

## Fullers Body Repair Centre



Established 1973

E: beautifulbodies@hotmail.co.uk

Unit 10  
Cheney Crescent  
Heacham  
Norfolk  
PE31 7BT

T: 01485 570799  
M: 07799 118503

**Free Estimates • Resprays • Accident Repairs**  
**Corrosion Repairs • Insurance Approved**





## News from Hunstanton Croquet Club

I can't believe that by the time this goes to print we shall already be more than half way through our 7 month season. As always, a lot is crammed into those months.

We have enjoyed a second 'Come and Try' day - held this time on a Thursday evening for those who couldn't make a Saturday.

Our annual Vets/over 60s high handicap tournament is halfway through. This tournament is spread out over the summer with just two games each time for those who like to compete, but don't want to play up to seven games in one day. Thanks to Pat Dawson for organising.

We have hosted 5 tournaments since I last wrote. Lots of hard work goes into making them a success - many thanks to everyone behind the scenes, they couldn't take place without you.

We had another lovely evening with 15 ladies from Hunstanton Golf Club. Ladies, your enthusiasm is infectious and your skills from the golf course clearly transfer to the croquet lawns! It was great fun to host you all and we are so pleased that you wanted to come back for another evening!

If you or a group of you would like to see what it's like, do come and watch on a club afternoon (Mondays, Wednesdays and Fridays), or watch a tournament. August dates are 12th-13th and 31st for Golf Croquet and 27th-29th for Association Croquet.

We can organise an evening of croquet for organisations - £10 pp equipment, tuition and refreshments provided. Please get in touch if you are interested. Contact details are on the website.

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

**Caroline Harper**  
[Hunstantoncroquetclub.co.uk](http://Hunstantoncroquetclub.co.uk)



Pictured Above: Competitors & winner of the Green Shutters GC tournament - Hazel Denslow, Ellie Lewis, Gary Lewis, Lucy Closs, Colin Spencer and David Boxell.

Lucy won all of her games. The trophy was presented by Chairman Janet Kendal.



Pictured Right: Janet Kendal presenting the Green Shutters trophy to Lucy Closs.

## KENDALL EXTERIOR CLEANING

WINDOW CLEANING • PRESSURE WASHING  
CONSERVATORIES • FASCIAS • GUTTERS

KENDALLEXTERIORCLEANING@GMAIL.COM  
01485 572145 • 07704 517774 •

## Goldilocks

*Your friendly and Professional Salon*  
Stylists specialising in all aspects  
of hairdressing  
Corrective & Creative Colour Work  
Fashion Cuts, Bridal Hair,  
Perming, Up-do's  
Individual Consultation & Advice  
Gift Vouchers

State Registered Hairdressers  
Level 3 Stylists and Assessors

20 Austin Street  
Hunstanton  
01485 532001

[www.goldi-locks.co.uk](http://www.goldi-locks.co.uk)



## Leisure Club



*Get fit this summer!*  
in our newly refurbished gym

- > Direct debits available
- > FREE parking
- > No joining fees and no contracts

**Monthly Memberships**  
FROM ONLY **£25** MONTH  
Please scan QR Code  
to view details



T&C's apply, 14+ for aqua aerobics, adult to child ratios apply, outdoor pool weather dependant.

**Aqua Aerobics**  
Mondays 6.00pm - 6.45pm  
**£3.50/Member, £4.50/Guest**  
Please arrive at 5.45pm to complete health form prior to session.



For more info call: **01485 536029**  
Or visit: [www.searles.co.uk/facilities/indoor](http://www.searles.co.uk/facilities/indoor)



## Hunstanton Ski Cafe and Bar

Hunstanton Promenade's Jewel



Join us at our Dog Friendly Café!

First Café on the right from Heacham.

Last Café on the left from Hunstanton.

Tables available every day, inside and out.

Sunday Roasts from November till Easter Sunday,

Booking strongly advised.

Traditional home-made favourites and  
specials board every day.

All Day Breakfast.

Vegan and GF options always available.

Join us with live music Wednesday, Saturday and Sunday.

Constantly great reviews.

Bookings: 01485 524475 or

contact@hunstantonskicafe.co.uk

South Beach Road, Hunstanton PE36 5BA

We shall be closed on Christmas Day only.

**OPEN TO ALL 7 DAYS**

9am – 4pm (Winter) 9am – 5pm (Summer)

**01485 524475**

Follow us



## SNETTISHAM GARDENING CLUB

Our next meeting will be on Wednesday  
30th August at 7.30pm when Geoff Hodge  
of Garden Forum will speak to us about Gardening in Drought  
conditions.

Meetings are held in the Memorial Hall, Old Church Road. You  
will be welcome to join us.

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

### Stanhoe & Barwick WI

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

**Thursday 7th September:** Claire Howard will be  
demonstrating jewellery-making.

The Reading Room, Stanhoe. 2pm.

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

Please contact Valerie (01485 576261) for further details.

## CONTACT AND FOLLOW JAMES WILD MP

### Constituency office:

27-28 Tuesday Market Place  
King's Lynn  
PE30 1JJ

### Westminster office:

James Wild MP  
House of Commons  
London SW1A 0AA

0207 219 6968

jameswild.org.uk

james.wild.mp@parliament.uk

@JamesWild4NWNorfolk

@jamesowild

*To help you keep in touch, here are some  
ways to contact me or keep up-to-date  
with what I'm doing. I look forward to  
hearing from you or meeting you when  
I'm out and about in the constituency.*  
James

**www.jameswild.org.uk**





## Heacham Parish Council Notice Board

### PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting will be held on Tuesday 15th August at 7.00pm at the Parish Office, Pound Lane.

The Full Council Meeting for September will be held on Tuesday 19th 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

We hope to see many of you out in the streets to watch our carnival go by. 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, so please give generously.

The East Angles Brass Band will be joining us again this year, we look forward to another great performance.

Please remember that there will be road closures along the parade route between 1.15 and 2pm.

### POST OFFICE

For those of you that have not seen the open letter from Sally at the Post Office please be aware that in these modern online times the Post Office is struggling. There are many in the village that use it regularly as it is safer and convenient for obtaining cash with local banks disappearing as well as for many other things. We will lose this service if we do not use it! Pop in and see all the cards and lovely gifts on offer too.

### OVERHANGING VEGETATION

Please remember that whilst trees and hedges cannot be cut back at this time of year they can be trimmed, especially if they are causing a restriction of the use of footpaths or roadways. Weeds, grass etc sticking out over footpaths must also be cut especially as this could include nettles or thistles etc. Please be mindful of others.

### 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.

### 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.

### COMMUNITY COFFEE MORNING

The monthly coffee morning will this month be back at the Old Friends Hall. 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.

### CHALK PIT/MILLENNIUM WOOD

View from the new mound at the Chalk Pit on the edge of Millennium Wood, although the photo doesn't do it justice. You can see right over the village to the sea. Lovely place to sit and chill!



### !!WANTED!! PARISH COUNCILLOR

Would you like the opportunity to put something back into your community? Heacham Parish Council's Fourteen Councillors need another three 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.

### SOCIAL MEDIA

Just to remind everyone that any opinions or responses have to be agreed to by ALL Councillors and so immediate responses are not allowed. Questions can be sent to the Office and passed for discussion to Councillors.

### HEACHAM PARISH COUNCIL OFFICE

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

Any queries should be addressed to:  
**Heacham Parish Council Office**  
Jubilee Clinic Pound Lane Heacham  
Norfolk PE31 7ET  
Tel 01485 572142

Email: [heachampc@btinternet.com](mailto:heachampc@btinternet.com)  
Website: [heachamparishcouncil.norfolkparishes.gov.uk](http://heachamparishcouncil.norfolkparishes.gov.uk)

## HELP LINES

### HEACHAM GROUP PRACTICE 01485 572769

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

### OUT OF HOURS DOCTOR 111

For out of hours service, please call the NHS Helpline

### HEACHAM & DISTRICT COMMUNITY CAR SCHEME 534777

### HEACHAM CHEMIST (Boots) 570297

OPEN MON - FRI 09.00 - 18.30, SAT 09.00 - 17.30  
 DUTY CHEMIST NOTICE DISPLAYED ON DOOR

### HEACHAM PARISH COUNCIL OFFICE 572142

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

### STREET LIGHT FAULT REPORT 572142

### BOROUGH COUNCIL OFFICE 01553 616200

### BOROUGH COUNCILLORS

TERRY PARISH 07885 258428

ANDREW JAMIESON UNAVAILABLE

**NORFOLK C.C** MICHAEL CHENERY 07920 286638

### PARISH LIBRARY (in Church Hall, High Street) 07398647119

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

### HEACHAM POST OFFICE 570330

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

### EMERGENCY SERVICES

QUEEN ELIZABETH HOSPITAL 01553 613613

NHS Helpline 111

DENTIST Emergency only for patients not registered with a dentist 01553 223193

COMMUNITY MIDWIFE (Ask for Hunstanton M/W) 01553 613613

POLICE 101

SAMARITANS Freephone 116123 or (local charge) 0330 094 5717

CHILD LINE 0800 1111

SILVER LINE 0800 4708090

ELECTRICITY (UK Power Networks) 0800 3163105

ANGLIAN WATER 0800 771881

GAS ESCAPE 0800 111999

24hrs VETERINARY CLINIC (Medivet Heacham) 01485 570065

### HUNSTANTON LIBRARY 01485 532280

OPEN TUES WED FRI - 9am-7pm

SAT 9am-4pm MON & THURS - Closed

### HEACHAM CHALK PIT and

### RECYCLING CENTRE 0344 800 8020

Open 9am - 4pm

### HEACHAM COMMUNITY WEBSITES

www.heachamgrouppractice.org

www.heachamnewsletter.org.uk

### HEACHAM HALLS

PUBLIC HALL 570776

PINE RESIDENTS HALL, Wilton Road Pat Toppin 779208

METHODIST CHURCH HALL, Station Road Mike Careless 570363

ST MARY'S CHURCH HALL, High Street Mon - Fri 10 - 12 572539

OLD FRIENDS HALL Sunnyside 572142

HEACHAM SCOUT HUT Sunnyside 592041

### MAIN PICK-UP POINTS FOR HEACHAM NEWSLETTER

First Saturday of each month except January.

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

\*\*\*\*\*

### MOBILE LIBRARY

Route DER201 TUESDAY Every Four Weeks

From 20th July 2022

09:50 HANOVER GARDENS	12:55 GYM KHANA WAY
10:20 ROBIN HILL	13:15 COLLEGE DRIVE
10:50 RINGSTEAD ROAD	14:40 GIDNEY DRIVE
11:10 ROLFE CRESCENT (Opp.No.22)	15:15 NEVILLE 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

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

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

	34	35	36
	via QE Hospital via Sandringham		
	Coastliner		

### Mon - Sat

1st bus from Fox & Hounds	0659	0745	0729
---------------------------	------	------	------

Last bus from King's Lynn	2010	1600	1630
---------------------------	------	------	------

frequency	2/hr	1/hr	1/hr
-----------	------	------	------

### Sun

1st bus from Fox & Hounds	0915	1025	0844
---------------------------	------	------	------

Last bus from King's Lynn	1940	1610	1630
---------------------------	------	------	------

frequency	1/hr	1/hr	1/hr
-----------	------	------	------

\*\*\*\*\*

### Service 36 on School Days

1515 Smithdon School to Hunstanton

### New Route 33

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

\*\*\*\*\*

### WNCT Dial-a-Bus Service

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

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

www.wnct.co.uk 01553 776971

### DEFIBRILLATOR SITES IN HEACHAM

(Please read instructions and obtain code to activate)

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

**Sports Field Pavillion** - On the external wall of the pavilion

**Fire Station** - Only available when someone is in attendance

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

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

towards beach from main entrance

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

**Tesco** - Inside by the events board

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

## TIDE TABLES

### AUGUST & SEPTEMBER 2023

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr. for BST									
Aug 2023					Sept 2023				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TU	05 29	6.9	18 11	7.0	1 F	06 47	7.9	19 34	7.7
2 W	06 18	7.3	19 05	7.3	2 SA	07 29	8.1	20 12	7.6
3 TH	07 05	7.6	19 53	7.5	3 SU	08 09	8.1	20 48	7.4
4 F	07 49	7.8	20 36	7.4	4 M	08 49	7.9	21 23	7.0
5 SA	08 31	7.8	21 18	7.3	5 TU	09 30	7.4	21 59	6.5
6 SU	09 13	7.7	22 00	6.9	6 W	10 13	6.7	22 40	6.0
7 M	09 58	7.3	22 43	6.5	7 TH	11 06	6.0	23 35	5.5
8 TU	10 46	6.8	23 31	6.0	8 F			12 19	5.4
9 W	11 42	6.3			9 SA	00 51	5.2	13 48	5.1
10 TH	00 28	5.6	12 48	5.8	10 SU	02 13	5.3	15 15	5.3
11 F	01 33	5.4	14 06	5.5	11 M	03 24	5.7	16 23	5.8
12 SA	02 44	5.5	15 27	5.6	12 TU	04 20	6.2	17 09	6.2
13 SU	03 50	5.8	16 36	5.8	13 W	05 03	6.6	17 45	6.5
14 M	04 43	6.2	17 29	6.1	14 TH	05 40	6.9	18 17	6.7
15 TU	05 27	6.5	18 10	6.4	15 F	06 15	7.0	18 48	6.8
16 W	06 07	6.8	18 45	6.5	16 SA	06 48	7.1	19 16	6.9
17 TH	06 43	7.0	19 17	6.6	17 SU	07 20	7.1	19 44	6.9
18 F	07 17	7.0	19 47	6.6	18 M	07 50	7.1	20 11	6.8
19 SA	07 48	7.0	20 15	6.6	19 TU	08 17	7.0	20 37	6.7
20 SU	08 18	7.0	20 43	6.6	20 W	08 45	6.8	21 06	6.5
21 M	08 45	6.8	21 11	6.5	21 TH	09 19	6.5	21 41	6.1
22 TU	09 13	6.7	21 41	6.2	22 F	10 14	6.1	22 29	5.7
23 W	09 46	6.5	22 17	6.0	23 SA	11 07	5.6	23 42	5.3
24 TH	10 29	6.1	23 06	5.6	24 SU			12 56	5.3
25 F	11 27	5.7			25 M	01 36	5.4	14 48	5.7
26 SA	00 16	5.4	12 54	5.5	26 TU	03 01	5.9	15 59	6.3
27 SU	01 58	5.4	14 47	5.6	27 W	04 00	6.6	16 55	6.9
28 M	03 19	5.9	16 06	6.2	28 TH	04 50	7.2	17 43	7.4
29 TU	04 21	6.5	17 09	6.7	29 F	05 37	7.7	18 26	7.6
30 W	05 13	7.1	18 02	7.2	30 SA	06 21	8.0	19 06	7.7
31 TH	06 00	7.6	18 51	7.5					

© Crown Copyright. Reproduced by permission of the Controller of Her Majesty's Stationery Office and the UK Hydrographic Office (www.ukho.gov.uk).