



THE HEACHAM NEWSLETTER

September 2023

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



Photo by Robbie Topliss

Deadline for the next edition is 12 noon, Tuesday 19th September 2023



Photos by Janice Curtis

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

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

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

THE NEWSLETTER VOLUNTEER TEAM: Michelle Carter - Jackie Davis - Roger Drinkwater - Brian Faulkner

Kerry Long - David Rogers - Mary Sheldrick - Helen Vickerstaff

THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH

A voluntary non-profit publication

Readers'

LETTERS

Coffee Morning & More

Well we got that wrong! – So sorry that we misled readers in the August Newsletter by confirming our return to the Old Friends Hall. Best laid plans !

At the time of writing this, we are advised that the building works should be finished in time for us to hold our next event there on 27th September. So fingers crossed, and we look forward to seeing you all!

A hand-drawn poster for a community event. The text is written in various colors and fonts. At the top, 'Tea' is written in black cursive. Below it, 'Community Coffee Morning & More' is written in large blue letters. To the right, 'cakes' is written in small black cursive. Below the main title, 'Real Coffee' is written in black cursive, and 'Fun Quiz' is written in blue cursive. 'Raffle' is written in blue cursive. 'Everyone Welcome' is written in green cursive. The date '27th September 2023' is written in blue cursive. The time '10am-12noon' is written in blue cursive. The location 'Old Friends Hall' is written in red cursive. Below that, 'sunnyside (off Caley St)' is written in red cursive, followed by 'Heacham' in red cursive. The postcode 'PE31 7DU' is written in red cursive. At the bottom, in small blue cursive, it says 'In support of the Parish Library with thanks to Tesco Express, Heacham'.



Dersingham

Dear Newsletter,

Heacham Post Office

I endorse the letter from Dean Rawnsley in the August edition regarding Heacham Post Office. The Post Office is indeed a great asset to the village in as much as it offers far more than just Post Office transactions, for example cards and stationery items etc. If we do not use it, we will lose it.

Brian Beckhurst

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.

HEACHAM GROUP PRACTICE PATIENT PARTICIPATION GROUP (HGP:PPG)

There is a statutory requirement for all GP Practices in England to have a patient participation group (PPG) established from the local patient population. The Heacham Group Practice has such a body in place known as the HGP:PPG and which is managed by a committee of some 14 registered patients.

The role of the HGP:PPG is to enhance communications between the practice staff and the patient population served by the GP practice. A further role is to look at the services the GP practice offers, patients' experiences and how improvements can be made for the benefit of practice staff and the patients living in the Heacham, Snettisham, Ringstead, Fring and Sedgeford communities.

Notice is given that the HGP:PPG will be holding an Annual General Meeting at the Snettisham Memorial Hall, Old Church Road, Snettisham, on Tuesday 3rd October 2023, commencing at 7pm and to which all registered patients of the Heacham Group Practice population are invited.

The agenda for the AGM will be published in due course.

Meanwhile, patients are invited to submit any, "non-patient specific", general comments / criticism / good suggestions they may have, headed for the attention of the PPG committee, at heacham.surgeryppg@nhs.net

Where possible, these will be reviewed and responded to at the above meeting as part of the AGM agenda.

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The Heacham Newsletter August Newsletter – front page



In response to our request for captions to accompany the photo of the ducks on the front page of the August Newsletter, we have received the following suggestions:-

"Is that Drakes new album you're looking at?"

(Lorraine Moody)

"The cost of living has really reduced our options for new outfit"

(Barry Cronin)

1. "I saw it first!")

2. "What the duck!")

(Tracy Rawlings)

"What are all those ducks doing I wonder?"

(Reuben Felstead - age 3)

Thank you for responding to our request.

THN



Folgate Road

Dear Newsletter

Heacham Heritage Day

What a fabulous day this was. Great to see so many of the elderly Heachamites as well as our new Heachamites. The displays were very interesting and well thought out. Teas, coffees and cakes were served in the green room with lots of chatter and stories of how Heacham used to be, to how it is now.

This was the first time that I had ever presented a display of Vintage Fashion Collections (my passion) but these two items were a real hit with many who could remember the Bride who wore this dress on her wedding day in St Mary's Church Heacham 1953 and to all those who remembered their village post ladies wearing the full Royal Mail uniform to deliver the mail in the early 1990s (I can - I WAS that soldier!)

Thank you to all the display holders and especially to the team who organised the event - another fantastic Village Day!



Janice (Jazz) Curtis



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Heacham Cubs

Heacham Cubs are pleased to announce that Hathi finally completed all the training to receive her Wood Badge Award.

Although Covid did delay the process, the Wood Beads were awarded earlier in the year.

Hathi has now decided to change her Cub name to Akela as of September when Cubs return after the summer break.

After ten years, the current Akela has now stepped back from most aspects of running Heacham Cubs and has returned to her original name given to her twenty years ago - Bagheera.

Congratulations to the new Akela of 1st Heacham Cubs.

**Bagheera, Baloo, Mang
and all the Cubs**

A-Z Heacham Street Names

At the recent Heacham Heritage exhibition a copy of an A to Z of Heacham street names created some interest. Although attempting to be informative but brief – and, hopefully accurate – it is really only a draft ‘edition’ and amendments have already been made. There is a copy in the Parish Library on the High Street.

If you are interested and find errors or omissions or can add information or even theories about the origins of one or two puzzling names, please note them on the sheet provided. Undoubtedly the list will grow in the not too distant future.

Eric Rhodes



Another Recipe from The Prudent Pensioner

It's been many years since I made a Thai Green Curry but my guests were delighted when I decided to make one during their stay. I added Green Beans and roasted Sweet Potato wedges. I had enough ingredients left to make:

Sweet Potato, Green Bean & Coriander Soup

Makes approx. 800ml

Ingredients:

Approx. 250g Sweet Potato
Approx. 150g Green Beans
1 medium size Onion or Shallot
1 Stick Celery
10g. Fresh Coriander
Chicken or vegetable stock cube
A knob of butter
Salt and Pepper

Method:

Dissolve stock cube in 450ml hot water.
Peel Sweet Potato and cut into small pieces.
Wash Coriander and chop fairly finely.
Peel onion and slice thinly.
Clean celery and cut into small pieces.

In a medium size saucepan and over a low heat, soften butter then add Onion stir well and cook for a minute stirring constantly.

Carefully add sweet Potato, Beans, Celery, Coriander and stock to saucepan, bring to the boil, reduce heat, cover and leave simmering gently, stirring occasionally, for 15-20 minutes or until Sweet Potato and Beans are soft.

Strain off most of the liquid into a jug; leave this to one side while you either put vegetables into a liquidiser or use a hand blender and whizz until pureed.

Return pureed vegetables to saucepan, gently stir in stock, mix well, reheat, serve and enjoy.

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

Alpha Course

At the Union Church in Hunstanton we are delighted to announce that from September 12th we will be hosting an Alpha course.

If there are any volunteers/leaders who would be prepared to help out, this would be appreciated.

As you will note this is a FREE course open to all.

**Dawn Davies
Email: dawn.daviesuk@hotmail.co.uk**



Heacham Minors F.C.

It's been some time since we updated our details. Firstly, what's on regular events:-

Monday:

Heacham Minors F.C Mini Minors (4-6years) 16:00-17:00
Heacham Minors F.C U12s 18:00-19:00 – Contact Lewis Wills.

Tuesday:

Heacham Minors F.C U8s Girls 17:00-18:00
Heacham Minors F.C U10s Girls 17:00-18:00
Heacham Minors F.C U12s Girls 18:00-19:00
Heacham Minors F.C U14s Girls 18:00-19:00
Heacham Minors F.C U15s 20:00-21:00

Wednesday:

Heacham Minors F.C U10s 18:00-19:00

Thursday:

Heacham Minors F.C U9s 16:00-17:00

Heacham Minors F.C U7s/U8s 17:00-18:00

Heacham Minors F.C U11s 18:00-19:00

Heacham Minors F.C U11s 19:00-20:00

Heacham Minors F.C U14s 20:00-21:00

Friday:

Heacham Minors F.C U10s 17:30-18:30

Heacham Minors F.C U13s 18:30-19:30

Heacham Minors F.C Ability Counts 19:30-20:30

Heacham Minors F.C 2023-2024 season

Another season is upon us and the club continues to grow with more teams competing with the addition of local girls leagues.

The continued growth of the club in turn means we require more support from our community to help us provide the best opportunities for our ever-growing number of children.

Could you spare 1 night a month for a committee meeting? Spare a few weekends throughout the year? Could you be our new committee member? If you think you are the person who can join our dedicated committee to help out and keep pushing the club along, then please get in touch with us. To find out more information - hmfc.secretary@outlook.com

We are still looking for support for the upcoming season to cover our catering on Matchdays. Can you spare a few hours on either a Saturday or Sunday to support our kitchen. Are you the person we are looking for? Get in touch for more details including rates of pay available - hmfc.secretary@outlook.com

Nathan Stockdale
Heacham Minors F.C. Chairman



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CHURCHES TOGETHER IN HEACHAM



Heacham Parish Church

'Stop and Smell the Roses'

This expression is not just about flowers or nature, but an encouragement to live life with a deeper gratefulness for the world around us.

It is a reminder to slow down, to be present in every moment, seeing beyond the ordinary and perceive the movement of God.

This year has been a brilliant one for roses. Mine have never looked better and they've lasted longer than they normally do. As I look around my garden and see all the different plants and flowers, the colours, the intricate details of each individual bloom, it makes me think of God's Creation. It is just one of the wonderful gifts that He has given us but how many of us stop to think of Creation as a gift from God.

God designed and made this world to be perfect and even though it's stained with sin, there is still beauty in it.

Unfortunately, humankind seems determined to carry on disrupting nature's harmony. Remember at the start of the pandemic, when the world was in lockdown, pollution was low and nature appeared to regenerate itself....quite quickly apparently.

It was a very difficult time for some but for others, it was a time to slow down and just be.

A time to 'Stop and Smell the Roses'.



*Stop and smell the roses
So delicate and sweet
Breathe in the scent of God
And let your senses meet
For his hand is on creation
The Master's work of art
To touch your precious soul
With the beauty of his heart*

This week, let's take time to look and see God's Glory all around and recognise His Creation as a blessing and give thanks to Him for it.

With my love and prayers for the quiet times in your lives.

Val Fisher

(Local preacher in training – Methodist Church)

St Mary's Church Opening Times

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

Church Services

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

September 2023

Sunday 3rd September:	Morning Worship
Sunday 10th September:	Holy Communion
Sunday 17th September:	Morning Worship
Sunday 24th September:	Holy Communion
Sunday 1st October:	Morning Worship

HEACHAM PARISH CHURCH online
on Heacham Parish Church YouTube 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 @ 10.00 – 11.30am

19th September and 17th October

Bereavement Support Group

Meetings are on the first Thursday of each month. The next meeting is on 7th September from 10am till 12 noon, at the Pine Residents Hall. For more information contact the Church Office.

Dates for your Diary

Celebration of the sea – join us for a delicious fish & chip supper, yummy puddings, and entertainment from the Shanty Men in church on **Saturday 7th October at 5.30pm.**

Ticket price £12 - Call the Church Office for further details and to purchase tickets.

Craft Fayre in church on Saturday 18th November 10am – 4pm

Prayer Tree

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

Morning Prayer

Monday, Wednesday and Friday 9am on Zoom

Tuesday and Thursday 9am in church

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

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

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

CHURCH CONTACTS:

St Mary's Church: Revd Veronica Wilson (01485) 570697
email: heacham.vicar@gmail.com

St Mary's Church Office: Julie Turner (01485) 572539
email: heacham.church@gmail.com

Methodist Church: Rev'd Dr Richman Ncube (01485) 570232
email: richiemnbcube@gmail.com

HEACHAM METHODIST CHURCH

Station Road, Heacham



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

September 2023

Sunday Morning Services: 10.30am

3 September:	Heather Brown
10 September:	Rev Dr R Ncube HC
17 September:	Terry Martin
24 September:	LA
1 October:	Elizabeth MacLeod
8 October:	Rev Dr R Ncube HC
15 October:	Marianne Baguley
22 October:	LA
29 October:	Barbara Foster

Midweek Communion

10.30am - 2nd Wednesday of the month.

Bible Study

10.30am - 4th Thursday of the month.

Fellowship Meeting

2.30pm – 4th Tuesday of the month.

This will resume in September under the care of John Harris.

Coffee Morning - Please see noticeboard for dates.

Other important dates - Open Church (Tuesday mornings)

Noah's Ark Toddler Group

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

Thanks to all who contributed to the Songs of Praise Service on 19 August, for the support shown at the defibrillator commissioning service on 22 August and for the offers of help with the Harvest Festival Tea in October.

Those who have volunteered to take on the responsibility of the defibrillator are greatly appreciated.

Future dates for the diary:

7 October - 3pm Harvest Festival Afternoon Tea.

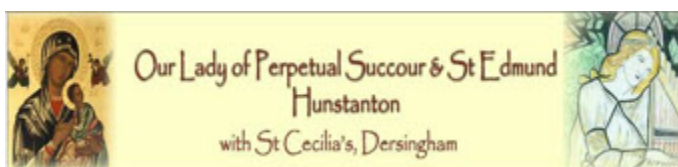
8 October - 10.30am. Harvest Festival Service – Rev Richman Ncube.

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.

We give thanks for the gift of each day. We think of morning – the coming of dawn, of hope, of plans for the future. We think of daytime – of our families and friends, of opportunities for education and work, of meeting together. We think of evening – of hours for rest, of a quiet dusk, of the peace. Thank you for your presence with us each day and night.



We need to review and develop a new website for our parish from 2024 and to grow the team who maintain it. If you feel you are able to contribute in any way, we have a blank canvas to start with and would appreciate and welcome any ideas. Please don't be shy about coming forward, you will be most welcome. Contact us initially using the parish email address.

If you would like to be on the distribution list for the weekly bulletins straight to your inbox, please send your email address to hunstantonparish@rcdea.org.uk. Also, if you are a new parishioner, there is a form in both church porches to fill in your details to welcome you to the parish. Feel free to ask if you can't see them.

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

The Pope's prayer intention for **September: For people living on the margins**. We pray for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance.

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

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


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

Website: www.hunstantoncatholicparish.org

Email: hunstantonparish@rcdea.org.uk

The Parish telephone number is 01485 534675.

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



"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

Youth Action Events Day 22 July 2023

A wet Saturday afternoon on 22 July 2023 did not dampen the enthusiasm for the event which had to condense into the Heacham Public Hall.

Thanks go to the organisations that turned out:- Norseman Boxing Club, Scouts, Cubs, Beavers, Girl Guides, Brownies, Wildlings, Heacham Minors FC, Wildfowlers, Fire Cadets, Judo, Heacham Table Tennis Club and West Norfolk Rugby Club.

Free burgers and drinks were on offer during the day and the youngsters had the opportunity to talk to the various organisations/groups about what they do and how joining them could be of benefit to their learning skills and development through their childhood years.

The event was sponsored by Heacham Youth & Community Trust Ltd and the winner of the cash prize and charity donation was Joshua Plunkett who donated his charity prize to the Norfolk Accident Rescue Service.

My personal thanks to all those whose efforts helped make this event possible to go ahead. –

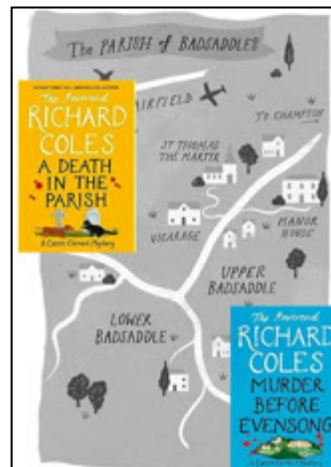
Peter Sutton
Director/Trustee
Heacham Youth & Community Trust Ltd

Feature of the Month

The Reverend Richard Coles surely needs no introduction. He is a well-known radio presenter, personality and writer, and many of us remember him as the instrumentalist in the 1980s band The Communards. He retired as a Church of England vicar in 2022 and has subsequently had success with turning his pen to writing murder mystery.

The first book featuring Canon Clement was published last year with the sequel “A Death in the Parish” appearing this June. A third book in the series is planned for next year.

Also published mid-month is the latest novel by Richard Osman – “The Last Devil To Die”. This will be the fourth Thursday Murder Club mystery and, as it is likely to prove popular, we will open a waiting list from Friday 1st September. So please don’t leave it to chance – be sure to put your name down.




Free Membership

The library offers a broad selection of primarily modern fiction which is also kept up to date with kind donations from the public. In addition, we stock auto/biographies, hobby, local interest and military books. And some large print editions. Children have their own dedicated space too.

Heacham Parish Library

Are you a member yet!



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As ever, Happy Reading!

The Library Team
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or the Parish Office 01485 572142

Enquiries: 07398 647119 or the Parish Office: 01485 572142.
Library open: Mon-Wed-Fri 10am to 4.00pm and Sat 10.00am to 12.00noon.

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General Knowledge Quiz

Classic British Sitcoms.

1. The Slough branch of the paper merchant Wernham Hogg was the setting for which sitcom?
2. Which actor has appeared in "Only Fools and Horses", 'The Vicar of Dibley', 'Doc Martin' and two episodes of 'Doctor Who'?
3. Which long-running series (80 episodes) had most of its external footage filmed in and around Thetford and has a dedicated museum there?
4. David Jason had three cameo appearances in 'Porridge'. What was his character's name?
5. Teaming up with Richard Curtis, which stand-up comedian, actor and author co-created classics like 'Blackadder' and 'The Young Ones'?
6. The 1980's series 'Hi De Hi' featured Maplins Holiday Camp set in which fictitious Essex sea-side resort?
7. In 'Gavin and Stacey', written by James Corden and Ruth Jones, who played Stacey?
8. In 'Keeping Up Appearances', Hyacinth Bucket's son is often mentioned but never seen. What is his name?
9. Kenneth MacDonald played landlord Mike Fisher in which pub in 'Only Fools and Horses'?
10. At which department store did Mrs Slocombe and Captain Peacock work?
11. In 'Absolutely Fabulous' what were Edina and Patsy's surnames?
12. Between 1973 and 2010 there were 295 episodes of 'Last of The Summer Wine.' Who was the only actor to feature in every one?

Answers on page 37

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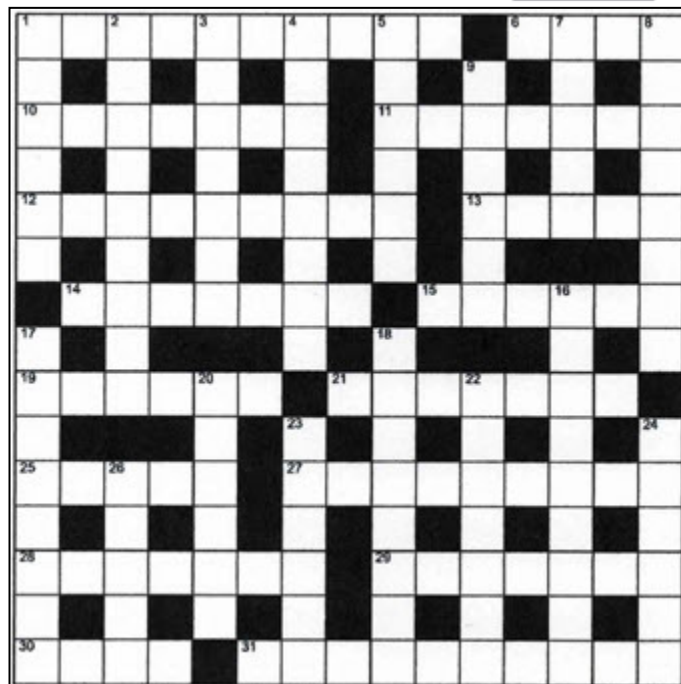
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September 2023 CROSSWORD



CLUES:

Across:

1. Where to recant freely and forget? (10)
6. Do without last portion (4)
10. Fail to dismiss on appeal (4,3)
11. US city exhibiting style in times past (7)
12. Nanny is to look after cuckoo I took in (9)
13. Either way the two sides have to adopt new rule (5)
14. Take a short time to rest after assembly at church (7)
15. Make good theatre, with atmosphere (6)
19. A couple of short guys needed to gain inches (6)
21. Turn right and progress slowly (7)
25. Keepsake starts to rattle, eventually losing its charm (5)
27. Nice glide performed with care (9)
28. Beginning to develop a new, revolutionary perfume (7)
29. Folding stuff (one grand) found by friend in Paris, in addition to gold (7)
30. Brown sauce, we are told, is very lacking – what remains is sent back (4)
31. Offend various strangers attending opening of school (10)

Down:

1. Strong company man (6)
2. Don't concern yourself with men driven to work (5,4)
3. Couple taking flight to match (7)
4. Gave away live fish Eddie caught (8)
5. Turn over once more and fall off (6)
7. Top album put on repeat (5)
8. Isn't stable taking in right horses? (8)
9. Young lady's first title shot (6)
16. Saying vehicle at junction is in the way is a good point (9)
17. Part that is missing I put on poorly (8)
18. Old – and so put on! (4-4)
20. Go over top (6)
22. Upset not likely over working non-stop (7)
23. Press boss to cycle back round (6)
24. Is at odds with busy types, having left one to fill in (6)
26. One who finishes, but is a non-starter? (5)

Solution on page 37

Heacham Heritage Community Project

Heacham Heritage would like to thank everyone who helped to make our recent Exhibition a great success. Thank you to the exhibitors - Ed, Parish Council - Andrew, WW1 - David, Football - Janice, Vintage display - Jim, the Greyhound Pub / Pocahontas Players - Lynne, Norfolk Lavender - Eric, 1953 Floods. Thanks also to Ed for delivery and return of equipment; Heather, Mike and Jenny for helping Margaret with the refreshments and also cake bakers - Janice, Pat and Eric.

We would also like to say a big thank you to the Borough Council for their grant which helped make the event a lot easier for us.

Lastly, a massive thank you to all of you who came and supported us and for your kind donations and inspirational comments and suggestions for future events. It was suggested we do a head count of visitors next time but we estimated an attendance of well over 500 from photographic evidence!

Remember, those who missed it, you can catch up with us at www.heachamheritage.co.uk



MORE HEACHAM MEMORIES

Following some very interesting insights into Heacham history at the Heacham Heritage Day (Oh to have our own Heritage Centre!) I thought readers might be interested in a series of articles discovered in a series of 1930 editions of *'The Lynn Advertiser, Wisbech Constitutional Gazette, and Norfolk and Cambridgeshire Herald'* under the heading above. They were submitted by George William Alcock who, although living in London, was born (in 1860) and raised in the village and covers a range of topics, stretching the memories of readers at that time. Ninety plus years later, they really are the stuff of history. They are quite lengthy and so I will select abbreviated extracts for the Newsletter over the next months, as space permits.

School Days

I am sure my friend Mr Frederick Suter, Heacham's ex-schoolmaster, would not like me to omit some reference to our school-days. In his last letter he had said that he had lived in our pretty little village forty years, and had grown to love the people, the place, and its surroundings. I don't wonder at that because we are a homely folk.

One day, when merely a lotus-eater, I surveyed the scholars who were there when I entered our school¹, and those still undergoing tuition when I left. I counted sixty, and all but three had left Heacham and gone to various parts of the world.

At school we went by numbers, the girls taking the first half-century, and the boys the second. Only at one time did we number over a hundred; there were no pegs in the cloakroom for those beyond the century!

My educational foundation was laid in the lower schoolroom under the tuition of Nancy Burrell. She was a member of the Primitive Methodists. One day when I was preaching there, whilst on holiday, I reminded her of her scholastic efforts in teaching me. She replied: "Much good it has done you, my dear." Her husband used to be the farmers' guardian to the stacks in our gleaning-fields², and each mother paid him a small sum. So, when, at the age of four, I went to the upper schoolroom, I missed the very low classes.

I left school at seven years of age to go to work. My employers were Fowle Rix, occupiers of Mr Bray's present farm³, who paid me 1s. 6d. per week to scare birds; and Mrs Davies, of The Lodge, whose peacocks would overrun the fields, which were bounded on three sides by a wood directly behind Mr. Bray's orchard.

It is curious that before I left at the age of seven⁴ I was at times the head boy of the first class. At times I slipped down to second, third or fourth place in that class, but never lower. The one who was normally head-boy was George Shaw, a member of the family, swept by tuberculosis, the wooden crosses of whose graves stand in our churchyard. George was my best friend at school. He used to bring me apples.

Until nearly the time of my going to the upper school I used to wear frocks⁵. Where does George Shaw come in here? Thus. One day I was struggling to do up my braces behind, and not making a good job of it. George then made the useful suggestion that I should button them behind first, and do up the front later.

The struggle for the second place in the class was between Obadiah Minns, Harry Willis, Matthew Haversham, Harry Bunting, and myself. Obadiah's father, a wheelwright, kept the 'Greyhound'⁶, and one day when a miller, a soldier and a sailor entered, his father said to his sister, "Emily, three chairs for the red, white and blue!"

I used to take my dinner to school because mother went to work, and one day a woman named Rachel Young said to me, "Would you like some rabbit?" The flavour of that dinner is with me to this day!

The see-saw of changing places next to George Shaw went on and on until I left school to earn that 1s. 6d. No money I ever took since seemed so much as that! We lived then where Captain Bentinck's residence now is⁷, so I had not far to go, ran home, put the money in mother's lap, and said, "Mother, you will not need to work any more!" On many Mondays I did not go to school because my mother had not the twopence for the first and a penny each for the rest of us⁸ and she had a sense that we should not be shamed.

(To be continued)

Eric Rhodes

Notes

¹ The school then would be 'under the arch' behind the Green, opposite the church.

² Once a field had been harvested and the wheat stacked ready for threshing or other crops gathered, women and children would be allowed to 'glean' the field and take whatever was left for their own use.

³ The Rix family (Fowle was a middle name) had farmed 'Malthouse Farm' but Charles Bray farmed College Farm. (It was not uncommon for tenant farmers to move farms on an estate).

⁴ It was not until 1893 that children were expected to remain in school until the age of 11.

⁵ With little money to spare and often with large families, it was common for farm labourers' children to wear 'hand-me-downs' – even for a boy to wear his older sister's clothes! George had no older brother but an older sister Anna and 4 younger siblings in 1871.

⁶ The 'Greyhound' was on the High Street opposite where 'Spice Garden' is now.

⁷ Captain Bentinck lived at 'Orange House', Malthouse Crescent.

⁸ Education was not free until 1891 and parents were expected to find 'School Pence' to help pay for the running costs of the school.

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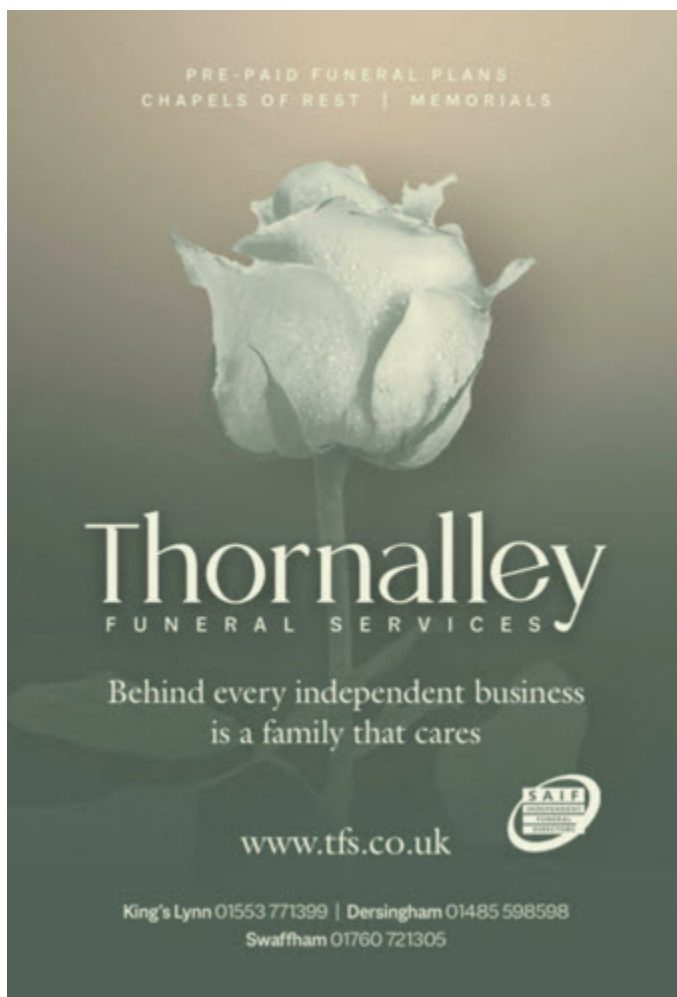

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Further Sculptural Adventures

Summer is winding down and I have had a good one. My piece *Beginning – Ending – Beginning* for Wighton 23 Cycle did get finished on time — but just barely.

It was important to do the cement work as close to setting up as possible, so that the embedded plants were as fresh as possible. Set up was Sunday 2 July with the private view on Wednesday and the exhibition opening on Thursday. Cement takes 24 hours to cure so I had my work cut out for me.

On Thursday 29 June, I foraged in the churchyard and conservation area of All Saint's Church in Wighton. The foliage had changed considerably since my April visit. The grass was high, wild flowers abounded and the cow parsley on its way out. Still, there was plenty to choose from. When I got back to the studio it occurred to me that I now had to sort and document everything. I ended up with 36 different plants to put on my eleven elements. Next was planning what would go where. I had a lot of fun spending the rest of the evening doing that.

Friday and Saturday were very long days in the studio! The working time for the cement was longer than I expected so I was able to go into more detail. The three smallest elements would have to finish curing on site.

The set up went smoothly and I was pleased with the site and the placement. The feedback was that it was indeed magical. Over the month there was a good amount of decay in the piece. It is now on a field in Norfolk decaying further until its next appearance at the Artspace on the Prom in Cromer (<https://cromer-artspace.uk>).

I can't exactly remember how I heard about the Cromer Artspace but when I did, I just had to go see it. I love Cromer with its wild, windswept sea, so there was no holding me back. Although I've been to Cromer countless times, I was surprised at discovering this gorgeous Art Deco building fused into the cliff at the end of Cromer's West Prom.

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The space is both beautiful and unique. Facing north, it meets the ideal prerequisites for an artist's studio. The sun reflecting off the sea gives a rare light to the work exhibited within. Looking out from inside is the pure wide sea.

Artists can apply to exhibit in the space. I did and my exhibition will run from 14 to 25 September from 11 - 4. It is called *Black and White: From the Ethereal to the Concrete*.

Ether (shown at Cley 21) is an installation consisting of eleven large scale seemingly floating objects which are viewed from below. Made of white tissue paper and acrylic medium they become translucent 'skins' reminiscent of alabaster or ice.

At Cromer Art Space these objects will hover above the ground allowing visitors to walk through and around the them. *Beginning – Ending – Beginning* will emerge from the ground to form a dialogue with both *Ether* and the visitors. Interactive sound will be incorporated to enhance the installation.

The exhibition will be enhanced by other works fitting the theme.

Following my working holiday by the sea in Cromer, I will return to my much loved studio by the sea at Heacham. It will be back to work and back to school. Classes in clay modelling, making sculpture with an armature, soapstone carving and lino cutting will resume.

If you would like to join a class please contact me:

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

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Pictured: Ether



Above: Beginning – Ending – Beginning on 2 July 2023



Left: Some of the plants foraged at All Saints Church, Wighton on 29 June 2023.





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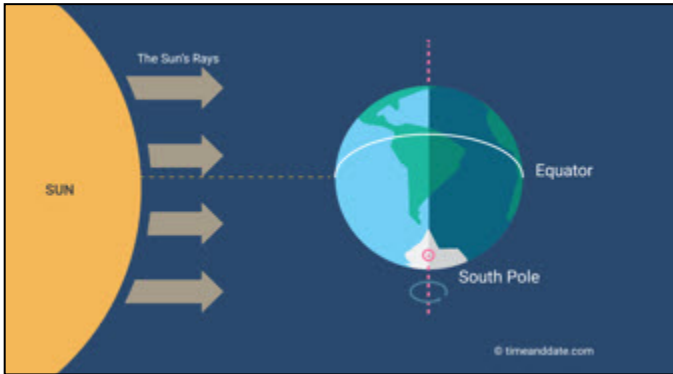


Heacham at Night

by Terry Parish

September, the autumn equinox, rocks from space and schools start again. Meteorological autumn starts on September 1st.

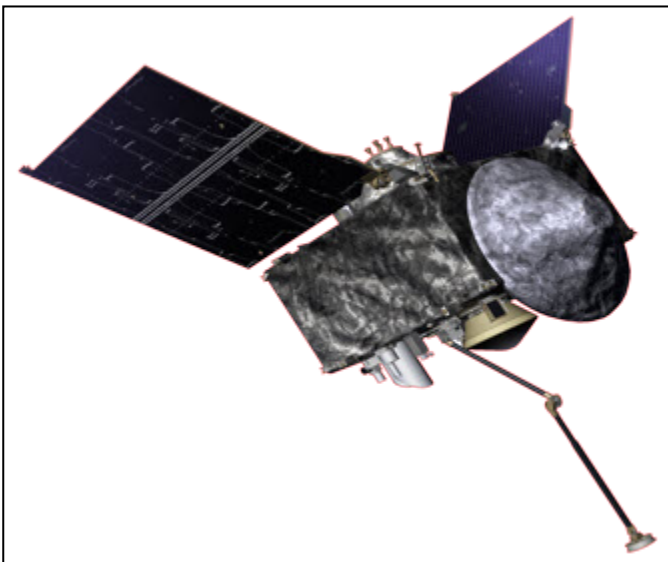
At 6.50 am on the 23rd, night and day are once again of equal length. After then, as my mother used to say, the nights draw in, they get longer until the 21st December. This is part of the pattern of existence which the world has followed for thousands of years. Over millennia the actual dates might change a little but the pattern does not.



Night = Day on the 23rd. Internet

I saw some rocks from space last night, 12th August, when the Perseids meteor shower peaked. It was very cloudy but patches of it were thin and I saw flickers of light above them. Many ghostly trails first towards the SE but high up and then in the NE. I counted over 60 in less than 30 minutes so there would have been quite a spectacular show in a clear sky. I did see 2, perhaps 3, short, bright streaks and then, looking west over Heacham and right across The Plough, a long, bright, line of light, a brilliant meteor track. Clouds then moved in again, so nowhere near a good year's sightings but better than some. Seeing a Perseid every year is a goal I have and its free.

Observations on any dark, clear, night can be rewarded with a meteorite not associated with a shower and you might be the only one who sees it so, like Jiminy Cricket and Perry Como, make a wish. The number of these sporadic meteors is highest in September. There are also two minor showers, the Alpha Aurigids on the 1st, the Southern Taurids on the 10th. So, possibly plenty of chances for a wish.




Osiris Rex. Can you spot my name? Internet

On the 24th there are more rocks from space, only these will arrive by parcel delivered by Osiris Rex the spacecraft that went to asteroid Bennu and pinched a bit of it. The mission was launched in September 2016 - look through your back copies and find my article about it. It arrived in orbit at Bennu in December 2018 and, two years later, landed and scooped some rocks up.

Bennu was formed at the birth of the solar system and is carbonaceous, a material from which organic materials can form. I recently watched an old Sci-Fi film when rocks were returned from space, they grew and ate everyone. Look out for news stories from the Utah desert where the sample is due to land by parachute. (My name is on Osiris Rex; I hope the rocks don't have my address too).



Asteroid Bennu. Approximate diameter 490m. Soft Collection of rubble, made of carbon rich minerals. Left over from the start of the Solar System. Potentially hazardous as it may follow the sample returned to Earth one day. Internet



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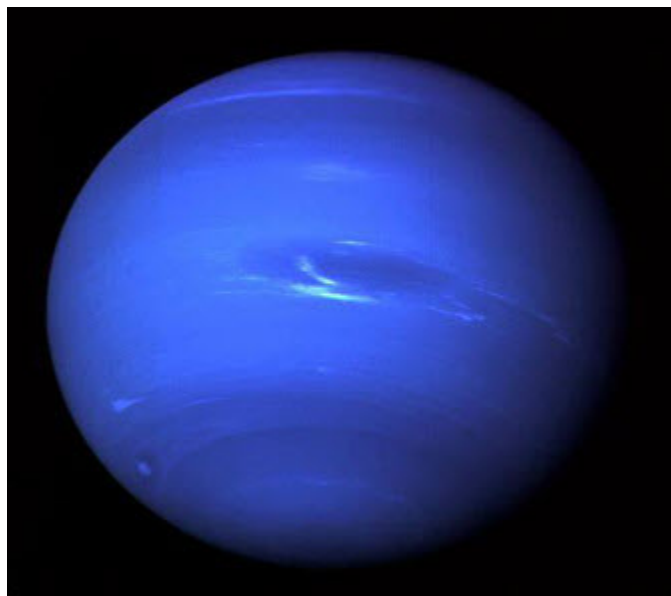
Planets follow a pattern too, rising and setting as the year proceeds and always following that path called the ecliptic which appears as an arc across our sky from the SE horizon to the SW horizon. It is the path the Sun takes across the sky so the ecliptic is lower in our sky in the winter, higher in the summer.

Saturn and Jupiter are back in our night sky. The ringed world shines with a magnitude of 0.5 so easily visible but faint whilst Jove is a brilliant -2.7.

Saturn rises first and you should catch it early in the month in the ESE from 8pm. It will get higher as the night and month progresses. Look SSE from about the 12th. It is easy to spot Saturn once you have found it. A yellowish dot which doesn't look like a star. Phone apps will let you find it even if you are sat in the house but eyes, even mine, will seek it out with a bit of patience. Once found, turn steady binoculars on it, a brighter, bigger, yellowish spot will be seen. A small telescope will show the rings.

Jupiter appears in the ENE from 10pm at the beginning of the month. It shows earlier as the month progresses and follows Saturn which is ESE in the middle of the month. Jupiter is low but bright and you won't have trouble finding the gas giant. Good, steady binoculars will show some of the four Galilean moons. See earlier articles about those or just Google them.

Those with mounted telescopes can make this a Neptune finding month. The most distant planet is in opposition on the 19th which means it is directly opposite the Sun and the closest to us it will be this year. A bright, greenish blue, orb in the sky then? Not quite, its distance (4324 million km) means it will 'shine' with a magnitude of 7.8, much much fainter than the faintest star you can see unaided. Looks nice in a telescope though.



Neptune. A Voyager 2 image from 1989. Fourth largest planet. Discovered in 1846 using mathematical predictions of its orbit provided by Le Verrier. Internet

Neptune trails some distance behind Saturn but is about at the same elevation. Its ice giant peer, Uranus, is in the sky trailing Jupiter and quite close to the gas giant. However, it is long past its opposition and is a faint magnitude 5.7 which makes viewing possible in good binoculars.

If the sky is clear on the 4th look east at 11pm and Jupiter will be the bright object just to the right of the Moon. Uranus, binoculars needed, will be just to the left of the Moon. Jupiter and Uranus will be similarly close on the 5th whilst the Moon



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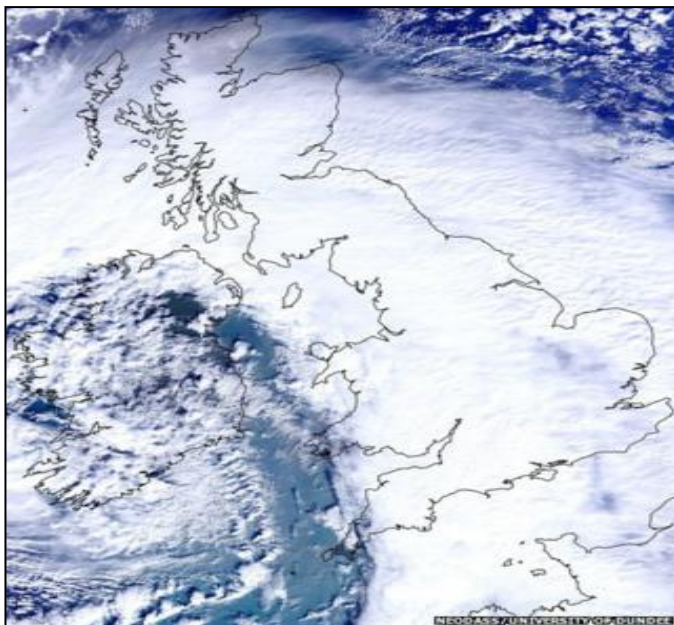


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will now be immediately below the Pleiades star cluster and not far above the Hyades cluster. Both groups of stars worth examining through steady binoculars.

If the 27th is clear then stay up late because Saturn will be immediately above the Moon after midnight in the SW.

If you get up and out early then Venus will make a fine sight before dawn, say 5am. On the 11th and 12th see it as companion to a crescent Moon. On the 18th the Morning Star is at its brightest, and has a glorious magnitude of -4.5. Mercury is just rising at about the same time but will be too low and soon lost in the brightening sky.



A too typical sky. Internet

I hesitate to talk about observations of stars and other objects as clouds seem to blight most nights. As changing weather patterns brought on by the impact of global warming seem set to stay, these may be the last years when this country enjoys a few decent clear nights. And they have to be dark too, without the Moon in the way. So, make the most of what we get. Look out for stars coming out earlier in the evening and familiar constellations being overhead. I will point out some features in the forthcoming dark months.

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.

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- Tinned Rice Pudding / Tinned Custard
- Tinned Fruit
- Biscuits
- Tea / Coffee
- Long Life Milk
- Long Life Fruit Juice

Other items might include:

- Marmalade, Jam, Sauces
- Chocolate, Sweets

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:

- Toiletries, Toilet Paper,
- Laundry Products, Washing Up liquid and Other Cleaning Products.

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West Norfolk Academies Trust

Local Woman Creates Heacham History Tour

A lifelong Heacham resident, driven by a love for our local heritage, has put together an exciting walking tour booklet that reveals captivating facts and previously forgotten stories of our community.

Having walked the tour (fittingly named Visitour) myself, I realised that there is a plethora of history that often escapes notice, even from the keenest eyes. It's a chance for everyone, whether you're a lifelong resident or just visiting, to journey through the years and see how our village has evolved. The tour is filled with carefully picked stories and photos that paint a vivid picture of Heacham's past.

When asked about the tour, the author said "I became more and more interested in Heacham's past over the last ten years or so, and having walked the streets of Heacham for almost half a century, I was surprised to find out that there was so much I didn't know about its history. I started to see things that I hadn't noticed before and I now look at things around the village in a different way. I wanted to share this with the village and its visitors and I'm doing that with Visitour."

The inclusion of then-and-now photos brings a touch of nostalgia, letting us compare the village's earlier days to the present and gain a deeper understanding of how it's changed.

For those who are curious about Heacham's history, you can snag a copy of Visitour at Heacham Post Office and 'Precious Little Gifts', both in the High Street. You can also order directly from the Visitour Facebook page at www.facebook.com/visitourheacham

I highly recommend it!

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Heacham Manor makes perfect match for England Golf

Heacham Manor Hotel & Golf Club near Hunstanton provided the ideal setting this summer (19-20 July) for players taking part in the England Golf Seniors South East Counties tournament.

The family-run club was selected by the Norfolk Golf Union as the venue for the two-day match which saw eleven 6-man county teams from SE England tackle 36 holes of stroke play.

Golf club manager Charles Bryan said that everyone was extremely proud to have hosted such a prestigious event which had been six months in the planning.

Its success, he said, had been down to the hard work and expertise of the club's staff who had helped ensure the players enjoyed the very best conditions for the tournament.

A special note of thanks was afterwards sent to the club by event organiser Martin McDermott who said that Heacham Manor had laid on a perfect and hugely enjoyable sporting occasion.

He added: "We are usually made to feel at home when organising these events, but Heacham Manor surpassed our previous experiences. It was faultless, and we are very appreciative!"

Club director Paul Searle, speaking at the presentation ceremony, said he was enormously proud of the fantastic efforts the greenkeeping and office team had put into the preparation of the event:

"We have invested substantially in the course over the past few years, and the results are clearly evident in the superb quality of playing facilities the course now provides."

"However, the biggest factor has been the skills, dedication and professionalism displayed by our greenkeeping team, led by Trevor Dennis and Tom Brooks." said Paul.

The results saw Surrey come through on the second day with an overall score of +9 to take the tournament trophy, and Simon Crockett was announced as the winner of the individual trophy.

The Norfolk team rallied extremely well to take second place on day two, and fourth overall.

Norfolk County secretary Peter Johns said he was also extremely impressed with the event and thanked the club for the effort put into its organisation.

Heacham Manor golf club is located south of the town of Hunstanton and welcomes visitors throughout the year.

Ranked in the Top 100 of Golf Resorts in Great Britain and Ireland by Golf World, it now boasts a new pavilion which acts as the clubhouse and function centre with three bars and restaurant.



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Ringin in a New Coronation Bell

There have been serious concerns since 2014 regarding the condition of the cupola (or bellcote), which houses the church bell, with the likelihood increasing of it eventually collapsing.

When the bell was last inspected in 2021 it was confirmed to be the oldest church bell in Norfolk c.1150 by bell specialists Mathew Higby & Co. and, in collaboration with Revd. Paul Cubbit, the Diocesan Bell adviser, a report was compiled suggesting that, in the circumstances, as it is the oldest church bell in Norfolk it should be removed and displayed in the church as it should not be rung in its present state.

Therefore, a replacement bell was the obvious option. It was suggested we could possibly commission a "Coronation Bell" to commemorate the King's Coronation – BUT – we needed to first obtain a Royal Warrant from Buckingham Palace to pursue this idea. Contact was made with the Lord Chamberlain and following many phone calls and emails to the Palace, we finally heard in July that the Warrant had been granted.

The Coronation bell will be cast by Emanuel Allenconi in Turin, experts in this work, hopefully early next year. But before the new bell can be installed the renovation work on the bellcote will need to be completed. This will involve removing the existing structure and replacing it, not an easy task! The work is due to begin in the Autumn and will take around twelve months to complete.

Eventually, the Coronation bell will be consecrated by the Bishop. At that service the oldest church bell in Norfolk will be brought down and placed alongside the new Coronation bell so both can be seen together before the new bell is installed. The new bell will have an electronic striking system which will allow bells to be rung once again in Heacham announcing the presence of the church.



An invitation to this service will be sent to the Palace ...and, as the bell is one of only a select few in the country that will be cast... who knows who may accept the invitation!

All donations to the Coronation bell appeal would be most welcome! If you would like further details or wish to make a donation please contact the church administrator on: 01485 572539 or email: heacham.church@gmail.com

You can also donate via JustGiving on our Facebook page: <https://www.justgiving.com/campaign/heacham-church-tower-and-bell>





Heacham Parish Church

**Ringin Out the News of our
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Our new church bell will be commissioned from Emanuel Allanconi (similar to this photograph)

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THE TEAMS:

1st Team:

History was made on Saturday 5th August 2023 when Heacham made their debut in the world's most famous cup competition, THE F.A. CUP. The team travelled to Gt. Yarmouth to play Gorleston Town, (who currently play in the Isthmian League North Division) in the Extra Preliminary Round. Despite a battling performance from the Magpies they were beaten 4-1.

The league season had already started a week earlier with a trip to Woodbridge Town. Although the team lost 1-0 they were able to hold their heads up high and were very unlucky not to come away with a point. The next league match followed a few days later with a thundering local derby against Fakenham Town. Despite going 1 nil down, the team rallied back to win an exciting encounter 2-1. The next league game was at home v Kirkley & Pakefield and although the Magpies dominated the early stages without scoring they allowed the visitors to take a 2 goal lead due to defensive lapses. The team then rallied but were only able to pull one goal back with a stunning free kick. So a mixed bag of results early in the season, without much luck going their way, but the feeling is that the team are more than capable of holding their own in this higher league.

Forthcoming league games:-

AUGUST

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

Saturday 19th home v Thetford Town k.o. 3pm (note: this is a change to the original fixture list).

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

Saturday 26th home v Kirkley & Pakefield k.o. 3pm (Isuzu FA Vase - 1st Round Qualifying).

SEPTEMBER

Saturday 2nd home v Hadleigh United k.o. 3pm

Tuesday 5th away v Norwich United k.o. 7.45pm

Saturday 9th home v Walsham Le Willows k.o. 3pm

Tuesday 12th home v Dereham Town k.o. 7.45pm

Saturday 16th away v Newmarket Town k.o. 3pm

Saturday 23rd home v Lakenheath k.o. 3pm

Saturday 30th away v Soham Town Rangers k.o. 3pm

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.

Full list of all the Pre Season Friendly Results:

Saturday July 1st v Wisbech Town away ko 3pm - **lost 1-3**

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

won 5-2

Tuesday July 11th v Swaffham Town home ko 7.45pm - **won 4-1**

Saturday July 15th v Blackstone FC home ko 3pm - **lost 2-3**

Saturday July 22nd v Wells Town away ko.2.30pm - **won 2-0**

Tuesday July 25th v West Winch home ko.7.45pm - **won 9-1**

(Many thanks to West Winch F.C. for stepping in at short notice after the club was badly let down by King's Lynn U23s - must point out that a number of Heacham players made up the numbers for West Winch. We wish West Winch all the best for the season ahead.)

Unfortunately there will be no Reserve team this season but the good news is that the club are pleased to announce that there will be an Under 16s side this season competing in The Norfolk Combined Youth Football League (Under 16 Premier League).

Heacham F.C. U16s

The team has so far played friendlies against Fakenham Town U16 winning 7-0 and then followed this up with a convincing 3-1 win against King's Lynn U16, with both games being played

at home. Another home friendly is scheduled for August 20th v Brandon Town U16 - the result will appear in next month's Newsletter.

The following fixtures have been released and please note games are played on a Sunday:-

3rd Sept away v Dereham Town Youth F.C. U16 k.o. 10am - league match

10th Sept home v Thetford Town F.C. U16 k.o. 10am - league match

17th Sept home v Caister F.C. U16 Gladiators k.o.10am - 4Trophies Cup

24th Sept County Cup Round 1 - opponents t.b.a.

1st Oct home v Moreton Hall Youth F.C. U16 k.o. 10am - league match.

The team are currently looking for sponsorship for Match Days, Match Balls, Match Day Polos & Hoodies. If you would like to get involved with any sponsorship for the U16s then please contact Mark McDonnell on 07392 831608.

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 this 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 for this 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.

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 this 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 season’s 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

The Football Club offer various forms of sponsorship/advertising and if you are interested in getting involved with the Club then please contact the club for further information of the packages available by email at:- commercial.heachamfc@gmail.com

Pin Badges

The Official Heacham F C pin badge, priced at only £3 each and the Anglian Combination Premier Champions 2021/22 pin badge, priced at only £4 each can now both be purchased on match days but they are also available 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 August winners were:-

Sam Pishorn (No.22) who wins £45

Simon Ellson (No.35) who wins £22.

Congratulations to both our winners. The next draw will take place on Saturday 9th September (after the home game v Walsham Le Willows).

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



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WHAT'S ON REGULAR EVENTS

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

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

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

MONDAYS

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

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

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

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

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

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

Stretch and Relax Classes 10.30 -11.15am Dersingham Village Centre. To book contact Kyra on 07968354431 or kyracruise7@gmail.com

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

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

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

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

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

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

Strength & Balance Class 4.40pm Hunstanton Conservative Club.

Walking Football for the over 50s 5pm Astroturf pitch at

Heacham Social club. For more information contact Heacham Walking Football on Facebook or Steve Watson on 07931 383401.

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

Line Dancing 6.30– 8.30pm Hunstanton Community Centre. £5.00. Tel: Louise on 07722124941.

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

Hunstanton Bridge Club 6.45pm for 7pm Online Pairs with RealBridge. See bridgeweb.com/hunstanton for details

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

Heacham In Bloom 3rd Monday Monthly 7pm (PC)

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

Spiritual circle and Development Group, alternate Mondays 7.20pm for 7.30 - 9pm in Heacham. £8 per session. The session includes healing meditation, guided meditation, mediumship and awareness sessions. Contact Margaret on 07951402717. For more information..

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

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

Princess Theatre, Hunstanton

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5th

10th

13th

16th

17th

20th

22nd

23rd

24th

29th

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

TUESDAYS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Weight Watchers 5.30pm

(OFH)

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

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

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

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

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

Tai Chi Beginners 10 -11 fortnightly Hunstanton Town Hall, . £8 To book or for info call Maggi on 07951402717



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Tai Chi for people with less Mobility 11.15- 11.45am. fortnightly Hunstanton Town hall £4 per session. Contact Maggi for more information on 07951402717.

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

Noah's Ark Toddler Group 1.30 - 3pm term time, £3/family. Tel: Marianne Baguley 07880364326. (MC)

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/ (MC)

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

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

THURSDAYS

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

Table Tennis Club 10am (PH Top Room)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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


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

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

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



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SAVE THE DATE

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)

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

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

Cash Bingo 7pm (PH)

Cash Bingo 7.30pm Hunstanton Conservative Club

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

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

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

SATURDAYS

Hunstanton Promenade Parkrun 8.55 for 9am. 5km run, jog or walk. Meet at The Salad Bowl Cafe, Cliff Parade, Hunstanton

Football U13'S 10-11.30am Contact Mike 07804927764 (HSC Sports Field)

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

Storytime 11am Hunstanton Library 01485 532280

Games Session 11.30am Hunstanton Library 01485 532280

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

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

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

SUNDAYS

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

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

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



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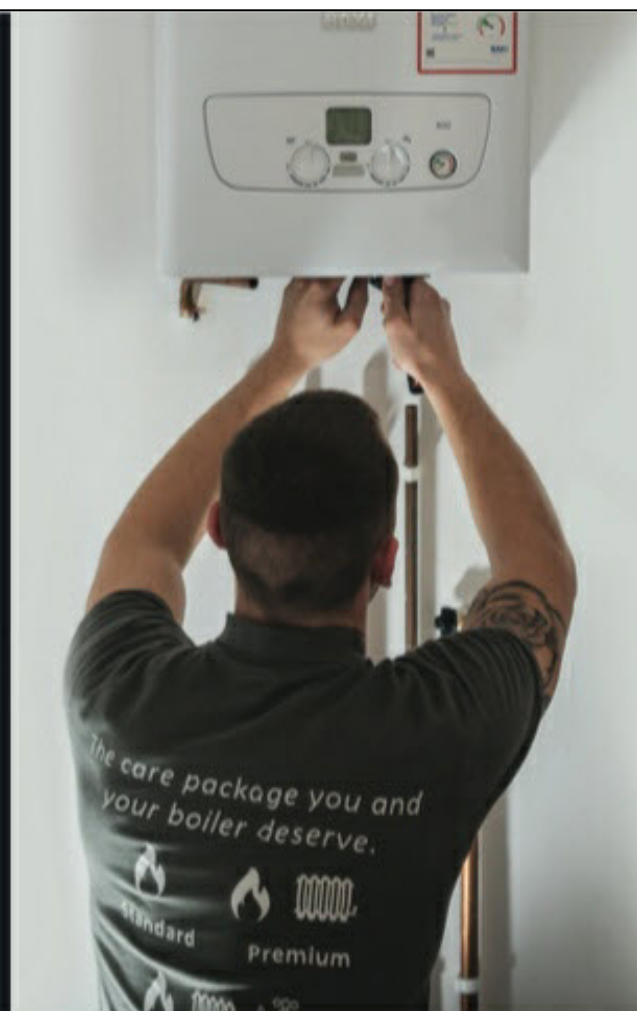
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OTHER EVENTS.

September Events at Anmer Social Club

For info see www.anmerclub.co.uk, facebook.com/AnmerSocialClub or email events@anmerclub.co.uk

Club open 30 mins before event start time.

- Monday 4th** 7.30pm Bingo £6.50 for ten cards, £1.50 for a flyer card, £2/card for cash accumulator.
- Friday 8th** 7.30pm Film Night 'The Fabelmans' £4 on the door
- Sunday 24th** Lee's Scavenger Car Hunt. First car to leave at 1pm. Max 4 people/car £5/person, under 16's £2.50 inc BBQ. To book call or text 07899872351 or email farmboy24@sky.com
- Friday 29th** 7.30pm Quiz Night £2/entry.

September Music in the Burnhams

Concerts at The Village Hall, Burnham Overy.

More information on www.musicintheburnhams.com

- Saturday 9th** 7.30pm. The Victoria String Quartet and Leon Bosch (double bass) with Irina Andreivsky (piano). £25
- Friday 22nd** 7.30pm Peter Hewitt brings 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. £20

Saturday 2nd September 7pm Barn Dance with The Whirligig Ceilidh Band at Hunstanton Community Centre. Tickets cost £15 adult or £5.00 per child and are available from Witley's Newsagents in Hunstanton High Street.

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

Saturday 9th September 2 - 4pm Buskers Corner at the Bandstand on The Green, Hunstanton.

Sunday 10th September 10am – 4pm RAF Bircham Newton Heritage Centre Open Day. Free

Saturday 16th September 10am – 12noon The Green Hunstanton, Community tai chi. Free. Donations accepted for RNLI

Saturday 23rd September – Sunday 1st October 10am – 5pm Wild Form Artists Exhibition at Ringstead Village Hall.

Sunday 24th September 10am – 4pm RAF Bircham Newton Heritage Centre Open Day. Free

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.

Tuesday 26th September 7.30pm (doors open at 7) Dersingham Village Centre. Film 'Death on The Nile' £6, under 16s £3

Wednesday 27th September 10am – noon Community Coffee Morning and More, Community Hall, Sunny Side Close.

Saturday 30th September 10am HDFA Craft Fair in the Town Hall, Hunstanton.

October

Tuesday 3rd October 7pm Snettisham Memorial Hall, Old Church Road, Snettisham, AGM of Heacham Group Practice Patient Participation Group. All registered patients of the Heacham Group Practice population are invited.

Thursday 5th October 2pm, The Reading Room Stanhoe, Stanhoe and Barwick WI. Norfolk's Indian Princess; a talk by Juyna Lewis. £5 includes refreshments. For more details contact Valerie in 01485 575261



SNETTISHAM GARDENING CLUB

We are very proud to say our Garden entry at the Sandringham Flower Show entitled Bug-ingham Palace Garden won Gold and Best in Show. Many congratulations to the team who did a wonderful job and thanks to Wards Nurseries for lending us the centre-piece tree.

We will be welcoming Mr Graham Watts from Dale Farm, Dereham, which we have visited, to our September meeting at 7.30pm on Wednesday the 27th in the Memorial Hall, Old Church Road, and the subject will be Dale Farm Developments and Tales of the Unexpected.

You will be welcome to join us. Any further information can be obtained from Gail on 01485 541279 or Addie on 01485 544754.



ANMER CLUB

Presents



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Sunday 24th September

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Hunstanton Conservative Club

Entertainment for September

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

- Thurs 7th: **Special Meal.** 12.30pm Service.
Sat 9th: **Special Meal.** 7.00pm Service.
Thurs 14th: **Coach Trip to Great Yarmouth Races/Hippodrome.**
Mon 18th: **Coffee/Brandy** from 10.00am.
Sat 30th: **Music Night with ABBA!** Food will be Burgers, served from 7.30pm.

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



We are hosting a come and sing evening on Monday 25th 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 07802 879976

Music in the Burnhams

September is a bumper month as we move back into Burnham Overy Village Hall. Starting the month on Saturday September 9th, we welcome back The Victoria String Quartet with Leon Bosch on double bass. This time the hugely gifted pianist Irina Andirevsky joins them in an interesting programme. The Schubert Adagio and Rondo Concertante really displays the skills of the pianist and was written just before Schubert's famous Trout Quintet. The programme also includes Borodin's quartet in d, Puccini's Crisantemi (he did write chamber music as well as operas!) and finishes with the Grand Sextet by Glinka. Glinka wrote this work while studying opera in Italy and it is full of melodic content and joie de vivre. A fitting end to what promises to be a sparkling evening. The recital is at 7.30pm. Tickets are £25 each.

Another favourite musician of Music in the Burnhams is Peter Hewitt. Who can fail to remember his wonderful performance of the Beethoven Piano concerto No. 1 back in May. Peter comes this time with his Petrus Trio of violin cello and piano to play Mendelssohn and Tchaikovsky. The recital



which is on Friday September 22nd is at 7.30pm. Tickets are £20 each.

The 2023 season concludes on Friday September 29th at 7.30pm with a more relaxed selection of music from the velvet voice of Julian Godlee (bass) accompanied by Brenda Blewett (piano). Julian will sing a selection of songs by Copland, some American spirituals and songs from American musicals in the first half of the recital. The second half consists of a great variety of art songs from Flanders and Swann, Britten, John Ireland and Finzi. Tickets are £20 each.

Do book in advance on www.musicintheburnhams.com or ring 07989 177079 to enjoy more great music.

From October our Winter Music Supper Clubs relocate to The Hoste in Burnham Market. Full details on our website.

VILLAGE CINEMA at Dersingham Village Centre

Presents on

Tuesday September 26th at 7:30pm

DEATH ON THE NILE (12A)

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Entry - £6; Under 16s - £3
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www.dersinghamvillagecentre.org.uk Tel: 01485 543195





Hunstanton United Services Club

September Entertainment

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

FRI 1st	MACMILLAN COFFEE MORNING. 10.30am.
FRI 1st	CECIL FARAYI MOTOWN & SOUL MAN. 8pm.
SAT 2nd	STEVE MOYSE. All eras. Great vocals. 8.30pm.
FRI 8th	JAMMIN JOE. Great songs from all decades. 8pm.
SAT 9th	HIGH DEFINITION BAND. 60s onwards. 8.30pm.
FRI 15th	QUIZ NIGHT. £50 first prize. £4pp including supper. Up to 4 in a team. 8pm
SAT 16th	GRAHAM JAMES former member of The Union Gap. Great tunes. 8.30pm.
FRI 22nd	BRIAN MANN. 60s onwards & Country. 8pm.
SAT 23rd	K.R.C. DUO. All eras. 8.30pm.
FRI 29th	REVIVAL BAND. All eras. These guys donate their fee to Charities. 8pm.
SAT 30th	KENNY LEE & HUSTLER BAND. 60s onwards. 8.30pm.

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LOCAL MAN - LOCAL RATES

West Norfolk Petanque League summer 2023 Trophy Presentation

The West Norfolk Petanque League held its 2023 summer season trophy presentation and end of season plate competition on Sunday 30 July at Heacham Social Club.

Pictured are the league and plate competition winners with Chairman John Stares. The winners of the summer league were Twinners (Downham Market), with Iggy and the Stooze (King's Lynn U3A) runners-up.

The plate competition was won by Bon and Jane Hindry, with Sue Burman and Judy Pomeroy runners-up, all from King's Lynn U3A.

The 2023-24 winter league will begin in October; anyone wishing to join us please contact the Chairman on 07771 317014.

John Stares



News from Hunstanton Croquet Club

I sit down to write this at the beginning of August to make sure that I meet the deadlines for printing for the September issue, so it is quite sobering to think that, by the time this is read, we shall be planning for our end of season presentation lunch and our AGM. The off season seems to pass so slowly whilst the playing season flies by!

The weather so far this year, has been somewhat capricious but, thankfully we haven't (yet) suffered the searing heat being endured in Europe and, unlike last season, we have not had to cancel a club afternoon because it was too hot! Attendance at club afternoons has been consistently good with second colours nearly always being needed and our hardy members playing on through showers.

Once again, might I remind readers that there is always a demand for pre-loved mallets. Do let us know if you have one that you would like to advertise for sale to our new members.

Some sad news. I am very sorry to report that we lost a dear member last month. William (Bill) Wood-Davies passed away. We shall all miss him and send our condolences to Noelene and family.

Pics are of the competitors and winners of the Green Shutters doubles competition.

Lucy Closs, Gren Perry, Gary Lewis, Ellie Lewis, David Boxell, Gwenda Mackenzie, and Janet Kendal.

The winners were Gary and Gwenda (Gwenda won for the third consecutive year!)

The other group pic is of the competitors in the annual Doubles invitation event. Winners David Thirtle-Watts and Marion Pile.

www.hunstantoncroquetclub.co.uk

Caroline Harper



Leisure Club

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Hunstanton's Historic Town Hall gets a new Lift

Hunstanton Town Council has finally been able to replace the lift in the Grade II-listed building after having been awarded a grant of £23,500 from King's Lynn & West Norfolk Borough Council (BCKLWN) under their CIL funding scheme.

The Mayor of Hunstanton Cllr Michael Ruston said: "The old lift was installed in 2006 and over recent years, a series of problems occurred including a number of breakdowns.

"The building is used for functions and events, and a new, reliable lift was urgently needed to allow the Town Hall to be more accessible to disabled and those who struggle with stairs.

"Following a report from specialist lift engineers G L Lifts based in Norwich, it became clear that the lift should be replaced, as the current platform was deemed as being at the end of its serviceable life and replacement parts were no longer available. The lift was so unreliable that people didn't want to risk using it.

"Hunstanton Town Council are very grateful to the Borough Council for their support. Without the new lift, the town hall would not have been able to continue to offer the other areas of the venue to the public for hire, the Community Hub on the lower floor and the Council Chamber on the higher floor.

"Venues like Hunstanton Town Hall are vital community hubs and it's important that everyone can access its rooms and events in comfort".

The historic building has served the community since its completion in 1896 and now, with the new lift, it will continue to provide various facilities for Hunstanton for many more years to come.

Hunstanton Town Council would like to thank Graham & Matthew Loudoun of GL Lifts for their diligence and expertise in completing the project on time, on budget and to an extremely high standard of finish.



HUNSTANTON

We will be back for our monthly meeting at the Community Hall, Avenue Road, Hunstanton at 2.00pm on Monday 18th September when Charlotte Paton will speak about Five People

Whose Stories Deserve Telling.

We look forward to seeing you then. For further information please see our website: www.hunstantonu3a.org

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Wild Form Artists



Styled and beguiled by the wild forms of nature, four prominent contemporary Norfolk artists — Helga Joergens, David Lendrum, Jane Brun and Barbara King, are staging an exhibition of their artistic impressions and expressions in association with this year's Norfolk Open Studios.

Ringstead Village Hall

PE36 5JU

23rd September to 1st October

10am to 5pm

Instagram - wildformartists

Raising funds in aid of



Wild Form Artists Exhibition

Ringstead Village Hall, High Street, PE36 5LA

23 September – 1 October 2023

10am – 5pm

We are four prominent contemporary Norfolk artists - Jane Brun, Helga Joergens, David Lendrum and myself - Barbara King, whose art is informed by the wild and untamed beauty of our natural surroundings.

We all live in West Norfolk, and are inspired by the glorious countryside and coastlines that surround us. We are very aware of nature's fragility but also its unbounded resilience and celebrate the natural world whether it be flora or fauna, sea, skies, or seasons, absorbing the energy of nature and reflecting and interpreting our encounters in our own unique and individual ways. Our artistic impressions and expressions will be on show at the Ringstead Village Hall in West Norfolk from the 23rd September to the 1st October in association with this year's Norfolk Open Studios.

We are also pleased to be supporting the Norfolk Wildlife Trust which does so much to protect the type of wild places that inspire 'Wild Form Artists' and, in recognition and support of their work, a collection box and NWT information leaflets will be available at the exhibition to raise funds in aid of their work. The NWT is of course well known in this area for its management of the Ringstead Downs and the nearby NWT Holme Dunes Nature Reserve, and two of our members are life members so will no doubt be an additional source of information for people wanting to know more about the NWT.

Barbara King



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£10 per person deposit required when booking, balance and food choices required 2 weeks prior to party night booked.

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TAI CHI and CHI KUNG

TAI CHI



Have you ever thought about trying an exercise system that, although can be challenging, offers a treasure chest of potential health benefits without leaving you feeling like you have just run a marathon?

Tai Chi will do just that! It will open your horizons to a multitude of new beginnings; it does not just work on your physical body it also works on a mental, emotional and spiritual level too.

Tai Chi is as simple or as complicated as you wish to make it (I prefer simple). The journey of Tai Chi will take you through many levels of self discovery and, if you allow it to, it will be a friend for life.

It has been described as a moving meditation with the practitioner seeming to be in an almost hypnotic state, although this is not the case. In fact, the practitioner is acutely aware of their surroundings and the way their body is responding to the movements. There is a feeling of ebbing and flowing energetically as one moves through the Tai Chi form. After completing the form there is always a feeling of tranquil oneness. Although the practitioner is always striving to improve, there should never be feelings of urgency to find perfection within the form - after all it is the journey that makes it so appealing!

Learning Tai Chi can and does help with many emotional issues. It helps you to understand yourself much better and "go with the flow" of life without holding on to things that are beyond your control. I tend to think of it also as a stress release valve because, when I am feeling a bit stressed, I try to find somewhere to do my Tai Chi and soon I am feeling much better and able to cope again. I say "my Tai Chi" because after learning the basic principles it becomes a very individual and personal art which is interpreted differently according to one's physical capabilities. Providing that the principles are followed, then the results are the same. In other words, physical limitations should not prove a barrier to learning Tai Chi.

All that is needed is commitment, the results will follow!

CHI KUNG

Chi Kung is a system of breathing exercises that are designed to help promote and harness internal energy (chi) in the body for health and martial applications. The practice of Chi Kung goes back thousands of years and there are many different types of exercises related to Chi Kung.

Initially, it was devised to build internal energy for martial applications, but nowadays it is used primarily for its health benefits. It is still practised in some Chinese hospitals to help patients build up their immune systems prior to having an operation.

Chi Kung and Tai Chi go hand in hand, without using the Chi Kung principles; Tai Chi is an exercise system that is only using about 25% of its full potential.

An analogy of this could be of buying a powerful sports car but not having any fuel to drive it. Therefore, Chi Kung is a time-tested way of building up the powerful fuel that we need to allow our bodies to work for maximum health and efficiency.

Chi Kung may be practised on its own or within the Tai Chi form. It is very simple to learn and all that is required is regular practice and guidance from a teacher.

Tai Chi and Chi Kung will help you lead a long, happy and healthy life. All it asks of you is to give it commitment in the early days; is that too much to ask for all the potential benefits that it can afford you?

SEATED TAI CHI and CHI KUNG

Tai Chi and Chi Kung may also be adapted for seated practice which will allow students with limited mobility the opportunity to experience the benefits of the art in a safe and supportive environment.

This is achieved through adapting the main principles to a seated environment which creates a subtle variation to that of the standing version.

There should never be a sense of urgency to master the art. The magic happens when you embrace the journey of Tai Chi and simply enjoy the ride!

Seated Tai Chi and Chi Kung classes are available at Heacham Public Hall on the first and third Wednesday of the month from 10.30am to 11.30am. This is a very friendly and informal class and is suitable for all. (Wheelchair access).

TAI CHI in THE WATER

The secret to the flowing motion that encapsulates Tai Chi is visualising a subtle resistance within each movement as well as

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developing continuity, coordination and the correct breathing within each expression of movement. By using the medium of water, it is an excellent way of learning all the above.

The main benefits of practising Tai Chi in the water is that it offers support and a subtle resistance for each of the movements making it a safe environment to relearn balance and to strengthen muscles, particularly in a rehabilitation situation. It is also a natural way of relieving pain because while practising Tai Chi, neurotransmitters called endorphins are released in the body helping to relieve chronic pain. Sometimes referred to as "The runners high."

The ideal environment for practising water Tai Chi is in a hydrotherapy pool where the water temperature is around 34 to 35 degrees centigrade, (thermoneutral) where the body's core temperature neither increases or decreases.

This makes it a perfect environment for practising water based Tai Chi.

Allan Howlings
Tai Chi for Health
Tai Chi Union of Great Britain Instructor
Tai Chi for Health Teacher. (TCUGB)
Tel. Mob. 07960 229 726



Yes! WE ARE BACK! Back after a very, very successful production of 'Return to the Musicals' and after a very, very much needed R&R.

We meet in the Heacham Public Hall at 7pm every Tuesday evening. Our first meeting will be held on Tuesday 5th September, where we will catch up with one another and introduce (hopefully) new members to the group.

On that evening we will discuss the Pantomime for January 2024. The group has two Panto scripts to be presented by the writers and with added 'read through' of parts of these scripts. Then the group will take a vote by a show of hands for the script they would like to go forward for January. The two scripts are:-

‘GINGERELLA’ written by group member Sharon Yates and ‘SINBAD’S STUPENDOUS ADVENTURES’ written by group member Jimma Race.

We hold auditions on the following two Tuesday evenings and then rehearsals start from then until the production in January 2024. SUBS each week are £2 per member to help pay for the hire of the hall.

There will be a warm welcome to new members, so if you would like to join this thriving drama group, please come along on the 5th Sept and say 'Hello'.

It's not just the treading of the boards that makes The Pocahontas Players so successful, we are ALWAYS looking for the tech side, Lighting? Sound? (every cast member is individually microphoned up) Backstage? Back drops design? Prompts? Curtain and back drops? and the list goes on but we are in urgent need of Costume design and maker? You MUST have Tuesday evenings free and more free time on lead up to the Panto in January.

If you are age 13 years upwards please come along. It is fun but also hard work too, but when you hear the roar of laughter and enthusiastic bursts of applause from the audiences filling these seats, it's well worth it.


See you soon.

Janice
(ADMIN for The Pocahontas Players)



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There are three fun events in September for the HDFA's Festival 3 by the Sea autumn programme.

New this year is a Fun Barn Dance at Hunstanton Community Centre, Avenue Road, PE36 5BW on Saturday September 2nd. Doors open from 7pm for a 7.30 start.

The Whirligig Ceilidh Band will be playing complete with caller, and dances will be suitable for all ages and easy enough for beginners. Tickets cost £15 adult or £5.00 per child. Tickets are available from Witley's Newsagents in Hunstanton High Street. The ticket price will include a choice of a scrumptious roast pork roll or a veggie Jackfruit roll. Beer or wine or soft drinks will be available from our reasonably priced bar. Contact 01485 533933 for details. Expect a raffle and lots of fun for everyone.

Next will be live Music at the popular 'Buskers Corner' event at Hunstanton Bandstand on September 9th from 2 till 4pm. Hosted by Music Festival Director Ian Wells with performances by local Artists. Please bring along some weather protection, low seating, and a picnic.

Lastly, the popular Hunny Craft Fair will take place at Hunstanton Town Hall on September 30th. There will be 24 stalls of beautiful hand made crafts to pore over including quilts and cushions, dolls and jewellery, and original gifts of all kinds. Entry is free to the public. Refreshments are available from the Bearded Kitchen. Doors open 10 till 4pm.

Hunstanton & District Festival of Arts is a registered charity supported by King's Lynn Borough Council and Hunstanton Town Council. Volunteers are always needed and if you would like to get involved, please contact the website www.festival3.com for further information on how to join.

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Stanhoe & Barwick WI

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

Thursday 5th October: Norfolk's Indian Princess; a talk by Juyna Lewis.

The Reading Room, Stanhoe. 2pm.

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

Please contact Valerie (01485 576261) for further details.



RISING INTEREST RATES DON'T JUST AFFECT THOSE WITH A MORTGAGE

By Kathryn Gigg Chartered
Accountants, Hunstanton

There has been a great deal of discussion in the press recently concerning the rise in interest rates and the impact on those who are seeing their mortgage payments increasing. The position is actually far more complex than the headlines would suggest. The largest borrower is, of course, the government, so the rise in the underlying cost of borrowing money will feed through into government spending, reducing the options for tax cuts and pressurizing spending budgets. On the other hand, many borrowers on fixed rate mortgages may have seen no difference at all in their monthly mortgage payments and, for the time being, at least, may wonder why there is a problem.

However, there is another side to the coin. In order to provide mortgages, banks and building societies need to hold money from depositors. There is clearly a linkage between mortgage rates and deposit interest, and although the lenders are generally much quicker to raise their mortgage rate than to raise the amount they pay out to their depositors, there is no doubt that just as some people are being squeezed by rising mortgage rates, others are seeing some comfort as their savings earn more every month. Given that savings rates have been around 1% for some years now, many might see their interest income at least doubling in 2023.

This, of course, has a tax consequence. Bank and building society interest is now paid out without any tax deduction, but it is still taxable. There are two special allowances which have, in the past, largely eliminated the liability. For those with total income of under £17,570 there is a "Starting Rate" band which can sometimes reduce the amount of investment income chargeable. The exact amount of the starting band will depend on the level of total income, so for example someone with wages of £15,570 would have a "starting band" of £2,000. The calculation is quite complicated and where earnings are variable because of perhaps part time or seasonal employment or volatile business income, the calculation will only be accurate after the end of the tax year.

The second and probably more widely relevant relief is the "Personal Savings Allowance" (PSA). This is available to basic and higher rate taxpayers but not to additional rate taxpayers and stands at £1,000 for a basic rate taxpayer (with total income up to £50,270) or £500 for those between £50,270 and £150,000. A 0% rate of Income Tax applies to savings covered by the PSA.

In recent years the availability of these reliefs coupled with low interest rates has meant that many investors have not needed to think about tax on their savings, but this will soon change. In addition to the interest position, there is a further development for those with share dividends. In the past there has been a special relief to set against these, originally £5,000pa, reduced to £2,000 in 2018. This has now been reduced to £1,000 for 2023/24 and will be £500 after April 2024. Again, many relatively small investors will find they have an unexpected liability.

For example, someone with pension income of £18,000, £60,000 on deposit and £2,000 dividends would have probably earned around £700 in 2022/23, well within the PSA and dividend allowance. The same deposit account, even on "instant access" will probably earn nearer £2,000 in 2023/24 and if the investor shops around it could be over £3,000. Also, £1,000 of the dividends will be taxable rising to £1,500 in 2024/25. Clearly there will now be a tax liability of about £5-600 and this will need to be reported and paid.

The compliance position is complicated. Current HMRC guidance is that you must advise HMRC if your untaxed income is over £10,000 or your dividend income is over £2,000 but this doesn't seem to reflect the recent change in dividend allowance. It also suggests 'phoning them, which may prove problematic since much of the telephone support network is currently withdrawn.

At best, failure to take action and accurately report the untaxed income will lead to estimated tax codings and in due course an unexpected (and probably incorrectly calculated) tax liability.

For peace of mind and to ensure that the right amount of tax is paid at the right time, professional advice should be taken sooner rather than later.

For advice regarding your duty to report your savings and dividend income 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.
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♦ Poets' Corner ♦

Planet Earth

In the spring the birds return from their migration.
It's the miracle of God's creation
and we await in anticipation
the chiming cuckoo, the harbinger of spring,
with endless calls upon the wing.

The cuckoopint still blooms in hedgerows green
and the cuckoo spit on every plant is seen,
while the lady's smock, the cuckoo flower
adorns the fields at the proper hour.

But where's the cuckoo? He comes no more upon the scene.

The seasons too have changed. The summer flowers
no longer drench in welcome showers,
for climate change emits its powers.

The earth is scorched and woods begin to burn,
so the birds all die. When shall we ever learn?

Angela Canning



General Knowledge Quiz CLASSIC BRITISH SITCOMS

ANSWERS

1. The Office
2. Roger Lloyd Pack
3. Dad's Army
4. Blanco Webb
5. Ben Elton
6. Crimpton-on-Sea
7. Joanna Page
8. Sheridan
9. The Nag's Head
10. Grace Bros.
11. Monsoon and Stone
12. Peter Sallis.

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Across:

1. Canterbury
6. Part
10. Give out
11. Chicago
12. Nursemaid
13. Tenet
14. Minster
15. Repair
19. Sidles
21. Revolve
25. Relic
27. Diligence
28. Nascent
29. Origami
30. Ecu
31. Transgress

Down:

1. Cogent
2. Never mind
3. Elopers
4. Betrayed
5. Recede
7. Again
8. Trotters
9. Little
16. Advantage
17. Estrange
18. Well-worn
20. Exceed
22. Ongoing
23. Editor
24. Belies
26. Loser

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
or

Email: alison@sunrose.co.uk
Sue Thorpe: Mob No: 07785 705190

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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.

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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

Hunstanton Library Events

Free laptops to loan - For library customers age over 16, you can now borrow a laptop to use in the Library or take home for two weeks at a time. You will need to have access to the internet. However, if you haven't got Wi-Fi at home it is not a problem, we can help. We will offer 2 types of loan: - for a 2-week period or for a one-day loan usually in the Library. Ask a member of staff for more details.

Have you been to our friendly **Crafting group** on a Friday morning? It's from 11am until 1pm and all are welcome, with whatever you are making at the time or just to watch and learn from the others!

Our regular **Walk and Talk group** gather at the library on the first Tuesday of every month, for a stroll around Hunstanton, meeting new people. Short gentle walks around the area, plus a chance to chat as you go! Refreshments on return to the library with this friendly group.

Just a Cuppa coffee morning is on a Saturday - 10am to 3.30pm. Also, there will be Board Games available if anyone fancies a Scrabble session or anything similar? Just turn up!

On a Wednesday we have extended our regular **Bounce & Rhyme** sessions to include **Stay & Chat** with refreshments at 10.30am. So parents and carers can meet up, over a cuppa, while the little ones read, or do colouring.

Our opening hours are:

Tuesday 9am to 7pm;

Wednesday 9am to 7pm;

Friday 9am to 7pm;

Saturday 9am to 4pm.

17 year old Kitty from Docking is Rotary National Young Writer 2023

Each year Rotary Great Britain and Northern Ireland run a national competition for school children in three age groups; 7-11, 11-14, 15-17 and for the last two years the Rotary Club of Hunstanton and District have run a local round, with a Junior, an Intermediate and a Senior winner progressing to an East Anglia round.

This year the theme was Peace and entries were invited either as prose (up to 550 words) or poetry (up to 40 lines). In total 57 entries were received from 7 schools.

Those chosen as winners from the local round were Verity Snaith (Glebe House School), Max Cawston (St Clements High School) and Kitty Robinson (Gresham's).

In the East Anglia round Verity was placed Second, Max was Highly Commended and Kitty was the winner. This meant that Kitty progressed to the National Finals and to the Club and Kitty's delight, she was placed First and hence is the Rotary National Young Writer of the Year 2023.

Presenting Kitty with her award, Hunstanton and District Rotary President Roger Raven said: "I am delighted to be here to make this presentation to you Kitty.

"You have done yourself, your family and Norfolk proud.

"Your entry to the Rotary Young Writers' Competition 'The Day that Peace Sang' was so well received that on your entry to the National Competition you were the overall winner. This is a tremendous achievement, and you should be rightly proud of your award, congratulations."

John Crofts



This is Kitty's winning entry:

The Day that Peace Sang (I)

Peace rose its voice
The day the guns began to fade.
And watched its sweet melodic
Notes drift upwards on a breath of
Hope.
A breath of hope which quelled the
Burning angers of this world,
And choked our wicked actions
With a silence -
That day,
The fields of conflict
Were birthed anew,
And flowers grew, where soldiers lay
Upon a ground of fought-on clay
Like crimson blood from seeping wounds
Pooling at the feet of unmarked tombs.
The seeds were blown on that breath of hope.
Coughed into azure smokeless skies
And taking root in hearts and minds
Until the world was singing.

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The Day That Peace Sang (II)

Oh,
If only peace had known
What was to come.
That its seeds had planted roots in hearts and minds,
Morphing into fat tumours of
Mourning tears
For the world we could have had.
Mourning tears,
Not blossoms.
For we would not be told,
Could not be told.
Of Vietnam
And Afghanistan,
Of Biafra and Israel,
Iraq, Syria and The Ukraine
And countless more.
Of guns, and bombs
And burning Napalm
Of the tear-blurred piercing
Hatred
Which filled the world.
All-consuming.
Suffocating.
And we were sold a lie,
That peace was 'indestructible'.
And so the world is crying.

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The Remembrance Day Service and Wreath Laying – 12th November 2023

From this year Hunstanton Town Council will be organising the Remembrance Day Service in Hunstanton.

Hunstanton Town Council would like to express their gratitude to Ralph Hamlet and Simon Matthews from the Hunstanton Branch of the Royal British Legion for all their hard work in organising the event in previous years and for now working with HTC in continuing to ensure those who lost their lives are remembered.

Plans are underway to conduct a short service of Remembrance in the Town Hall on 12th November at 10.15am followed by a Parade from the Hall to the Cenotaph at 10.50am for wreath laying and prayers to remember those who lost their lives in war.

Those attending the service will be warmly welcomed back to the Town Hall for light refreshments and it is hoped to have a display of memories and photos from those who lost a loved one in war.

One of Hunstanton Town Council's councillors, Wendy Croucher, has started the collection off by writing the following:-

Hello from Cllr Wendy Croucher,

This picture is my father Victor Albert Croucher. He looks a fine young man. The second one up one on the left, with his mates. He was a gunner. They are aboard a minesweeper that sailed from Swansea keeping shipping safe around our coasts and later round Singapore as the war ended. He joined the Merchant Navy to serve his country. I don't know why that branch of the services because they all sailed in dangerous waters.

Like many he never talked about the war after it finished, but it had a profound effect on him. I realise now he needed counselling like the many who came back did. That sort of thing didn't exist then, they just got on with it. I do know he shot down a German plane and killed its pilot. He never forgave himself for killing that man even though he was his enemy. Another one of, what I considered his oddities was he would never eat bottom feeding fish. I suppose if you were a sailor and knew about mates dying and lying on the bottom of the sea it made sense. He was a strange man, hard working and unemotional, born as Victoria died, he was a great one for duty, but he had a sense of fun as well



He was one of many men and women who served this country. You now know what he looked like but what do your relations who served their country look like? What was their story. There have been lots of conflicts since the Last Great War. Many have served, not just in the armed forces. Doctors, nurses, scientists, lands people, manufacturers, coalminers, munitions workers. The list is endless. Its no small thing to take a country to war. The general population is as important in its support role as the

Generals who run the battles. Then there are those left afterwards the bereaved and the single parent families.

Hunstanton Town Council would like to celebrate the service people but also the other less well recognised faces and stories. Would you be willing to let us use your family members' pictures and memories to make this year's Remembrance Day an inclusive one. That gives us time to think about all those whose lives have been affected by having our country enter into the field of war.

If you would, please contact the Clerk at the Town Hall by email clerk@hunstantontowncouncil.gov.uk or by calling 01485 532402 and we will arrange to record stories and collect and copy photographs. If you have memorabilia we can display, we will need to know in advance so we can prepare a way to display things. Whatever you have we would be grateful for your help.

Wendy Croucher

**Jan Roomes
Town Clerk
Hunstanton Town Council**

Did you serve your country during a war?

Do you have any photos, newspaper clippings that you would like to share/display at Hunstanton Town Hall for the Remembrance Day Service on 12th November



If so, please contact: clerk@hunstantontowncouncil.gov.uk
Or call: 01485 532402





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Heacham Parish Council Notice Board

PARISH COUNCIL MEETINGS IN BRIEF

The next Full Council meeting will be held on Tuesday 19th September at 7.00pm at the Parish Office, Pound Lane.

The Full Council Meeting for October will be held on Tuesday 17th 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

Thank you to everyone who entered the parade and to those who turned out to watch it go by on such a dismal day! The winners of trophies are: Best Family/Friends – 'Heacham in Bloom'; Best Group – Fridhem Rest Home; Best Junior Entry – Heacham Minors; Best Adult entry - Nancy Robinson and Best Overall – Pocahontas Players on Penny Farthings loaned to them by Wallis Cycles.



Thank you to Charlie and Ella our King and Queen, Prince Tommy and our Princesses Lianha, Ava and Blessing.

OLD FRIENDS HALL

The hall is still closed and so no bookings can be taken. 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.

DEFIB AT THE FIRE STATION

Thanks to the tireless efforts of Edd Hammond, there is now a defib on the wall at the Fire Station. Thanks also to the fire service for giving permission for it to be sited there and to Healing Hearts who provided it free of charge.

YOUNG HOT SHOTS DAY

Thank you to the Heacham Wildfowlers for putting on the Young Hot Shots Day again this year. Both sessions were fully booked. Everyone who took part had a great time most wanting to do it again next year! The weather even played nicely.

HEDGES AND OVERHANGING TREES

Now that the nesting season is over, please could everyone with hedges on boundaries and trees that overhang the highway or footpaths cut back as close as you can (they do grow back!) to your boundary. This will hopefully help during the next growing and nesting season. Many properties throughout the village with this problem this year have had to be written to.

RECREATION GROUND

Heacham Parish Council have purchased a 'fire station and petrol pump' to go alongside the fire engine. The fire engine is to be repainted but not until the children have gone back to school.

COMMUNITY COFFEE MORNING

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

!!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: heachampe@btinternet.com

Website: heachamparishcouncil.norfolkparishes.gov.uk

HELP LINES

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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 - On the front - Available 24hrs

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

Methodist Church - on the front. Available 24hrs

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

TIDE TABLES

SEPTEMBER & OCTOBER 2023

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT) add 1hr. for BST ends 29th Oct									
Sept 2023					Oct 2023				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 F	06 47	7.9	19 34	7.7	1 SU	07 04	8.1	19 42	7.6
2 SA	07 29	8.1	20 12	7.6	2 M	07 45	8.0	20 15	7.4
3 SU	08 09	8.1	20 48	7.4	3 TU	08 24	7.7	20 40	7.0
4 M	08 49	7.9	21 23	7.0	4 W	09 03	7.2	21 18	6.6
5 TU	09 30	7.4	21 59	6.5	5 TH	09 43	6.5	21 52	6.1
6 W	10 13	6.7	22 40	6.0	6 F	10 34	5.8	22 40	5.5
7 TH	11 06	6.0	23 35	5.5	7 SA	11 52	5.2		
8 F			12 19	5.4	8 SU	00 08	5.1	13 24	5.0
9 SA	00 51	5.2	13 48	5.1	9 M	01 39	5.2	14 45	5.3
10 SU	02 13	5.3	15 15	5.3	10 TU	02 51	5.6	15 49	5.7
11 M	03 24	5.7	16 23	5.8	11 W	03 47	6.1	16 34	6.2
12 TU	04 20	6.2	17 09	6.2	12 TH	04 30	6.5	17 10	6.5
13 W	05 03	6.6	17 45	6.5	13 F	05 06	6.8	17 42	6.8
14 TH	05 40	6.9	18 17	6.7	14 SA	05 40	7.0	18 11	6.9
15 F	06 15	7.0	18 48	6.8	15 SU	06 15	7.1	18 43	7.0
16 SA	06 48	7.1	19 16	6.9	16 M	06 49	7.2	19 13	7.0
17 SU	07 20	7.1	19 44	6.9	17 TU	07 21	7.2	19 42	7.0
18 M	07 50	7.1	20 11	6.8	18 W	07 53	7.1	20 10	6.9
19 TU	08 17	7.0	20 37	6.7	19 TH	08 26	6.9	20 41	6.6
20 W	08 45	6.8	21 06	6.5	20 F	09 05	6.5	21 19	6.3
21 TH	09 19	6.5	21 41	6.1	21 SA	00 55	6.0	22 11	5.8
22 F	10 14	6.1	22 29	5.7	22 SU	11 07	5.5	23 26	5.5
23 SA	11 07	5.6	23 42	5.3	23 M			13 07	5.4
24 SU			12 56	5.3	24 TU	01 13	5.6	14 34	5.8
25 M	01 36	5.4	14 48	5.7	25 W	02 33	6.1	15 39	6.4
26 TU	03 01	5.9	15 59	6.3	26 TH	03 31	6.7	16 31	6.9
27 W	04 00	6.6	16 55	6.9	27 F	04 23	7.3	17 15	7.3
28 TH	04 50	7.2	17 43	7.4	28 SA	05 09	7.6	17 56	7.4
29 F	05 37	7.7	18 26	7.6	29 SU	05 54	7.8	18 34	7.5
30 SA	06 21	8.0	19 06	7.7	30 M	06 39	7.8	19 11	7.4
					31 TU	07 22	7.7	19 44	7.3

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